

**PARENT PERMISSION SLIP**  
**Puberty Lesson**

Dear Parent/Guardian,

Your child will be studying the subject of human growth and development at our school. The content of this lesson has been carefully prepared and is part of a total Comprehensive Health Education program we provide to our students and meet the Florida State Academic Standards for Health Education:

- **HE.6.PHC.1.2** Identify personal health problems and concerns common to adolescents including reproductive development.
- **HE.6.PHC.1.3** Examine the importance of assuming responsibility for personal reproductive health behaviors.

The district-approved resources include:

- The Puberty Workshop: What is Puberty, video and worksheets
- The Puberty Workshop: Boys and Puberty, video and worksheets
- The Puberty Workshop: Girls and Puberty, video and worksheets

The lesson will include the following information:

- Body Changes that occur during puberty
- Hygiene during Puberty
- Male and Female Reproductive Systems

The primary goal of this lesson is to provide students with a better understanding of themselves and others. This knowledge will help them develop a sense of responsibility and respect for the feelings and attitudes of other people. As a parent/guardian you may wish to further clarify or elaborate on topics that your child may ask about at home. Also, as your children grow and develop, it is important for you, the parent, to continue educating them on the facts and responsibilities of human growth and development.

It is your choice whether your student participates in the puberty lesson described above, which is expected to be presented in one day. In order for your student to participate in this puberty lesson, you must provide affirmative, opt-in consent below. If you do not provide this written consent, your student will be provided an alternative assignment during this lesson.

Sincerely,

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*You must check the box that reflects your expectation.*

My student \_\_\_\_\_

- ☐ Has permission to participate in the Puberty Education lesson.
- ☐ Does not have permission to participate in the Puberty Education Lesson.

Please Sign Below and return this form.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

## 6<sup>th</sup> Grade Puberty Lesson

**\*\*Note to the Instructor:**

*All students shall be sent home with the Puberty Lesson Parent Consent form. This signed form is required for student participation in this lesson. Parents/Guardians must opt their student into the lesson.*

*Students should be separated, Boys in one room, girls in the other.*

### Puberty Education

- **HE.6.PHC.1.2** Identify personal health problems and concerns common to adolescents including reproductive development.
- **HE.6.PHC.1.3** Examine the importance of assuming responsibility for personal reproductive health behaviors.

### Materials/Resources Needed:

- “What is Puberty” Pre/Post Test
- “What is Puberty?” Video
- Changes Checklist Worksheet

### Part One: What is Puberty?

Establish class rules and expectations for creating a safe environment.

- Pre/Post Test Class Activity
  - Instructions: *Divide the class into small groups of 3 or 4 students. Give a set of 3 index cards to each group. One card should be labeled “TRUE”, another labeled “False” and a 3<sup>rd</sup> labeled “NOT SURE”. Read one of the True/False States aloud to the class. Each group must quietly discuss whether they think the statement is true or false. When the group has reached a consensus, one student in the group should hold up the card that corresponds to their response. If the group is uncertain of the correct answer or if they cannot come to consensus, they should hold up the “NOT SURE” card. Continue to read statements one by one, asking your students to discuss and respond to each one. Clarify and provide additional information as needed.*
- Play the [“What is Puberty” Video](#) for students
- Once the video is complete, students will complete the Changes Checklist.
  - NOTE: This activity should be completed individually ONLY.
  - Teacher read to students: *Some of the items on this checklist can be very stressful, but guess what? Almost everybody goes through some of these things as they move from*

*childhood to adulthood. They are all totally normal. If you notice many red marks on your checklist, it's a good idea to talk to an adult about the stress in your life. Parents or guardians, teachers and counselors are all good choices. Remember, all adults went through the same things when they were your age. Growing up isn't easy. Don't feel like you have to do it all on your own.*

## Part Two: Growth and Development – Girls and Puberty (Show to Girls Only)

### Materials/Resources Needed:

- Girls and Puberty Pre/Post Test
- Activity 4A: The Female Reproductive System (Internal and External View)

### Description of Lesson:

- Review class rules and expectations for creating a safe environment.
- Students complete Girls and Puberty Pre-Quiz (Do not review the answers yet)
- Play the [“Girls and Puberty” video](#) for students
- Once the video is complete, distribute the Female Reproductive System Handout, students will work with a partner to label the diagrams.
- Teacher will review the anatomy with the students.
- Students will review and revise (if needed) their Girls and Puberty Pre-Post Test.

## Growth and Development – Boys and Puberty (Show to Boys only)

### Materials/Resources Needed:

- Boys and Puberty Pre/Post Test
- Activity 4A: The Male Reproductive System (Internal and External View)

### Description of Lesson:

- Review class rules and expectations for creating a safe environment.
- Students complete Boys and Puberty Pre/Post Test (Do not review the answers yet)
- Play the [“Boys and Puberty” video](#) for students
- Once the video is complete, distribute the Male Reproductive System Handouts, students will work with a partner to label the diagrams.
- Teacher will review the anatomy with the students.
- Students will review and revise (if needed) their Boys and Puberty Pre-Post Test.

Name: \_\_\_\_\_

ACTIVITY 1A

Pre/Post Test

True or False?

1. It usually takes about a year for the changes of puberty to happen.
2. Boys usually start going through puberty at a younger age than girls do.
3. It's a good idea to bathe or shower daily, use deodorant and take better care of your personal hygiene during puberty.
4. Body hair that grows during puberty should be removed.
5. Hormones cause the changes of puberty to occur in both males and females.
6. During puberty, boys and girls usually need less sleep than they used to require.
7. During puberty, girls begin to menstruate.
8. Moody behavior stops once puberty begins.
9. During puberty, boys and girls may become more interested in social relationships, greater independence and making new friends.
10. During puberty, boys' bodies begin to produce sperm.

