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