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# **Grade 5 Human Growth and Development—GIRLS**

**The slides in this slide show are approved for use  
in grade five Human Growth and Development.**

*They may not be modified.*

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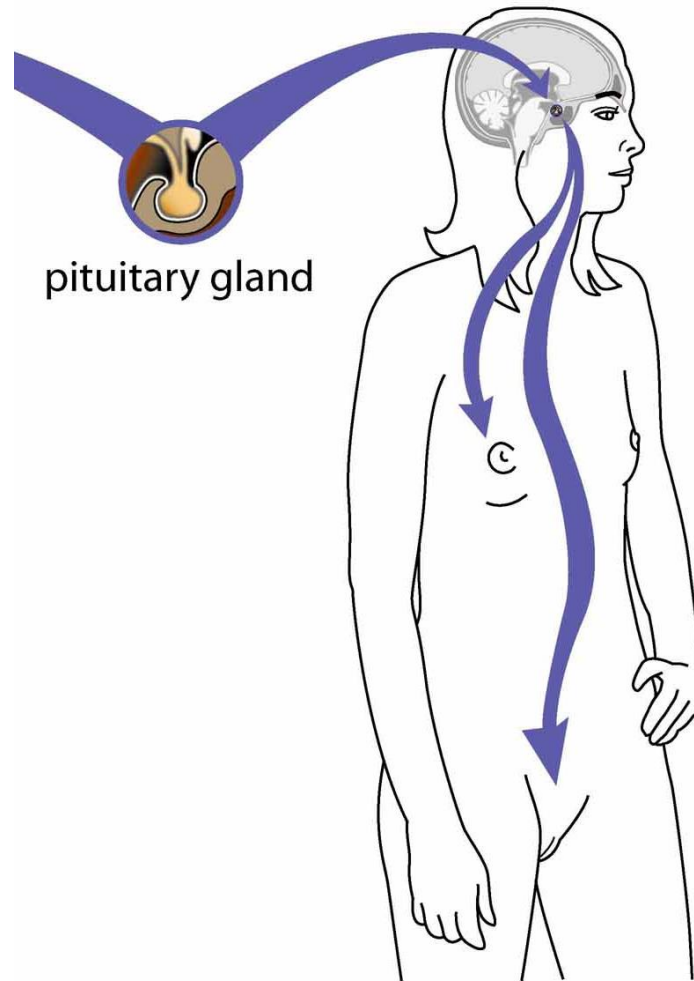
# **Grade 5 Human Growth and Development—GIRLS**

*Lesson 1*

# Vocabulary: Puberty

- **Puberty:** the period in life when a person's body changes from that of a child to that of an adult who is able to reproduce.
- **Hormone:** a chemical produced by the body that travels through the bloodstream to all parts of the body and affects how the body functions
- **Glands:** organs that produce hormones

# The Pituitary Gland and Puberty



# Physical Changes of Puberty

## Both Boys and Girls

- Growth spurt
- More oil on the skin
- Acne
- Increased sweat production
- Body odor
- Muscle development
- Underarm hair
- Pubic hair