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*The Answer Key for this activity appears on the next page.*

Name: \_\_\_\_\_

ACTIVITY 1B

Pre/Post Test

## Answer Key

1. It usually takes about a year for the changes of puberty to happen.  
FALSE! *Most changes of puberty take place over the span of about five years.*
2. Boys usually start going through puberty at a younger age than girls do.  
FALSE! *It's actually the opposite—girls usually start going through puberty at a younger age than boys do.*
3. It's a good idea to bathe or shower daily, use deodorant and take better care of your personal hygiene during puberty.  
TRUE!
4. Body hair that grows during puberty should be removed.  
FALSE! *Although it is common in some cultures for people to remove their body hair, it is not necessary to do so.*
5. Hormones cause the changes of puberty to occur in both males and females.  
TRUE!
6. During puberty, boys and girls usually need less sleep than they used to require.  
FALSE! *The opposite is true—boys and girls need more sleep during puberty since their bodies are doing so much growing during that time.*
7. During puberty, girls begin to menstruate.  
TRUE!
8. Moody behavior stops once puberty begins.  
FALSE! *Both boys and girls may experience more mood swings and intense feelings during puberty, because of the hormonal changes that are occurring.*
9. During puberty, boys and girls may become more interested in social relationships, greater independence and making new friends.  
TRUE!
10. During puberty, boys' bodies begin to produce sperm.  
TRUE!



ALERT! This activity is private.  
You will not have to share it with anyone.

Get your markers, colored pencils or crayons ready! Read the checklists below and mark a colored "X" on the line next to each list item. Use this color code to mark your "X"s:

## My Frustration / Stress Level

BLUE = no frustration / stress yet



**GREEN**

low

**PURPLE**

medium

**ORANGE**

high

**RED**

very high

### Physical Changes

- \_\_\_\_\_ My muscles and joints feel sore.
- \_\_\_\_\_ It's hard to sit still for a long period of time.
- \_\_\_\_\_ I feel less coordinated than usual.
- \_\_\_\_\_ My clothes feel like they don't fit right.
- \_\_\_\_\_ It's hard to get comfortable in bed when I'm trying to fall asleep.
- \_\_\_\_\_ I'm growing earlier or later than everybody else my age.
- \_\_\_\_\_ My voice is changing.
- \_\_\_\_\_ People make comments about me growing or maturing in other ways.
- \_\_\_\_\_ I want privacy when I'm changing.

### Mental Changes

- \_\_\_\_\_ It's hard to concentrate for very long on one thing.
- \_\_\_\_\_ I think and/or worry about the future a lot.
- \_\_\_\_\_ I get in trouble for always asking, "Why?"
- \_\_\_\_\_ I spend a lot of time trying to figure things out.
- \_\_\_\_\_ It's hard for me to stay organized and remember things.
- \_\_\_\_\_ I get mad at myself when I do something wrong.
- \_\_\_\_\_ I don't do as well in school as I did when I was younger.
- \_\_\_\_\_ I get bored easily, and I'm always looking for new things to do.
- \_\_\_\_\_ Sometimes it's hard to fall asleep because my mind is racing.

*This activity is continued on the next page.*

## Social Changes

- \_\_\_\_\_ I have different friends than I used to.
- \_\_\_\_\_ I have a new best friend.
- \_\_\_\_\_ I want to be left alone more than I used to.
- \_\_\_\_\_ I don't really act like myself when I'm in a group.
- \_\_\_\_\_ I feel pressure to have a boyfriend/girlfriend.
- \_\_\_\_\_ I work hard at being accepted by my friends.
- \_\_\_\_\_ I worry that my appearance is different or weird.
- \_\_\_\_\_ I get teased more by members of the opposite gender.
- \_\_\_\_\_ I find it hard to be "just friends" with members of the opposite gender.

## Emotional Changes

- \_\_\_\_\_ I'm experiencing new and/or confusing feelings.
- \_\_\_\_\_ I have very intense feelings.
- \_\_\_\_\_ I have frequent mood swings.
- \_\_\_\_\_ Sometimes I say things that I regret later.
- \_\_\_\_\_ Sometimes my emotions get out of control.
- \_\_\_\_\_ I get frustrated by my friends' moods.
- \_\_\_\_\_ I feel depressed.
- \_\_\_\_\_ Sometimes I feel silly or giggly for no reason.
- \_\_\_\_\_ I get upset by things that never bothered me before.
- \_\_\_\_\_ I feel like people won't leave me alone when I'm having a bad day.
- \_\_\_\_\_ I have trouble relieving my stress in a healthy way.

## Expectations

- \_\_\_\_\_ I feel like adults expect a lot from me.
- \_\_\_\_\_ I have more responsibilities than I used to.
- \_\_\_\_\_ I'm expected to make my own decisions more than I used to.
- \_\_\_\_\_ My parents or guardians ask me a lot more questions about my personal life.
- \_\_\_\_\_ I'm involved in lots of activities.
- \_\_\_\_\_ I feel like people yell at me a lot.
- \_\_\_\_\_ People expect me to do things that don't interest me anymore.
- \_\_\_\_\_ Whenever I make a decision, someone tells me it's the wrong thing to do.

*This activity is continued on the next page.*

## Interpreting Your Answers:

Some of the items on this checklist can be very stressful, but guess what? Almost everybody goes through some of these things as they move from childhood to adulthood. They are all totally normal.

If you notice many red marks on your checklist, it's a good idea to talk to an adult about the stress in your life. Parents or guardians, teachers and counselors are all good choices. Remember, all adults went through the same things when they were your age.

Growing up isn't easy. Don't feel like you have to do it all on your own.



