

Grade 5

Puberty Review



Learner Outcomes

W-5.3 Identify the basic components of the human reproductive system, and describe the basic functions of the various components, e.g. fertilization, conception

How To Use

This lesson plan is a brief review of Grade 4 human sexuality outcomes. You may choose to do some or all of the activities, based on the needs of your students and the time available. Some of the activities build on the ones that come before them, but all can be used alone.

For a quick lesson, combine activities A, C and E.

Classroom Activities & Timing

See also the [Differing Abilities](#) lesson plans on *Puberty*.

- A. Ground Rules (5-10 minutes)
- B. Language of Sexual Health (10-15 minutes)
- C. Puberty Changes Review (20-25 minutes)
- D. Puberty Changes Kahoot! Quiz (15-20 minutes)
- E. Question Box (5-10 minutes)

Required Materials

[KAHOOT! QUIZ](#) and ANSWER KEY: Puberty Changes

Background Information

It is important to understand the male and female anatomy in order to understand the changes that occur during puberty, as well as understand reproduction. This lesson provides students with a review of the puberty changes they examined in grade 4, to ensure a solid foundation to begin

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learning reproductive anatomy and physiology in the following lessons. For complete information on puberty changes, see the [Grade 4](#) lesson plans.

Inclusive Language

Language is complex, evolving, and powerful. In these lessons, [gender-neutral language](#) is used to be inclusive of all students, including those with diverse gender identities and sexual orientations. This includes the use of ‘they’ as a singular gender-neutral pronoun. The lesson plans use the terms ‘male’ and ‘female’ when referring to biological sex (sex assigned at birth), such as when discussing reproductive anatomy. A person’s reproductive system can be male, female or intersex (not clearly defined as either male or female).

People are assigned a sex at birth based on their reproductive anatomy. Sex assigned at birth is independent of gender identity. Gender identity is a person’s internal sense of identity as female, male, both or neither, regardless of their biological sex assigned at birth.

For many people, their gender matches the sex they were assigned at birth (cisgender). Others may identify as being transgender or gender diverse if their gender identity does not match the sex they were assigned at birth. A person’s gender identity can be girl, woman, boy, man, transgender, gender fluid, gender queer, agender or others. The intention in this material is to use language that reflects these many possibilities.

A. Ground Rules

Ensure [ground rules](#) are established before beginning this lesson. For classes that have already established ground rules, quickly reviewing them can help ensure a successful lesson.

B. Language of Sexual Health

In this activity, students become more familiar with terms for reproductive anatomy and become more comfortable with the terms in a classroom setting.

1. Ask students to think of the real words for body parts that are not related to sexuality (elbow, foot, eyes, etc.). Ask them to raise their hands and share these words. Write each word on the board under the heading **Other Body Parts**.
2. Ask students to think of the real words for body parts related to sexuality. Acknowledge that there are slang words, but for this

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If a student uses a slang word, welcome the contribution and then introduce the scientific terminology. E.g. "Yes, pecker is a slang term for penis. Let's add penis to the list."

activity the goal is to begin to use the correct scientific terms. Ask them to raise their hands and share these words. Write each word on the board under the heading **Reproductive Body Parts**.

3. Discuss the following questions and share the responses if they are not brought up by the class:

How did it feel to say/hear the words on the first list (other body parts)? Answers may include:

- Comfortable, easy

How did it feel to say/hear the words on the second list (sexual body parts)? Answers may include:

- Embarrassing, uncomfortable
- Private
- Afraid someone will laugh

Why do people use slang for body parts related to sexuality?

- To hide embarrassment
- Don't know the scientific word

What are the benefits of using scientific words instead of slang?

- It is important to be able to understand what is happening with your body and to be able to ask questions if confused or worried.
- Scientific words are easier for everyone to use because they have an official definition. Slang words can change meaning over time which can lead to confusion or misunderstandings.

C. Puberty Changes Review

Students demonstrate a basic understanding of the puberty changes experienced by people. This is a review of grade 4 Human Sexuality outcomes.

1. Write the following questions on separate pages of newsprint and post them on the walls around the room.

What is puberty?

How old are people when puberty begins?

What happens ONLY to a male during puberty?

What happens ONLY to a female during puberty?

What happens to everyone during puberty?

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Teachers may consider showing a video that discusses puberty in a general way. Videos can be found at LearnAlberta.ca Once the video is complete, have students add additional information under each title.

Students may have different views concerning nocturnal emissions (wet dreams). It is important to be sensitive to these views, but to reassure students that nocturnal emissions are a normal occurrence during puberty.