# Emotional Changes of Puberty

## Both Boys and Girls

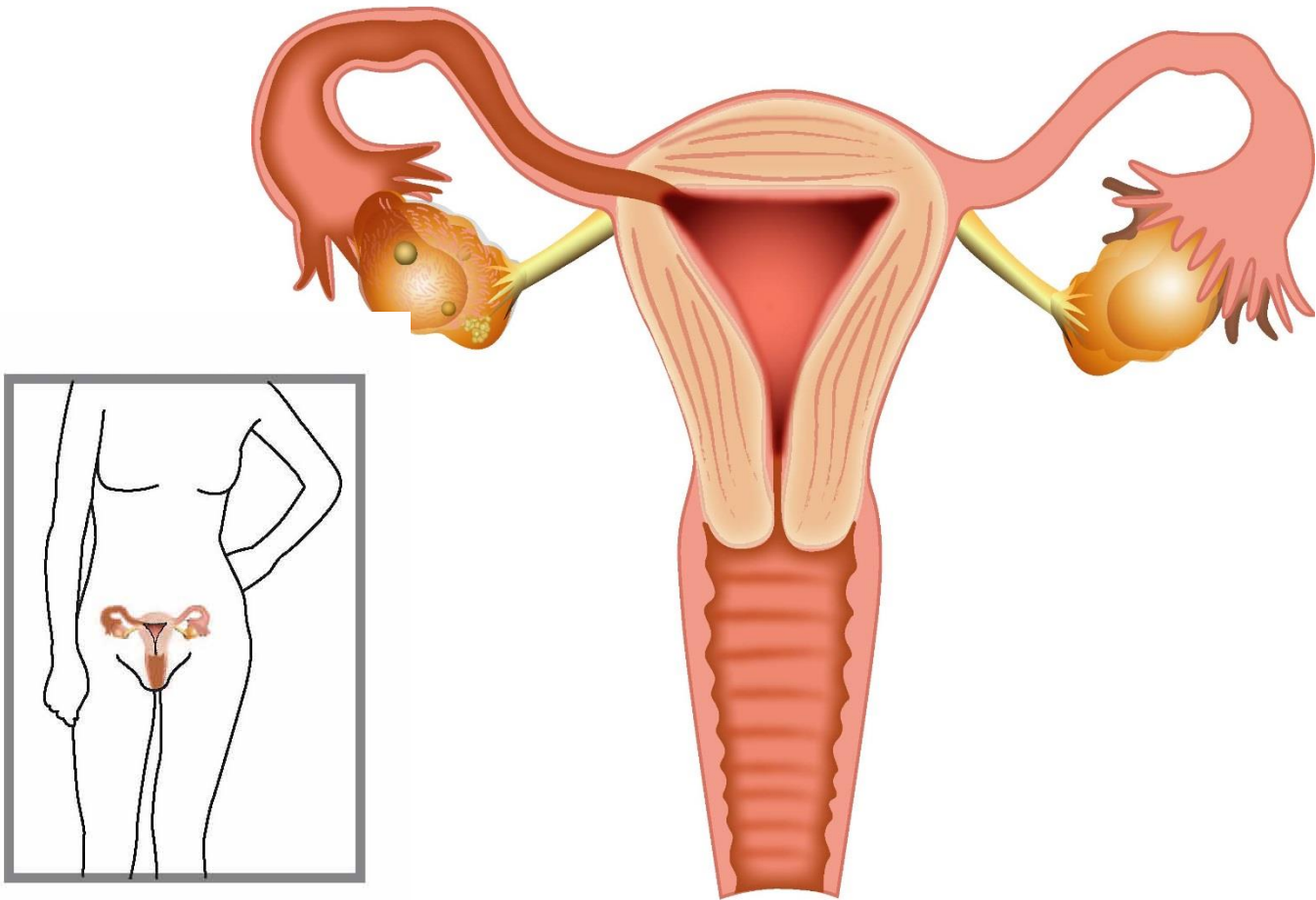
- Mood swings
- Romantic attractions

# Female Changes During Puberty

- Ovaries begin to produce estrogen.
- Breasts develop.
- Hips get wider.
- Menstruation begins.

