

[1 Minute]

Hello everyone!

My name is [Your Name], and I am really excited to be here with you today.

I am a [School Nurse/Teacher/Other], and today we are going to talk about a very important topic: puberty!



What are some things you used to like when you were younger that you do not like anymore?

What new activities or hobbies are you more interested in now?



[4 Minutes]

To get started, I have a couple of questions for you to think about.

What are some things you used to like when you were younger that you do not like anymore? Maybe it was a toy or a TV show.

What new activities or hobbies are you more interested in now? Things that the younger you, would not have been interested in.

Take a moment to think about the younger you.

I would love to hear some of your old interests! Who would like to share?

Let's take two responses.

What do you think these differences between the younger you and the older you mean? As we grow older do we change?

We are always changing! Our interests change, our thoughts change, and our bodies change.

Today we are going to learn about changes that we all go through and how to face them with confidence.



Learning Objectives

- I will identify the physical **changes** that occur during puberty in both boys and girls, including changes to the reproductive system.
- I will describe how maintaining good **hygiene** practices during puberty is important for overall **health** and well-being.
- I will demonstrate ways to stay **confident** and healthy during puberty by making **healthy choices**, including staying active and getting enough sleep..
- I will evaluate the effectiveness of **seeking advice** from trusted sources for managing the emotional and physical aspects of puberty.

[2 Minutes]

Great sharing, everyone! Now that we have talked about the fact that we all have experienced changes in life, let's look at what we will cover today.

As we grow, our bodies change and develop, and it is important to understand those changes and how to take care of ourselves.

Today, we have some exciting learning objectives to focus on. We will explore:

- how your body is growing and changing
- personal hygiene practices
- how to stay confident and make healthy choices
- how to ask questions and seek accurate health information

These objectives will help us understand not only our bodies but also how to stay healthy as we grow.



Pre-Test

- **Stay calm!** This is just to see what you already know.
- **Read each question carefully.** Take your time!
- **Do your best.** It is okay if you do not know all the answers.
- **No talking.** This helps everyone concentrate.
- **Raise your hand** if you have a question or need help.
- **When you are finished,** double-check your answers and sit quietly.

[10 Minutes]

Before we get started we are going to take a pretest to see what you already know about hygiene and personal growth.

But remember, stay calm! This is just to check your knowledge, and there are no wrong answers.

Here are some directions to keep in mind:

- Read each question carefully.
- Take your time! Do your best. It's okay if you do not know all the answers.
- No talking, please. This helps everyone concentrate.
- If you have a question or need help, raise your hand.
- When you are finished, double-check your answers and then sit quietly.

We are only going to spend about 8 minutes on the pre-test so let's get right to work. We have a lot of important information to share today.



It's Okay...

- To feel embarrassed or uncomfortable
- To ask questions
- To not already know about this
- To be respectful of your peers



[2 Minutes]

Before we dive in today, let's establish some ground rules to make sure everyone feels comfortable during our time together today.

It is important to create a supportive environment, so remember that:

- It is okay to feel embarrassed or uncomfortable. This is a new topic for many, and that is completely normal.
- It is okay to ask questions. Especially when we are learning together.
- It is okay to not already know about this. We are here to learn, and everyone starts somewhere.
- It is essential to be respectful of your peers. We want to create a space where everyone feels safe to share their thoughts and feelings.

By following these rules, we can make this a positive experience for everyone! Can we all agree to these today?



Vocabulary

Puberty



Hygiene



[3 Minutes]

As we get started, it is important that we are all on the same page with some vocabulary. These are two words we will see on the next few slides, and I want to check in with you before we get to the full definitions.

Puberty and Hygiene... I would like you to take 10 seconds to think quietly to yourself about what you think these words mean based on the images. After our 10 seconds of quiet thinking, I will pick one person that wants to share for each word, to share their thoughts on what they think the word means. Let's take those 10 seconds now!