Name: \_\_\_\_\_

ACTIVITY 4A

The Female Reproductive System

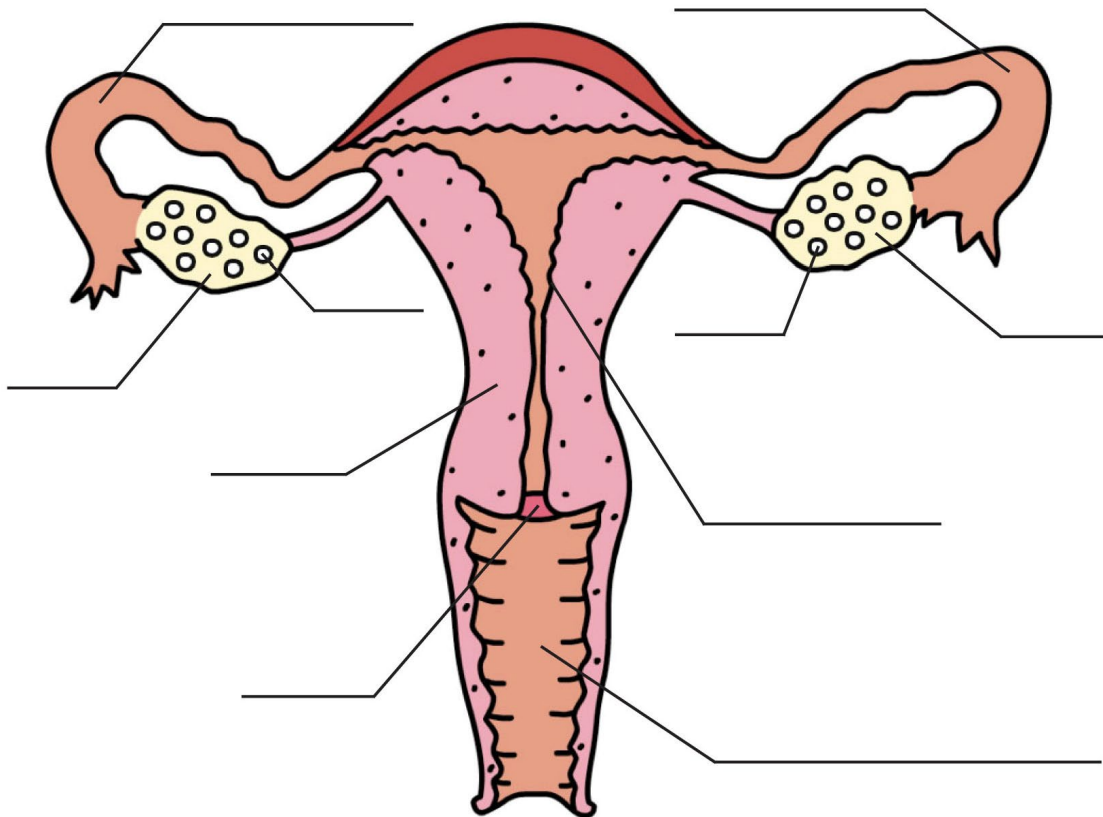
The female reproductive system has both internal (inside) and external (outside) elements. Label the parts of the female reproductive system on the diagrams shown below and on the next page. Keep in mind that some of the words in the first word bank will be used more than once.

Word Bank

cervix  
eggs  
endometrium  
fallopian tube

ovary  
uterus  
vagina  
(or birth canal)

The Female Reproductive System  
(Internal View)



