



5th Grade Boys Maturation Program

Material approved by Kane County School District Board of
Education on 4/16/24



Welcome

Thank you boys and parents for coming to learn together today.

I am excited to teach you all about puberty and the changes your body will go through as you grow.

I know the thought of puberty might make you feel a little nervous. That's why we are here today. We want to learn about our changing bodies so that we can feel more prepared for the changes our bodies go through. The changes we go through during puberty are all expected changes that mean you are healthy and growing just like you should be.



So...What is Puberty?

Puberty is when your body starts to have physical and emotional changes that mean your body is transitioning into adulthood.

Puberty happens at different times for all boys. Everyone grows and changes at a different pace. Most changes happen between the ages of 9-14 but can happen sooner or later.

Let's watch this video to help explain what puberty is.

<https://youtu.be/AyGXqjlKkuk>



Let's Review

- Broad Shoulders
- Weight gain and muscle growth
- Hair growth on arms, face, chest, and pubic area
- Voice Deepens. (Voice Cracking)-Why does this happen? Testosterone signals the voice box to grow .
- Enlargement of testes and penis
- Erections
- Nocturnal Emissions “Wet Dreams”
- Body odor
- Heightened Emotions



How can we take care of our bodies as they change?

Eating nutritious foods: It is important as our bodies grow to make sure we are fueling them correctly. We should have a balance of proteins, complex carbohydrates, healthy fats, and plenty of fruits and veggies.

Hydrate: Drinking plenty of water to stay hydrated. Your body needs water to function properly. Drinking at least 8 cups of water per day and more if you are active will help you to stay hydrated.

Get enough sleep: You need 9-12 hours of sleep. Getting enough sleep helps our bodies and minds to rest and repair.

Exercise: Getting 60 minutes of moderate physical activity is recommended for children ages 6-12. Find some type of movement you enjoy and try your best to move your body daily.

Take care of your mental health: Rest, journaling, deep breathing, spending time outdoors, spend time doing things you enjoy, spending time with family and friends, screen time breaks.



Taking Care of Our Bodies Continued...

Shower: Showering daily and washing your hair with shampoo and conditioner can help with body odor.

Wash your face: Washing your face day and night with a gentle cleanser can help with acne that comes with puberty. Using a facial moisturizer can help to keep skin hydrated.

Wear deodorant: Deodorant helps us to stay smelling fresh and clean. Apply it under your armpits each morning or after a shower to help with the odor changes that come with puberty.

Shave: You can also shave to help with all the new hair growth. Please talk with a trusted adult before shaving. They can help to give you tips and tricks to prevent cuts and sores.



Who Can I Talk to about Puberty

Let's think of some trusted adults you can talk to about puberty.

- Parent
- Grandparent
- Uncle
- School Counselor
- School Nurse
- Doctors



References

<https://kidshealth.org/en/parents/understanding-puberty.html#:~:text=For%20a%20male%2C%20the%20physical,%2Dcontaining%20semen%20%E2%80%94also%20happens.>

Davis County school district maturation video