



Human Growth & Sexual Development Lessons

人类成长与性教育课程

PRESENTATION BY : MS. J (HEALTH TEACHER FOR GIRLS)

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Health Topics by grade level : 健康教育课是如何开展的

Separate classes for Boys & Girls

男女学生分开上课

Lesson topics listed for each grade

各年级主题

Examples of a question(s) a student can ask

举例学生有可能会问的问题

Brief answer for the question

简要回答问题



Lessons can consist of : 课题内容包括

- ▶ Pre-quiz for prior knowledge of topics 主题课程知识的课前小问卷
- ▶ Anonymous Question Box 匿名问题箱
- ▶ Ground rules for communication and respect of others 沟通和尊重他人的基本原则
- ▶ Group Discussion 小组讨论
- ▶ Health videos 视频观看和学生思考
- ▶ Partner and or individual worksheets 团队/个人工作表
- ▶ Student reflection assessment 课后性健康知识评估

4th Grade 4年级

4th

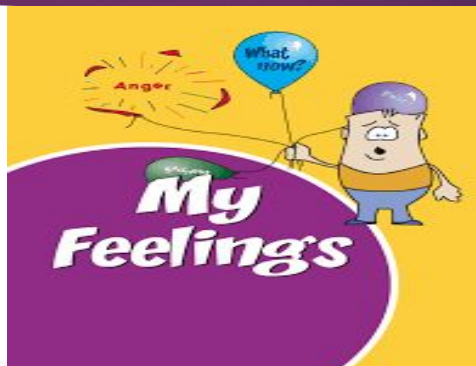
PERSONAL HYGIENE DURING PUBERTY

青春期个人卫生健康

- Acne, Body growth changes
痘痘, 身体成长变化
- Social Impacts 社交影响

PUBERTY 青春期

- physical changes 生理变化
- emotional changes 心理变化



DATE: 5TH AUGUST 2015
TOPIC: EMOTIONAL CHANGES IN GIRLS AND BOYS DURING PUBERTY

Emotional Changes (Mood Changes)

- Although puberty refers to the physical changes of the body, there are also many emotional changes taking place, which affect boys and girls



Personal Hygiene

Always Changing

Sweating

- Body produces more sweat, resulting in body odor

Controlling Body Odor

- Bathe/shower daily with soap
- Use deodorant or anti-perspirant
- Put on clean clothes and socks, especially after gym class or sports practice



I like my sense of humour

I get on well with other people

I like how I look

I keep trying even when I fail

Bad and sad things will happen but I will find the strength to overcome them

Talking with your child about these changes? 与孩子讨论这些变化？

I don't need to shower everyday, I don't smell !

我身上没有异味，不需要每天洗澡。

During puberty, millions of sweat glands become more active and start to make strange new odors. Showering each day will keep your body healthy and prevent infections.

在青春期，数以百万计的汗腺变得更加活跃，并开始产生新气味，每天洗澡会让身体保持洁净健康。

Talking About Your Feelings, Knowing Your Yourself 说出你的感觉，进一步了解自己

Why Sad, Being Afraid, controlling your Anger & Temper, Fighting Stress, saying Sorry, and feeling Shy. 为什么会伤心，害怕，控制自己的愤怒&情绪，抵抗压力，道歉和害羞。

5th Grade 5年级

5th

PUBERTY 青春期

- physical changes 生理变化
- emotional changes 心理变化

RELATIONSHIPS WITH PEERS & FAMILY

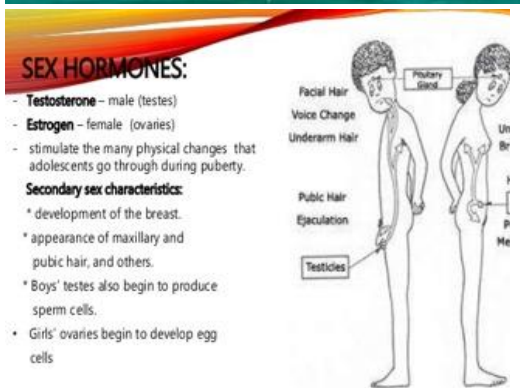
与朋友&家人的关系

STRESS & COPING SKILLS

压力&应对技巧

MENTAL & EMOTIONAL WELL BEING

生理&心理健康



Puberty

- Brain releases a special hormone called the gonadotropin-releasing hormone, which causes **puberty**
- when the hormone reaches the pituitary gland, the gland releases two more **puberty hormones**:
 1. Luteinizing hormone

Emotional Changes

- Desire to control own life and be independent
- Experience strong feelings and emotions unlike any before
- Desire relationships
- Experience mood changes – bad temper

What are some stereotypes about males relating to emotions? And females?

Let's talk growing and changing 成长与改变

I'm nervous about puberty and growing up.

对于长成和青春期,我感到紧张

During puberty, your body will grow faster than at any other time in your life, the time when your body begins to develop and change as you move from kid to adult. Your body also fills out and changes shape during puberty. You will learn about the physical, biological and emotional changes that you will experience for several years to come. This period in your growth will seem like the hardest of times to get through, knowing as much information will help you understand and prepare you.