*This activity is continued on the next page.*

Name: \_\_\_\_\_

ACTIVITY 4B

The Female Reproductive System

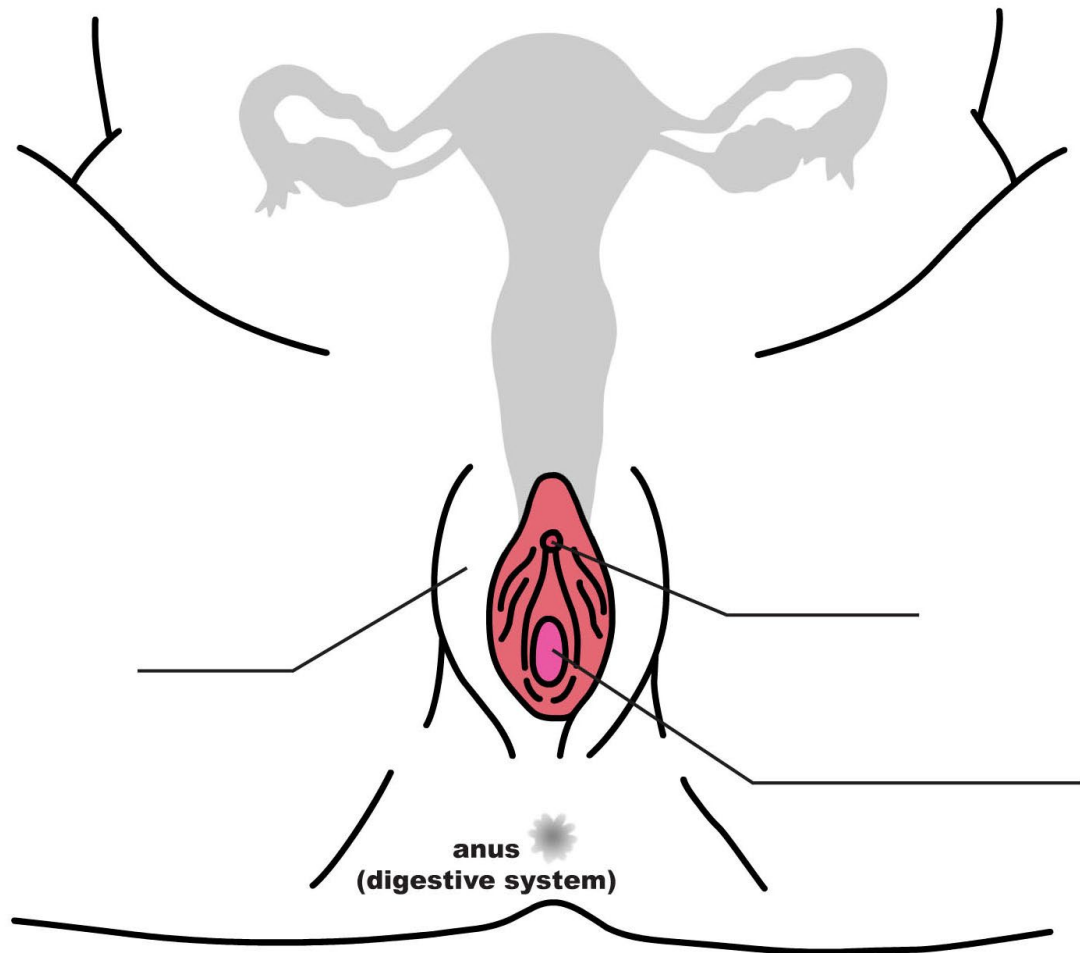
Word Bank

clitoris

labia

vaginal opening

The Female Reproductive System  
(External View)

