



Next Up

Live and Interactive Puberty and Adolescent Development for 5th Grade

This program is available in 60 or 90 minute sessions.

Shorter time frames are not available.

Boys and girls are separated for this program

Dreams and Goals

You are special, unique, and somebody that cares about others, is learning and growing, and is going to do great things in this world!

Dreams and Goals- college, job, family

Good and healthy choices lead to good and healthy consequences

“Help or Hurt?” Game- choices that will help or hurt your ability to reach dreams and goals

Growing up, Puberty, Adolescence

BIG words- definitions of puberty, adolescence, reproduction

BIG changes- when does puberty begin?

There is no “NORMAL”- and it’s normal to worry about not being normal

“Fact or Fiction?” Game- Be careful that your information is good and true

The Making and Miracle of YOU

Where did I come from? Fertilization through fetal development

Changes for both boys and girls- hair, skin, eyes, feelings, relationships with parents

Healthy Decisions- Nutrition, Exercise, Rest

Amazing Anatomy- MALES and FEMALES

Female reproductive system- vagina, uterus, fallopian tubes, ovaries, menstruation, fertilization

Male reproductive system- penis, urethra, vas deferens, testes/testicles, scrotum, ejaculation, erection

Girls only: Menstrual cycle, feminine hygiene

Boys only: Ejaculations, wet dreams

Sex- What it is, what it is NOT

Three ways to think about sex: gender, reproduction, gift of intimacy

Sex is NOT a game, “making love,” a way to hurt someone (sexual abuse) or like the media shows

What is love- giving, freedom, respect, honesty, protecting, encouraging

Healthy Relationships

Choose your friends wisely - you are most likely to be like and act like the friends you spend the most time with

A good friend- someone you can count on, trust, considers your feelings, listens and encourages

Dating relationships- start with friendship, not a game, follow parents’ rules, group dates

Peer pressure- positive and negative

Conclusion- Make healthy choices that will give you freedom to reach your dreams and goals!

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