



## School Health Services

The Body Wise curriculum includes the following topics:

- I. Overview of Puberty
  - a. What is puberty
    - i. The biology of puberty (i.e. how the pituitary gland releases hormones that cause the body to start changing)
  - b. When does it start
  - c. What physical changes will happen
    - i. Voice changes
    - ii. Hair growth
    - iii. Height
    - iv. Emotions
- II. Hygiene
  - a. The importance of washing hair and body once puberty starts
  - b. The importance of wearing deodorant
  - c. Acne
    - i. How does it occur
    - ii. How to prevent it
- III. Male reproductive system
  - a. Male reproductive parts: only location and biological function
    - i. Testicles
    - ii. Scrotum
    - iii. Urethra
    - iv. Prostate gland and seminal vesicle
    - v. Penis
  - b. Erections
    - i. The biology of an erection
- II. Female reproductive system
  - a. Female reproductive body parts: only location and biological function
    - i. Uterus
    - ii. Ovaries
    - iii. Fallopian tubes
    - iv. Cervix
    - v. Vagina
  - b. Overview of the menstrual cycle
- II. Information on sexual intercourse only includes the following:
  - a. It is a way adults show love to one another
  - b. This is the action that enables an egg cell from a woman to be fertilized by a sperm cell from a man
  - c. It is a major responsibility
  - d. Refer to a trusted adult with any other questions regarding this topic