

NORTH EAST INDEPENDENT SCHOOL DISTRICT



HEALTH SERVICES

ELEMENTARY MATURATION EDUCATION PROGRAMS

In accordance with District policy, the NEISD Board of Trustees has approved this curriculum for the Elementary Maturation Education Programs. This NEISD School Health Advisory Council (SHAC) has reviewed and recommended the program and all instructional materials used to the Board of Trustees. The SHAC regularly reviews materials and makes recommendations for the continued improvements in this sensitive area of instruction. Only materials and content reviewed and recommended by the SHAC and approved by the Board of Trustees may be used.

All of the Elementary Maturation Programs are under the direction of the Associate Superintendent for Business Services. The implementation of the elementary program is overseen by the Director of Health Services. The school nurses teach the elementary individual program classes.

APPROVED MATERIALS FOR NEISD ELEMENTARY MATURATION EDUCATION PROGRAM

Third Grade Girls Evening Program

- ❖ 3rd Grade Girls and Their Parents/Guardians informational letter (English and Spanish)
 - Send home letter with students at least 2 weeks before evening class date.
- ❖ *Always Changing Puberty Education Program/Girl Only* (Proctor and Gamble, 2009)
 - Length – 20:40 minutes
 - English and Spanish available
 - Available online (www.neisd.net/maturationvideos) and on DVD
- ❖ Parent Brochure: Welcome to Third Grade Maturation Class. Found on Health Services website.
- ❖ Daughter Brochure: Growing and Changing – A Guide for Parents and Daughters. Found on Health Services website.

Fourth Grade Maturation Program

- ❖ GIRLS PROGRAM
 - Elementary Maturation Program Permission Form (English and Spanish)
 - Send home letter with students at least 2 weeks before evening parent preview date.
 - *Let's Just Talk! For Girls* (Marsh Media, 2007)
 - Length – 19:04 minutes
 - English and Spanish available
 - Available online (www.neisd.net/maturationvideos) and on DVD
 - 4th Grade Girls Booklet - *NEISD Growing and Changing* (request from Health Services). You will need enough booklets for every 4th grade girl to take home.
 - PowerPoint Presentation
 - 4th Grade Girls Maturation and Hygiene Program
 - Found on Health Services website
- ❖ BOYS PROGRAM
 - Elementary Maturation Program Permission Form (English and Spanish)
 - Send home letter with students at least 2 weeks before evening parent preview date.
 - *Let's Just Talk! For Boys* (Marsh Media, 2007)
 - Length – 15:34 minutes
 - English and Spanish available
 - Available online (www.neisd.net/maturationvideos) and on DVD
 - 4th Grade Boys Booklet - *NEISD Growing and Changing* (request from Health Services). You will need enough booklets for every 4th grade boy to take home.
 - PowerPoint Presentation
 - 4th Grade Boys Maturation and Hygiene Program
 - Found on Health Services website

Fifth Grade Maturation Program

❖ GIRLS PROGRAM

- Elementary Maturation Program Permission Form (English and Spanish)
 - Send home letter with students at least 2 weeks before evening parent preview date.
- *We're Just Talking! For Boys and Girls* (Marsh Media, 2007)
 - Length – 16:55 minutes
 - English and Spanish available
 - Available online (www.neisd.net/maturationvideos) and on DVD
- 5th Grade Girls Booklet - *NEISD Girls Growing Up* (request from Health Services). You will need enough booklets for every 5th grade girl to take home.
- PowerPoint Presentation
 - 5th Grade Girls Maturation and Hygiene Program
 - Found on Health Services website

❖ BOYS PROGRAM

- Elementary Maturation Program Permission Form (English and Spanish)
 - Send home letter with students at least 2 weeks before evening parent preview date.
- *We're Just Talking! For Boys and Girls* (Marsh Media, 2007)
 - Length – 16:55 minutes
 - English and Spanish available
 - Available online (www.neisd.net/maturationvideos) and on DVD
- 5th Grade Boys Booklet - *NEISD Boys Growing Up* (request from Health Services). You will need enough booklets for every 5th grade boy to take home.
- PowerPoint Presentation
 - 5th Grade Boys Maturation and Hygiene Program
 - Found on Health Services website

Third Grade Girl Maturation Program

The 3rd grade girl's maturation program is a class taught by the school nurse one evening in the Spring semester. All 3rd grade girls are invited to attend and must be accompanied by a parent or guardian.

