

## 5th Grade Information:

For 5<sup>th</sup> grade girls and 6<sup>th</sup> grade boys: Video "From Girl to Woman" by SVE & Marsh Media

For 5<sup>th</sup> grade boys and 6<sup>th</sup> grade girls: Video "From Boy to Man" by SVE & Marsh Media

Students will learn about physical and psychological changes that occur as girls and boys enter puberty and adolescence. Students will understand the new emotions and the physical changes of puberty as their bodies prepare them for adulthood and develop an understanding of the physiology of maturation; both the primary and secondary changes of growth pattern, skin, body, hair, and body contour. Students will learn that there is a wide variation in the range of normal for the changes occurring during puberty and gain an understanding of the fears and tension that can contribute to the emotional turbulence of pre-adolescence.

After the video there will be a short discussion with time for questions from students. Samples of hygiene products may be sent home with 5th grade students.

## Procedures for Reviewing and Inspecting Materials:

If you wish to preview the video, please contact the school nurse to schedule a time to view the video at school.

\*Parent(s), or an adult or emancipated minor student, have the right to review and inspect all materials related to the instruction on human sexuality.

Please direct questions to: Delilah Fisher, R.N. School Nurse, Email: [dfisher@Concord](mailto:dfisher@Concord).

[K12.in.us](http://K12.in.us)

Phone: 574-830-0300