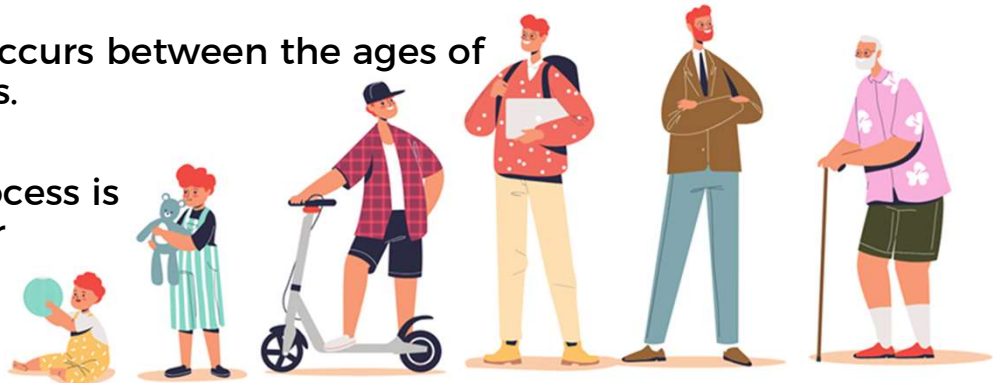


Puberty

The time when the human body changes from a child to an adult.

Usually, it occurs between the ages of 8 to 16 boys.

But this process is different for everyone.



[2 Minutes]

The first word in our vocabulary is puberty, and we are going to talk a lot about this word today.

So, what is puberty? It is a very important time in our lives when the human body changes from a child to an adult.

For most girls, puberty usually occurs between the ages of 8 to 16.

However, it is important to remember that this process is different for everyone. Some may start earlier, while others may start later, and that is completely normal.

Your body changing is part of growing up, and the changes can be exciting, confusing, or even a little scary. Let's explore what this means for you!



Can you think of any changes that happen to our bodies or feelings as we grow up?

What do you think might change?

Physical Changes

Emotional Changes

Social Changes

[4 Minutes]

Now, that we have a basic definition that our bodies change. Let's think about what those changes might be.

Can you think of any changes that happen to our bodies and feelings as we grow up?

Can you think of any changes that might occur?

Can two people give me a **Physical change** – What changes do you think happen to our bodies?

Can two people give me an **Emotional change** – How do you think our feelings might change?

Can two people give me a **Social change** – How do you think our relationships with friends and family might change?

Great job, I know we all have some ideas. We will be exploring more of these changes as we get further into today's lesson so keep your ideas in your mind.



Hygiene

Taking care of our bodies through behaviors and actions to stay clean and healthy.



[2 Minutes]

The second word in our vocabulary is hygiene, and we are going to talk a lot about this word today.

So, what is hygiene? It is all about taking care of our bodies through behaviors and actions to stay clean and healthy.

Remember, hygiene does not just happen; it requires us to actually do certain things.

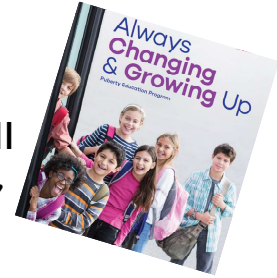
Can one person share something we do to stay clean and healthy?

Great job! Now we have reviewed our two vocabulary words for today: puberty and hygiene.



Video

We're going to watch a video, and after, we will continue our discussion. To help you get ready, here are some expectations while we watch:



- **Stay Quiet** - So everyone can hear and focus.
- **Watch Closely** - Pay attention to important details that we will discuss later.
- **Sit Still** - Stay seated and keep your hands to yourself.
- **No Talking** - Keep your thoughts in mind, we will talk after the video.
- **Think Ahead** - Be ready to share what you learned and ask questions!

[20 Minutes]

Now, we are going to watch a video, and afterward, we will continue our discussion. To help you get ready, here are some expectations while we watch:

1. **Stay Quiet** – So everyone can hear and focus.
2. **Watch Closely** – Pay attention to important details that we will discuss later.
3. **Sit Still** – Stay seated and keep your hands to yourself.
4. **No Talking** – Keep your thoughts in mind; we'll talk after the video.
5. **Think Ahead** – Be ready to share what you learned and ask questions!

