

# 5<sup>TH</sup> GRADE GROWTH AND DEVELOPMENT

Springboro  
Community City  
Schools

# PARENT MOVIE PREVIEW NIGHT

Welcome 5<sup>th</sup> Grade Parents



# 5<sup>TH</sup> GRADE GROWTH AND DEVELOPMENT MOVIE

## Always Changing® and Growing Up FIFTH/SIXTH GRADE PUBERTY EDUCATION PROGRAM

The Always Changing® and Growing Up Program has been a trusted curriculum source for puberty education among school nurses and health educators for over 30 years. It has been taught to millions of students nationwide. The look of the program has been updated, but the information and educational goal remain the same—to teach preteens about their changing bodies and the beginning stages of puberty. This program is provided as a free educational service by P&G's brands: Always®, Tampax®, Secret®, and Old Spice®.

# 5<sup>TH</sup> GRADE PARENT MOVIE PREVIEW

## Parent Preview Goal:

1. To provide parents with an understanding of the information that will be taught.
2. To encourage building a strong, healthy relationship with open communication between parents and their child about the changes that occur with normal growth and development.
3. To provide resources available to parents through The Always Changing® and Growing Up Program.

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## Learning objectives for students

- The physical and emotional changes they experience during puberty and acknowledge these changes as a normal part of growth and development.
- That personal hygiene is each individual's responsibility.
- The physiology of their bodies and the correct terminology for parts of the reproductive system.
- The menstrual cycle, what to expect during a period and how to manage periods while continuing with normal activities.

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Students will view the  
Movie at school on:  
Wednesday, 3/28 for Five  
Points

Thursday, 3/29 for Dennis

Separate viewing sessions  
will take place for the  
Girls and Boys.

Staff that will be showing the movie and  
teaching the lesson include:

❖ Five Points Elementary:

Mr. Jason Hall, PE Teacher  
Mrs. Cindy Manoni, Clinic Nurse

❖ Dennis Elementary:

Mr. Grubenhoff, DE Asst.Principal  
Mrs. Megan Peirson, Clinic Nurse

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## Growth and Development Overview:

Centuries of cultural and religious traditions have led us to treat puberty as everything from a reason for celebration to a cause for shame. Although it is a complex time of change—emotionally, physically, socially and intellectually—today, puberty is commonly seen as a positive transition. Helping students understand the physical and emotional changes taking place will contribute to their development of a positive and informed approach to adolescence.

Puberty begins (usually between the ages of 8 and 13) when the pituitary gland sends a signal to the brain to begin producing a hormone. In girls, it's estrogen produced by the ovaries; in boys, it's testosterone produced in the testicles

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## Emotional Changes at Puberty

- ❖ Mood Swings
- ❖ Change in Self-Confidence
- ❖ Emotional Instability
- ❖ Need for Independence

