

# Puberty, day 2

Grades 4-6, Lesson #10

## Time Needed

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40-50 minutes

## Student Learning Objectives

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To be able to ...

1. Distinguish puberty facts from myths.
2. Anticipate puberty with positive feelings, recognizing that the timing of change is individual.

## Agenda

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1. Review purpose of lesson.
2. Respond to "Anonymous Question Box" questions re: puberty.
3. Use *Puberty Worksheet #2* to reinforce facts and debunk fears/myths re: puberty.
4. Summarize by discussing peer pressure in the puberty years.

## **Materials Needed**

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### **Student Materials: (for each student)**

- *Puberty Worksheet #2*
- OPTIONAL for family homework, pamphlets: *The Talk-To-Me Books* are sets of 2 pamphlets for each family with which grown-ups and students interview one another. Available from Planned Parenthood of the Great Northwest Washington: [education@ppgnw.org](mailto:education@ppgnw.org) or call 206-328-7715

## Activity

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**1. Explain again the reasons you are doing these lessons on puberty.**

- Sometimes people are afraid of things they don't understand.
- Sometimes people feel as if they are the ONLY one to ever experience certain changes; they may "dump on" themselves because they think they aren't normal.
- Those feelings are UNNECESSARY; people can look forward to puberty with excitement and pleasure, IF they know what to expect!

**2. Respond to "Anonymous Question Box" questions re: puberty (see lesson 1 for setting up an anonymous question box or boxes).**

**3. Use *Puberty Worksheet #2* to reinforce facts and debunk fears/myths re: puberty.**

- a. Divide the class into 3 teams.
- b. Hand out *Puberty Worksheet #2* and give the teams 20 minutes to reach consensus (within each team) on each item. Encourage people to discuss the items they disagree on, to explain to one another why they believe as they do about an item.
- c. Have one spokesperson for each team write their team's responses on the blackboard and explain, one at a time, why they chose a particular answer. You can award 1 point for each correct answer and an extra ½ point to the team with the best explanation. The team with the most points "wins" although we would encourage you to award prizes, if you do that, to anyone who participated actively.

**4. Summarize by discussing peer pressure in the puberty years.**

Discuss how it felt to disagree with teammates, whether there was overt peer pressure to agree (for consensus) or whether each person was considerably listened to. Summarize the lesson by explaining that, at puberty, it is probably more difficult than at any age before or after to disagree with the crowd BECAUSE one is beginning to separate from one's family and to gradually identify more with friends. That is normal...and one has to find ways to trust one's own judgment AT THE SAME TIME as one enjoys one's friends.

## Related Activities For Integrated Learning

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**A. Language Arts**

Add to glossary, the terms "endocrine system," "erection," "hormone," "menstrual period," "nocturnal emission," "ovum," "penis," "pituitary gland," "sperm," "uterus," and "vagina".

**B. Social Studies**

Students may do reports on puberty rites of various cultures.

**C. Math**

Have students find the average age among *these* girls and the average age among *these* boys of starting puberty ... of noticing the very first changes ... like, in girls, breast budding and, in boys, first pubic hair: (Do not use names of children in your class.)

Ann: 8yrs, 11 mo. (age 8.9)  
Bob: 9 yrs, 11 mo. (age 9.9)  
Cathy: 10 yrs, 6 mo. (age 10.5)  
Diana: 11 yrs, 4 mo. (age 11.3)  
Ed: 11 yrs, 5 mo. (age 11.4)  
Gary: 12 yrs, 8 mo. (age 12.7)  
Faye: 12 yrs, 11 mo. (age 12.9)  
Henry: 14 yrs, 10 mo. (age 14.0)

(answer: these girls' range 8.9-12.9; mean = 10.9, these boys' range 9.9-14.0; mean= 12.0)<sup>12</sup>

**NOTE:** Depending upon your students' math skill level you can have them convert months to decimal fractions of a year, or you can provide the decimals.

**Homework**

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Students' options:

- Discuss with an adult in the family *Puberty Worksheets 1 and 2*<sup>3</sup>
- With an adult in the family, use *The "Talk-To-Me" books*, sets of 2 pamphlets with which parents and students interview one another. They allow children and the adults who love them an opportunity to practice communicating. They help people articulate their own and their family's, generation's and culture's beliefs and feelings about growing up, family life and sexual health.
- Write a letter to a 6 or 7-year-old, real or imaginary, about growing up.