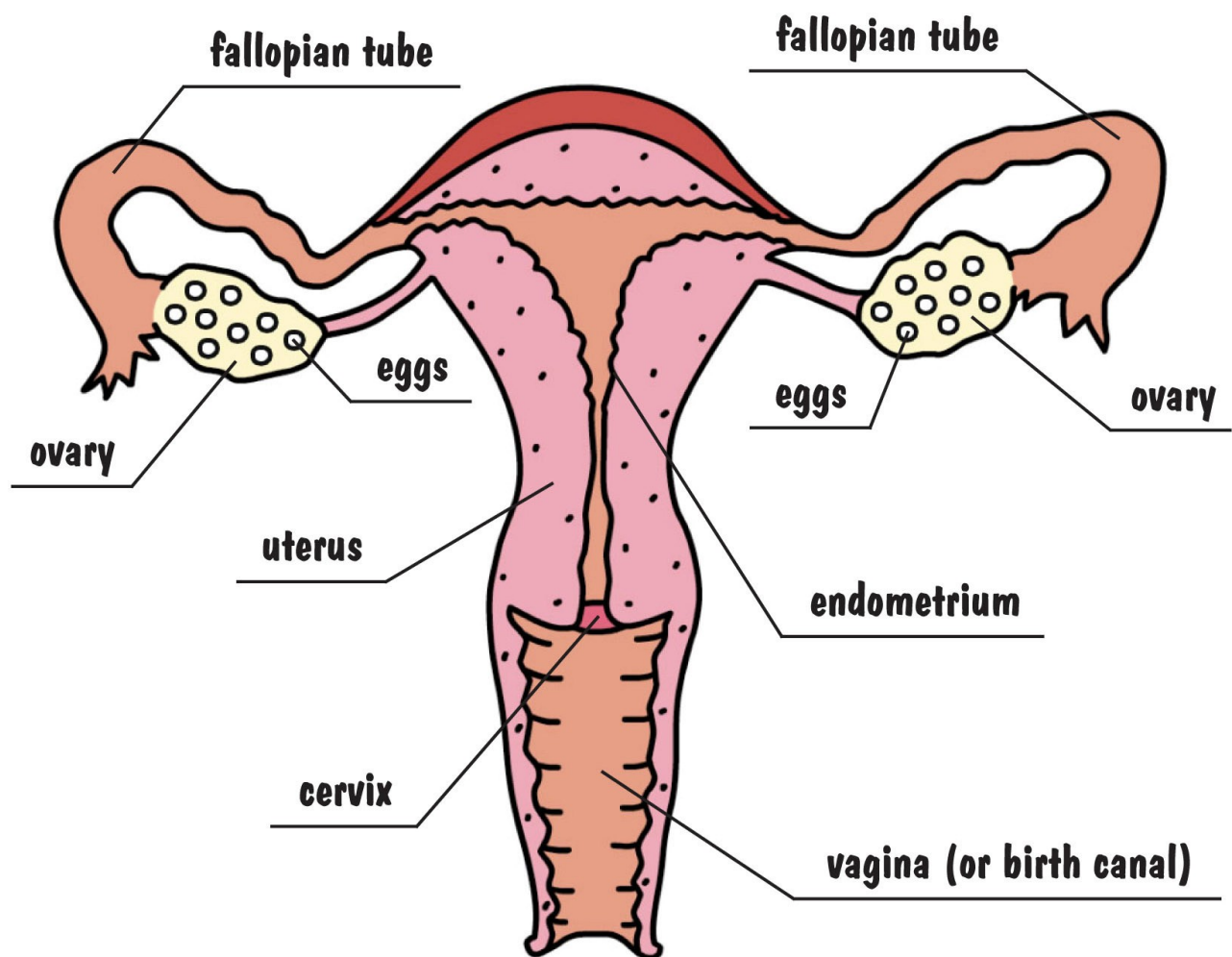


Name: \_\_\_\_\_

FACT SHEET 1A

## Female Anatomy

### The Female Reproductive System (Internal View)

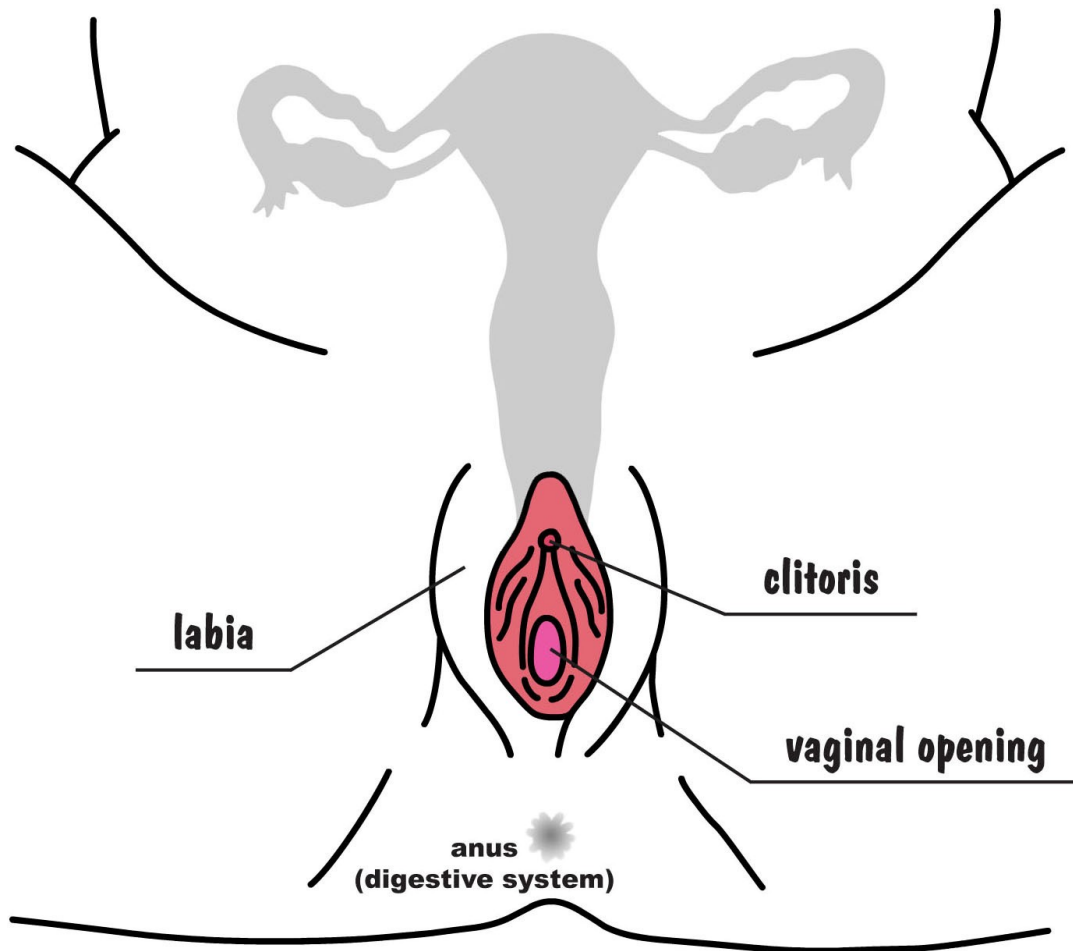


Name: \_\_\_\_\_

FACT SHEET 1B

## Female Anatomy

### The Female Reproductive System (External View)



Name: \_\_\_\_\_

ACTIVITY 1A

Pre/Post Test

True or False?

1. Breast development is one of the first signs of puberty for girls.
2. It is normal for a girl's developing breasts to feel a little sore or tender.
3. Usually, both of a girl's breasts are exactly the same size.
4. Puberty begins more or less at the same age for all girls.
5. The female reproductive system has both internal and external parts.
6. The ovaries are the female sex glands.
7. Ovulation occurs when an ovary releases an egg.
8. If sperm does not fertilize an egg, the girl's menstrual period will begin.
9. Most girls and women get their menstrual periods about once a year.
10. It's not a good idea to exercise during your period.

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*The Answer Key for this activity appears on the next page.*

Name: \_\_\_\_\_

ACTIVITY 1B

Pre/Post Test

## Answer Key

1. Breast development is one of the first signs of puberty for girls.  
TRUE!
2. It is normal for a girl's developing breasts to feel a little sore or tender.  
TRUE!
3. Usually, both of a girl's breasts are exactly the same size.  
FALSE! *A girl's breasts, like a boy's testicles, are rarely exactly the same size. Sometimes the difference is not even noticeable to the individual, but there is nearly always at least some variation.*
4. Puberty begins more or less at the same age for all girls.  
FALSE! *Girls might begin to experience the changes of puberty as young as eight years old, or as late as 14 or 15.*
5. The female reproductive system has both internal and external parts.  
TRUE!
6. The ovaries are the female sex glands.  
TRUE!
7. Ovulation occurs when an ovary releases an egg.  
TRUE!
8. If sperm does not fertilize an egg, the girl's menstrual period will begin.  
TRUE!
9. Most girls and women get their menstrual periods about once a year.  
FALSE! *Most girls and women get their periods about once a month.*
10. It's not a good idea to exercise during your period.  
FALSE! *It's a great idea to exercise during your period—the activity can help boost energy and relieve cramps, too.*

