



teaching
sexual
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Grade 4

Learning Activity

Celebrating Growing Up

Learning Outcome

*Students explain how development and puberty
are connected.*





In many cultures around the world, when you start to grow up or go through puberty, your family may hold a celebration or ceremony for you. This marks when you move from a child to an adult.

Not everyone has the same traditions, and some people may not have any at all. Every family and culture is different, and that's okay!

Think and Talk

In your group, talk about the questions. You can choose to share or just listen.

1. Do you know of any traditions in your family or culture that celebrate growing up?
2. Have you ever been to a ceremony or celebration that felt important or special to you?
3. What are some ways people celebrate big changes in their lives? This could include things like birthdays, weddings, holidays or more.





Group Brainstorm

Now, as a group, plan an imaginary celebration for someone who is going through puberty. This celebration can be connected to your family traditions, or it can be something totally new and made up by your group!

Here are some things to think about:

- Will there be music, food or special clothes?
- Where will it take place?
- Who will be invited?
- Will there be a speech, dance, or fun activity?
- What will make it feel meaningful or fun?

Use this space to draw or write down your group's ideas:





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