How to prepare:

1. Approve a date and time with your administration to teach the class. You will need to choose an evening with no other campus conflicts and at a time when parents/guardians can attend after work.
 - Some schools choose to work with their cluster schools and host one class all together.
2. Send home the 3rd Grade Girls Maturation Form to all 3rd grade girl students.
 - Should be sent home at least 2 weeks before the scheduled class.
 - Found on Health Services website.
3. Secure a location on campus to hold the class. Examples include library, gym, or large classroom.

Materials

- ❖ Laptop/DVD player with projector or SmartBoard to play video
- ❖ *Always Changing Puberty Education Program/Girl Only* (Proctor and Gamble, 2009)
 - Length – 20:40 minutes
 - English and Spanish available
 - Available online (www.neisd.net/maturationvideos) and on DVD
- ❖ Parent Brochure: Welcome to Third Grade Maturation Class
- ❖ Daughter Brochure: Growing and Changing – A Guide for Parents and Daughters
- ❖ Sign-In Sheets
- ❖ Pens/pencils

Presentation

1. Greet students and parents as they arrive.
 - a. Ask parents/students to sign-in.
 - b. Distribute brochures.
2. Welcome attendees and thank them for coming.
3. Introduce yourself.
4. Identify the purpose of the parent and daughter program and why this program was developed:
 - a. Parent identified the need for an age-appropriate and quality maturation education program for this age group.
 - b. National trends indicate earlier onset of maturation in girls.
 - c. We feel it's important for our students to be prepared for and comfortable with the exciting changes that are ahead of them.
5. Introduce the NEISD Maturation Programs for Elementary School:
 - a. Fourth Grade

- The information that will be presented tonight is reviewed in greater detail for the girls.
- A separate program is also offered for boys and addresses the male maturation process.
- These classes are presented during the school day and students must have parent permission to attend.
- Parents have a chance to view the material prior to the class.
- Encourage parents to participate in the Parent Preview Session at all levels.

b. Fifth Grade

- Girls and boys receive identical information but in same gender classes.
- Information about the opposite gender is presented.
- Parent permission is required for participation and a parent preview session is scheduled to allow parents to see the materials prior to class.
- The program continues at each grade level in middle school and is part of the high school health curriculum.

6. Identify the goals and objectives:

a. GOALS

- To increase student awareness concerning physical and emotional changes during puberty.
- To educate the student concerning the importance of good personal hygiene, nutrition, exercise and rest.
- To help students understand that these changes are a normal and expected part of growing up.

b. LEARNING OBJECTIVES- at the conclusion of this program, parents and students will be able to:

- Define puberty
- Recognize the common physical and emotional changes that occur during puberty
- Describe the importance of good personal hygiene, exercise, nutrition, and rest
- Repeat accurate information about maturation to address common misconceptions and fears

7. Define Puberty

- A period of time when a young person's body goes through many changes as their body matures and grows.
- A normal time of development that occurs when a child's body begins to change to an adult's body.
- A normal process that children go through to become adults.

8. Show video: *Always Changing Puberty Education Program/Girl Only* (Proctor and Gamble, 2009)

- Length – 20:40 minutes
- English and Spanish available

- Available online (www.neisd.net/maturationvideos) and on DVD

9. Acknowledge that the girls have just received a lot of new information and new vocabulary. Review the menstrual cycle and encourage the girls to follow along in their brochure.
10. Allow time for questions and answers.
11. Thank everyone for coming. Give contact information.
12. Keep sign-in sheets for reporting attendance.
13. Fill out Maturation Program Evaluation (found on Health Services website) and email to health services once complete.

Fourth Grade Maturation Program

PROGRAM GOALS

- To increase student's awareness concerning physical and emotional changes during puberty.
- To provide accurate anatomical and biological information concerning puberty.
- To emphasize the importance of reliable information in making good decisions.
- To foster parent/guardian-child communication and identify parents/guardians as resources.
- To provide information regarding the components of proper personal hygiene.
- To help students develop respect and responsibility in caring for their bodies.
- To help students learn the benefits of healthy nutrition, exercise and rest.

LEARNING OBJECTIVES

After participating in the NEISD 4th Grade Maturation Program, students will be able to:

- describe an increased awareness of physical and emotional changes that accompany puberty.
- understand the importance of good hygiene practices during puberty.
- identify and understand the maturation of the male and/or female reproductive system.
- realize that maturation to adulthood requires learning to respect and care for one's body.
- understand the important roles nutrition, exercise and rest play in healthy development.
- reduce common misconceptions and fears by receiving accurate information about maturation.