Name: \_\_\_\_\_

ACTIVITY 4A

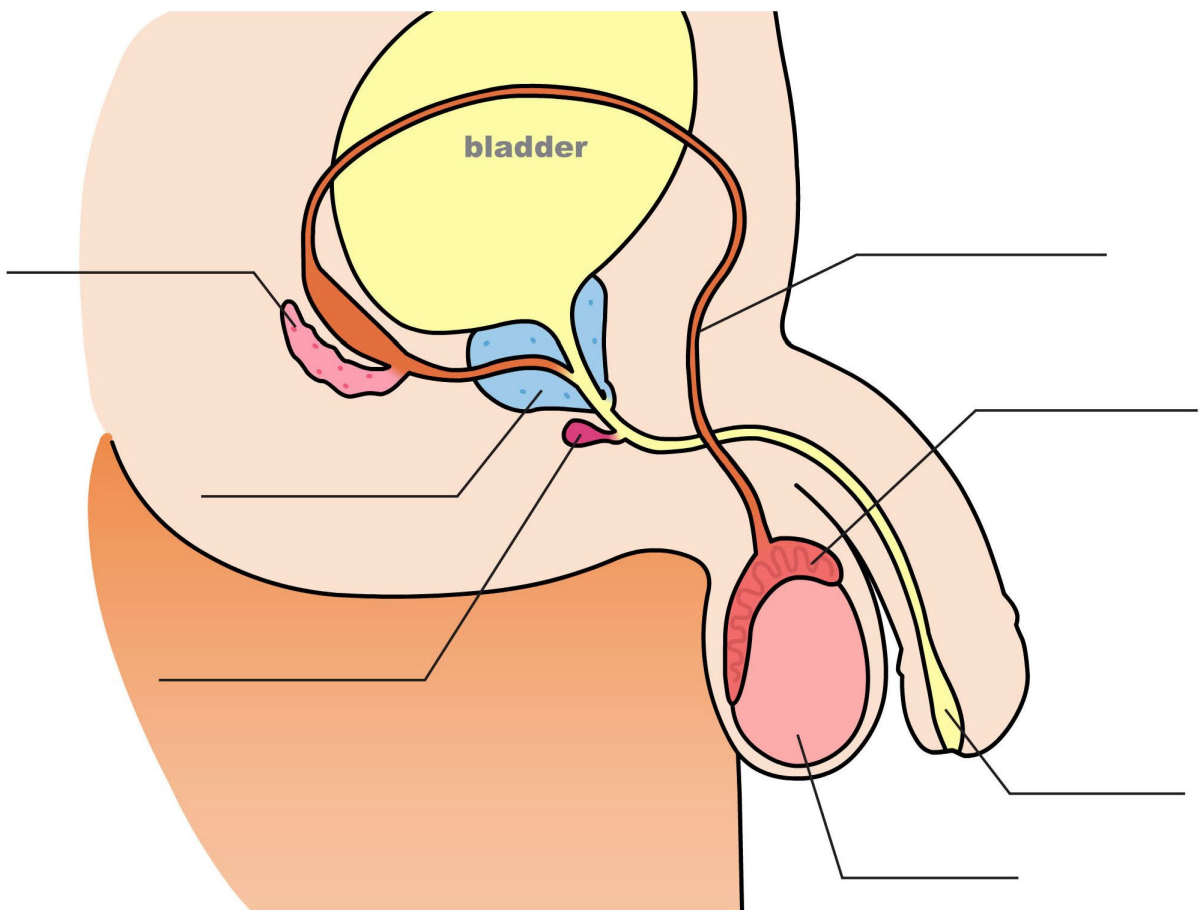
The Male Reproductive System

Label the parts of the male reproductive system on the diagram below. Each word in the word bank will be used once.

Word Bank

Cowper's gland    epididymis    glans    penis    prostate gland  
scrotum    seminal vesicle    shaft    testicle    urethra  
vas deferens

The Male Reproductive System  
(Internal View)



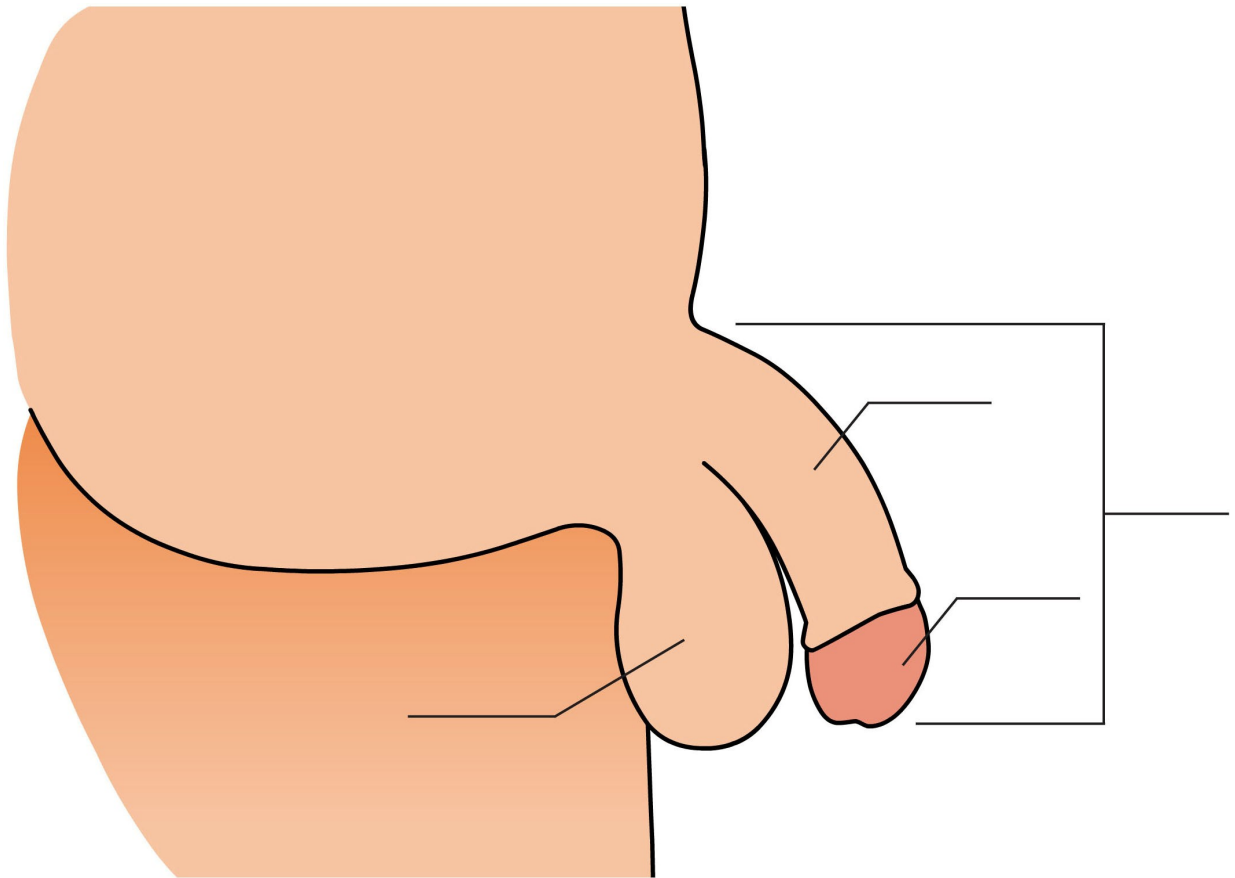
*This activity is continued on the next page.*

