

PUBERTY I-UNDERSTANDING CHANGES – GRADES 4-5

This SEL infused class is taught through storytelling and age-appropriate scenarios and is designed to help students understand puberty. It compares female and male reproductive anatomy and introduces the physiological changes that occur during adolescence in a unique female-only and male-only format. This class compares female and male reproductive anatomy and introduces the physiological changes that occur during adolescence. Educators address secondary physical changes such as breast development, increased production of sweat and oil, acne, voice changes and the growth of body hair, as well as the menstrual cycle (female program) and nocturnal emission and spontaneous erection (male program).

Program Goals:

Students will...

Increase their knowledge of human anatomy

Identify changes that are common during puberty and ways to manage these changes

Increase their comfort in discussing and caring for their changing bodies

Standards Alignment:

ISBE Health Standards:

ISBE Social Emotional Learning Standards:

*Meets IL school code section 105 ILCS 110/3

The links below provide additional information:

FAQ sheet but video format: <https://vimeo.com/444319972>

Parent FAQ sheet :

<https://candorhealthed.org/wp-content/uploads/2021/07/Puberty-1-FAQ-2020.pdf>