Any questions about how we are going to support each other before I get the video started?

[Play Always Changing and Growing Up: Boys Puberty Education - 18:45 Minutes]



Personal Growth Review

Physical Changes



[2 Minutes]

Now that we have watched our video together, let us do a little review to make sure we all caught the same information.

We are going to review personal growth and hygiene separately.

To start, let's all think to ourselves about the physical changes we learned about in the video.

If you can remember one change that occurs to your body during puberty, please raise your hand and share just one change you learned about.

[Spend some time going around the room listing just one change each.]

Great work paying attention during the video, now let's see if we got them all.



Personal Growth Review

Physical Changes

- Height Increase
- Weight Increase
- Hair Growth
 - Arms, Armpits, Legs, Pubic
- Testicle & Penis Development
- Shoulders Widen & Muscles Develop
- Acne
- Sweat and Perspiration
- Voice Changes



[3 Minutes]

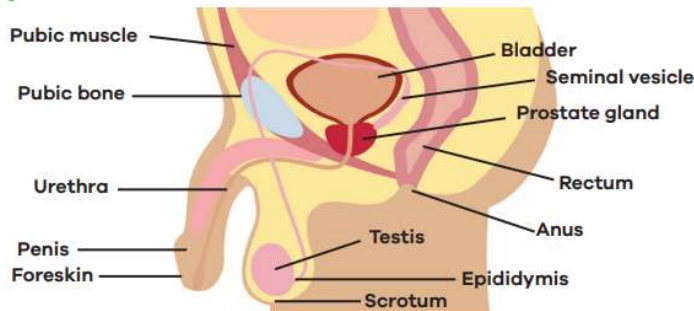
Here are some physical changes that occur during puberty:

- **Height Increase:** Many people experience a growth spurt, making them taller as their bones grow.
- **Weight Increase:** Along with height, body weight can increase as muscles and fat develop.
- **Hair Growth:** You will notice hair growing in new places, like on your arms, armpits, legs, and in the pubic area.
- **Testicle & Penis Development:** Boys will experience growth in their testicles and penis as part of the puberty process.
- **Shoulders Widen & Muscles Develop:** The shape of your body changes as your shoulders may broaden and muscles become more defined..
- **Acne:** Hormonal changes can lead to acne, which is common during puberty.
- **Sweat and Perspiration:** You may notice an increase in sweat and body odor as your sweat glands become more active.
- **Voice Changes:** As their vocal cords grow boys may notice changes.

These changes are a normal part of growing up, and everyone will experience them in their own way.



Changes in Boys Review



ERECT PENIS



[5 Minutes]

Let's review a little further what we learned in the video about the changes that occur for boys. One of the key things that occurs is an increase in hormones, especially testosterone. Testosterone plays a big role in many of the changes that happen during puberty for boys.

- **Testosterone:** Testosterone is responsible for making the penis and testicles grow larger. It also causes the growth of pubic hair and makes erections more frequent. Additionally, testosterone encourages the testicles to start making sperm.
- **Erections:** Erections happen when the penis becomes harder and sticks up because parts of it fill up with blood. While erections can happen at any age, they become more common during puberty and might even occur randomly, without any particular reason. This can sometimes feel embarrassing, but remember that it's a natural part of growing up. As you get older, spontaneous erections tend to happen less often.
- **Sperm:** Sperm are the reproductive cells that can fertilize an egg to create a pregnancy. Sperm are made in the testicles, which hang outside the body in a sac called the scrotum, just beneath the penis. The testes produce an incredible amount of sperm—about 1,000 sperm every second. After they are made, sperm are stored in a tube called the epididymis, which you can feel at the back of each testicle. One interesting thing about sperm production is that it happens best at a cooler temperature than the rest of the body. That's why the scrotum and testicles hang

outside the body—to stay cool. If you're cold, the scrotum shrinks to pull the testicles closer to your body for warmth. When it's hot, they may hang lower to stay cooler.

