

Reproductive Health Lesson for Maturation

Objectives

- > Students will understand the physical and emotional changes that will occur as they grow and mature.
- > Students will review the structures and functions of the male and female reproductive systems. ➤ Students will understand the necessity of hygiene practices and products.

Introduction: Discuss with the student when and why puberty happens

- Girls typically began showing signs of puberty between 8 to 11 and boy between 10 or 15 years old.
- Puberty is the name for when your body begins to develop and change from a child's body into an adult's body.
 - A boy's body physically changes into a man's body and a girl's body changes into a women's body.
 - During childhood, growth is slow and steady; in puberty, change is rapid and dramatic. During puberty an adolescent may experience growth spurts, the average young person grows 12 inches in height and gains 20-30 pounds.
 - All parts of the body do not grow and develop at the same time or rate. Typically, the hands and feet are faster growing than the arms and legs. Adolescents will often feel awkward and gawky. That is quite normal because the body is out of proportion during this time period because of growth spurts. One out of five adolescents typically experience actual growing pains. These can be in the forms of aches in the shins, calves, or thighs. The attacks are usually short and often occur at night.

Pass out a 3x5 card and explain if they have any questions, they can write it down during the video.

Show the video — "Always Changing, Always Growing"

Discuss video — What are physical and emotional changes that occur during maturation

- Males: Taller, pimples, voice, weight gain, hair (arms, legs, underarms, and private parts), body odor, and muscles
- Females: Taller, pimples, breast, weight gain, small hair (arms, legs, underarms, and private areas), muscles, and menstrual cycle begins.

Pass out diagrams and go over the answers with the students.

Hand out true and false cards. Have the students hold up the correct answer as you read the following statements, or use the True and False worksheet. Explain each one.

- Mouthwash is better to use than brushing your teeth. (False)
- Deodorant stops people from sweating. (False)
- Squeezing pimples helps them go away. (False)
- Flossing teeth is only for people who can't brush their teeth. (False)
- Feeling sad, confused and hungry can be due to normal changes. (True)
- Puberty in boys starts at age 13 and is over by 14. (False)
- Muscle aches often happen from growing and stretching. (True)
- A "cracking" voice is a normal sign of puberty in a boy. (True)
- It is only necessary to bathe when one feels dirty. (False)
- Keeping clean helps one to stay healthy. (True)

Answer the students' 3x5 questions

True or False

Maturation

	True	False
1. Mouthwash is better to use than brushing your teeth.		
2. Deodorant stops people from sweating.		
3. Squeezing pimples helps them go away.		
4. Flossing teeth is only for people who can't brush their teeth.		
5. Feeling sad, confused, and hungry can be due to normal changes.		
6. Puberty in boys starts at age 13 and is over by 14.		
7. Muscle aches often happen from growing and stretching.		
8. A "cracking" voice is a normal sign of puberty in a boy.		
9. It is only necessary to bathe when one feels dirty.		
10. Keeping clean helps one to stay healthy.		