



CHANGES:

BECOMING A WOMAN

**GIRLS LESSON
6TH GRADE**

**THE MISSION OF POLK COUNTY SCHOOLS IS TO PROVIDE A HIGH QUALITY
EDUCATION FOR ALL STUDENTS.**



6th grade
EXPECTATIONS



C Conversation: Level 0 while teaching.

H Help: Yes, raise your hand.

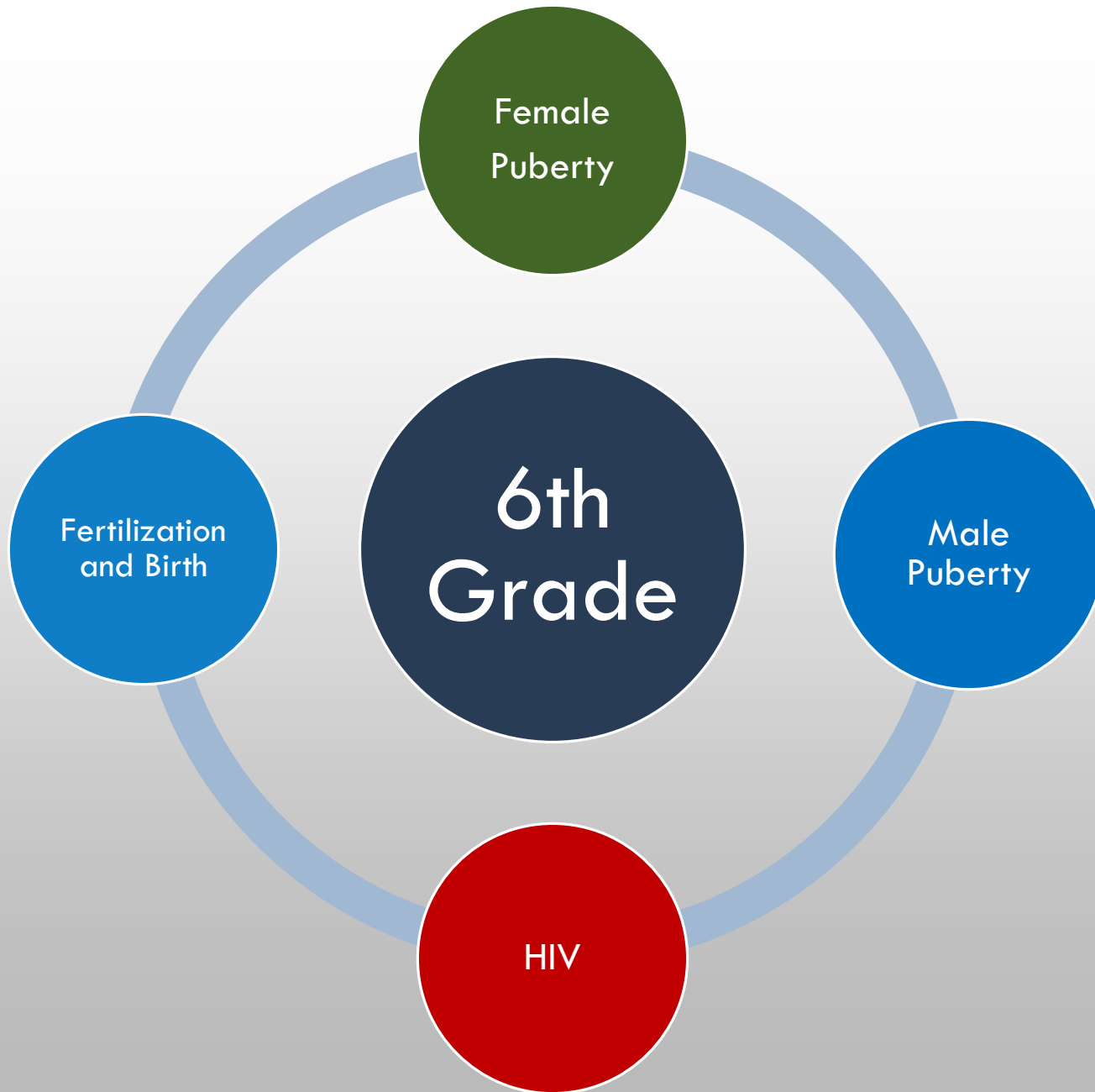
A Activity: Will vary day to day.

M Movement: Please stay in your seat.

P Participation: Yes, it is expected.

S Success: Absolutely !!!







By the end of this lesson, you should be able to answer the following questions:

What is the relationship between hormones and puberty?

