

A large yellow sunburst graphic with rays emanating from the right side, serving as a background for the text.

Health and Development

4th Grade

Objective: I can discuss the changes in my body with a trusted adult

Today we are going to talk about how your body changes as you get older, and what you can do to prepare for this process!



You are going to have lots of questions, and that is GREAT! Please ask questions! Every man you know has experienced the same thing!!



Agenda

 **video** 

 **vocabulary** 

 **game** 

 **Q&A** 

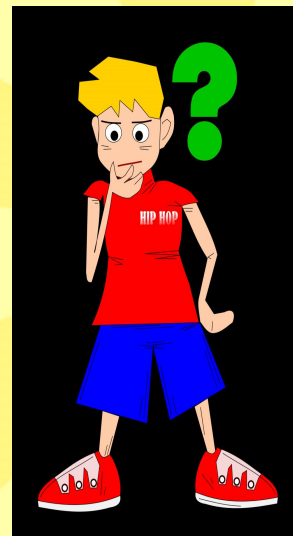
 **Classroom Assignment** 

Video

**While you watch the video,
think of questions you have or
new things that you have
learned!**

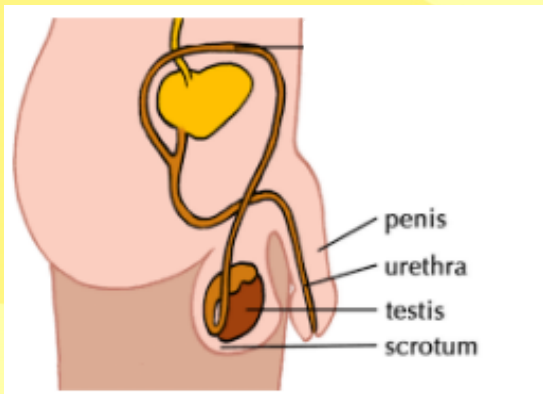


Click here to view video:
[http://m.kidshealth.org/en/
kids/boys-puberty.html?
WT.ac=ctg](http://m.kidshealth.org/en/kids/boys-puberty.html?WT.ac=ctg)



Vocabulary

penis - The male organ that allows liquid waste to leave the body.



urethra - the tube in the penis that the liquid waste travels down

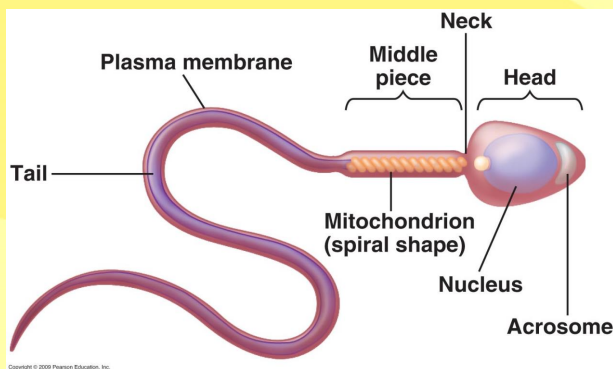
scrotum - the pouch that holds the testicles

testicles - the organs in the body that produce testosterone

testosterone - the male hormone that tells your body when and how to go through puberty

Vocabulary

***sperm - A cell that is produced by the testicles and is released during ejaculation**



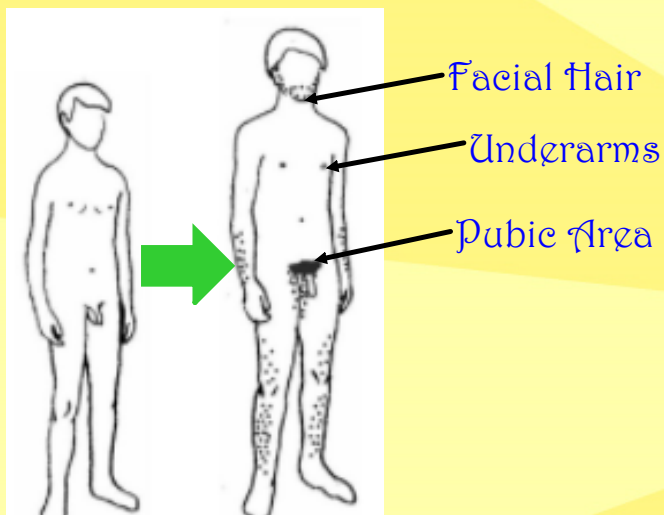
nocturnal emission - While you are sleeping, your body can experience an ejaculation, you could wake up to wet clothing and bedding. **THIS IS NORMAL!**

semen - the fluid that carries the sperm

ejaculation - the process of semen leaving the body

Vocabulary

***hair - During puberty you grow hair on your face, underarms, and in your pubic area.**



* Talk to an adult about when the right time is to start shaving!

Vocabulary

***body odor - When sweat and bacteria mix in your underarm area, it creates a bad smell.**

*** deodorant - This is a product that you put on your underarms after showering! No sweat...no stink!**



* Deodorant comes in different types like roll-on and spray. Talk to the adults at home to decide the best option for you!

Vocabulary

*** pimples - This is a pore that has been clogged by oil.**

*** acne - This is a collection of pimples, and can be on your face, back, and chest.**



* Wash your face daily to prevent pimples, and care for acne.

* Talk to your doctor if products from the store do not work!

Vocabulary

*** healthy - If you are healthy, you make good choices about food and exercise to take care of your body.**



* Eat fruits and vegetables that are fresh or cooked!

* Make your plate colorful with your food choices.



* You should walk, run, play sports, or play outside. Get your entire family involved!

Game

**Raise your hand if you have played
Charades?**

- * 3 people will be chosen at a time**
- * 1 person will act out the word/phrase**
- 2 people will guess the word/phrase**

Q & A

- * This is the time for you to ask questions.**
- * Everyone is going to get a piece of scratch paper, and everyone is going to turn in a piece of paper.**
- * If you do not have a question, turn in the paper blank.**

DO NOT WRITE YOUR NAME

Classroom Assignment

*** After this lesson, your teacher will give you two pieces of paper to write two letters.**

*** These letters are going to adults that you trust, adults that you feel like you can talk to about puberty.**

*** Let them know what you learned, what you still want to know, or just that you may come to them in the future.**

Thank You!

Thank you for allowing me to help you along this journey. If you need someone to talk to, I will always be here for you.

Our school nurse is also an excellent resource for questions about your body!

Review:

Objective: I can discuss the changes in my body with a trusted adult

Do you feel like you can discuss the changes in your body with a trusted adult?