- **Ejaculation:** When sperm are released from the epididymis, they move through the sperm ducts toward the penis. On their way, they mix with fluid produced by the seminal vesicles and prostate gland, which helps them move more easily. This combination of sperm and fluid is called semen, which is whitish and sticky. Semen leaves the body through the urethra, the tube that runs through the middle of the penis. Urine also passes through the urethra, but never at the same time as semen. When semen spurts out of the penis, it's called an ejaculation. This happens when muscles at the base of the penis expand and contract, pushing the semen through the urethra and out of the penis. Even though your body might be ready to fertilize an egg, it doesn't necessarily mean you are ready to be a parent. Understanding erections and what's happening inside your body is important, but so is considering factors like age and readiness.

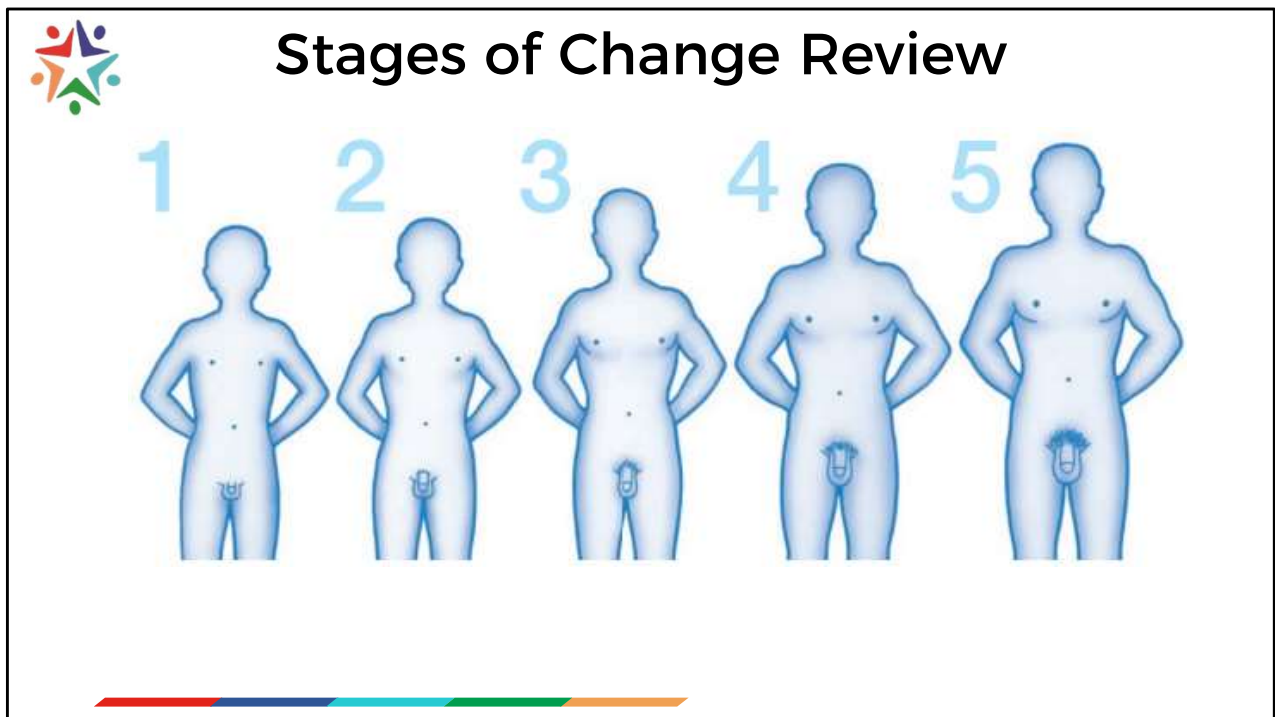
Common Questions:

•**Do men stop having erections when they get older?** No. Healthy males of all ages, from babies to old men, can get erections. They're most common during and after puberty.

