



**Format:** Virtual Science Academy (VSA)

**Grades:** 5-6

**Length:** 45 minutes

**General Description:**

Explore and discuss the science behind the physical, emotional, and hormonal changes of puberty to the human body during this sensitive and respectful intro-level biology. Student will learn relevant vocabulary, analyze a graph, and record information in their student journals.

**Big Ideas:**

- During the process of puberty & adolescence, human bodies began the process of maturing from child to adult which includes the potential ability to reproduce
  - Male-body reproductive anatomy vs. female-body reproductive anatomy
  - Physical changes common to both male and female bodies
  - Bodily hygiene relating to some of these changes
- During puberty, emotional and mental changes may accompany physical changes
  - Interest changes, experiencing heightened emotions, learning new ways to communicate with others and self-regulate behaviors

**Key Concepts**

- Changes common to male/female bodies:
  - Voice changes, growth and body shape changes, body odor, body hair, acne, emotional changes, interest changes
- Changes specific to male bodies:
  - Sperm production, erections, ejaculation, nocturnal emissions
- Changes specific to female bodies:
  - Breast development, ovulation/egg maturation, menstruation

**Colorado Comprehensive Health - Fifth Grade, Standard 2. Physical & Personal Wellness**

- **GLE2** Explain the structure, function, and major parts of the human reproductive system.
  1. Summarize the anatomy of the reproductive system, including functions of the male and female reproductive systems.
  2. Describe the purpose of the menstrual cycle and its relationship to fertilization.
- **GLE3** Describe the physical, social, and emotional changes that occur at puberty.
  1. Discuss why puberty begins and ends at different ages for different people, and that variance is considered normal.
  2. Identify how personal hygiene practices can impact health and safety during puberty.

3. Determine factors that influence the purchase of health care products and the use of personal hygiene practices.
4. Discuss how changes during puberty affect thoughts, emotions, growth patterns, and behaviors.

*While students receive the same presentation regardless of whether their school chooses to separate classes by sex, we encourage keeping this program co-ed as we have found it facilitates better student discussion and a more mature approach to the subject matter. We have designed the class accordingly. We provide an excellent knowledge base which teachers and families are encouraged to extend.*