

Dear Parent(s) or Guardian(s),

The Puberty Education component of the HCPSS 5th grade health education curriculum will take place during Quarter 4 on the dates: June 7 - June 11.

Below, you will find a list of instructional objectives and assigned resources for the Puberty Education unit. Maryland State Regulations (COMAR 13A.04.18.01) state that students may be excused from this unit of the health education program. If you choose to have your child excluded from this unit of instruction, please email your child's teacher by May 24.

Students who are excluded from puberty education will complete a health education enrichment module. Maryland State Regulations (COMAR 13A.04.18.01) also require that all students who are excluded from puberty education instruction receive information about menstruation. This resource may be used for that purpose:

HCPSS Grade 5 Puberty Education Instruction - Hybrid Learning Spring 2021

Grade 5 Puberty Education Slides -

Alternative/Supplemental Activities Slides -

Lesson 1 - What Is Puberty?

Objectives - The student will be able to:

- identify expectations for a positive classroom environment for puberty education
- define "puberty" and describe how it affects the body
- discuss the appropriate use of personal hygiene products

Resources:

- Eleven -
- What Is Puberty? -
- Puberty Questions -

Lesson 2 - Social & Emotional Changes of Puberty

Objectives - The student will be able to:

- examine the effects of puberty on emotional and social growth
- identify ways to communicate issues related to puberty

Resources:

- Social & Emotional Changes of Puberty -
- 5th Grade Feelings -
- Puberty News -

Lesson 3 - Physical Changes of Puberty (Male Body)

Objectives - The student will be able to:

- describe how puberty affects the male body
- describe the parts and functions of the male human reproductive system
- describe nocturnal emissions
- describe the appropriate use of personal hygiene products

Resources:

HCPSS Office of Health Education; Revised 4/2021

- Physical Changes in Puberty (Male Body) -
[REDACTED]

Lesson 4 - Physical Changes of Puberty (Female Body)

Objectives - The student will be able to:

- describe how puberty affects the female body
- describe the parts and functions of the female reproductive system
- describe the function of human reproductive organs
- describe the menstrual cycle
- describe the appropriate use of personal hygiene products

Resources:

- Physical Changes in Puberty (Female Body) -
[REDACTED]

As always, we support you as the primary educator of your child with regard to sexual health and value your ability to place this information in a moral context.

Sincerely,

5th Grade Teacher