Name three structures of the female reproductive system.

What is the name of the female sex cell?



Female Reproductive System Vocabulary

abstinence - not taking part in any high-risk behavior such as sexual activity or drug use, including alcohol and tobacco.

adolescence - the stage of development between childhood and adulthood which includes physical, emotional, and social changes.

pituitary gland - (master gland) the gland that produces the growth hormone and also produces a hormone that stimulates the ovaries to begin functioning.

puberty - the period of life during adolescence when one becomes capable of reproduction.

reproduction - the ability to physically produce a baby.

Female Reproductive System Vocabulary

anus - opening through which solid waste leaves the body.

bladder - a stretchy organ that stores urine or liquid waste.

cervix - the lower part of the uterus which opens into the vagina.

estrogen - a hormone produced by the ovaries that controls female development.

fallopian tubes - the tubes through which the ova (egg cells) travel on the way to the uterus.

hormone - a chemical that produces physical and emotional changes in the body.

lining of the uterus - (endometrium) a soft spongy layer of blood cells inside the uterus which is shed during menstruation.

menstrual cycle - the time from the beginning of one menstrual period to the beginning of the next.

menstruation (period) - the normal monthly shedding of the lining of the uterus.

ovaries - the female sex glands which contain the ova (female sex cells) and produce the hormones estrogen and progesterone.

ovulation - the release of a mature ovum (egg cell) from an ovary.

ovum - the female sex cell (egg cell); (plural: ova).

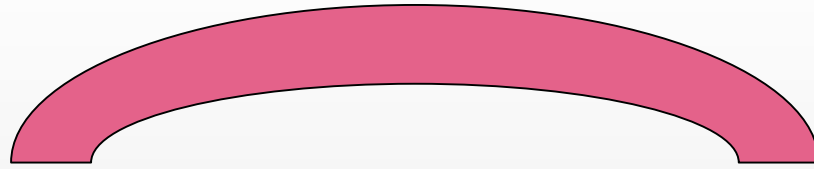
progesterone - one of the two female hormones produced by the ovaries.

urine - liquid waste that is stored in the bladder.

uterus (womb) - the muscular, hollow pear-shaped organ in which a baby grows and develops during pregnancy.

vagina - the passageway leading from the uterus to the outside of the body.

ADOLESCENCE



CHILD

11-13
(ENDS)

**PUBERTY
GIRLS**

9-14

ADULT

18-21
(BEGINS)



PITUITARY GLAND



OVARIES



OVA
(egg cells)