青春期是人一生中发育最快的阶段,是从儿童发育到成年人的过程,身体开始发育和发生变化。青春期似乎是人生最困难的阶段之一,了解更多关于青春期的知识有助于你顺利度过这个阶段。你将会学习到接下来几年将会发生的关于身体,生理和心理的变化。

Let's talk growing and changing 成长与改变

How does "Getting Along" help me grow? “相处”是如何帮助我成长的？

"Getting along" means you and adults and your friends have good communication skills that works for both of you and you both are getting what you need from the relationship. From your teacher's perspective, he or she wants to make sure you are paying attention, being respectful and polite, and trying your best to learn. It's also important to remember that asking for help and making mistakes is a part of learning.

“相处”意味着你和朋友或者成年人相处时的沟通技巧，对你们双方都有效，双方都能从这种关系中得到想要的结果。从老师的角度来看，他或她要确保你上课注意力集中，尊重和礼貌，并努力学习。请记住请求帮助和犯错误也是学习很重要的一部分。

6th Grade 6年级


6th

PUBERTY 青春期

- physical changes 生理变化
- emotional changes 心理变化

HEALTHY RELATIONSHIPS WITH OTHERS

与他人的健康关系



Wise UP!


Helping kids express their feelings is important.

Giving them words to use helps them express themselves more clearly.

Feelings Word: Insulted

An insult is when something says something unkind to you, intended to hurt your feelings.

Insults are a common trigger that will send most anyone up the Grump Meter. The good news is that insults are an **OUTSIDE TRIGGER**. This means we have the choice of how we respond to an insult.



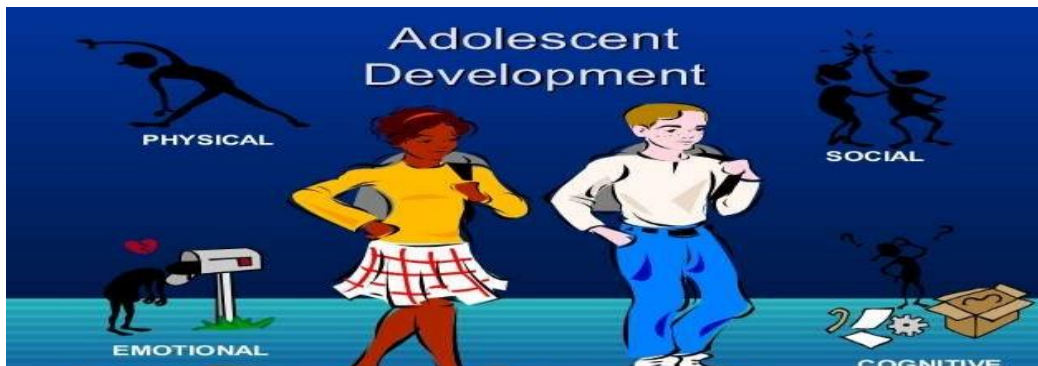
tip brought to you by the.grumpmeter.com



Adolescence: Social Development



- **Identity**
 - one's sense of self
 - the adolescent's task is to solidify a sense of self by testing and integrating various roles
- **Intimacy**
 - the ability to form close, loving relationships
 - a primary developmental task in late adolescence and early adulthood



WHO AM I? 我是谁?

Why do I fight with my parents so much?

为什么我和父母之间存在那么多争执?

As a kid, your parents made decisions about everything from protecting you to providing. But as you change and grow into this new person who makes his or her own decisions, your parents may have a difficult time adjusting. Clashes are very common between teens and parents — teens get angry because they feel parents don't respect them and aren't giving them space to do what they like, and parents get angry because they aren't used to not being in control or they disagree with the teens' decisions. Sometimes this can feel impossible — like they just don't see your point of view and never will. But talking and expressing your opinions **CAN** help you gain more respect from your parents, and you may be able to reach compromises that make everyone happy.

WHO AM I? 我是谁?

当你还是小孩的时候，父母出于保护你的立场，会帮你做所有决定。但是你长大到可以自己做决定的时候，父母很难短时间内适应过来。孩子和父母之间存在争执是很常见的--孩子会生气是因为觉得父母不尊重他们，不给自由和空间去做他们喜欢的事；父母会生气是因为还不能适应失去对孩子的控制权，或者不赞同孩子的决定。有时候，这些冲突看起来是完全没有办法解决和相互理解的。但是，表达和沟通你的感受，能帮助你赢得父母的尊重和理解，最后达成双方都能接受的决定。

Communication Skills with Parents

与父母沟通的技巧

Talk About Everyday Stuff — and Do It Every Day 每天都和父母聊聊当天发生的事

- ▶ **So you can say why you want to talk in a way that communicates what you need.** 按照你喜欢的方式去表达所思所想。
- ▶ **For example例子:** "Mom, I need to tell you about a problem I'm having, but I need you to just listen, OK? Don't give me advice — I just want you to know what's bothering me. "妈妈, 我想和你谈谈最近我很困扰的一件事, 但是我希望你只做听众, 别发表意见, 可以吗?"

"Mom, I need to talk to you — but I'm afraid I'll disappoint you." "妈妈, 我需要和你谈谈, 但是我可能会让你感到失望"

"Dad, I need to talk to you about something — but it's kind of embarrassing." "爸爸, 我需要和你聊聊一件颇为尴尬的事"