# Menstruation

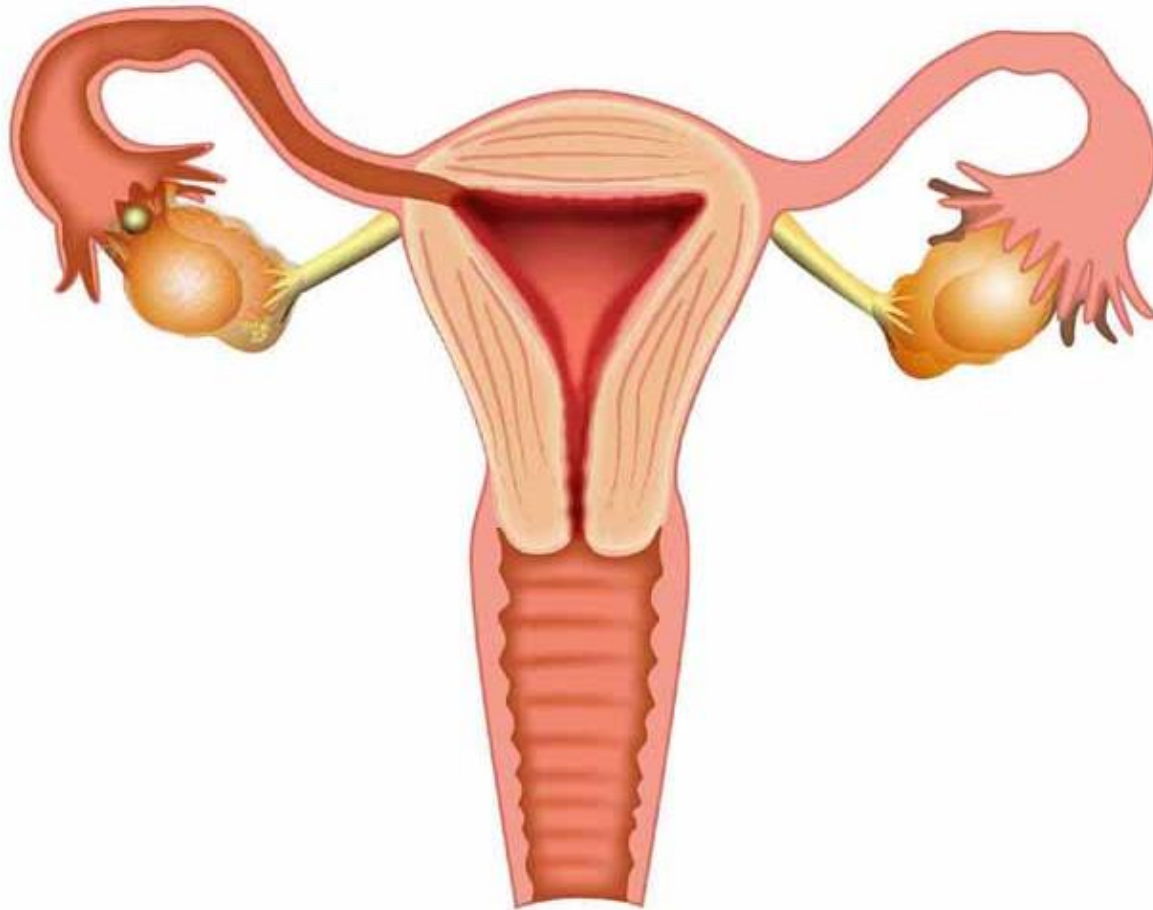
**Eggs Develop in the Ovaries and the Lining  
of the Uterus Thickens**





