

5th Grade Chat for Change Outline

Girls and Boys Will:

- Understand what causes the changes for puberty to occur.
- Understand the importance of maintaining proper hygiene during puberty.
- Students will focus on understanding the physical changes that occur during the start of puberty.
- Participate in a discussion of how it is important to communicate with family or trusted adults about physical and emotional changes that are happening.
- Participate in a discussion about answers to anonymous questions collected prior to the lesson. (Educators sort through applicable anonymous questions that are not answered by the video to address)
- Understand the importance of proper nutrition and exercise during puberty

Girls Only

- Menstruation protection will also be discussed and demonstrated as shown in the video as well as where to obtain them at school if needed.

Girls Video: [Girls Chat for Change Video](#)

Boys Video: [Boys Chat for Change Video](#)

This is a one day lesson. Boys and girls are separated for this lesson.