

Puberty & Hygiene



5th Grade

Family Life Unit

Lesson 3



► Objective:

Students will describe the physical, social, and emotional changes that occur during puberty and the impact these changes have on overall wellness.

Warm-Up:

Think about the things you like and are interested in now.

How do the things you like and your interests compare to what you liked and were interested in when you were in kindergarten?

Vocabulary Terms

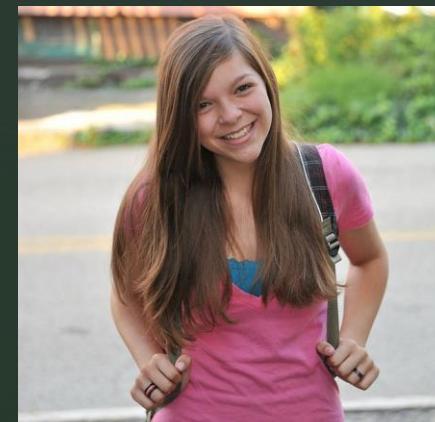
Adolescence:

The stage of life between childhood and adulthood when puberty begins.



Puberty:

The life development stage when sex organs mature into adulthood.



Changes During Puberty

- Social
- Emotional
- Physical



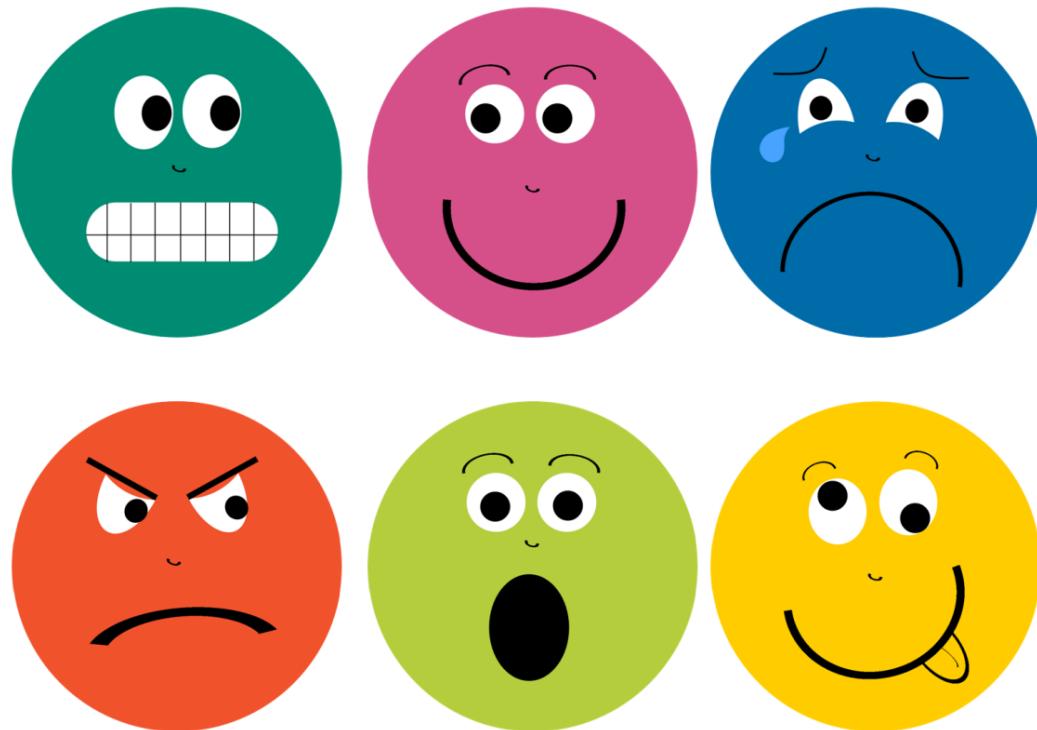
Social Changes

- Becoming more independent
- Having more responsibilities
- Wanting to spend more time with friends and less time with family
- Wanting more privacy
- Conflicts with friends because of changing interests



Emotional Changes

- Mood Changes (irritated, angry, upset)
- Feeling awkward and insecure
- Feelings of embarrassment
- Feeling overwhelmed
- Feeling alone and insecure



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Physical Changes: All individuals

- Grow Taller
- Gain Weight
- Sweat glands become more active (perspiration)
- Face complexion may change (pimples, acne)
- Develop pubic, underarm, and leg hair
- Reproductive organs begin to develop

Physical Changes for Boys

- Facial Hair (beard and mustache)
- Body hair on chest
- Shoulders become broader (wider)
- Thighs become more muscular
- Voice changes (gets deeper)

Physical Changes for Girls

- Breasts develop
- Hips get wider
- Waist narrows
- Menstruation begins ("period")

Hygiene

The things you do to keep yourself and your surroundings clean in order to maintain good health.



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What can we do to take care of ourselves?



Objective:

Students will describe the physical, social, and emotional changes that occur during puberty and the impact these changes have on overall wellness.

Closure:

Complete the following statements based on what you have learned:

1. I am looking forward to getting older because...
2. I am nervous about...
3. I want my parents to understand...