Growth and Development

5th Grade Boys
Broken Arrow
Public Schools

Sources:
- Tulsa Health Department – https://www.tulsa-health.org/
- American Academy of Pediatrics – https://www.healthychildren.org/English/Pages/default.aspx
- Nemours Children’s Health – https://kidshealth.org/
- Participate seriously
- Use appropriate medical terms
- Give full attention - no side conversations
- Notecards - Don’t be afraid to ask appropriate questions related to the topics that are covered
Together, we’ll learn about…

- Puberty and the changes that occur to our bodies
- Importance of good hygiene practices, nutrition, and exercise
Always Changing & Growing Up

https://www.youtube.com/watch?v=2XF0awGRTWs
What is puberty?

- Time in life when hormones are produced which cause our bodies to transition into maturity
- Process usually occurs between ages 8 and 17 for males
- Causes physical and emotional changes
What common changes do males experience during puberty?

- Height and weight increase
- Enlargement of penis and testicles
- Body hair
- Voice deepens
- Muscle-mass increases
- Other Changes
  - Body sweats more leading to possible body odor
  - Body produces more oil which can lead to pimples
  - Experience wider range of emotions
What are some other changes males may notice during puberty?

- **Erections**
  - Hardening of the penis
  - Caused when tissue inside penis fills with blood
  - Penis enlarges and may stand away from the body
  - Occur more frequently during puberty
  - Very normal

- **Nocturnal Emissions**
  - **Semen** (fluid containing sperm) discharged from the penis while boy is asleep
    - Released through urethra (same tube for urine)
    - Called **ejaculation**
  - Very normal
Tips for Personal Hygiene During Puberty...Dealing with Sweat and Body Odor

- Sweating is body's way of regulating temperature
- When sweat meets bacteria on skin it produces body odor (BO for short)
- Best ways to prevent or get rid of body odor:
  - Bathe/shower daily using soap on all areas of the body, especially underarms, groin, feet
  - Wear clean clothes and socks every day
  - Let your shoes dry completely before wearing them - if possible wear different shoes on alternate days
  - Use antiperspirant - blocks sweat ducts so less sweat is produced - less sweat = less odor
Pimples are a normal part of growing up
Oil glands in your skin will become more active
Buildup of oil and dead skin cells can lead to acne
Cleanse your skin twice a day
Prevent scarring...Don’t squeeze or pick
Even More Tips for Personal Hygiene During Puberty…

- Brush and floss teeth 2x daily
  - If possible, rinse with mouthwash
  - See dentist regularly
- Wash hands with soap often
  - Before eating
  - After using the restroom
- Keep fingernails/toenails clean and trimmed
  - Germs hide under nails
  - Easier after shower
  - Use nail clipper
  - Cut straight across
  - Smooth rough edges with nail file
Fueling Your Body Through Puberty…

- Get at least 8 hours of sleep every night
- Be physically active every day for at least 60 minutes
- Eat three meals a day – **DON’T SKIP BREAKFAST**
  - Choose healthy foods that help your body grow (Nuts, fruits, vegetables, lean protein, yogurt, cheese, milk)
  - Make sure snacks are healthy and limited to only twice a day
- Minimize the amount of food you eat this is high in unhealthy fat and sugar
- See your doctor regularly
Questions?