

Walnut Creek School District 5th Grade Growth and Development Lessons

California Health Content Standards
Growth, Development, and Sexual Health¹

Standard 1: Essential Concepts

CASEL Core Competency - Self Awareness

- 1.3.G Identify the physical, social, and emotional changes that occur during puberty.
 - 1.6.G Recognize that there are individual differences in growth and development, physical appearance, and gender roles.
 - 1.9.G Explain that puberty and physical development can vary considerably and still be normal.
 - 1.10.G Identify personal hygiene practices and health and safety issues related to puberty (e.g., showering, use of sanitary products, deodorant, and athletic supporters).
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Standard 2: Analyzing Influences

CASEL Core Competency - Self Awareness & Social Awareness

- 2.3.G Discuss how changes during puberty affect thoughts, emotions, and behaviors.
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Standard 3: Accessing Valid Information

CASEL Core Competency - Social Awareness

- 3.1.G Recognize parents, guardians, and other trusted adults as resources for information about puberty.
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Standard 6: Goal Setting

CASEL Core Competency - Self Management

- 6.2.G Develop plans to maintain personal hygiene during puberty.

¹ Education Code (EC) Section 51933(a)(b)(c).

Standard 7: Practicing Health-Enhancing Behaviors

CASEL Core Competency - Self Management

7.1.G Engage in behaviors that promote healthy growth and development during puberty.

Essential Question: What are some strategies to cope with the physical, emotional and social changes that happen during puberty?

Lesson 1 – Introduction to Physical, Social and Emotional Health

Objectives:

- *Create a comfortable environment for students*
- *Describe that all people go through changes throughout their lifetime.*
- *Explain that puberty is one of the changes that a person will go through in their life cycle.*
- *Identify physical, social and emotional health practices that support wellness.*

[Lesson 1 Teaching Slides](#)

- 1) Create Classroom Agreements
 - 2) Activity: Stages throughout life "Things Change"
 - 3) Discussion and Activity: Health Triangle How do you keep yourself healthy?
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Lesson 2 - Physical, Social and Emotional Changes During Puberty

Objectives:

- *Identify the physical, social, and emotional changes that occur during puberty.*

- *Discuss how changes during puberty affect thoughts, emotions, and behaviors.*
- *Develop strategies to deal with social and emotional changes*

Teaching Slides Lesson 2

- 1) Review Class Agreements
- 2) Physical, Social and Emotional Changes During Puberty Presentation
- 3) Physical, Social and Emotional Changes in Puberty card sort
- 4) Social and Emotional Changes Strategies Worksheet - homework to be completed by students and parents/guardians or in class.

PHYSICAL CHANGES OF PUBERTY

- | | | |
|-------------------|--------------------|-------------------|
| • Get taller | • Hair texture may | • Menstruation |
| • Grow breasts | change | • Wet dreams |
| • Weight gain | • Hormones are | • Hips widen |
| • Grow hair under | raging | • Voice cracks |
| arms, on legs, | • Voice deepens | • Muscle growth |
| around genitals | • Spontaneous | • Sweat starts to |
| • Get acne | erections | smell |

EMOTIONAL CHANGES OF PUBERTY

- Mood swings – you feel great one minute, and then really sad or angry the next
- Anxiety and stress
- Intense feelings
- Feel self-conscious about how your body looks
- Might have hard time making up your mind/feel unsure a lot
- Feel everyone's looking at/talking about you
- Might start thinking, "Who Am I?" – try to define yourself as a person

SOCIAL CHANGES OF PUBERTY

- May want to try more and riskier things
- More interested in being with friends
- May have more conflict with parents/caregivers
- Start to become interested in others as more than friends/finding a partner
- Peer pressure increases

Lesson 3 – Physical Changes During Puberty

Objectives:

- *Understand the physical changes that are experienced by all genders during puberty*
- Identify personal hygiene practices related to puberty.
- Recognize parents, guardians, and other trusted adults as resources for information about puberty.
- Develop plans to maintain personal hygiene during puberty.

[Teaching Slides Lesson 3](#)

- 1) Discuss the physical changes of puberty and strategies to manage (have visual aids such as soap; deodorant, sunscreen, pads, panty liners, tampons etc).
- 2) Revisit Health Triangle and add strategies learned in these lessons