

## **5th Grade Family Living**

### **Learning Goals**

*As a result of instruction, students will:*

- Understand the male and female reproductive systems (Illinois School Code 105 ILCS 110/3; State Goal 23C)
- Understand basic adolescent changes (Illinois School Code 105 ILCS 110/3; State Goal 23C)
- Identify what gives the body its size and shape (Illinois School Code 105 ILCS 110/3; State Goal 23C)

### **Instructional Program**

*Parent consent is required for participation in all aspects of the instructional program.*

Fifth grade girls attend the “Linda” program and fifth grade boys attend the “Michael” program in April at the Robert Crown Center for Health Education in Hinsdale, IL.

The “Linda” program seeks to prepare prepubescent girls for the onset of puberty and the physical changes that will occur. A large portion of the program deals with feminine hygiene issues with an emphasis on menstruation. Both the male and female reproductive anatomies are discussed. There is a brief discussion of teen diet habits and the types of eating disorders affecting today’s teenage girls.

The “Michael” program seeks to prepare prepubescent boys for the onset of puberty and the physical changes that will occur. There is discussion on hygiene, proper diet, and respect for others. Both the male and female reproductive anatomies are discussed.

At the request of a fifth grade teacher, District 105 Nurse Phyllis Bednarek will be available to meet with a class to answer questions about the presentations.