

GROWTH AND DEVELOPMENT

5th Grade Boys
Broken Arrow
Public Schools

Sources:

- Tulsa Health Department - <https://www.tulsa-health.org/>
- National Library of Medicine - <https://medlineplus.gov/ency/article/002003.htm>
- American Academy of Pediatrics- <https://www.healthychildren.org/English/Pages/default.aspx>
- Nemours Children's Health - <https://kidshealth.org/>





- Participate seriously
- Use appropriate medical terms
- Give full attention - no side conversations
- Notecards - Don't be afraid to ask appropriate questions related to the topics that are covered

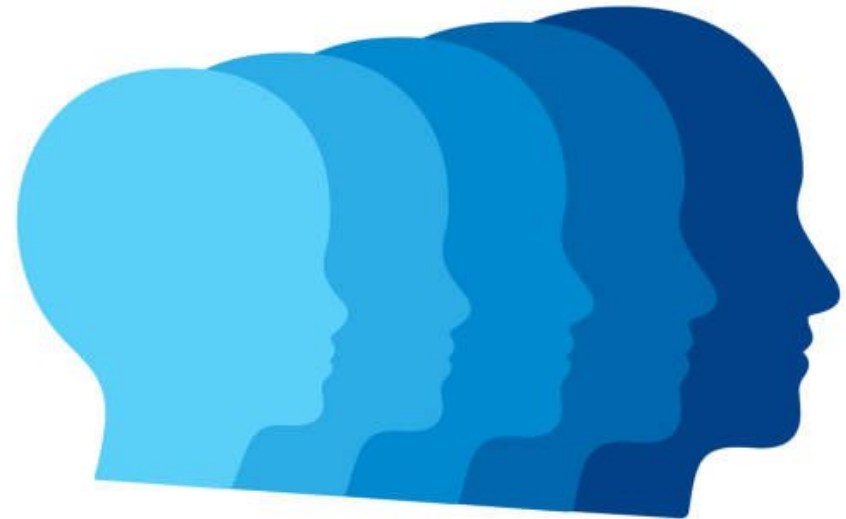
Together, we'll learn about...

- Puberty and the changes that occur to our bodies
- Importance of good hygiene practices, nutrition, and exercise



Always Changing & Growing Up

<https://www.youtube.com/watch?v=2XF0awGRTWs>



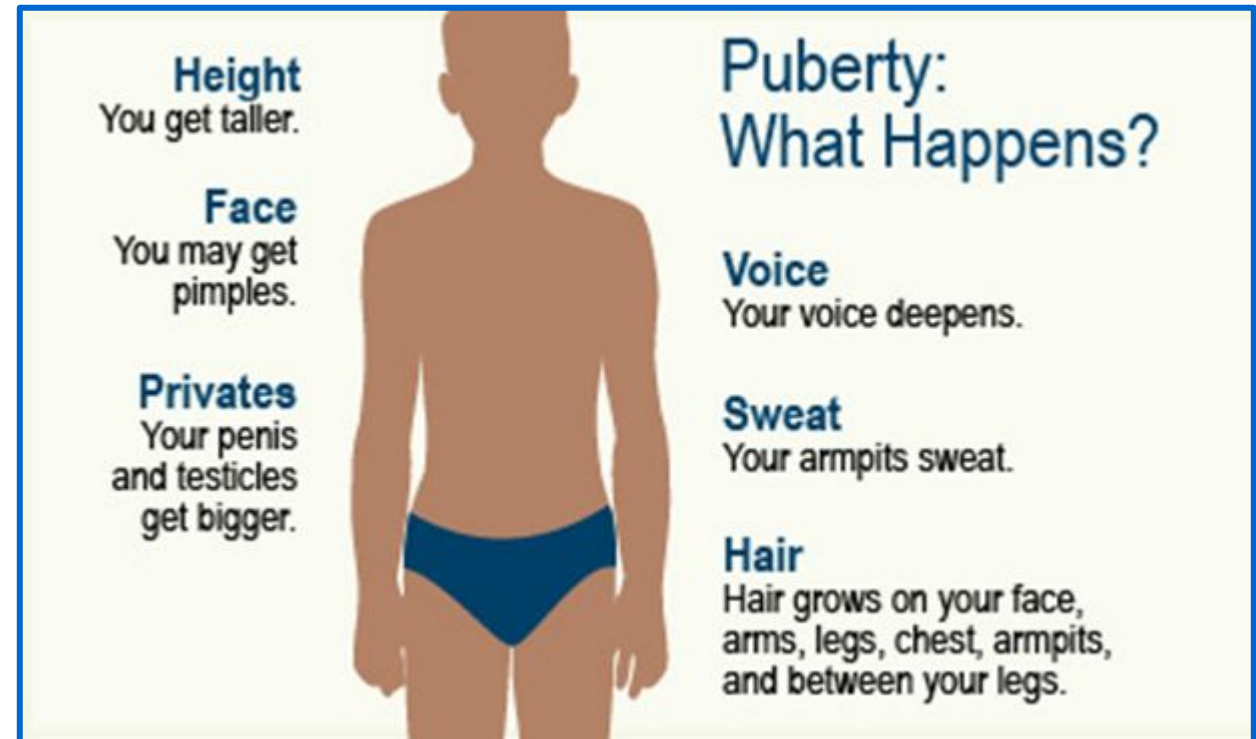
What is puberty?