4th Grade BOYS Maturation/Hygiene Program

How to prepare:

- ❖ Approve a date and time with your administration and grade level chair to teach the class. You will need to choose a day with no other campus conflicts and at a time that teachers agree is appropriate.
- ❖ Send home the *Elementary Maturation Education Program Permission Form* to all 4th grade students.
 - Should be sent home at least 2 weeks before the scheduled parent preview meetings.
 - No student may participate without written consent.
- ❖ Secure a location on campus to hold the class. Examples include library or large empty classroom.
- ❖ Order student booklets- *NEISD Growing and Changing 4th Grade Boys*
 - Email Health Services administrative assistant the total number of boys in 4th grade.

Materials

- Laptop/DVD player with projector or SmartBoard and sound to play video
- *Let's Just Talk! For Boys* (Marsh Media, 2007)
 - Length – 15:34 minutes
 - English and Spanish available
 - Available online (www.neisd.net/maturationvideos) and on DVD
- 4th Grade Boys Booklet - *NEISD Growing and Changing 4th Grade Boys*
- PowerPoint Presentation
 - 4th Grade Boys Maturation and Hygiene Program
 - Found on Health Services website

INTRODUCTION (*begin slideshow presentation and discuss the following while following along*):

Introduce purpose and goals of program to students with expectations for classroom behavior during presentation.

CHAMP the class:

C(onversation): voice level "0"

H(elp): raise hand for assistance

A(ctivity): mature and responsible action during presentation

M(ovement): remain seated

P(articipation): active listening, active participation by asking appropriate questions

S(uccess): increased understanding of subject matter being presented.

OBJECTIVE 1: Promote an increased awareness of the physical and emotional changes that accompany puberty.

1. Define puberty
 - a. The time in your life when your body begins changing from a child to an adult.
 - b. The body is maturing and growing
 - c. Reproductive organs develop for the purpose of producing children

- d. begins for girls between 9-14 years of age
- e. Begins for boys between 9-16 years of age
- f. Physical changes in boys:
 - Growth: height, weight, muscles, body hair
 - Voice changes: becomes deeper

2. Play video: *Let's Just Talk! For Boys* (Marsh Media, 2007)

OBJECTIVE 2: Understand the importance of good hygiene practices during puberty.

1. Increased activity of oil glands
 - a. Blackheads, pimples and acne can develop
 - b. Emphasize the importance of skin care
2. Increased activity of sweat glands
 - a. Body odor develops
 - b. Need for daily baths/showers
 - c. Importance of wearing clean clothes
 - d. Need for deodorant/anti-perspirant

OBJECTIVE 3: Identify and understand the male reproductive system.

1. Pituitary Gland
 - a. Gland in the brain responsible for secreting hormones that begin the process of puberty.
 - b. Testosterone is the hormone in males that causes physical (body) changes to take place.
2. Development of the male reproductive system
 - a. Testicles (Testes)
 - Sperm production occurs in the testicles
 - Male reproductive cell
 - Contains half of genetic information necessary to create new human life
 - Production of sperm begins at puberty
 - Testicles continue to produce sperm throughout lifetime
 - Whitish fluid called semen helps to carry sperm to outside of body
 - Testosterone (male hormone) is produced in the testicles
 - b. Scrotum
 - Skin sac which holds the testicles
 - c. Penis
 - Circumcised vs. uncircumcised - different appearance but same function
 - Male reproductive organ used for urination and reproduction
 - Erection- hardening of the penis
 - Ejaculation- when semen is released through the tip of the penis
 - Nocturnal emission/Wet dream- ejaculation that occurs during sleep
 - d. Fertilization
 - When a man's sperm and a woman's egg join inside the female's reproductive system
 - Fertilized egg develops and grows into a baby

- Being physically able to create a baby does not mean the person is ready for the responsibility of being a parent

OBJECTIVE 4: Realize and understand that maturation to adulthood requires learning to respect and care for one's body.

1. Growing up
 - a. Expected to take responsibility to make healthy choices regarding your own body and its needs.
 - b. Understand that everyone is different and develops at their own rate

OBJECTIVE 5: Understand the important roles nutrition, exercise and rest play in healthy development.

1. Healthy Choices
 - a. Choosing healthy foods and proper serving sizes (portions)
 - b. Stay physically active
 - c. Get plenty of rest

OBJECTIVE 6: Reduce common misconceptions and fears by receiving accurate information about maturation.