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<sup>1</sup> Family Practice Notebook. (before May 10, 2008). *Female Tanner Stage*. Retrieved August 14, 2009 from <http://www.fpnotebook.com/Endo/Exam/FmlTnrStg.htm>

<sup>2</sup> Family Practice Notebook. (before May 10, 2008). *Male Tanner Stage*. Retrieved August 14, 2009 from <http://www.fpnotebook.com/Endo/Exam/MLTnrStg.htm>

<sup>3</sup> see "Preparing Parents" pages 6-7



# Puberty Worksheet 2

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NAME \_\_\_\_\_ DATE \_\_\_\_\_

DIRECTIONS: Write "T" for "true" next to each statement you believe is correct.  
Write "F" for "false" next to the wrong statements.

- \_\_\_\_\_ 1. Girls may start puberty any time between the ages of 8 and 13.
- \_\_\_\_\_ 2. Usually, boys start puberty a little younger than girls.
- \_\_\_\_\_ 3. The pituitary gland, in the brain, tells the body when to begin puberty.
- \_\_\_\_\_ 4. Boys only get erections when they think about something sexual.
- \_\_\_\_\_ 5. A person's feelings may change from moment to moment, especially during puberty.
- \_\_\_\_\_ 6. If your parents started puberty early, you might too.
- \_\_\_\_\_ 7. You can tell whether a girl is menstruating by looking at her.
- \_\_\_\_\_ 8. Boys often have some breast growth during puberty.
- \_\_\_\_\_ 9. It is common for boys to have nocturnal emissions at puberty, but it is also healthy not to.
- \_\_\_\_\_ 10. The main reason teenagers get acne is they eat the wrong foods.
- \_\_\_\_\_ 11. Girls should not use tampons until they are grown.
- \_\_\_\_\_ 12. The vagina is always wet, just like the mouth and eyes.
- \_\_\_\_\_ 13. There is something wrong with a boy if he ejaculates in his sleep.
- \_\_\_\_\_ 14. If a boy has not started puberty by age 13, he should see a doctor, because there might be something wrong with his endocrine system.
- \_\_\_\_\_ 15. It is OK for a girl to shower or play sports during her menstrual period.
- \_\_\_\_\_ 16. A boy should start wearing an athletic supporter ("jock strap") during puberty when he plays sports, to protect and support his genitals.
- \_\_\_\_\_ 17. A girl may start wearing a bra for support when her breasts start to develop, especially if she is uncomfortable being active and playing sports.
- \_\_\_\_\_ 18. It is necessary to wash more often once you begin puberty.

# Puberty Worksheet 2 - Answer Key

NAME \_\_\_\_\_ DATE \_\_\_\_\_

DIRECTIONS: Write "T" for "true" next to each statement you believe is correct.  
Write "F" for "false" next to the wrong statements.

- T 1. Girls may start puberty any time between the ages of 8 and 13.
- F 2. Usually, boys start puberty a little younger than girls.
- T 3. The pituitary gland, in the brain, tells the body when to begin puberty.
- F 4. Boys only get erections when they think about something sexual.
- T 5. A person's feelings may change from moment to moment, especially during puberty.
- T 6. If your parents started puberty early, you might too.
- F 7. You can tell whether a girl is menstruating by looking at her.
- T 8. Boys often have some breast growth during puberty.
- T 9. It is common for boys to have nocturnal emissions at puberty, but it is also healthy not to.
- F 10. The main reason teenagers get acne is they eat the wrong foods.
- F 11. Girls should not use tampons until they are grown.
- T 12. The vagina is always wet, just like the mouth and eyes.
- F 13. There is something wrong with a boy if he ejaculates in his sleep.
- F 14. If a boy has not started puberty by age 13, he should see a doctor, because there might be something wrong with his endocrine system.
- T 15. It is OK for a girl to shower or play sports during her menstrual period.
- T 16. A boy should start wearing an athletic supporter ("jock strap") during puberty when he plays sports, to protect and support his genitals.
- T 17. A girl may start wearing a bra for support when her breasts start to develop, especially if she is uncomfortable being active and playing sports.
- T 18. It is necessary to wash more often once you begin puberty.