- Time in life when hormones are produced which cause our bodies to transition into maturity
- Process usually occurs between ages 8 and 17 for males
- Causes physical and emotional changes



What common changes do males experience during puberty?

- Height and weight increase
- Enlargement of penis and testicles
- Body hair
- Voice deepens
- Muscle-mass increases
- Other Changes
 - Body sweats more leading to possible body odor
 - Body produces more oil which can lead to pimples
 - Experience wider range of emotions



What are some other changes males may notice during puberty?

- Erections
 - Hardening of the penis
 - Caused when tissue inside penis fills with blood
 - Penis enlarges and may stand away from the body
 - Occur more frequently during puberty
 - Very normal
- Nocturnal Emissions
 - Semen (fluid containing sperm) discharged from the penis while boy is asleep
 - Released through urethra (same tube for urine)
 - Called ejaculation
 - Very normal



Tips for Personal Hygiene During Puberty...Dealing with Sweat and Body Odor

- Sweating is body's way of regulating temperature
- When sweat meets bacteria on skin it produces body odor (BO for short)
- Best ways to prevent or get rid of body odor:
 - Bathe/shower daily using soap on all areas of the body, especially underarms, groin, feet
 - Wear clean clothes and socks every day
 - Let your shoes dry completely before wearing them - if possible wear different shoes on alternate days
 - Use antiperspirant - blocks sweat ducts so less sweat is produced - less sweat = less odor



More Tips for Personal Hygiene During Puberty...Pimples

- Pimples are a normal part of growing up
- Oil glands in your skin will become more active
- Buildup of oil and dead skin cells can lead to acne
- Cleanse your skin twice a day
- Prevent scarring...Don't squeeze or pick



Even More Tips for Personal Hygiene During Puberty...

- Brush and floss teeth 2x daily
 - If possible, rinse with mouthwash
 - See dentist regularly
- Wash hands with soap often
 - Before eating
 - After using the restroom
- Keep fingernails/toenails clean and trimmed
 - Germs hide under nails
 - Easier after shower
 - Use nail clipper
 - Cut straight across
 - Smooth rough edges with nail file



Fueling Your Body Through Puberty...

- Get at least 8 hours of sleep every night
- Be physically active every day for at least 60 minutes
- Eat three meals a day – **DON'T SKIP BREAKFAST**
 - Choose healthy foods that help your body grow (Nuts, fruits, vegetables, lean protein, yogurt, cheese, milk)
 - Make sure snacks are healthy and limited to only twice a day
- Minimize the amount of food you eat this is high in unhealthy fat and sugar
- See your doctor regularly



Questions?

