



# RESOURCE LIST: PUBERTY PACKAGE GRADES 4-6

## **A GUIDE FOR TEACHERS TO SUPPORT CURRICULUM OUTCOMES RELATED TO PUBERTY**

This resource list was created to aid teachers by providing resources that can be paired with the appropriate curriculum outcomes for grades 4, 5 and 6 under the topic of puberty.

Please note that puberty topics are also included in curriculum outcomes for grades 7-8. To provide a more streamlined process, this document was created to consolidate any and all relevant puberty resources, which can be used at the discretion of the teacher to suit the appropriate outcome for the grade level.

Puberty resources to support parents can be found under the Student and Families section of the NLESD website. For more information please contact your local Public Health Nurse.

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## PUBERTY EDUCATION VIDEOS:

### 1. [Always Changing and Growing Up | Co-Ed Puberty Education Video](#)

- **Length:** 25:59 (23 minutes of content)
- **Topics covered:** Puberty definition, changes girls see in puberty (e.g.: taller, hips get wider, menstruation), hormonal cause for puberty in girls (pituitary gland, estrogen), hormonal cause for puberty in boys (pituitary gland, testosterone), changes boys see in puberty (e.g.: taller, muscles develop, skin & hair changes, body odor, penis + testicles mature, sperm), reassuring puberty is normal, ages of puberty, speed of girl vs. boy maturation, personal hygiene, acne, breast development, shaving, menstruation, premenstrual syndrome, feminine hygiene products, erections, concerns of penis size, nocturnal emissions, talking to someone you trust about puberty, responsibility, 3 ways to stay healthy during puberty
- **Recommended as an introduction to puberty**

### 2. [Always Changing and Growing Up | Boys Puberty Education Video](#)

- **Length:** 16:44 (14 minutes of content)
- **Topics covered:** Similar to those listed above with a focus solely on males

### 3. [Always Changing and Growing Up | Girls Puberty Education Video](#)

- **Length:** 18:45 (16 minutes of content)
- **Topics covered:** Similar to those listed in 1. with a focus solely on females

**Note:** if the above links do not work you can access the videos on the [always](#) YouTube video list.

## PUBERTY EDUCATION FACT SHEETS:

These Eastern Health fact sheets can be printed or viewed online as a presentation using the following links:

1. [Puberty in Girls](#)
2. [Puberty in Boys](#)
3. [Puberty and Your Child](#)

## PRINTABLE ACTIVITY SHEETS LINKED WITH ALWAYS CHANGING PUBERTY EDUCATION CONTENT:

1. [Always Changing “Pre-test” – What do you know about Puberty?](#)
  - Ideal to give to students before puberty sessions begin to gauge what they know already
  - A short (10 minute) activity that can be accompanied by a “post-test”
2. [Activity Sheet # 1 – Introducing Terry](#)
  - One page activity sheet that introduces a narrative of an individual going through puberty

- Gets students to make a list of some of the changes that occur during puberty and positive self-esteem.
3. [Activity Sheet # 2 – Facts about the Female Reproductive System](#)
    - One page activity sheet used to label appropriate anatomy to their definitions (6 definitions total)
  4. [Activity Sheet # 3 – Facts about the Male Reproductive System](#)
    - One page activity sheet used to label appropriate anatomy to their definitions (9 definitions)
  5. [Activity Sheet # 4 – Myths and Facts about personal care](#)
    - One page activity sheet used to state “true” or “false” about dental care, skin care, and staying fresh and dry.
    - 19 total T/F
  6. [Activity Sheet # 5 – Taking Care of Yourself](#)
    - One page activity sheet that gets students to colour on a clock to show healthy habits. Each colour represents a different healthy habit. Example: Rest/Sleep, Physical Activity
  7. [Activity Sheet # 6 – A Changing You](#)
    - One page activity sheet that gets students to write down some personal things, such as “favourite thing about grade 1”, “one thing I am proud of”, “things I like best about myself”, “things I want to work on”
    - Total of 10 separate questions
  8. [Activity Sheet # 7 – Word Scramble](#)
    - One page activity sheet that gets students to unscramble 9 words associated with health and grooming
  9. [Always Changing Post-Test – What do you know about puberty?](#)
    - Ideal to give to students after puberty sessions to show themselves, and you, what they have learned
    - A short (10 minute) activity

## ANSWER KEYS – ALWAYS CHANGING ACTIVITY SHEETS

1. [Pre and Post Test](#)
2. [Activity Sheets](#)

## OTHER RESOURCES:

1. [Am I Normal? \(Girls and Puberty\)](#)
  - Time: 1:56
  - Discusses the psychosocial process of puberty and what is “normal”

- Does not address physiological processes

2. [What Boys Want to Know About Puberty](#)

- Time: 3:55
- Psychosocial + physical aspects of puberty

3. [How Does a Boy's Voice Change? | Puberty](#)

- Time: 1:13
- This video is narrated by an MD

4. [Ages & Stages of Puberty for Boys | Puberty](#)

- Time: 1:42
- This video is narrated by an MD

5. [Emotional Changes Girls Experience | Puberty](#)

- Time: 2:08
- This video is narrated by an MD

6. [Sexual Feelings that Girls Experience | Puberty](#)

- Time: 1:57
- This video is narrated by an MD

7. [Sexual & Emotional Changes in Boys | Puberty](#)

- Time: 1:42
- This video is narrated by an MD