**ESTROGEN &
PROGESTERONE**



PHYSICAL
CHANGES

HIPS WIDEN



BREASTS GROW



BODY HAIR



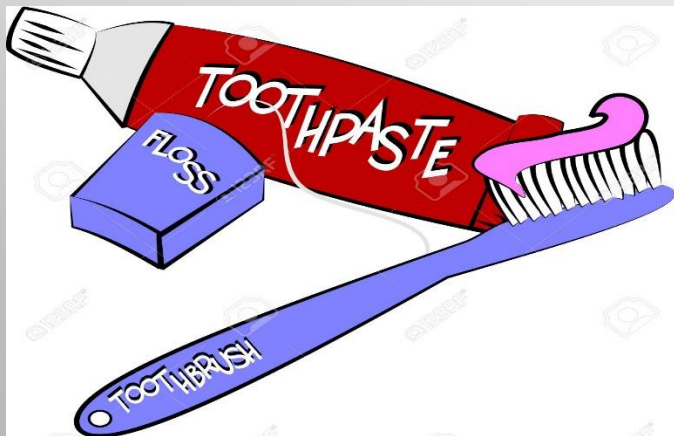
Increased Sweat and Oil Gland Activity



ACNE



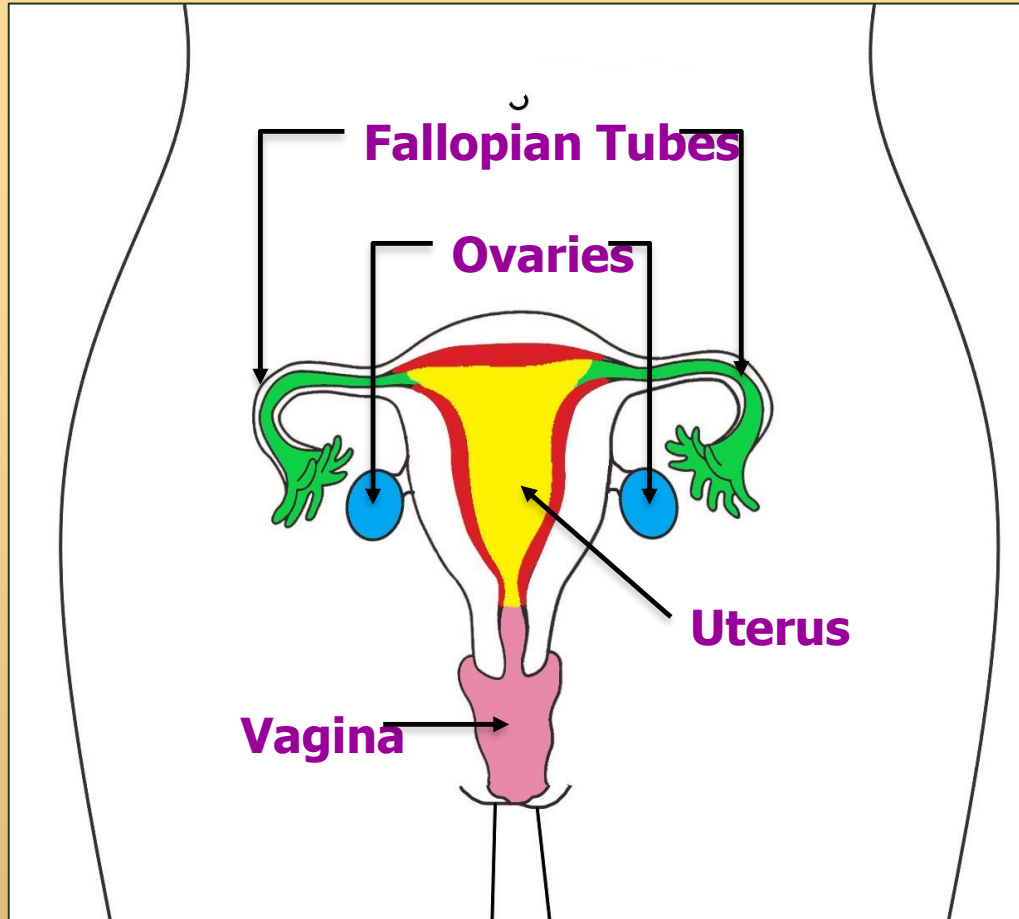
HYGIENE



WE HAVE TALKED ABOUT **SOME** OF
THE BODY CHANGES THAT OCCUR
IN GIRLS DURING PUBERTY.....



