



# **FIFTH GRADE MATURATION PRESENTATION PARENT WORKSHOP**

**Ms. Carol Roseto, District Director of Health, Physical Education and Athletic**

**Mr. Keith Bosch, Health and Physical Education Teacher**

**Mrs. Kerry Figueiredo, Health and Physical Education Teacher**

# Why Do We Teach Maturation?

- 1) By providing fifth grade students with maturation lessons, we are preparing them to be comfortable with their changing bodies, while providing age-appropriate functional knowledge.
- 2) Our goal is to work with parents, as the primary teacher of maturation and health, and provide age-appropriate information to serve as a catalyst for conversation, trust, and proper information.
- 3) The NYS Guidance Document is a curriculum guide which provides benchmarks for learning in health education. According to the document, by the completion of elementary school, students should have an understanding of gender, gender stereotypes, basic biology, and transmission of viruses. These topics will be more clearly defined in the following slides.

# Objectives

Per completion of the Fifth Grade Maturation Program, students will be able to:

- 1) Identify changes that occur in both the male and female body
- 2) Explore similarities in the emotional and social changes that occur during maturation
- 3) Describe how the immune system works
- 4) Explain how HIV affects the immune system
- 5) Articulate the difference between HIV and AIDS
- 6) Identify risk behaviors and their consequences (positive and negative)
- 7) Identify ways to support a friend's positive health behaviors
- 8) Role model how to refuse negative-risk scenarios

# **Family Life/Sexual Health Knowledge**

**FLS.E.10: Individuals pursue their interests regardless of their gender or gender stereotypes.**

**FLS.E.11: Although males and females are alike and different in many ways, each individual has unique physical, psychological, and emotional needs.**

# **HIV/AIDS FUNCTIONAL KNOWLEDGE**

**HIV.E.1: HIV/AIDS is a disease that is causing some adults to get very sick, but it does not commonly affect children.**

**HIV.E.2: HIV is the virus that causes AIDS (Acquired Immune Deficiency Syndrome).**

**HIV.E.3: Individuals cannot get HIV/AIDS by being near or touching someone who has it.**

**HIV.E.4: Some viruses cause disease and can be transmitted from an infected individual to an uninfected individual through various means.**

**HIV.E.5: HIV/AIDS is caused by a virus that weakens the ability of infected individuals to fight off disease.**

**HIV.E.6: Scientists are working hard to find a way to stop individuals from getting HIV/AIDS and to cure those who have it.**

# Sequence of Lesson

- 1) Individual meetings, broken up by biological males/females.
  - a) Females will be with Kerry Figueiredo and supporting classroom teachers.
  - b) Males will be with Keith Bosch and supporting classroom teachers.
- 2) Individual group sections will begin with an icebreaker activity where students will identify and celebrate their likes and interests.
- 3) Next, students will define self-esteem, ways to increase their self-esteem and identify ways to improve self-acceptance.
- 4) Students will complete an activity where they will list three adjectives used to describe themselves, three of their strengths, and three of their favorite things.

# Key Points for Female Presentation

- 1) Girls get taller, breasts enlarge, body hair, body odor, oily skin, pimples, and mood changes occur at the onset of puberty.
- 2) It is important to practice good hygiene during maturation by using deodorant, showering daily, washing face with a gentle cleanser and moisturizer, brushing teeth to help prevent cavities and clean teeth. Bras may be needed to help support growing breasts.
- 3) Pituitary gland sends message to ovaries to create estrogen which is created to help begin menstruation.
- 4) Females typically get their first period between 10-16 years old.
- 5) The first year of a female's menstrual cycle may produce irregular periods.

# Key Points for Male Presentation

- 1) **Body size will increase. Sometimes the feet, arms, legs and hands may grow faster than the rest of the body.**
- 2) **Some boys may get some swelling in the breast area. This is a result of the hormonal changes that are happening. This is common among teenage boys and is often short-term or temporary.**
- 3) **Voice changes may happen, as the voice gets deeper. Sometimes the voice may "crack" during this time.**
- 4) **It is important to practice good hygiene during maturation by using deodorant, showering daily, washing face with a gentle cleanser and moisturizer, brushing teeth to help prevent cavities and clean teeth**
- 5) **As the penis enlarges, the teen boy may begin to have erections. This is due to hormonal changes and may happen when the boy feels a romantic feeling or it may happen for no reason at all. This is normal.**



# Key Points for HIV Section

- 1) The immune system works to keep us healthy.
- 2) HIV is a virus that affects the way our body fights off germs.
- 3) HIV can turn into AIDS when the immune system is weakened.
- 4) Students will learn modes of transmission such as; Exposure to HIV-infected fluids through sexual intercourse, needle sharing, childbirth, and breastfeeding.
- 5) Students will be given a worksheet where they need to validate or negate facts about HIV based on the information they learned in class.
- 6) Please note, while the term sexual intercourse is introduced in this lesson, it is not expanded upon or discussed in depth. Students will be reassured they will learn more about this topic in middle school health and will be encouraged to turn to a trusted adult with any questions they may have.

# **Our Goal**

*In teaching your son or daughter maturation we sincerely hope to provide them with age appropriate functional knowledge in a safe and comfortable atmosphere which acknowledges and celebrates our differences while focuses on what makes us all alike.*

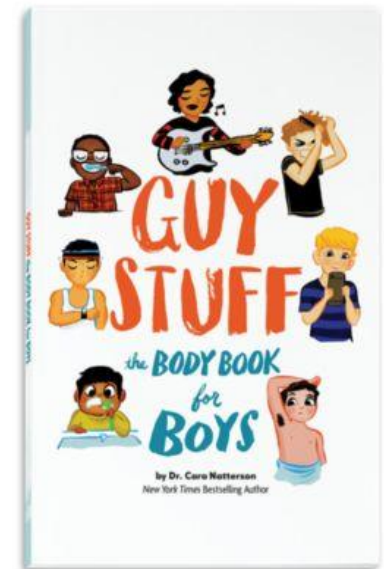
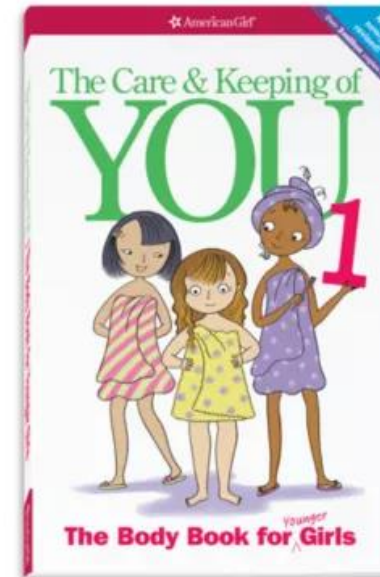
*We look forward to this opportunity and working alongside you, your child's first and best teacher.*

# Resources

## Videos

## Book Suggestions

Click on the Picture



# **Questions/Comments**

**If you have any questions, please write them in the chat section now.**

**Thank you for attending!**