

# Human Growth and Development

## Boys

**Grade:** 5

**Time:** 60 minutes

**Materials:**

- Male Reproductive System Poster
- Video: <https://www.youtube.com/watch?v=G57Sug7JpQE&t=23s>
- Paper pre-tests
- Paper post-tests (to leave with the school nurse for 60-day)
- Pencils

**Objectives:**

- Recognize and discuss the physical and emotional changes that boys experience during puberty and acknowledge these changes as a normal part of growth and development.
- Introduce the physiology of the male body and the correct terminology for parts of the reproductive system.
- Recognize that good personal hygiene is each individual's responsibility.
- Recognize what changes to expect and how to cope.
- Prepare for what's ahead in order to feel more confident.

**Introduction:**

- Does anybody know what we are going to be talking about today?
  - In this class we'll discuss the changes you will go through as you grow up.
  - These changes are part of a stage in your life called Puberty which is a natural part of being a male
  - We will watch the video and then discuss afterwards in detail what the video said.
  - During the video if you happen to feel uncomfortable feel free to put your head down for 10 seconds and then continue to watch the video trying not to distract others from learning.

**Watch Always Changing and Growing up Boys Video- 16 Minutes:**

<https://www.youtube.com/watch?v=G57Sug7JpQE&t=23s>

**Discussion:**

- What is Human Growth and Development or "Puberty"?
  - Puberty is a series of changes that occur in both males and females
  - It is a natural process and growing period of our bodies to prepare one day for reproduction



- It occurs on average in males anywhere from the age of 10-17 but can be different depending on your own body.
- What causes all these changes?
  - The pituitary gland sends a signal through the blood stream to the testicles to tell it to start producing testosterone in the male body.
  - Testosterone causes all these changes to occur
  - Testosterone is the male hormone- a chemical in your body that helps it to do things (like grow up)
- What are some of these changes that occur?
  - Body Shape: you will get taller, bigger and stronger
  - Body Growth: your penis and testicles will get bigger
  - Voice: your voice will get deeper
  - Hair growth: hair on your face, chest and pubic hair
- When do these changes start and for how long?
  - These changes for males on average happen any where from age 10-17
  - These changes happen slowly over a few years.
- What will change to my private area?
  - Your penis and testicles will start to grow and become longer and you will start to produce sperm
  - Sperm is the male reproductive cell
  - Your testicles will hang lower and you will see pubic hair start to grow at the base of your penis
- Hair growth
  - You will see hair growth on your face, arms, legs, armpits, and chest
  - It's a personal choice if you want to shave but it's important to always ask a trusted adult to help you when first learning how to shave.
- Body Shape
  - You will get taller and your body will fill out
  - You will start to grow more muscle
  - Your voice may crack as it becomes deeper
- Why do we have all these changes?
  - To prepare your body for having a baby one day when you are ready to.
- Taking a shower every day is important
  - One of the changes that occurs is you will start to smell.
  - Everyone is born with sweat glands and they release sweat to help cool your body with your body temperature rises.
  - Eccrine Glands are odorless sweat glands that are activated even in babies.
  - Apocrine Glands are sweat glands that start to produce sweat as you go through puberty.
  - These Apocrine Glands mix with bacteria and creates what we call body odor or BO

- Because of this we need to make sure to shower every day with soap and water and use deodorant to prevent the smell
  - Deodorant is placed under the armpits because many of the apocrine glands that produce this sweat are found in our armpits.
  - Deodorant belongs on a clean body and not a dirty body.
- Another change that occurs is more oil is released from our bodies
  - Sebum an oil produced by our bodies is released and can cause the presence of pimples/acne which is common during puberty.
  - Because of this washing your face with cleanser 2 times a day is important and use a moisturizer
  - Sebum can also make our hair look greasy so its important to wash our hair with shampoo
- Brushing your Teeth is very important as well
  - Make sure to brush your teeth 2 times a day for 2 minutes
  - This keeps them healthy and helps with bad breath
- Erections
  - Sometimes your penis may get hard this is called an erection
  - It happens when the blood vessels in your penis fill with blood
  - It can happen for many reasons
  - They aren't as noticeable as you think and it goes away pretty quickly
  - They are important in the reproductive system
  - Your testicles produce sperm which can fertilize the female egg
  - When you have an erection it's possible to ejaculate as well
- Ejaculation
  - Ejaculation is when semen which is a sticky substance that contains sperm comes out of the penis
  - Sometimes this can happen in your sleep and you may wake up and realize that your pjs are sticky. This is what some people call a wet dream but its real name is nocturnal emission
- Staying Health
  - It is important that during all this time you keep yourself healthy and this involves eating healthy food, staying active and getting plenty of rest
- Information Sources
  - When you are learning about human growth and development (puberty), you may see information from many different sources such as the internet, social media, or even some of your friends. It is important that the source you get information from is correct. The internet, social media or friends your own age, may not have the

correct information. A trusted adult is the best person to get this information from such as a parent, grandparent, teacher, or school nurse.

- More Questions?
  - If you find that you have more questions about human growth and development (puberty), the best person to ask is your parents or trusted adult that can provide you with guidance. They have gone through puberty just like you will.

### **Conclusion:**

- Any Questions?

### **National Health Education Standards:**

1.5.1, 1.5.2, 1.5.4, 4.5.4, 5.5.1, 5.5.2, 5.5.6, 7.5.1, 7.5.2, 7.5.3

### **Oklahoma Academic Standards - Health:**

1.5.1, 4.5.4, 5.5.5, 5.5.6, 7.5.1, 7.5.2, 7.5.3

### **Resources:**

*Puberty Materials for Educators - P&G School Programs*, P&G School Programs, 10 July 2019, [www.pgschoolprograms.com/Educators/Index](http://www.pgschoolprograms.com/Educators/Index).

