

Name: _____ Date: _____

5th Grade Girls: Preparing for Puberty Discussion Guide

1. True or False (Circle One)
Puberty is a time of change and growth leading up to adulthood.
2. True or False (Circle One)
Puberty happens at the same time for boys and girls
3. True or False (Circle One)
Changes that happen during puberty are normal and healthy.
4. Which of the following are physical changes that happen during puberty?
 - a. Growth Spurt
 - b. Pimples
 - c. Body Odor
 - d. Increase Hunger
 - e. Weight Gain
 - f. Voice Change
 - g. All of the Above
5. List two ways you can prevent body odor.
6. How can you prevent acne?
7. How many times should you brush your teeth each day?
 - a. 1 time
 - b. None
 - c. At least twice
 - d. It's not important to brush your teeth.

8. True or False: (Circle One)
Good Nutrition, exercise, and getting enough sleep are important for successful growth and development.
9. True or False: (Circle One)
During puberty, you will not experience mental and emotional changes.
10. What are some ways you can handle moodiness?
11. How can you share respect for yourself and others during this time of change?
12. True or False (Circle One)
Changes that occur during puberty are initiated by the hypothalamus, which triggers a small gland called the pituitary gland to release hormones.
13. True or False (Circle One)
Hormones from the pituitary gland circulate through the bloodstream to other parts of the body and set off a chain of events that cause puberty to happen.
14. True or False (Circle One)
The body system is a group of organs that work together to accomplish a job for the body.
15. List three adults you can turn to when you have questions about puberty.

Girls Program Gender-Specific Objectives

16. Explain the Menstrual Cycle.

17. Which of the following are ways you can take care of yourself during your period?
 - a. Get plenty of sleep
 - b. Eat healthy foods
 - c. Practice Mindfulness
 - d. Exercise
 - e. All of the above

18. True or False: (Circle One)
Tampons and Pads are examples of feminine hygiene products.

19. Identify major body organs of the female reproductive system and provide the correct terminology for each.