



Fernbank Science Center

Title: GROWING UP - GIRLS (2549)
Level: 5th Grade
Location: Main Building

Type: Single Visit
Length: 1.5 hours
Limit: 32 Students

Program Description

This lesson is a discussion of the physical and emotional changes that girls go through during puberty and adolescence. Models in the room are used to show and discuss the female reproduction system, with special emphasis on the menstrual cycle and personal hygiene. Personal products available for use during menstruation are shown and discussed.

Please Note:

Terms related to the male reproductive system are sometimes discussed.

Please Note: Due to the nature and subject matter discussed, the use of any recording devices (phones, tablets etc..) is Prohibited.

Family Life and Sexual Health, (F.L.A.S.H.) Curriculum: Students will:

1. describe the physical, emotional and social changes of puberty.
2. explain that puberty is triggered by the endocrine system, specifically the pituitary gland.
3. distinguish among definitions of ovum, puberty, and sperm.
4. explain the purposes of bras and menstrual hygiene products.
5. anticipate puberty with positive feelings, recognizing that the timing of change is individual.

Georgia Standards of Excellence Students will:

S5L2 Obtain, evaluate, and communicate information showing that some characteristics of organism are inherited and other characteristics are acquired. Ask questions to compare and contrast instincts and learned behaviors

Related Standard(s) Addressed:

HE 5.3a distinguish between accurate and inaccurate health information about puberty.

HE 5.1c discuss why it is important to talk to a parent counselor or medical professional with health related questions.

HE 5.2a,b,c describe how the family, peers, school and community can encourage healthy habits.

HE 5.3a,b identify accurate sources of information about mental and emotional health.

HE 5.6 make a commitment to improve personal health practices such as brushing and flossing teeth daily, washing hands etc.....

Vocabulary

adolescence	egg	pituitary gland	<i>testicles (testes)</i>
hormones	<i>ejaculation</i>	puberty	uterus
fallopian tube	<i>erection</i>	<i>sperm</i>	urethra
	<i>penis</i>	<i>testosterone</i>	ovaries

Pre-Visit Activities:

Have Students complete the Average Age activity (10.4) in the Elementary FLASH curriculum. Here is the link:
<http://www.kingcounty.gov/healthservices/health/personal/famplan/educators/~media/health/publichealth/documents/flash/Grades456Lesson10.ashx>

Resources

Video: Everything You Wanted to Know About Puberty...For Girls by Disney Educational Productions

Post-Visit Activity

This activity addresses GSE: **ELAGSE5W9**: Draw evidence from literary or informational texts to support analysis, reflection, and research.

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Post-Visit Activity
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**Part I
Answer True or False**

In girls:

1. _____ Hormone levels increase, bringing about changes in the body.
2. _____ An increase in height begins to occur during puberty.
3. _____ Hair begins to grow in the pubic area and under the arms.
4. _____ Sweat glands become more active.
5. _____ Changes in mood can take place.
6. _____ Acne results from poor hygiene and eating junk food.
7. _____ Puberty usually begins around the age of 14.
8. _____ The pituitary gland, located in the neck, begins to produce new blood cells.
9. _____ The ovaries, which are part of the reproductive system, begin to release ova (egg cells).
10. _____ Good hygiene is very important at this age for girls but not boys.
11. _____ The physical changes associated with puberty are completed within two months.
12. _____ Changes will occur, on average, a year or two later than most boys.

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Part II

Two students from Ms. Parker's 5th grade class at Greenlake Elementary school conducted a survey of height for all the 10-year-old students in their class. They measured the students' height at two times: September and again in May. Below are their results.

Name	Height in Sept, (inches)	Height in May, (inches)
Naomi	60	62
Mike	54	54
Crystal	57	60
Lisa	65	66
Marquita	59	63
Tony	49	50
Bernie	60	62
Jonathan	49	49
Nia	48	48
William	51	51
Jamal	54	58
Boyd	50	51
Stephanie	50	53

1. Who was taller in September: girls or boys? Who was taller in May: girls or boys?
2. Make a bar graph to show the height of Ms. Parker's students. Use separate colors for boys and girls.
3. What does this graph show regarding puberty? How does it relate to what you learned in "Growing Up Girls?"
4. Measure your classmates, and make similar graphs for their height as it changes during the school year.

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Answer Key

This activity addresses Georgia performance standards S5CS5(c).

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