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!**

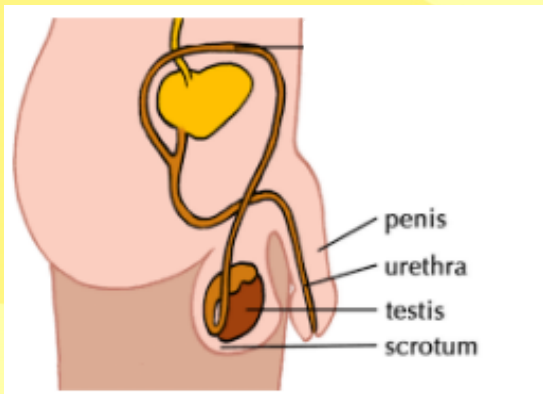


*Click here to view video*



## 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

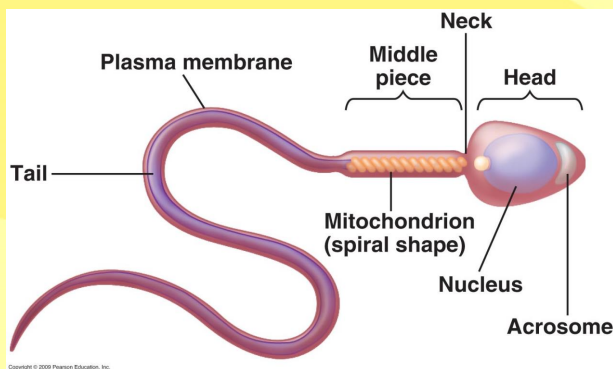
scrotum - the pouch that holds the testicles

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**



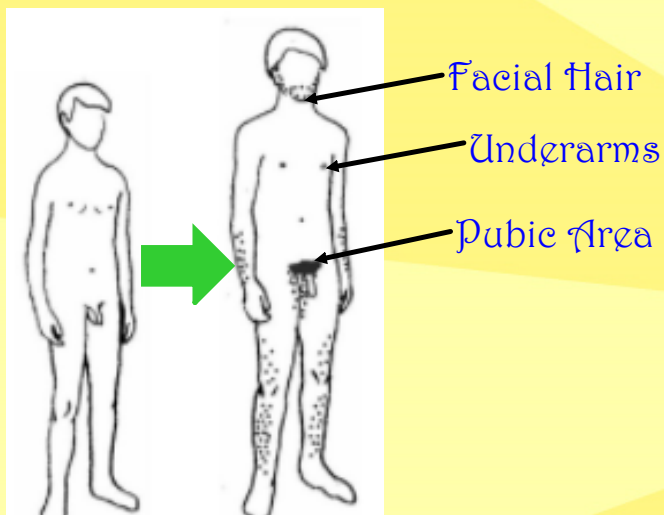
nocturnal emission - While you are sleeping, your body can experience an ejaculation, you could wake up to wet clothing and bedding. **THIS IS NORMAL!**

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.**

A vertical red line is positioned on the left side of the page. From this line, 12 horizontal blue lines extend across the page, creating a series of rows for writing. The lines are evenly spaced and cover most of the page's height.

## **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?**

