

# Puberty education: male 5<sup>th</sup> grade students at Pecatonica Jr. High School



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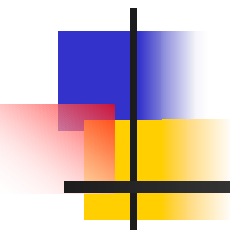


# Purpose:

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- To educate 5<sup>th</sup> grade students about the normal pubertal changes and strategies for coping with these changes.

# Community resources used:

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1. Pecatonica Clinic
  2. Freeport Health Network
  3. School health resources and programs



# Materials used:

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- Always Changing – About You Fifth Grade School Program (sponsored by Old Spice)
- Educational worksheets (see attachments)
- Hygiene handouts:
  - Old Spice deodorant
  - Oral-B toothbrush
  - Aqua fresh fluoride tooth paste
- Video presentation:
  - Always Changing School program. “Always Changing, Always Growing” (The Procter and Gamble Co.)
  - “What’s a Hygiene” ( Marsh Media)



# Results:

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- Students gained a better understanding of the physiological and psychological changes of puberty. They were able to openly discuss questions and the presented material. Also, the students learned about resources they may utilize for future problems and questions.