



Puberty Education

Designed For: Males or Females - Grades 4 to 6

“Am I normal?”

Puberty is a time when young people are concerned about their changing bodies and have many questions that can be hard to ask. Having a safe place to learn about these issues and ask questions helps to increase their comfort level at this critical time in their physical and emotional development.

Through various interactive exercises, the physical and emotional changes of puberty are discussed in this class. A flannel board with large felt figures, “Sam and Sally”, is used to discuss body changes. Flannel board figures are also used to explain and demonstrate menstruation, spermatogenesis and conception.

It is recommended that this presentation be in single sex groupings.

Our goals are to help students:

- Describe the physical and emotional changes associated with puberty in boys and girls
- Identify male and female reproductive anatomy and physiology
- Appreciate normal variation of development between individuals

Average Length of Program: 45 minutes

Recommended Number of Participants: 10 - 30

Cost of Program: Contact Us