

Human Sexuality/Growth and Development

CLASS FOR GIRLS ONLY. MATERIALS WILL BE PRESENTED BY FAMILY LIFE EDUCATION NURSES.

Standards of Learning Objective:

4.2 The student will identify physical changes that begin to occur during puberty (girls).

Lesson Summary:

Stress that the rate of development varies with individuals. Recognize the importance of cleanliness in relation to body changes. Introducing the process of menstruation.

Parent/Child Activity:

Students will interview parents regarding their experiences during puberty.

BIBLIOGRAPHY GRADE 4

Just Around the Corner – For Girls, video, MARSH media, Shawnee Mission, KS
Menstruation Facts, pamphlet, Santa Cruz, CA: ETR Associates, 1996.

BIBLIOGRAPHY (Elementary Special Education)

A Girl's Guide to Growing Up, video, MARSH media, Shawnee Mission, KS

VIDEO DESCRIPTIONS

GRADE 4

Just Around the Corner – For Girls

Megan — captain of the soccer team, admired big sister, and self-assured teenager — talks to younger elementary-level girls about what to expect during puberty.

Charming and whimsical animated figures help Megan explain the exciting changes that lie "just around the corner."

Topics covered in this engaging video include:

- When to expect the onset of puberty
- The physical and emotional changes of puberty
- The maturation of the female reproductive system
- Female anatomy
- Menstruation
- The importance of good hygiene and healthy habits

Megan's reassuring presentation and a cheerful theme song promote a positive attitude toward the changes ahead.