Name: \_\_\_\_\_

ACTIVITY 4B

The Male Reproductive System

The Male Reproductive System  
(External View)



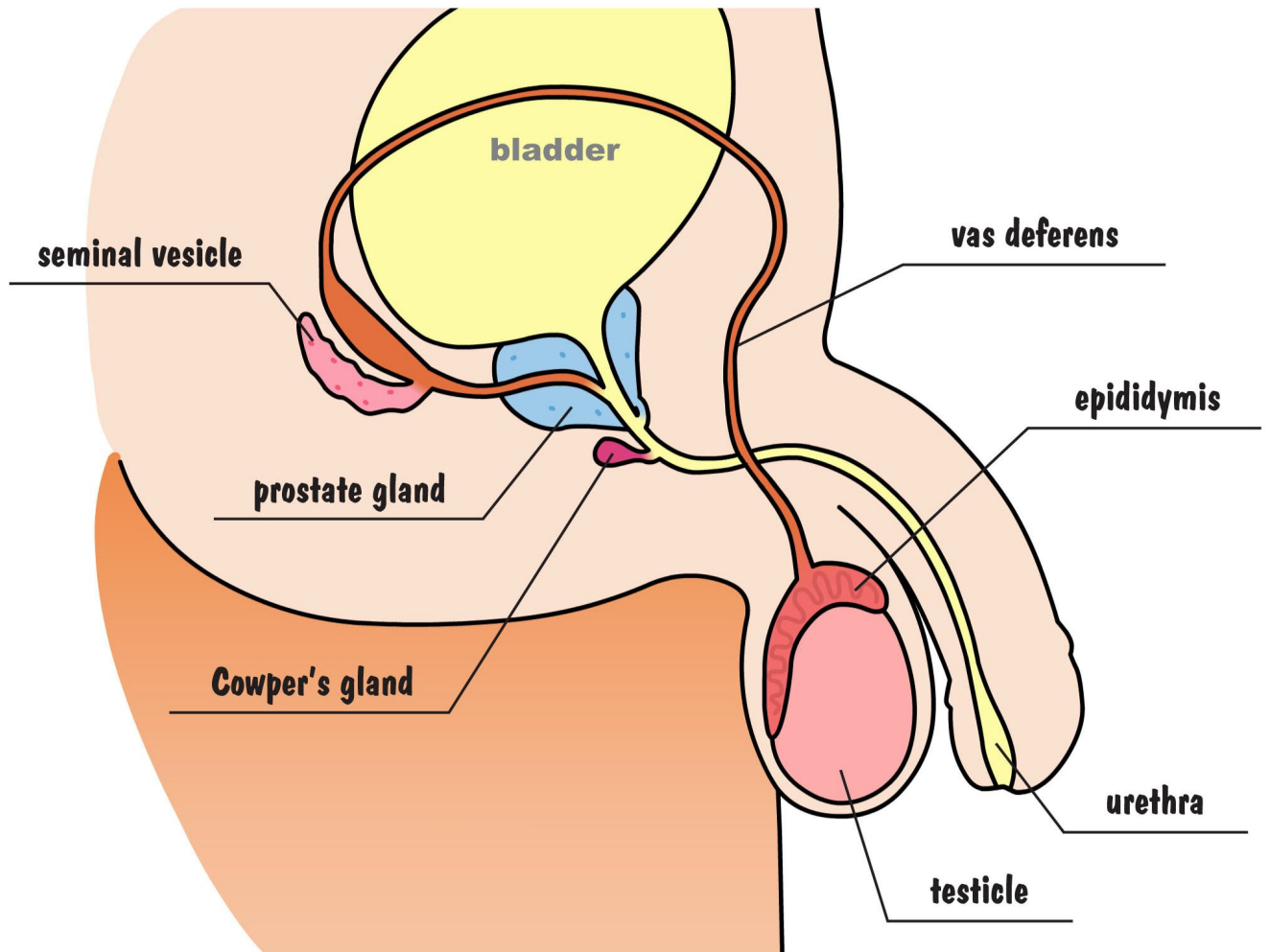


Name: \_\_\_\_\_

FACT SHEET 1A

Male Anatomy

## The Male Reproductive System (Internal View)

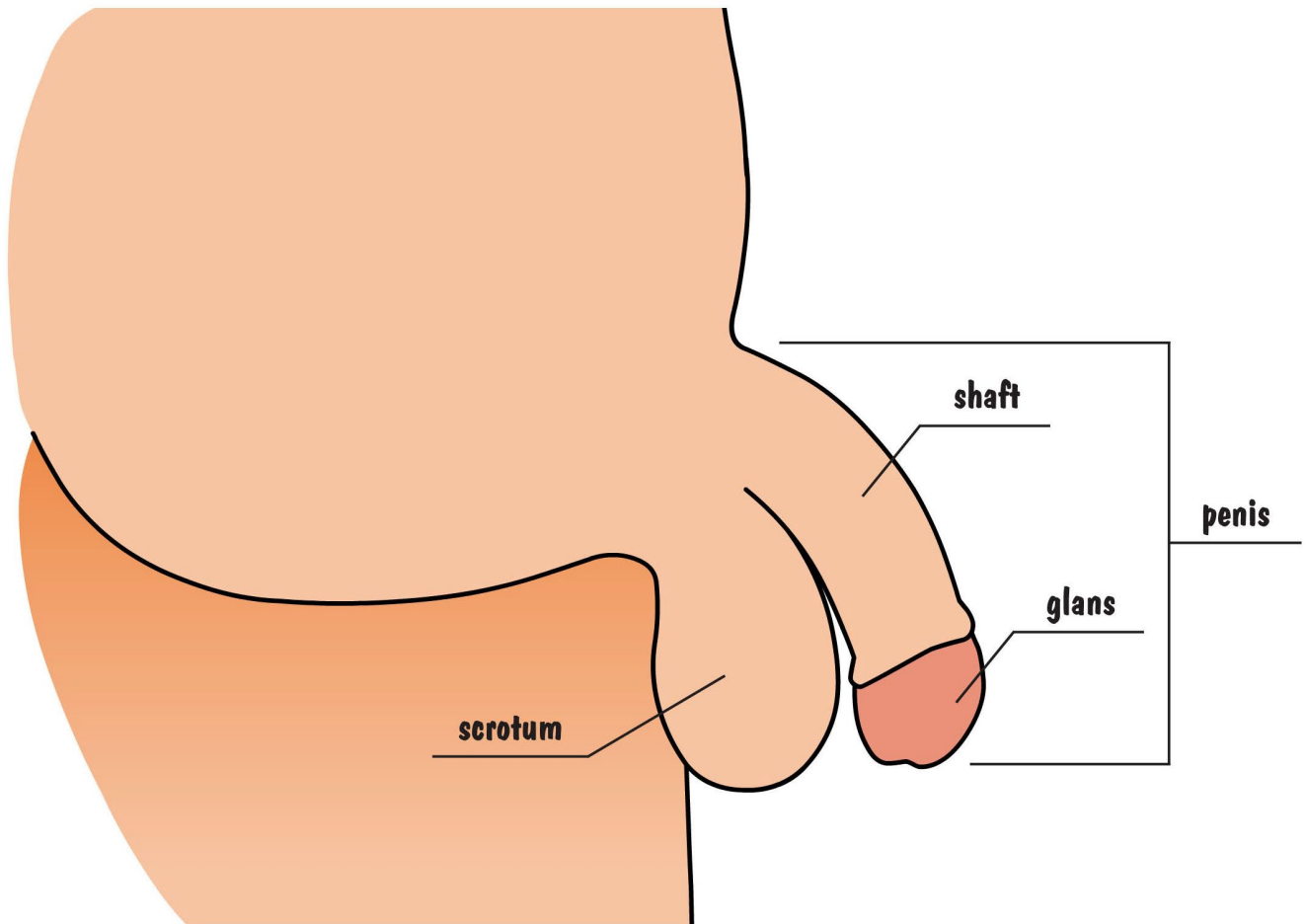


Name: \_\_\_\_\_

FACT SHEET 1B

Male Anatomy

## The Male Reproductive System (External View)



Name: \_\_\_\_\_

ACTIVITY 1A

Pre/Post Test

True or False?

1. Puberty begins at the same time for all boys. \_\_\_\_\_
2. The male reproductive system has both internal and external parts. \_\_\_\_\_
3. The penis contains a bone and many blood vessels. \_\_\_\_\_
4. Boys can control when they get erections. \_\_\_\_\_
5. Sperm is produced in the penis. \_\_\_\_\_
6. Boys begin producing sperm during puberty. \_\_\_\_\_
7. Sperm travels out of a male's body in a fluid called semen. \_\_\_\_\_
8. Even though urine and semen both leave the body through the penis, they cannot be released at the same time. \_\_\_\_\_
9. It is normal for boys to experience slight breast development during puberty. \_\_\_\_\_
10. Boys' voices usually get a little higher during puberty. \_\_\_\_\_

*The Answer Key for this activity appears on the next page.*

Name: \_\_\_\_\_

ACTIVITY 1B

Pre/Post Test

## Answer Key

1. Puberty begins at the same time for all boys.  
*FALSE! Boys (and girls) begin puberty on their own timetable. The age when puberty begins varies from one boy to the next. Most boys will begin puberty at some time between ages 10-14.*
2. The male reproductive system has both internal and external parts.  
*TRUE!*
3. The penis contains a bone and many blood vessels.  
*FALSE! There is no bone in the penis. The penis is made of spongy tissue and blood vessels.*
4. Boys can control when they get erections.  
*FALSE! Boys cannot control when they get erections. Often, an erection is an involuntary response.*
5. Sperm is produced in the penis.  
*FALSE! Sperm is produced in the testicles. It travels through the vas deferens and leaves the body through the penis.*
6. Boys begin producing sperm during puberty.  
*TRUE!*
7. Sperm travels out of a male's body in a fluid called semen.  
*TRUE!*
8. Even though urine and semen both leave the body through the penis, they cannot be released at the same time.  
*TRUE!*
9. It is normal for boys to experience slight breast development during puberty.  
*TRUE!*
10. Boys' voices usually get a little higher during puberty.  
*FALSE! Boys' voices usually get deeper (lower) during puberty.*