1. Questions and answers
 - a. Students may raise their hand to ask a question or write it down on a piece of paper and hand to nurse if they wish to remain anonymous
2. Encourage students to come see you if they have questions they would rather not ask during class.
3. Reiterate importance of having a parent or other trusted adult the student can turn to for further information.
4. Distribute booklet: *NEISD Growing and Changing 4th Grade Boys*
 - a. Inform students to place booklet directly in backpack and to not share with other students at school.

4th Grade GIRLS Maturation/Hygiene Program

How to prepare:

- ❖ Approve a date and time with your administration and grade level chair to teach the class. You will need to choose a day with no other campus conflicts and at a time that teachers agree is appropriate.
- ❖ Send home the *Elementary Maturation Education Program Permission Form* to all 4th grade students.
 - Should be sent home at least 2 weeks before the scheduled parent preview meetings.
 - No child may participate without written consent.
- ❖ Secure a location on campus to hold the class. Examples include library or large empty classroom.
- ❖ Order student booklets- *NEISD Growing and Changing 4th Grade Girls*
 - Email Health Services administrative assistant the total number of girls in 4th grade.

Materials

- Laptop/DVD player with projector or SmartBoard and sound to play video
- *Let's Just Talk! For Girls* (Marsh Media, 2007)
 - Length – 19:04 minutes
 - English and Spanish available
 - Available online (www.neisd.net/maturationvideos) and on DVD
- 4th Grade Girls Booklet - *NEISD Growing and Changing 4th Grade Girls*
- PowerPoint Presentation
 - 4th Grade Girls Maturation and Hygiene Program
 - Found on Health Services website

INTRODUCTION (*begin slideshow presentation and discuss the following while following along*):

Introduce purpose and goals of program to students with expectations for classroom behavior during presentation.

CHAMP the class:

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H(elp): raise hand for assistance

A(ctivity): mature and responsible action during presentation

M(ovement): remain seated

P(articipation): active listening, active participation by asking appropriate questions

S(uccess): increased understanding of subject matter being presented.

OBJECTIVE 1: Promote an increased awareness of the physical and emotional changes that accompany puberty.

1. Define puberty
 - a. The time in your life when your body begins changing from a child to an adult.
 - b. The body is maturing and growing
 - c. Reproductive organs develop for the purpose of producing children
 - d. Begins for girls between 9-14 years of age

- e. Begins for boys between 9-16 years of age
- f. Physical changes in girls:
 - Growth: height, body hair, breasts, hips
 - Ovulation and menstruation

2. Play video: *Let's Just Talk! For Girls* (Marsh Media, 2007)

OBJECTIVE 2: Understand the importance of good hygiene practices during puberty.

- 1. Increased activity of oil glands
 - a. Blackheads, pimples and acne can develop
 - b. Emphasize the importance of skin care
- 2. Increased activity of sweat glands
 - a. Body odor develops
 - b. Need for daily baths/showers
 - c. Importance of wearing clean clothes
 - d. Need for deodorant/anti-perspirant

OBJECTIVE 3: Identify and understand the female reproductive system.

- 1. Pituitary Gland
 - a. Gland in the brain responsible for secreting hormones that begin the process of puberty.
 - b. Estrogen and progesterone are the hormone in females that causes physical (body) changes to take place.
- 2. Development of the female reproductive system
 - a. Ovaries
 - Eggs, or ova, are located in the ovaries
 - Female reproductive cell
 - Contains half of the genetic information necessary to create a new human life
 - When girls are born they have every egg cell they will ever have
 - Eggs begin maturing at puberty
 - Ovulation is the release of one egg from an ovary once a month
 - Estrogen and progesterone are produced in the ovaries
 - b. Fallopian Tubes
 - Carry the egg to the uterus
 - Tiny hairs located here to help push the egg along
 - c. Uterus
 -
 - d. Fertilization
 - When a man's sperm and a woman's egg join inside the female's reproductive system
 - Fertilized egg develops and grows into a baby
 - Being physically able to create a baby does not mean the person is ready for the responsibility of being a parent

OBJECTIVE 4: Realize and understand that maturation to adulthood requires learning to respect and care for one's body.

1. Growing up
 - a. Expected to take responsibility to make healthy choices regarding your own body and its needs.
 - b. Understand that everyone is different and develops at their own rate

OBJECTIVE 5: Understand the important roles nutrition, exercise and rest play in healthy development.

