

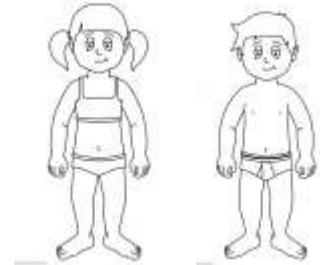
## Grade 4 Sexual Health Education Follow-up

### **Dear Parent/Guardian:**

The following are the topics for Sexual Health Education in grade 4. Please use the questions below to help further your child's sexual health education. Please note that the following letter outlines the main information covered, but other topics relating to the lesson may be discussed in response to questions asked by students in class.

### **Grade 4 Topics:**

- Private areas of the body with proper terminology
- Appropriate and inappropriate touching
- Changes to expect during puberty for male and female bodies
- Having respect for differences between individuals
- Proper hygiene during puberty



### **Overview of lesson:**

#### **Ask...What areas on your body are private and what are they called?**

Both girls' bodies and boys' bodies have private areas. They are called the vulva, penis, testicles, buttocks and breasts.

#### **Ask...When is it ok for another person to touch those areas?**

No one has the right to touch your body. It is not ok for someone to ask to see or touch your private areas. It is also not ok for someone to ask you to look at or touch his/her private areas, even if they say it is a game. Doctors or parents might need to see or touch these private areas in order to keep you healthy but must have a good reason to do so. If you are ever unsure say NO and talk to a safe adult about it.

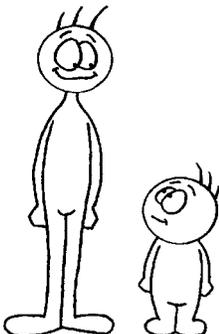
#### **Ask...What is puberty?**

It is the time of life when a person's body changes from a child into an adult.



#### **Ask...What might be the earliest age a girl may go through puberty?**

It could be 8/9 but for some, the changes may start as late as 14-16.



#### **Ask...What might be the earliest age a boy may go through puberty?**

It could be 9/10 but for some, the changes may start as late as 15-17.

**Ask.... Why do some kids physically mature faster than others?** Hormones secreted from the pituitary gland of the brain send signals for your body to mature. A person can't control when the brain sends out these signals. Also, share with your child when you started to go through puberty as it may be very similar for them.

**Ask....What are the names of the hormones that will cause these changes in boys and girls?**

Estrogen for girls' bodies and testosterone for boys.

**Ask....What changes happen to all children during puberty?**

All grow taller, gain weight, have new hair growth on body including the pubic area, get pimples, get underarm hair, get oily hair, and get body odour due to increase in sweat production.

**Ask....What changes do only the boys' bodies go through?**

They get wider shoulders and chest, get a deeper voice, get facial hair, and the genitals grow larger.

**Ask....What changes do only the girls' bodies go through?**

They get larger breasts and wider hips. It is important to note that boys have breast tissue as well. Girls' breast tissue develops in part, as a result of the hormone Estrogen.

**Additional information:**

We also discuss personal hygiene. This includes how often to wash face and shower, when and how to use deodorant and to discuss with parents their preference for deodorant or antiperspirant. We also mention how often to brush teeth and floss, not to share combs/brushes/hats, to change underwear daily, and to wear cotton underwear if possible.



***Additional Resources:***

Webpages:

- [sd23.bc.ca/ProgramsServices/SexualHealthEducation](http://sd23.bc.ca/ProgramsServices/SexualHealthEducation)
- [kidshealth.org](http://kidshealth.org)

Books:

- *Am I Weird or Is This Normal?* Marlin S, Potash and Laura Potash Fruitman: Fireside, 2001.
- *The Boy's Body Book* Kelli Dunham: Applesauce Press, 2007.
- *The Care and Keeping of You: The Body Book for Girls*, Valerie Schaefer: American Girl Publishing, 2012. \*The American Girl Series for girls' aged 8 and up, offer valuable support and guidance on a range of emotional and academic issues associated with growing up.
- *The Guy Book: An Owner's Manual* Mavis Jukes: Crown Books for Young Readers, 2002.
- *It's Perfectly Normal: Changing Bodies, Growing Up and Sexual Health* Robie H. Harris: Candlewick Press, 2009.

- The Looks Book: A Whole New Approach to Beauty, Body Image and Style Esther Drill: Penguin Paperbacks, 2002.
- Let's Talk About Sex Robie H. Harris: Walker Books, 2010.
- My Body, My Self for Boys Lynda Madaras and Area Madaras: Newmarket Press, 2007.
- My Body, My Self for Girls Lynda Madaras and Area Madaras: Newmarket Press, 2007.
- Puberty Boy Geoff Price: Allen & Unwin, 2006.
- Puberty Girl Shushann Movsessian: Allen & Unwin

***Questions for kids to ask their parents.....***

1. How old were you when you first started noticing body odor?
2. What names did you have for your private areas when you were little?
3. How old were you when you first used deodorant? Do you use deodorant or antiperspirant now? Why?
4. What sign of puberty was the most obvious to you (body hair, odor, oily skin or hair, growth spurt)?
5. Do you remember having a growth spurt when you were younger? How old were you when that happened? Did the growth spurt hurt? When did you stop growing?



**Thanks for taking the time to reinforce what your child learned with us today!**

*The Sexual Health Team*