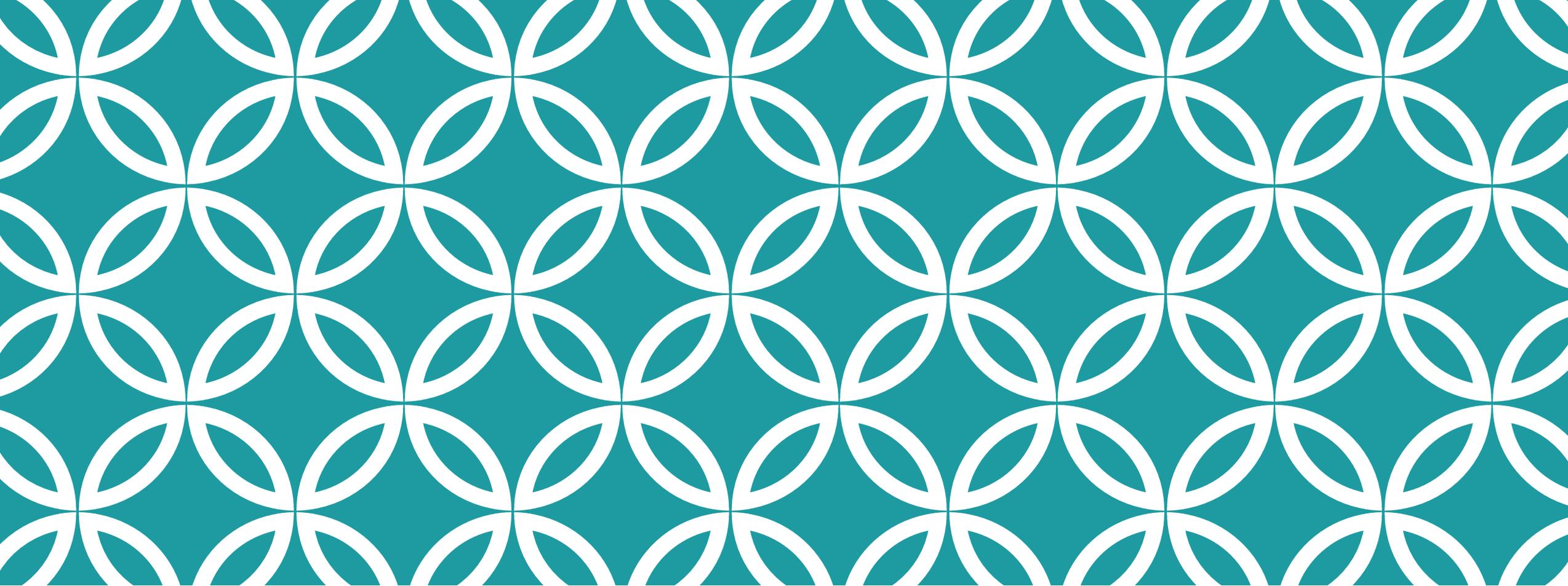
# 5<sup>TH</sup> GROWTH AND DEVELOPMENT MOVIE

## NEW ROUTINES FOR PRETEENS

- ❖ Daily bathing – The first step in helping control perspiration odor is regular bathing with soap and water. Washing removes dirt and oil from the skin and reduces the bacteria that can lead to body odor.
  - ❖ Deodorant/antiperspirant – The second step in controlling perspiration odor is using a deodorant or deodorant/ antiperspirant.
    - Deodorants: counteract odor and help you smell good.
    - Antiperspirants: reduce perspiration and underarm wetness—and since these are the main cause of body odor, antiperspirants actually help prevent odor before it starts.
- All antiperspirants are deodorants, but not all deodorants are antiperspirants.
- ❖ Changing sweaty clothes – Many times, students believe that if their bodies are clean they won't have body odor. However, body odor can be held in the clothes they wear. Remind them that after a bath or a shower, they should put on clean clothes, including undergarments and socks

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- ❖ Skin Care: Clean, Prevent, and Treat
- ❖ Hair Care: Shampooing regularly helps remove deposits such as dirt, skin oils, and styling products
- ❖ Oral Hygiene:
  - ❖ Brush teeth and tongue at least twice a day with a fluoride toothpaste.
  - ❖ Students with braces should pay special attention to cleaning their teeth. Cleaning that is not thorough allows food to collect around wires or plastic, causing splotched teeth or tooth decay. Clean between teeth with dental floss to remove food stuck between teeth.
  - ❖ Visit a dentist at least twice a year for a checkup and professional cleaning to remove plaque from below the gums, even if they have been brushed regularly.
  - ❖ Avoid sugary or starchy foods. Although students likely snack on foods containing sugars or starches, these kinds of foods increase the production of acids that attack tooth enamel.



**VIDEO PRESENTATION**

*Always  
Changing*

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P&G Parent Resource Page:

The information available on the P&G Parent page will offer you useful tips and information to help guide your child through puberty. This page contains valuable information for parents and students.

The information and videos can be viewed at home by visiting the link listed below.

<http://www.pgschoolprograms.com/parents.php>

Information provided in this presentation was provided by The Always Changing® and Growing Up Program.

**QUESTIONS?**

