Puberty Education: Body Awareness- Parent Permission

\*\*Grades 4th (girls) – 5th (boys and girls)

**One component of the Houston County Comprehensive Health Education plan is to provide students with age-appropriate information on body awareness and safety. It is appropriate for students in 4th and 5th grades to begin becoming familiar with the physical and emotional effects of puberty. Below are the identified learning objectives and vocabulary terms that will be used to accurately provide students with facts about puberty and how they can keep themselves healthy.**

**Learning Objectives:**

* Students will be able to identify changes in the body that occur during puberty including body shape/size, body hair, skin conditions, body odor and bodily fluids.
* Students will recognize female/male reproductive system body parts and accurate terminology for those parts.
* Students will recognize the impact of puberty on emotional wellbeing and the importance of seeking help from a trusted adult.
* Female students will be able to identify key elements of menstruation.
* Female students will be able explain proper hygiene habits during menstruation.
* Students will recognize the importance of proper hygiene for skin care, hair care, body odor, and other characteristics impacted by puberty.
* Students will recognize that human bodies naturally exist in a diverse array of sizes, shapes, and complexions.
* Students will recognize that images seen in the media (television, social media, billboards, etc..) have often been artificially altered to give the appearance of perfection.
* Students will recognize the importance of a healthy lifestyle that includes proper nutrition and exercise during puberty.

**Key Vocabulary: Boys**

*genitals, testicles (testes or balls), testosterone, penis, erection, crushes, nocturnal emissions (wet dream), acne (pimples), wellbeing, breast, spermatic cord, prostate gland, rectum, anus, scrotum, foreskin, urethra, bladder, semen, ejaculate, sperm, sex, body image, pubic area, hormones, pituitary gland, puberty, testosterone, eccrine gland, apocrine gland, circumcision, epididymis*

**Key Vocabulary: Girls**

*crushes, menstruation (period), acne (pimples), wellbeing, breast, rectum, anus, urethra, bladder, body image, vulva, vagina, uterus, ovaries, tampons, pads, labia, pubic area, fallopian tube, uterus, ovary, clitoris, cervix, vagina, premenstrual syndrome (PMS), discharge, menstrual cycle, hormones, estrogen, testosterone, deodorant, ovulation, ova, fertilize, period protection, pituitary gland, puberty, sperm, eccrine gland, apocrine gland, antiperspirant, endometrium*

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\*\*Grades 4th (girls), 5th (boys), and 5th (girls) (taught separately)

Parents have the opportunity to preview any materials to be used in the instruction and the right to decide if their child can participate.

*Please complete the form below return this form to your child’s teacher by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*

*Date*

\_\_\_Yes - I give permission for my child, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, to participate in the lessons on puberty. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

*Parent Signature*

*OR*

\_\_\_No- Do not include my child, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, in the lessons on puberty. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

*Parent Signature*