

The 5<sup>th</sup> grade puberty education program uses the Always Changing and Growing Up curriculum source. This program has been a trusted curriculum source for puberty education among school nurses and health educators for over 25 years. It has been taught to millions of students nationwide. The educational goal is to teach preteens about their changing bodies and the beginning stages of puberty.

Learning objectives:

### **Boys**

Help students identify:

The physical and emotional changes they experience during puberty and acknowledge these changes are a normal part of growth and development.

That personal hygiene is each individual's responsibility.

The physiology of their bodies and the correct terminology for parts of the reproductive system.

### **Girls**

Help students identify:

The physical and emotional changes they experience during puberty and acknowledge these changes are a normal part of growth and development.

That personal hygiene is each individual's responsibility.

The physiology of their bodies and the correct terminology for parts of the reproductive system.

The menstrual cycle, what to expect during a period and how to manage periods while continuing with normal activities.