Female Reproductive System



1. **Fallopian tube**

2. **Ovary**

3. **Uterus**

4.* **Bladder**

5.* **Urethra**

Cervix

Vagina

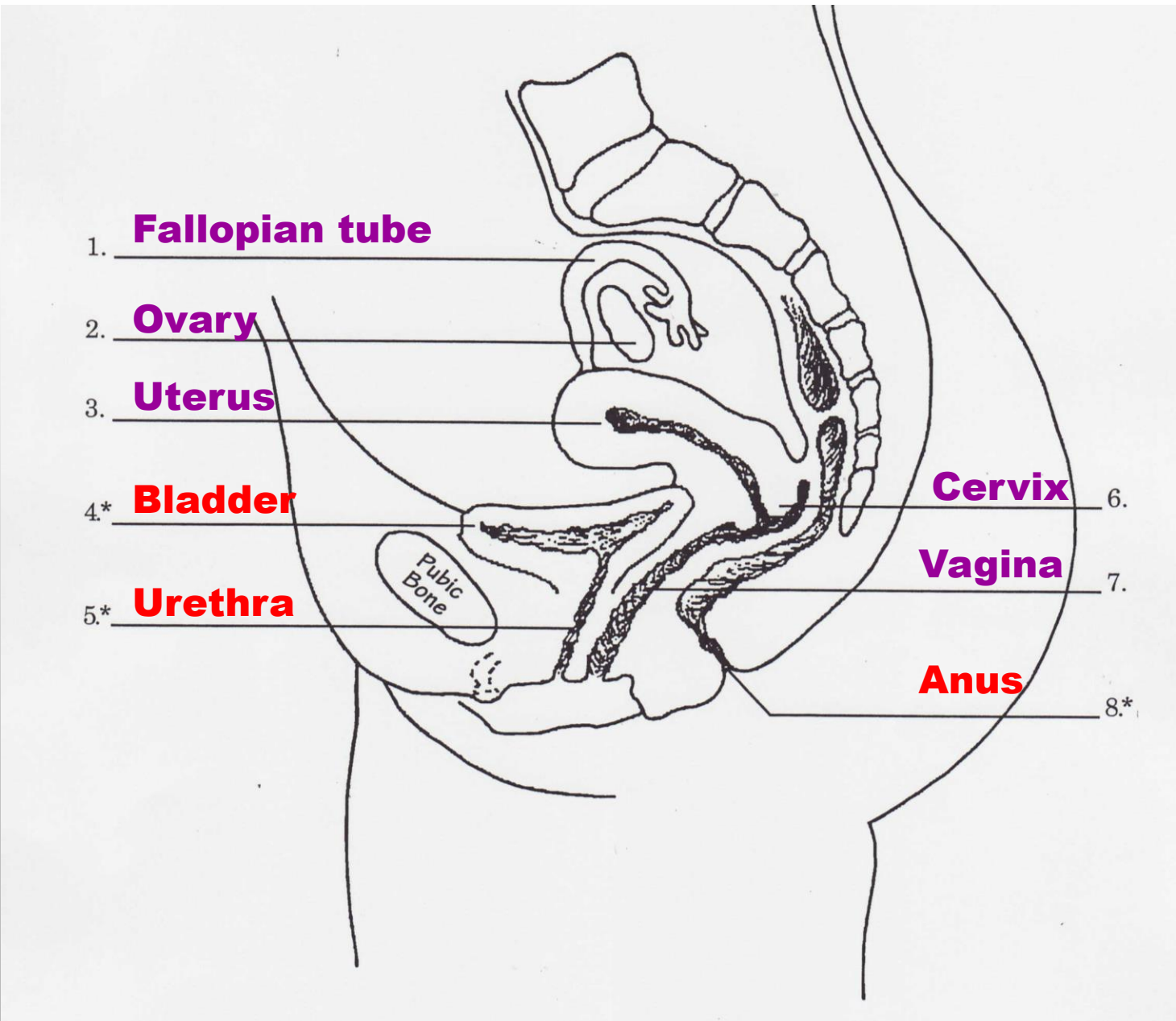
Anus

6.

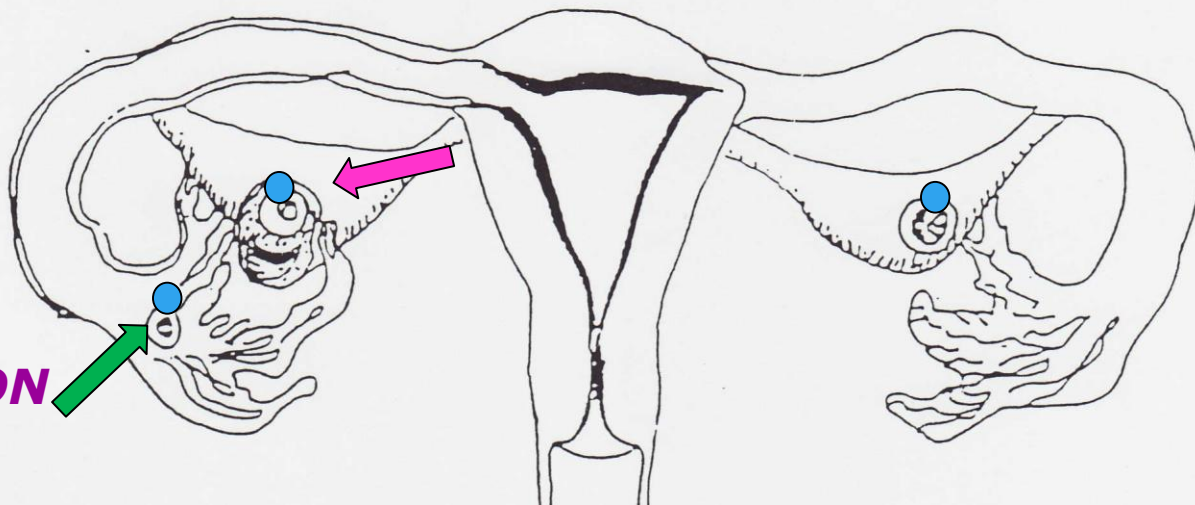
7.