2. Have students walk around the room writing ideas under each title. If they are struggling, encourage them to think about what they learned in grade 4 sexual health education. Remind them that there are changes to relationships, thinking and feeling as well as physical changes. Ensure the students know that the 'everyone' (on the last poster) does not mean that it necessarily happens to every person, but that the change is not specific to one biological sex.
3. Discuss each question and ensure the answers are complete and correct.

What is puberty?

- Puberty is the period of growing and changing from a child to an adult.

How old are people when puberty begins?

- For males, puberty can start anytime between the ages of 9 and 14.
- For females, puberty can start anytime between the ages of 8 and 16.
- Each person is different, and will start and go through puberty at their body's own rate.

What happens ONLY to a male during puberty?

Examples of male puberty changes can include:

- Shoulders widen
- Hair grows on face
- Start producing sperm
- Penis and testicles grow bigger
- May experience nocturnal emissions (wet dreams)
- Erections (penis gets hard) can happen
- Ejaculation (semen which contains sperm can be released from the penis) can happen

What happens ONLY to a female during puberty?

Examples of female puberty changes can include:

- Hips widen
- Start releasing ovum (eggs)
- Start menstruation (periods)
- Start producing vaginal discharge

What happens to everyone during puberty?

Examples of puberty changes that may happen to everyone can include:

- Grow taller
- Skin gets oily
- Acne
- Voice changes
- Hair grows on underarms and genitals (pubic hair)
- Sweat glands develop
- Breasts develop (Breast development is related to an increase in the estrogen hormone. Males normally produce some estrogen in the

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adrenal glands and testes. Nearly one in two males experiences temporary enlargement of the breasts during puberty.)

- Mood swings
- Start having sexual thoughts
- Start having sexual feelings
- Interested in dating
- Friendship becomes more important
- Sometimes feel lonely and confused
- Stronger feelings of wanting to be liked and to 'fit in'
- Want more independence
- Thinking about the future
- Concerned about looks (appearance)

You may wish to emphasize that not every change on this list will happen to every person. For example, there are people who never become concerned about their looks or have mood swings. These are general changes that happen to people regardless of their biological sex or gender identity.

D. Puberty Changes Kahoot! Quiz

This quiz reviews the physical, social and emotional changes experienced during puberty. It could be a fun introduction to the unit, a way to assess the student's learning of the previous year, or even an energizer between other activities. For more information on using Kahoot!, visit getkahoot.com

1. Open the Kahoot! Quiz: [Grade 4 Puberty Changes](#)
2. As a class, answer the quiz questions and discuss the answers together. You can play the quiz in individual or team mode.

E. Question Box

Answer any questions from the [question box](#) in the previous lesson. Have students submit any new questions and address them next class.

Addressing the questions at the next class allows you time to review the questions and prepare responses.

Self-Reflection

During the lesson, were:

- ground rules being followed?
- good practices established regarding group work and discussion?

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What will you change for future classes with this group?

What will you change for future use of this lesson?

Student Assessment

During the lesson, did students:

Knowledge:

- describe the changes that happen during puberty?
- identify appropriate terms for reproductive anatomy?

Skills:

- exhibit appropriate listening and speaking skills during class discussion?

Attitudes:

- demonstrate comfort discussing puberty changes?

ANSWER KEY: Grade 4 Puberty Changes Quiz

Correct answers are in bold text.

1. Who experiences hair growing in new places during puberty?
 - Only males
 - Only females
 - **Anyone**
 - No one
2. Who starts to care more about their appearance during puberty?
 - Only males
 - Only females
 - **Anyone**
 - No one
3. Who starts having body odour during puberty?
 - Only males
 - Only females
 - **Anyone**
 - No one
4. Who starts having wet dreams during puberty?
 - **Only males**
 - Only females
 - Anyone
 - No one
5. Who starts having sexual thoughts and feelings during puberty?
 - Only males
 - Only females
 - **Anyone**
 - No one
6. Who may start to get acne during puberty?
 - Only males
 - Only females
 - **Anyone**
 - No one

7. Who gets their period during puberty?

- Only males
- **Only females**
- Anyone
- No one

8. Who sometimes feels lonely and confused during puberty?

- Only males
- Only females
- **Anyone**
- No one

9. Who grows shorter during puberty?

- Only males
- Only females
- Anyone
- **No one**

10. Who might become interested in having a girlfriend or boyfriend during puberty?

- Only males
- Only females
- **Anyone**
- No one