

Fifth Grade Family Life Program Details

Dates: March 2021 (three 45 minute classroom sessions)
Heilmann's Class, March 17, 18, 19
Solomon's Class, March 23, 24, 26
Pierria/McNamara's Class, March 30, April 1 and 2

Presenters:

Dorothea Parker, RN Health Specialist
Laura Bauernfeind, RN MSN School Nurse

Program Goals: The goal of Ross School's Family Life Program is to improve health literacy and wellness by presenting medically accurate objective information that is developmentally appropriate. Learners will recognize and accept differences in body types and maturation levels. They will learn communication and positive decision-making skills that promote life-long healthy relationships. Learners will be encouraged to communicate with their parents about their concerns. We strongly urge parents to share their values about human sexuality with their children and talk to them about what they learn in the Family Life Program.

Ground Rules:

Learners will observe the following ground-rules during all Family Life sessions.

1. No putdowns of others' values, comments, or questions. All points of view are worthy of being discussed.
2. No question is "dumb." Questions only indicate a desire for knowledge; they do not tell you anything about the person asking the question.
3. No talking while another member of the class is speaking/reading or while the teacher is talking. Listening skills are important and indicate respect for other people.
4. No asking of personal questions of the teacher or of other students.
5. Respect the right to privacy. Don't share personal information about yourself or share information about others.
6. When possible, medical terminology will be used. When the student does not know the medical term, she/he may use the term she/he knows. The teacher or other students can supply the medical term.
7. Everyone has the right to "pass" on activities or on questions they do not wish to answer.

Topics and Activities:

Decision Making

Through worksheet activities learners will become familiar with how they make decisions based upon values and beliefs and how they depend on certain people to help them with decisions. Peer pressure will be defined. Learners will discuss how decisions can affect health, relationships and self-esteem.

Puberty and Adolescent Growth and Development

Two sessions will cover the hormonal changes during puberty that occur between the ages of 9 and 16 for both boys and girls. The physical and emotional changes will be discussed using

handouts, anatomical charts, worksheets, a question box, and films in the *Puberty Workshop*. These films use experts to explain the changes as well as simple animations and line drawings to help illustrate the physiology of puberty and reproduction. Honest and tasteful interviews of real kids in the films also relate the struggles and concerns of this age group.

Changes for boys that will be discussed include: secretion of pituitary hormone and testosterone; social and emotional changes; maturing of reproductive organs (penis and testicles); production of sperm and nocturnal emissions; height and weight increases; hair growth in the pubic area, underarms, face and chest; broader shoulders; more active sweat glands, acne, deepening voice.

Changes for girls that will be discussed include: secretion of pituitary hormone, estrogen and progesterone; social and emotional changes; maturing reproductive organs (ovaries and uterus); breast development; menstruation, pubic hair growth; broader hips, height and weight increases; acne and more active sweat glands.

Personal Hygiene

Discussion will cover sweat glands, skin and hair care, oral hygiene, eating a variety of foods and getting enough rest and exercise. The topics are addressed in handouts and in the films.

Q & A

A question box will be available to answer questions that learners want to ask anonymously. The questions will be previewed daily by the instructors and those question of interest to most students will be answered at the beginning of the next session.

For More Information about the Program: For further information please contact Dorteia Parker by email dparker@rossbears.org or by phone at 415-457-2705 ext. 204.

The Ross School Family Life Education Program is Voluntary: Parents have the right to opt out of this program for their children. If you do not want your child to participate in the Family Life Program, please notify Dorteia Parker in writing at least one day prior to the start of the program. A withdrawal form is available for your convenience at this link. <https://www.rossbears.org/Page/609>