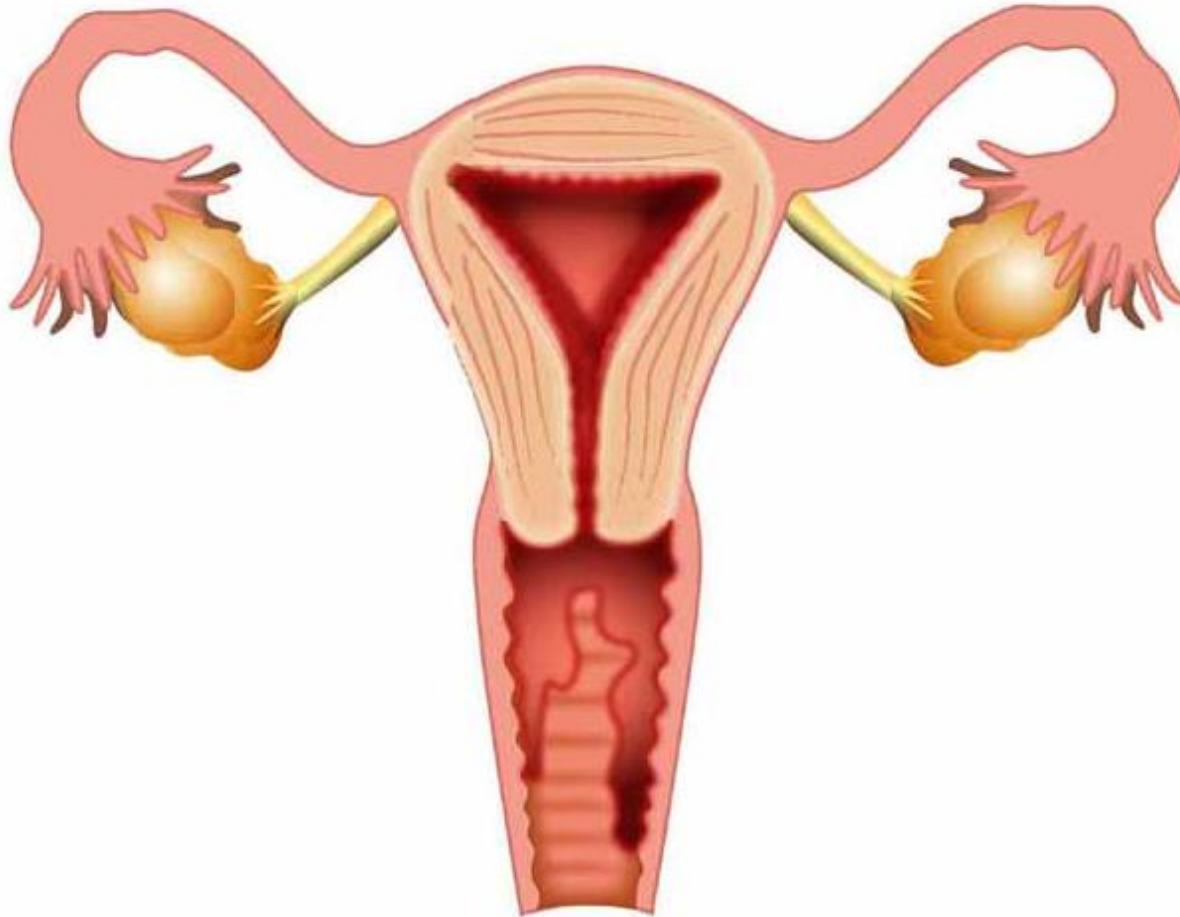
# Menstruation

## The Release of an Egg



# Menstruation

The Fluid Lining is Released From the Vagina



Video: *Just Around the Corner* (for girls)

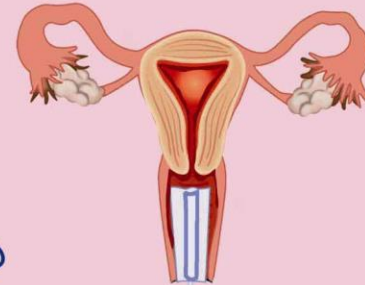
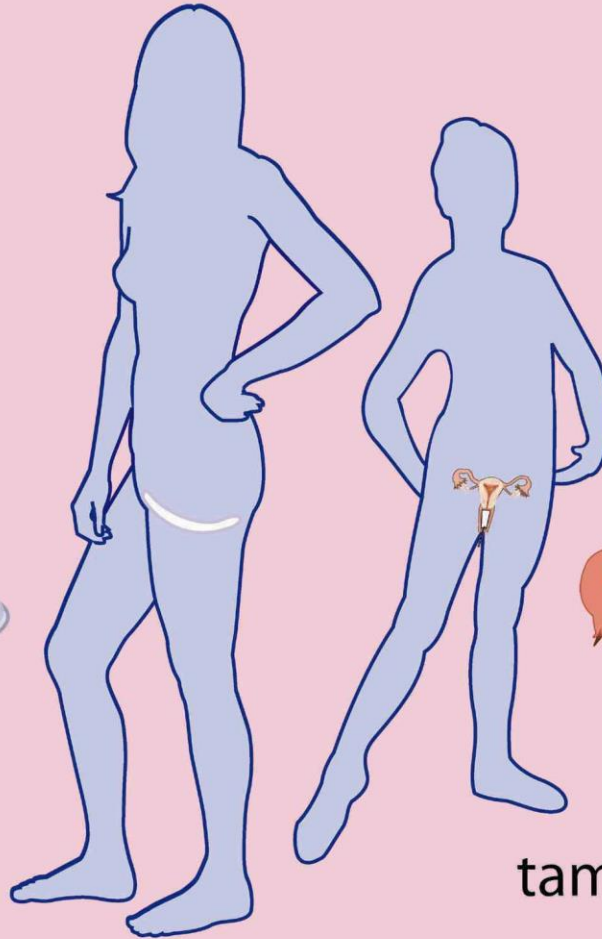
# **Taking Care of Yourself During Your Period**