1. Healthy Choices
 - a. Choosing healthy foods and proper serving sizes (portions)
 - b. Stay physically active
 - c. Get plenty of rest

OBJECTIVE 6: Reduce common misconceptions and fears by receiving accurate information about maturation.

1. Questions and answers
 - a. Students may raise their hand to ask a question or write it down on a piece of paper and hand to nurse if they wish to remain anonymous
2. Encourage students to come see you if they have questions they would rather not ask during class.
3. Reiterate importance of having a parent or other trusted adult the student can turn to for further information.
4. Distribute booklet: *NEISD Growing and Changing 4th Grade Boys*
 - a. Inform students to place booklet directly in backpack and to not share with other students at school.

Fifth Grade Maturation Program

PROGRAM GOALS

- To increase student's awareness concerning physical and emotional changes during puberty.
- To introduce students to common physical and emotional changes that occur in the opposite gender during puberty.
- To provide accurate anatomical and biological information concerning puberty.
- To emphasize the importance of accurate information in making good decisions.
- To identify hygiene needs that occur during puberty and to develop proper hygiene practices.
- To help students develop an increased sense of respect for their body and an increased sense of responsibility for self-care.
- To help students develop a respect for the opposite gender.
- To emphasize the importance of talking with parents/guardians about physical and emotional changes and foster parent-child communication.
- To introduce a definition of fertilization.
- To encourage students to begin thinking about their goals for the future.

LEARNING OBJECTIVES

After participating in the NEISD 5th Grade Maturation Program, students will be able to:

- describe and understand the physical and emotional changes that occur in the male and female during puberty.
- state the importance of receiving accurate information about puberty and related concerns from parents and other trusted and reliable sources.
- differentiate puberty myths and facts.
- understand the important role nutrition, exercise, and rest play in healthy growth and development.
- integrate appropriate hygiene habits into their daily routine.
- demonstrate an increased respect for their changing bodies and a responsibility for their physical care.
- realize the importance of setting goals for the future and that good choices and responsible behavior are necessary to achieve goals.

5th Grade Maturation/Hygiene Program

How to prepare:

- ❖ Approve a date and time with your administration and grade level chair to teach the class. You will need to choose a day with no other campus conflicts and at a time that teachers agree is appropriate.
- ❖ Send home the *Elementary Maturation Education Program Permission Form* to all 5th grade students.
 - Should be sent home at least 2 weeks before the scheduled parent preview meetings.
 - No student may participate without written consent.
- ❖ Secure a location on campus to hold the class. Examples include library or large empty classroom.
- ❖ Order student booklets- *NEISD 5th Grade Boys Growing Up: Questions & Answers; NEISD 5th grade Girls Growing up: Questions & Answers*
 - Email Health Services administrative assistant the total number of boys and total number of girls in 5th grade.

Materials

- Laptop/DVD player with projector or SmartBoard and sound to play video
- *We're Just Talking! For Boys and Girls* (Marsh Media, 2007)
 - Length – 16:59 minutes
 - English and Spanish available
 - Available online (www.neisd.net/maturationvideos) and on DVD
- 5th Grade Boys Booklets - *NEISD 5th Grade Boys Growing Up: Questions & Answers*
- 5th Grade Girls Booklets - *NEISD 5th grade Girls Growing up: Questions & Answers*
- PowerPoint Presentation
 - Both the 5th Grade Boys and Girls Maturation and Hygiene Program presentations (separate PowerPoints for boys and girls) can be found on Health Services website.

INTRODUCTION (*begin slideshow presentation and discuss the following while following along*):

Introduce purpose and goals of program to students with expectations for classroom behavior during presentation.

CHAMP the class:

C(onversation): voice level "0"

H(elp): raise hand for assistance

A(ctivity): mature and responsible action during presentation

M(ovement): remain seated

P(articipation): active listening, active participation by asking appropriate questions

S(uccess): increased understanding of subject matter being presented.

OBJECTIVE 1: Review and discuss the physical and emotional changes that occur in the male and female during puberty.

1. Define puberty

- a. The time in life when your body begins changing from a child to an adult
- b. The body is maturing and growing
- c. Reproductive organ develop for the purpose of physically producing children
- d. Begins for girls between 8-14 years of age
- e. Begins for boys between 9-16 years of age
- f. Growth
 - height, weight, changes in shape of body, muscular development, body hair
- g. Voices change
 - Deeper, richer, fuller in both boys and girls, but more noticeable in boys

OBJECTIVE 2: Stress importance of receiving accurate information about puberty and related concerns from parents and other trusted and reliable sources.

