

Growing Up and Liking It

60 Minute Health Lesson

Virtual Field Trip (VFT) Grades 5 & 6

DESCRIPTION

Learn the science behind the changing adolescent body and find out what to expect on the road to adulthood. Students will meet a professional health educator and discuss physical and chemical changes that occur in the body during puberty. With the aid of fun demonstrations, models and specimens, we will discuss human reproductive anatomy, menstruation, nocturnal emissions and other issues. NOTE: This lesson is designed for boys and girls to experience together, but if you prefer single-gender groups please specify this when scheduling your program.

OBJECTIVES

- Describe the relationship between hormones and the physical/mental changes humans experience throughout puberty.
- Identify typical physical and emotional changes that occur during adolescence.
- Compare and contrast changes in male and female bodies during childhood, adolescence, and adulthood.
- Identify major structures and functions of female and male reproductive systems.
- Describe the processes of ovulation, menstruation, sperm production, ejaculation, and conception.
- Recognize that individuals will experience puberty differently and still be normal.

OHIO'S LEARNING STANDARDS

National Health Education Standards

Grades 3-8: Standards 2, 7, 8

- Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
- Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Students will demonstrate the ability to advocate for personal, family and community health.

How You Can Help Us Make This Virtual Field Trip A Success

- If your students are joining us from your classroom computer, please arrange your room and projection screen so everyone can see us clearly.
- Please test your visual and audio connections prior to the day of the program. If you would like us to facilitate a test connection with you, we are happy to do so.
- If you and your students are joining us from your homes, we will have an educator monitoring the Chat feature for questions. We request that you or another staff person serve as a Co-Host to help monitor students for any inappropriate Chat or camera behavior.
- If you will have a hybrid class (some at school, some joining from home), our educator will monitor the Chat and camera behavior, and we reserve the right to temporarily move any disruptive students to our Waiting Room so we or school staff can correct the undesired behavior.
- If you prefer, we can turn off all cameras and interact solely via the Chat feature.

VOCABULARY

adolescence – period of transition from childhood to adulthood marked by physical, mental and emotional changes that indicate readiness for sexual maturity (reproduction) and psychological independence. See “puberty.”

endocrine system – a group of glands throughout the body that produce hormones, which control many aspects of life, including growth, metabolism and reproduction. These glands include the pituitary, thymus, thyroid, pancreas, adrenals, testes and ovaries.

endometrium – inner lining of the uterus that produces extra blood vessels and tissue in order to nourish a developing embryo.

ejaculation – muscular contractions that send semen out of the penis.

erection – enlargement and stiffening of the penis due to blood flow into the tissues of the penis.

estrogen – female sex hormone produced by the ovaries that signals development of female characteristics and induces menstruation and the growth of the endometrium during the first half of the menstrual cycle.

hormone – a chemical messenger in the body produced by glands and carried by the bloodstream to another organ, where it signals something to happen in that organ.

mammary glands – milk producing organs of female mammals, which provide food for infants; breasts.

menstrual cycle – regular cycle of hormone changes from the beginning of menstruation to the beginning of the next menstruation; occurs every 28 days on average during a woman’s reproductive years.



menstruation – the periodic shedding of the lining of the uterus which results in tissue and blood flow out of the vagina. Occurs approximately once a month about two weeks after ovulation, and marks the beginning of the menstrual cycle.

nocturnal emission – ejaculation of semen during sleep, which is normal in adolescent males; commonly called a wet dream.

ovulation – release of a mature ovum (egg cell) by the ovary; occurs about 14 days before menstruation.

ovum – female sex cell, or egg, released by the ovary during ovulation.

progesterone – female sex hormone produced by the ovaries that signals development of the lining of the uterus during the second half of the menstrual cycle in preparation for implantation of the fertilized ovum (egg).

puberty – period of growth and development during which sexual characteristics form and an individual becomes capable of reproduction. See “adolescence.”

semen – fluid containing nourishing and protective substances that transports sperm out of the penis during ejaculation.

sperm – male sex cells produced by the testes.

testosterone – male sex hormone produced by the testes that signals development of male characteristics and production of sperm.