•**Does it matter what size the penis is?** Not at all! Penises vary in length and shape from person to person, but not as much as you might think. The size of a penis has nothing to do with how manly someone is or whether they can become a father one day.

•**What is circumcision?** Circumcision is a minor surgical procedure, usually performed soon after birth, that removes all or part of the foreskin of the penis. It's not usually medically necessary, but it may be done for religious or cultural reasons, or because it makes it easier to keep the penis clean. Whether circumcised or not, the penis works the same.

•**What are wet dreams?** Wet dreams, or nocturnal emissions, happen when a boy ejaculates while asleep. This is completely normal and usually happens without waking up. They may just notice that their pajamas or sheets feel sticky when they wake up. Wet dreams are nothing to worry about, and they usually become less frequent after puberty.



[5 Minutes]

Now, let's review the stages of puberty. Puberty is a time of many changes, and it happens in stages.

It's important to remember that everyone progresses through these stages at their own pace. There's no "right" time for these changes to happen—each person's body follows its own timetable.

Stage One: Up to ages 8 to 12

In this stage, which we can think of as childhood, there are no visible signs of pubertal development yet. The body is preparing for the changes to come.

Stage Two: May begin ages 9 to 15

Testicles and scrotum grow larger. Fine, straight hairs start growing at the base of the penis

Stage Three: May begin ages 11 to 16

Testicles and scrotum continue to grow. Penis grows larger. Pubic hair becomes darker, thicker and curlier. Vocal cords increase in size, causing voice to deepen. Height and weight may start to increase noticeably.

Stage Four: May begin ages 12 to 17

Growth spurt continues. Shoulders begin to broaden

and physique becomes more muscular. Penis grows in width as well as length. Pubic hair coarsens and takes on a triangular shape. Underarm hair appears. Traces of hair may appear on upper lip and chin. Testicles start to produce sperm; ejaculation occurs for the first time.

Stage Five: May begin ages 14 to 18

Adult stage; overall look is that of a young adult. Genitals and pubic hair have an adult appearance. Growth spurt slows down. Facial hair growth becomes heavier. Body hair growth, especially on the chest, may continue into the twenties.

Each of these stages is a normal part of growing up.

While these changes might feel a bit overwhelming, they're all signs that your body is developing just as it should.



Hygiene Review

As a class can we identify why each of these is important and how often we should do each?



[6 Minutes]

Now, let's do a hygiene review! On the screen, you will see seven images representing important hygiene practices.

As a class, can we identify why each of these practices is important and how often we should do each one?

1. **Shower or Bath:** Keeping our bodies clean helps prevent dirt and germs from building up. We should do this regularly, at least once a day.
2. **Wash Hair:** Washing our hair helps remove oils and dirt. It is important to do this as often as needed, usually a couple of times a week, depending on your hair type.
3. **Wash Behind Ears and in All Crevices:** This helps remove dirt and prevent odor. We should do this every time we shower or bathe.
4. **Deodorant:** Using deodorant helps manage body odor as we sweat. This is especially important daily, especially after showering.
5. **Brush and Floss Teeth:** This keeps our teeth clean and prevents cavities. We should brush at least twice a day and floss daily.
6. **Wash Hands with Soap and Water:** This is crucial for preventing illness. We should wash our hands before eating, after using the bathroom, and whenever they are dirty.
7. **Wear Clean Clothes:** Wearing clean clothes helps us feel fresh and prevents body odor. We should change into clean clothes every day, this includes our underwear!

Great review!



What if I have questions about growing up?



- **It is Normal to Have Questions**

- Growing up can feel confusing or even a little awkward sometimes, and that is okay!
- Everyone goes through this—including the adults you trust.

- **Who to Ask:**

- **Parents or Guardians:** They have been through it and can help guide you.
- **Teachers or School Counselors:** They are here to help and can answer your questions in a safe, respectful way.
- **School Nurse:** For health-related questions, they are experts in how your body is changing.

