

Grade 5 Sexual Health Education Follow-up

Dear Parent/Guardian:

The following are the topics for Sexual Health Education in grade 5. 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 5 Topics

- Physical changes during puberty.
- Male and female reproductive system and their function.
- Having respect for differences between individuals
- Proper hygiene during puberty



Overview of lesson:

IT TAKES
COURAGE
TO GROW UP
& BECOME WHO
YOU REALLY
ARE. - ER. CUMMINGS

We ask students what noticeable changes they see in teenagers compared to themselves. Things that come up are: grumpier, taller, more homework, want their privacy, spend more time on appearance, get to drive a car, start dating, want independence, spend more time with friends than family. We discuss that not only do their bodies change, but they also have changes in their emotions and socially, too! This is due to hormones.

Ask....What is puberty?

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

Ask....What might be the earliest age a person may go through puberty?

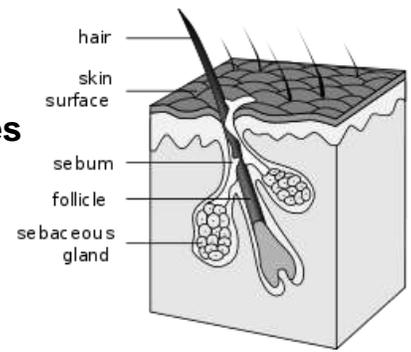
Female bodies start going through puberty between age 8/9-16; the average is 11 and male bodies start between: age 9/10 – 17; the average is 13.

Ask.... Why do some kids mature faster than others?

Hormones secreted from the pituitary gland of the brain send signals for your body to begin maturation. The hormones, testosterone in male bodies, and estrogen and progesterone in female bodies, cause these changes. 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. It also helps to discuss family genetics/hereditary traits.

Ask....What changes happen to both male and female bodies during puberty?

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



Ask....What changes do only male bodies go through?



They get wider shoulders and chest, a deeper voice, facial hair, and also the penis and testicles grow larger. Erections often occur spontaneously for no apparent reason and also due to attractions to others as they get older. They also produce sperm and will be able to ejaculate resulting in wet dreams which are ejaculations while asleep.

Ask.... Explain the male reproductive system and how it works.

We explain the difference between a circumcised and uncircumcised penis, and that during an erection blood flows into the penis causing it to become hard and stand out from the body. Once sperm are produced in the testes, they can be ejaculated which is an involuntary release of semen containing sperm cells. This usually happens for the first time at night (called a nocturnal emission or wet dream). Urination and ejaculation cannot happen at the same time.



Ask....What changes do only female bodies go through?

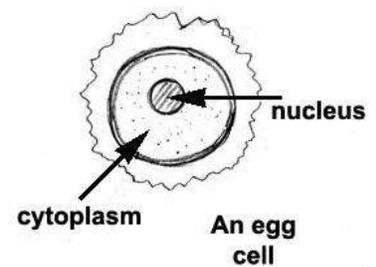


Female bodies will get larger breasts, wider hips, vaginal discharge, start releasing eggs (ovulation), and get a period (menstruate). We discuss that if they have breast development, hair growth in their underarms and genital area and have a whitish vaginal discharge that is noticeable in their underwear, then it could be that their period is coming soon.

We show diagrams of the male and female reproductive systems and a short video explaining some of the changes that happen during puberty. We also describe how an egg can become fertilized by a sperm.

Ask.....Explain why periods happen.

Once female hormones are released, the ovaries start to release mature eggs (Ovulation). The egg travels through the fallopian tube to the uterus. The lining of the uterus becomes thick with blood to eventually be able to nourish a fertilized egg. If the egg doesn't get fertilized by the sperm while in the fallopian tube, the blood and tissue in the uterus is not needed because there is no pregnancy, it exits the female's body through the vagina. This is called menstruation and looks like blood. We talk about how this happens approximately monthly until they are about 50 years old.



Ask....How many days does a period last? Why should it be marked on a calendar or recorded? What if a period happens at school? What products can be used during menstruation?



Periods last for 3-7 days and occur once every 28 days or so. It's not unusual to get a first period and then not get another again for a few months. Marking it on a calendar can help to predict when future periods may begin. If at school, the office has supplies or they can be carried in a school bag. If you have not yet, this would be a good time to talk to your child about pads and purchase some size appropriate ones.

As we discuss the changes during puberty, we also discuss personal hygiene. We discuss how pads should be changed about every 4 hours unless at night. We always suggest to children that they discuss with parents what they should use for protection as some families would rather they not begin using tampons at this age.

Additional Resources:

Webpages:

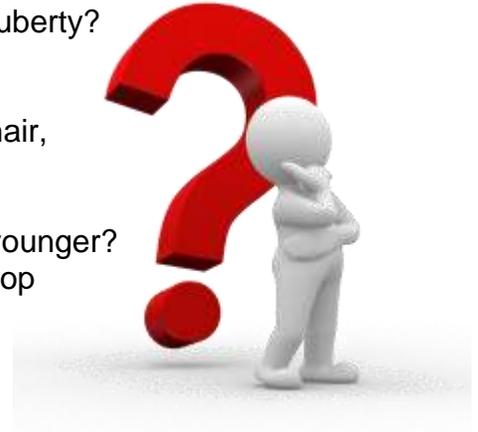
- sd23.bc.ca/ProgramsServices/SexualHealthEducation
- kidshealth.org

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. What was the first sign you noticed that you had started puberty?
How old were you?
2. What sign of puberty was the most obvious to you (body hair, odour, oily skin or hair, growth spurt)?
3. Do you remember having a growth spurt when you were younger?
How old were you when that happened? When did you stop growing?
4. How old were you when you got your first period/wet dream?
5. Do you remember feeling different emotionally when you were going through puberty?
How?



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

The Sexual Health Team