



5th Grade Outline “Growing Up”

DAY 1 OBJECTIVES:

- Define Puberty
- Identify and understand functions of the reproductive organs of same gender (girls learn about girls, boys learn about boys)
- Examine making choices that can improve their health
- Discuss information regarding the importance of exercising, eating healthy foods and sleep
- Discuss the physical and emotional changes of puberty of their gender

DAY 2 OBJECTIVES:

- Define body image
- Understand the people/situations that affect body image during puberty
- Discuss how responsibility effects trust with parents

*NOTE: Classes are separated into a class of boys and a class of girls each day of the program