- Shower or take a bath regularly during your period.
- Get plenty of exercise.
- If you have discomfort, taking a warm bath or pressing a heating pad to your tummy may help.
- For serious discomfort, talk to an adult in your family.
- Always check with an adult before taking any medication.

# Personal Hygiene Products

## Pads and Tampons

sanitary pad



tampon

# Taking Care of Yourself During Puberty

- Eat a nutritious diet.
- Get lots of exercise.
- Wash your face at least two times a day.
- Wash your hair more often.
- Take a bath or shower regularly.
- Use a deodorant or antiperspirant.
- Get plenty of sleep.



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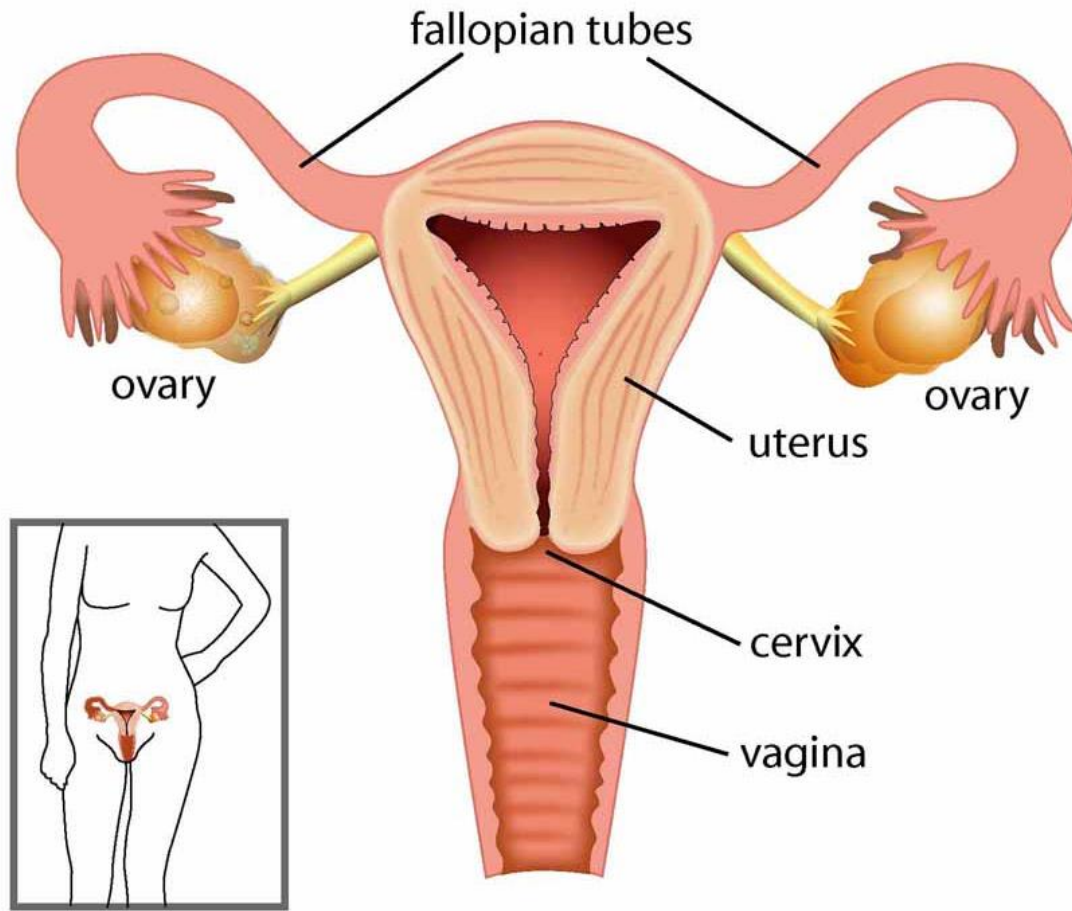
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# **Grade 5 Human Growth and Development—GIRLS**

