

5TH GRADE MATURATION PROGRAM OUTLINE

GIRLS WORKSHOP

- 1) “Who am I?” Activity
- 2) Who is there for me to talk to during this time?
- 3) What changes will I experience...when...how...why?
 - a. Puberty
 - b. Body Growth
 - c. Breast Growth
 - d. Skin and Hair Changes
 - e. Perspiration, odor and Hygiene
 - f. Menstrual Cycle
 - g. Overview of male puberty
- 4) What am I feeling? Why am I feeling this way? How am I feeling?
- 5) “What Changes” Small Group Activity
- 6) Question and Answer session

BOYS WORKSHOP

- 1) “Who am I?” Activity
- 2) Who is there for me to talk to during this time?
- 3) What changes will I experience...when...how...why?
 - a. Puberty
 - b. Body Growth
 - c. Skin and Hair Changes
 - d. Sweat, Odor and Hygiene
 - e. Erections, wet dreams
 - f. Jock Itch
 - g. Steroids
 - h. Overview of female puberty
- 4) What am I feeling? Why am I feeling this way? How am I feeling?
- 5) “What Changes” Small Group Activity
- 6) Question and Answer session

COED WORKSHOP

- 1) “Maturation Word Match” Small Group Activity
- 2) “Emotions Dice” Activity
 - a. What and how am I feeling?
 - b. Why am I feeling this way?
 - c. What seems scary to me and why?
- 3) Decision Making “HELP Concept”
 - a. H...is it healthy for me to do?
 - b. E...is it ethical (right or wrong)?
 - c. L...is it legal?
 - d. P...will my parents approve?
- 4) HIV/AIDS Facts and Myths
 - a. STD Prevention
 - b. Transmission methods
- 5) “Treasure Chest-Who is there to help me?” Activity
- 6) “Who Am I?” revisit of first day activity
- 7) Question and Answer session