



5th Grade Curriculum
“I Wonder What is Happening to Me.”

Lesson 1: Ready, Set, Grow!

- Discuss what students already know or have heard about puberty
- Propose guidelines for respectful discussions during lessons
- Plan ways to initiate/improve communication with trusted adults regarding growing up

Lesson 2: Puberty and the Male Reproductive System

- Summarize what they know about growing up
- Identify physical and emotional changes occurring during puberty
- Define the structures and functions of the male reproductive system.

Lesson 3: Puberty and the Female Reproductive System

- Identify physical and emotional changes occurring during puberty
- Define the structures and functions of the female reproductive system.

Lesson 4: Reproduction

- Review the structures and functions of the female and male reproductive systems
- Discuss the changes that indicate an individual is physically capable of reproduction

Lesson 5: Personal Hygiene / Social and Emotional Changes

- Distinguish between accurate and inaccurate sources of information about puberty
- Discuss personal hygiene and healthy habits
- Identify social and emotional changes during puberty
- Describe normal variations of development in puberty
- Discuss respect of self and others during puberty and in relationships.