



## School Health Services

Family Life/Body Wise is the family life and puberty education program offered to 5th grade students. The teaching is provided by registered nurses from Akron Children's Hospital. The purpose of this program is to help boys and girls gain knowledge about their growth, development, and reproduction, including changes that occur during adolescence. The program consists of three 40-minute sessions, in which boys and girls are taught both together and separately. The content is family-centered, and students are encouraged to share and discuss the information they learn with a trusted adult at home.

The Body Wise curriculum includes 4 sessions that go over the following topics:

### **Session 1 is taught to boys and girls:**

- I. Nutrition
  - a. The importance of eating breakfast
  - b. Making smart decisions when eating fast food
  - c. The effects of caffeine and how much adolescents should be drinking
- II. Exercise
  - a. The benefits of exercise
  - b. The importance of wearing protective gear while exercising or playing sports
- III. 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
- IV. 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
- V. Trusted Adult
  - a. Identifying who a trusted adult is who can answer sensitive questions

### **Session 2 is taught to boys only:**

- I. Female reproductive system
  - a. Brief overview of female reproductive parts: location and function
  - b. Brief overview of how the menstrual cycle works
- II. Male reproductive system
  - a. Male reproductive parts: location and function
  - b. Erections
    - i. The biology of an erection
    - ii. Overview of nocturnal emissions (wet dreams)
  - c. Protection while playing sports or exercising
- III. Information on sexual intercourse only includes the following information
  - a. It is a way adults show love to one another
  - b. This is an action that enables an egg cell from a woman and a sperm cell from a man to come together
  - c. It is a major responsibility
  - d. Refer to a trusted adult with any other questions regarding this topic

**Session 3 is taught to girls only:**

- I. Female reproductive system
  - a. Female reproductive body parts: location and function
  - b. Menstrual cycle
    - i. The biology of the cycle
    - ii. When does it start
    - iii. How long does it last
    - iv. Protecting clothes
      - 1. Overview of tampons and pads
      - 2. Ask a trusted adult what to wear
    - v. Starting at school
    - vi. Experiencing cramps
    - vii. Personal hygiene
- II. Male reproductive system
  - a. Brief overview of male reproductive body parts: location and function
  - b. Brief overview of the biology of erections
- III. Information on sexual intercourse only includes the following:
  - a. It is a way adults show love to one another
  - b. This is an action that enables an egg cell from a woman and a sperm cell from a man to come together
  - c. It is a major responsibility
  - d. Refer to a trusted adult with any other questions regarding this topic

**Session 4 is taught to boys and girls:**

- I. The biology of how a baby grows in the uterus
- II. Overview of twins
  - a. Fraternal
  - b. Identical
  - c. Conjoined
- III. Development of a baby in the uterus
  - a. What is developed at 4 weeks
  - b. What is developed at 12 weeks

- c. What is developed at 20 weeks
  - d. What is developed at 32 weeks
  - e. What is developed at 36 weeks
- IV. Respecting others as they go through puberty