## ***Lesson 2***

# Female Reproductive Organs

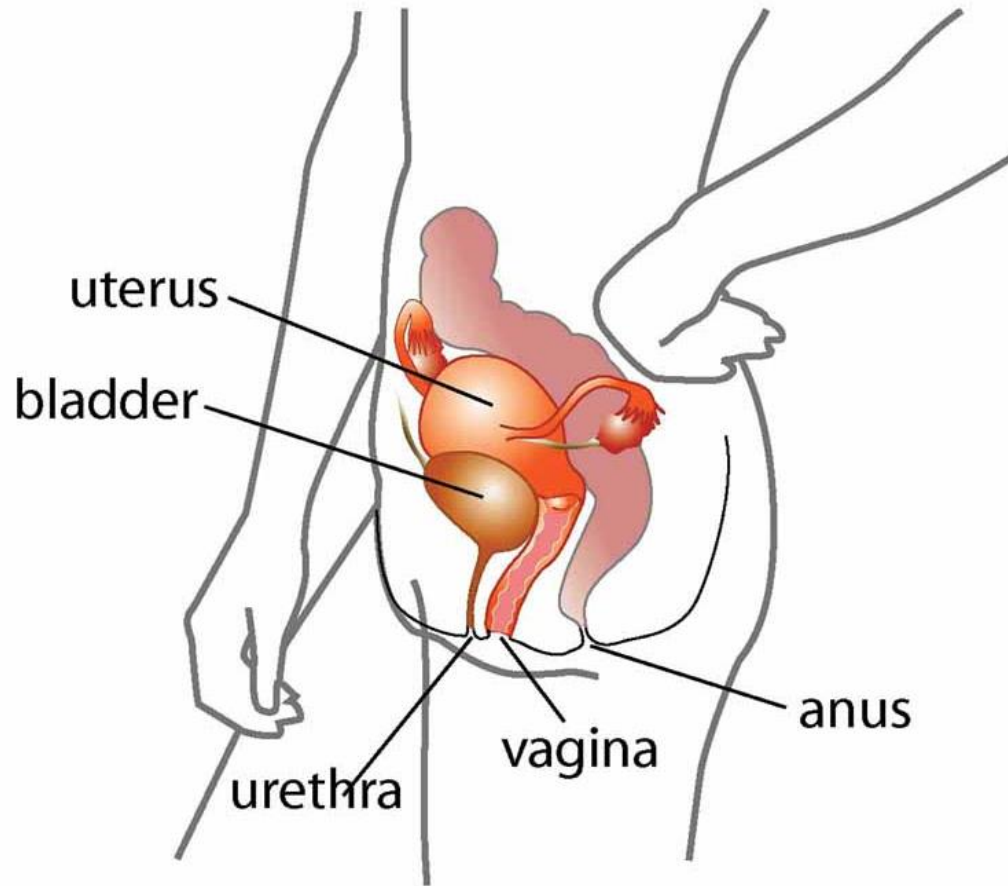
## Front View





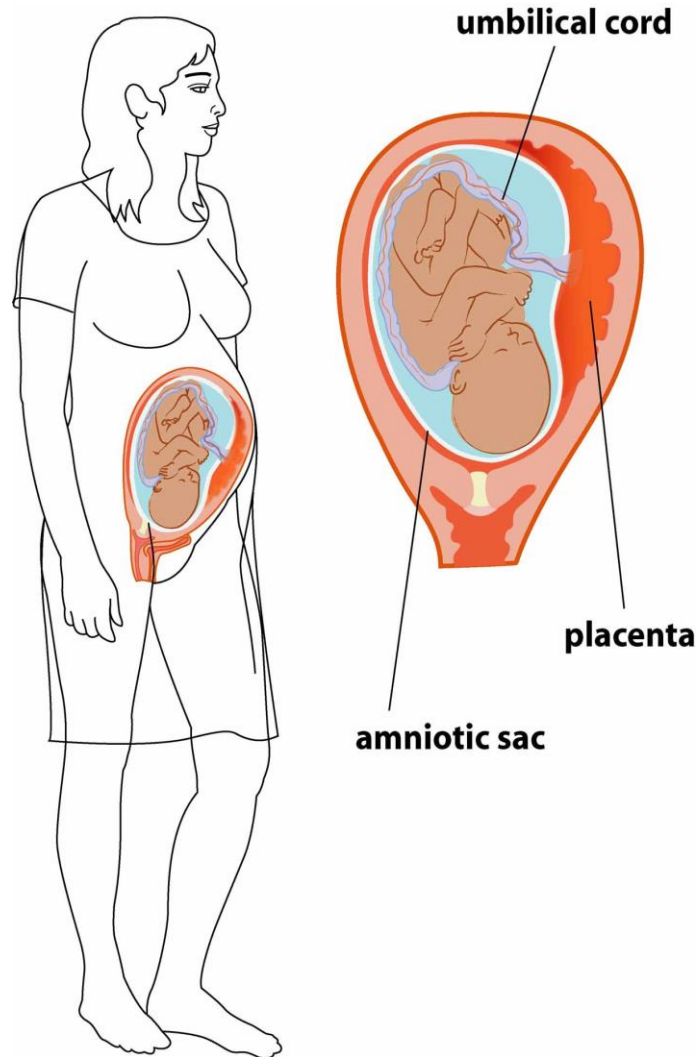
# Female Reproductive Organs

## Side View

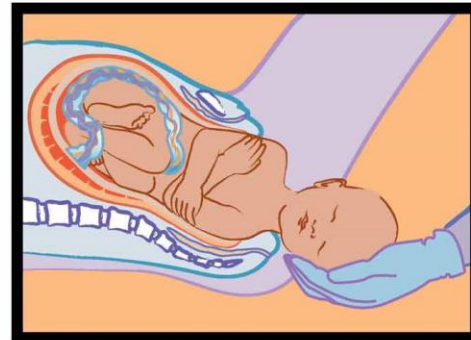
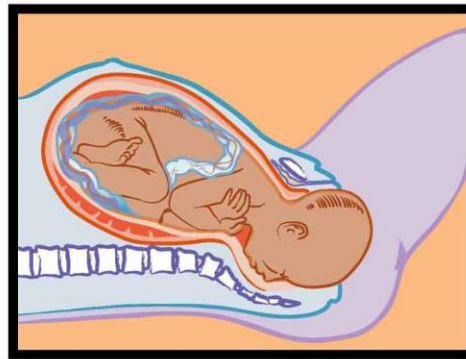
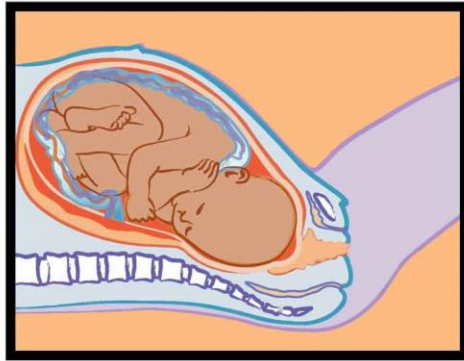


# Reproduction

## A Baby Develops in the Uterus



# Childbirth



# Review of Human Reproduction

**Identical twins:** Two babies that grow from one fertilized egg

**Ovulation:** The release of an egg from an ovary

**Ovum:** Another name for an egg

**Placenta:** The organ where oxygen and nutrients pass from the mother's blood into the baby's blood

**Pregnancy:** When a woman has a baby growing inside her uterus

**Reproduction:** The processes by which new human beings are made

**Umbilical cord:** The cord that carries blood between the mother and baby

**Uterus:** The organ in the mother's body where the baby grows