



## *Life Patterns I*

A program designed and presented by the Health Adventure staff.

### **Suggested Classroom Activities:**

- 1) Have students bring from home some pictures of themselves at various ages (infant, age 5, three years ago...)  
(This can make a fun bulletin board)

### **Questions for Discussion:**

- ✓ What are some ways people change as they grow, other than just getting bigger?
- ✓ What are some things you can do now that you couldn't do when you were a baby? (Dress yourself, cross the street, choose your clothes, etc.) What are some things you will be able to do 5 years from now?
- ✓ What does the word "responsibility" mean? Can you think of ways you are more responsible now than when you were 5? What are some new responsibilities you picture yourself having 5 years from now?

- 2) Personal Coat of Arms:

Ask students if they know what a Coat of Arms is. Tell them that you would like them to draw a "Personal Coat of Arms" by having them complete the attached sheet. They should draw in the four corners pictures of things they like, things they're good at, favorite books, movies, or pets, or things they feel represent themselves. (Be sure to say that artistic ability doesn't matter here. This isn't an art class!) After students have finished, ask them to share their Coat of Arms with another student. You may let them share with the whole class if they wish. Suggest that they share with a parent or guardian, too.

- 3) Pre and/or Post Test

Use the attached sheet to see how much your students know about adolescence (before they come to The Health Adventure or after, or both). This is not to be graded, and let them know there's no need to put their names on the test. Answers are included on a separate sheet. This is another activity they could share with their parents.

# Life Patterns I . . . Grades 5 & 6

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**Program Objectives:** With our teaching staff, students will:

- ✓ Describe conception and the stages of fetal development.
- ✓ List the physical and emotional changes of adolescence.
- ✓ Describe the anatomy and physiology of the male and female reproductive systems.

IMPORTANT: BEFORE YOUR VISIT, PLEASE ENCOURAGE YOUR STUDENTS TO WRITE DOWN ANY QUESTIONS THEY MAY HAVE. NAMES ARE NOT NECESSARY ON THESE QUESTIONS. PLEASE MAIL THE QUESTIONS TO THE HEALTH ADVENTURE PRIOR TO YOUR VISIT OR BRING THEM WITH YOU. THANK YOU!

Resources for further information:

The following all have books, curricula, and other teaching materials:

Buncombe County Health Department  
35 Woodfin Street  
Asheville, NC 28801  
(828)250-5000

Planned Parenthood  
131 McDowell Street  
Asheville, NC 28801  
(828)252-7928

Pack Memorial Library  
67 Haywood Street  
Asheville, NC 28801  
(828)250-4711

Books to Recommend:

For Girls:

**What's Happening To My Body?** Lynda Madaras and Area Madaras, New Market Press, New York, New York, 1983.

For Boys:

**What's Happening To My Body? Book For Boys** Lynda Madaras and Dane Saavedra, New Market Press, New York, New York, 1984.

For Parents: **Raising A Child Conservatively In A Sexually Permissive World** by Sol Gordon, Ph.D. and Judith Gordon, MSW, Simon & Schuster Publishers, New York, New York, 1983.

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How much do you know about adolescence? Find out by taking this short quiz.

TRUE or FALSE:

1. \_\_\_\_\_ Boys start to go through puberty earlier than girls.
2. \_\_\_\_\_ Acne, pimples (zits) are always caused by chocolate.
3. \_\_\_\_\_ Everybody has a pituitary gland.
4. \_\_\_\_\_ A woman can only get pregnant during her period.
5. \_\_\_\_\_ Siamese twins are as common as identical twins.
6. \_\_\_\_\_ If a pregnant woman smokes a cigarette, her baby gets the nicotine too.
7. \_\_\_\_\_ Identical twins start with one sperm and one egg.
8. \_\_\_\_\_ Wet dreams are a normal part of puberty for boys.
9. \_\_\_\_\_ Moodiness is always a sign of mental illness.
10. \_\_\_\_\_ Everybody has Fallopian tubes.
11. \_\_\_\_\_ You can get pregnant by kissing.
12. \_\_\_\_\_ If you haven't gone through puberty by age 14, there's something wrong with you.
13. \_\_\_\_\_ If a girl has started having her period, she's old enough to get pregnant.
14. \_\_\_\_\_ Erections are caused by a bone in the penis.
15. \_\_\_\_\_ Your parents went through puberty.

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## TRUE or FALSE: Answers

1. False: Although there is a great deal of variation, and a wide range of “normal” timing, girls in general begin puberty one to two years earlier than boys.
2. False: No specific food causes for acne have been identified. However, some people may find a reaction to some particular food, which they should then try to avoid, or at least limit. (Examples are fatty foods, soft drinks, and yes, sometimes chocolate.) Acne is caused by an excess production of oil in the skin.
3. True: A bean-sized gland tucked underneath the brain, the pituitary gland produces growth hormones, and activated sex hormone production in testicles and ovaries.
4. False: Although it’s most likely around two week before the menstrual period, conception has been known to occur at any time in the cycle.
5. False: Siamese twins (bodies joined at birth) are extremely rare. Most are successfully separated shortly after birth.
6. True: Nicotine crosses the placental barrier.
7. True: The sperm and egg join, and then the fertilized egg splits, producing two embryos with the same genetic structure.
8. True: Over 90% of boys experience wet dreams during puberty.
9. False: Mood swings are very common during adolescence, and are a byproduct of hormonal changes as well as changes in thought processes and developing self-concept.
10. False: Only women do.
11. False: Sperm must enter the vagina.
12. False: There is a wide range of personal differences.
13. True: Occasionally, even girls who have not yet had a period have become pregnant if they’ve had sexual intercourse.
14. False: The penis has no bone. Blood fills spongy tissue under pressure.
15. Almost certainly true!