1. Get sound facts from reputable sources - someone who is mature and has good judgement and accurate information.
 - a. Parents, nurse, older relative
 - b. Open communication with factual information makes these changes easier to manage and enhances communication with the parent.
2. Introduce DVD - *We're Just Talking! For Boys and Girls* (Marsh Media, 2007)

OBJECTIVE 3: Understand the important roles nutrition, exercise, and rest play in healthy growth and development.

1. How to be healthy
 - a. Choose nutritious foods/drinks and proper serving (portion) sizes
 - b. Get plenty of sleep
 - c. Stay physically active

OBJECTIVE 4: Understand the importance of good hygiene during puberty and integrate these practices into their daily routine.

1. Increased activity of oil glands
 - a. Blackheads, pimples and acne can develop
 - b. Appropriate skin care
2. Increased activity of sweat glands
 - a. Body odor develops
 - b. Need for daily baths/showers
 - c. Importance of wearing clean clothes
 - d. Need for deodorant/antiperspirant

OBJECTIVE 5: Introduce students to common physical and emotional changes that occur in the opposite gender during puberty.

1. Pituitary Gland
 - a. Gland in the brain responsible for secreting hormones which begin the process of puberty.
 - b. Girls - hormones estrogen and progesterone are secreted from the ovaries.
 - c. Boys - hormone testosterone is secreted from the testicles.
2. Female Reproductive System/Menstrual Cycle
 - a. Ovaries
 - Each ovary contains thousands of egg cells which are present when a female is born

- Egg cells are also called the female sex cell
 - Egg cell is exactly half of what is required to make new human life
 - Ovulation - the release of an egg cell from an ovary one time each month
 - b. Fallopian Tubes
 - Egg leaves the ovary and travels through the fallopian tube to the uterus
 - c. Uterus
 - Builds up a lining (endometrial lining) of blood and tissue each month to prepare for pregnancy
 - If the egg is fertilized, it attaches to the lining where it develops into a baby over nine months
 - If the egg cell is not fertilized, it passes from the body along with the blood and build up tissue (menstrual period)
 - d. Vagina
 - Female body opening where menstrual flow passes from the body.
 - e. Personal products to absorb menstrual flow
 - panty liners
 - mini pads
 - maxi pads
 - tampons
- 3. Male Reproductive System
 - a. Testicles/Testes
 - Site of constant production of the male sex cell or sperm
 - Sperm contain exactly half of what is required to make a new human life
 - b. Scrotum
 - Pouch-like sac which holds the testicles/testes
 - Contains duct system which transports sperm toward the outside of the body
 - c. Penis
 - Where sperm exits the body through the urethra
 - Erection
 - hardening of the penis
 - necessary to release sperm
 - Ejaculation
 - the release of sperm from the penis
 - Nocturnal Emission/"Wet Dream"
 - Ejaculation that occurs while a boy is asleep
 - Normal occurrence during puberty
- 4. Fertilization
 - a. The joining of the female egg cell and the male sperm cell, resulting in the development of a new human life.

OBJECTIVE 6: Encourage the student to develop an increased sense of respect for their changing body and a responsibility for their physical care.

1. Although entering puberty signals that one's body is physically able to create human life, it does not mean you are ready for the responsibility of becoming a parent.
 - a. Lifelong commitment
 - b. Requires maturity and life experience
 - c. Financial obligation
2. Handling the emotional aspects of puberty responsibility
 - a. Consult a parent, adult relative, school nurse, or counselor to discuss common concerns

- peer pressure
- sexual feelings
- identity
- b. Find activities you enjoy
- c. Create positive outlets for your emotions
 - journal
 - talk about feelings with family and friends
 - volunteer activities
- d. Stay focused on the person you want to become
- e. Begin to set goals for the future

OBJECTIVE 7: Understand the importance of receiving accurate information about puberty and related concerns from parents and other trusted and reliable adults.

1. Invite questions and answers about video and lesson
2. Encourage students to come see you if they have questions they would rather not ask in class
3. Emphasize the importance of having a parent or other trusted adult the student can ask for clarification or additional information
4. Distribute booklet
 - a. In boy's class - *NEISD 5th Grade Boys Growing Up: Questions & Answers*
 - b. In girl's class - *NEISD 5th grade Girls Growing up: Questions & Answers*