

The “Talk”

Puberty Guidance

5th Grade Boys Lesson

Ground Rules

1. Pay Attention- Eyes and Ears on the Speaker
2. Be Respectful- No snickering, No Laughing
3. If You Have a Question, Raise your hand



We are going to talk about puberty and the changes that happen as we grow from a child into an adult.

The purpose of this **TALK** is because it is important for a you to talk to a person they trust whenever you encounter information that is confusing. **Misinformation** can lead to health problems, anxiety, and uncertainty. You need to know what is true and what is not.

I think that many of you know the changes that take place but it is difficult to talk about them. Why is it difficult to talk about these changes?

- Feel embarrassed; never talked about it in class before.
- Not supposed to talk about it – especially with people of opposite sex.
- It is private.
- Difficult to discuss with adults around.
- Afraid someone will laugh if answer is wrong.



Get Your Giggles Out

How do we act sometimes when we are embarrassed?

- Giggle, blush, act silly, cannot look anyone in the eyes, get very quiet, unable to ask questions.

Many of us do find it difficult, even embarrassing, to talk about our bodies, and we behave in these ways.

Today, young people have access to information about puberty from a wide range of sources. Some sources provide accurate information in a sensitive and age appropriate way. Many sources provide inaccurate, confusing, or disturbing information.

The purpose of this TALK is to make sure you have the correct information.

Definition & Characteristics

Puberty: stage of life in which the reproductive system matures, and adult physical characteristics appear.

What do these characteristics include:

- Hair and skin oils develop and Acne results
- Perspiration/ Body Odor/ Need Deodorant
- Grow taller
- Shoulders and chest broaden
- Muscles & Body Hair Develop
- Voice deepens
- Genitals grow larger



Acne

At puberty and all during adolescence, glands secrete an increased amount of oil.

- Increased hormones are responsible for this change.
- Pores get clogged with oil and dirt.
- The blocked area can form a pimple.
- Everyone will get a few pimples.

Some people may require treatment by a doctor. BUT: Most people can reduce the severity by following these basic rules of hygiene:

- Wash face with unscented soap and water daily.
- Do not squeeze or pick pimples, as this can cause infection.
- Eat a well balanced diet, and drink lots of water.
- Get lots of exercise and rest.
- Wash hair regularly and keep back from face.

Perspiration

At puberty, perspiration (sweating) increases.

- In combination with bacteria on the skin, an odor can result—sometimes called “body odor.”
- People perspire all the time – not just during physical activity.
- Underarms, groin area, palms of hands, and soles of feet tend to perspire more.

To combat perspiration, people can

- bathe or shower regularly (or wash underarms, genitals, hands and feet)
- use deodorants or antiperspirants
- wear clean clothes.

Body Hair & Hair on Head

During puberty, the following changes may occur:

- Boys and girls may experience oilier hair. This is due to an increased hormone production, which causes increased oil secretion on scalp.
- Boys will experience an increased hair growth in the underarm area. This is normal.
- Antiperspirants and deodorants are available. Antiperspirants slow the sweating process. Deodorants cover/mask unpleasant odors.



Why Does this happen?

Pituitary gland:

- Master gland in the center of the brain
- Sends out chemical messages to all parts of the body through the blood stream
 - Messages are in the form of substances called hormones

Puberty begins because the pituitary gland sends out hormone messages to certain parts of the body to tell them to change.

These hormone messages go to two special glands:

- In girls – the ovaries produce estrogen
- In boys – the testicles produce testosterone



The ovaries and testicles then begin to produce their own hormones, which go out into the blood stream and tell other parts of the body to change



Video

[Click Link](#)



Questions