[2 Minutes]

We are not going to be able to cover every question you might have today. So let's talk about what to do if you have questions about growing up.

First you need to know it is **Normal to Have Questions:** Growing up can feel confusing or even a little awkward sometimes, and that is perfectly okay! Everyone goes through this—including the adults you trust.

So when you have questions or something new comes up who can you ask?

- **Parents or Guardians:** They have been through it themselves and can help guide you through your questions.
- **Teachers or School Counselors:** They are here to help and can answer your questions in a safe, respectful way.
- **School Nurse:** For health-related questions, the school nurse is an expert on how your body is changing and can provide you with accurate information.

Remember, it is always okay to ask questions. There are people who care and want to help you!



What if I have questions about growing up?



- **How to Ask:**

- **Be Honest:** It is okay to say you are feeling confused or curious.

Example: "I have a question about something we learned in class. Can we talk about it?"

- **Be Direct:** It is helpful to ask your question as clearly as possible.

Example: "Can you help me understand what happens during puberty?"

- **Remember:**

- It might feel awkward, but these adults care about you and want to help you feel comfortable as you grow.

[2 Minutes]

Okay, so we know we can ask questions and who we might ask them to.

But let's admit it, it is totally normal to feel a bit awkward about asking questions.

Sometimes these can be personal, and that is okay!

So here are a few tips to help you ask your questions:

- **Be Honest:** It is perfectly fine to say you are feeling confused or curious.
For example, you might say, 'I have a question about something we learned in class. Can we talk about it?'
- **Be Direct:** It is helpful to ask your question as clearly as possible.
For instance, you could say, 'Can you help me understand what happens during puberty?'

Remember: It might feel awkward, but these adults care about you and want to help you feel comfortable as you grow. There is no such thing as a silly question when it comes to your health and well-being!



Final Thoughts & Questions

- Everyone goes through puberty!
- Puberty is a normal part of growing up.
- The timing for puberty can look different for everyone.
- Reach out to a trusted adult if you have questions.



What questions can we answer now as a class?

[5 Minutes Or Longer Depending on Time Left]

As we wrap up our discussion today, let's remember a few key points:

- **Everyone goes through puberty!** It is a normal part of growing up.
- **The timing for puberty can look different for everyone.** Some may start earlier, while others may start later, and that is completely normal.
- **Reach out to a trusted adult if you have questions.** Whether it is a parent, teacher, or school nurse, there are people who want to help you.

Thank you for your great participation today!

Now, let's take some time for questions. I encourage you to ask anything that is on your mind.

Remember, it is important to feel comfortable asking about your health and growth. After we finish our questions, we will move on to the post-test to see what you have learned today. Let's make sure we get to your questions first!

[Allow time for students to ask questions and provide supportive answers.]



Post-Test

- **Stay calm!** This is just to see what you have learned today.
- **Read each question carefully.** Take your time!
- **Do your best.** It is okay if you do not know all the answers.
- **No talking.** This helps everyone concentrate.
- **Raise your hand** if you have a question or need help.
- **When you are finished,** double-check your answers and sit quietly.

[10 Minutes]

Now it's time for our post-test! This will help us see what you have learned during our session today about hygiene and personal growth.

Before we start, remember to:

- **Stay calm!** This is just to check your understanding.
- **Read each question carefully** and take your time.
- **Do your best!** It is okay if you do not know all the answers.
- **No talking,** so everyone can concentrate.
- **Raise your hand** if you have a question or need help.
- **When you're finished,** double-check your answers and sit quietly.

Please be honest, this helps us do better for future students.

Let's begin!



[1 Minutes]

Growing up means experiencing a lot of changes—both physically and emotionally. It is normal to feel a mix of excitement and uncertainty during this time.

Remember, puberty is a natural part of your development, and everyone goes through it at their own pace. Embrace these changes and know that they are part of becoming the person you are meant to be.

If you have any more questions or need support as you navigate these changes, do not hesitate to reach out to trusted adults.

Thank you for being such an engaged group today!