8.*

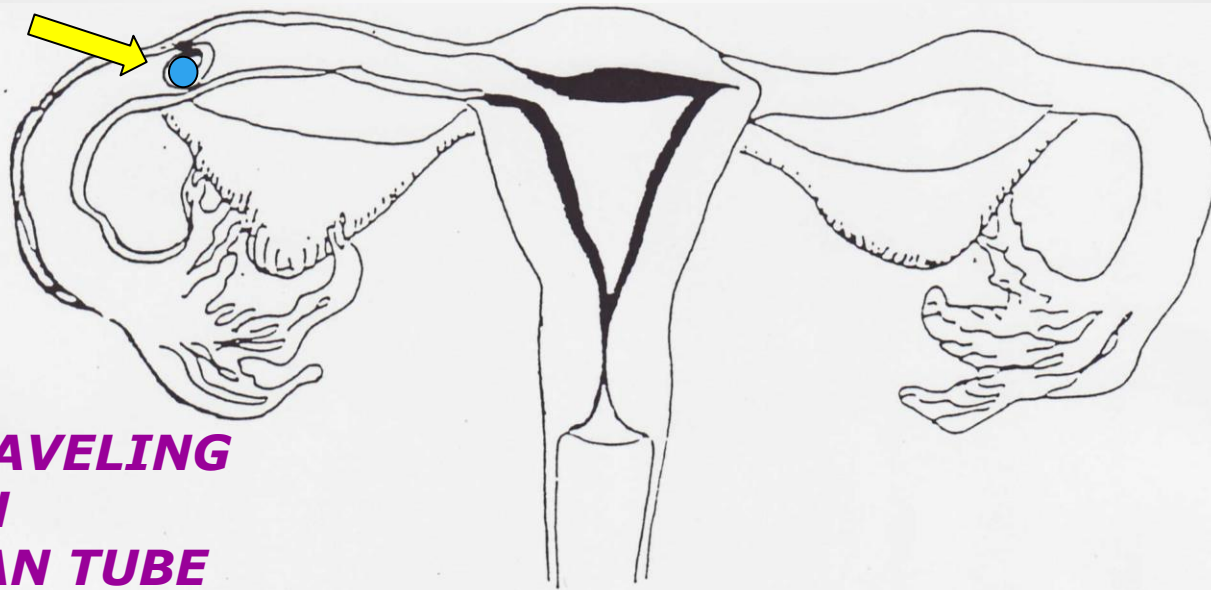
Pubic Bone



OVULATION



**OVUM TRAVELING
THROUGH
FALLOPIAN TUBE**

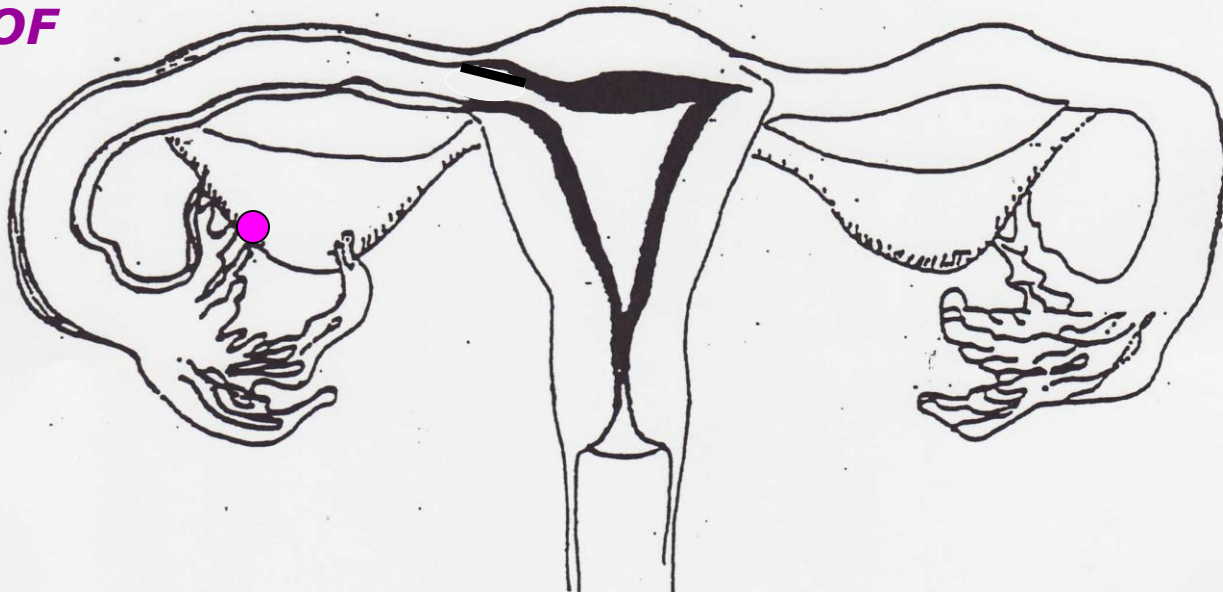




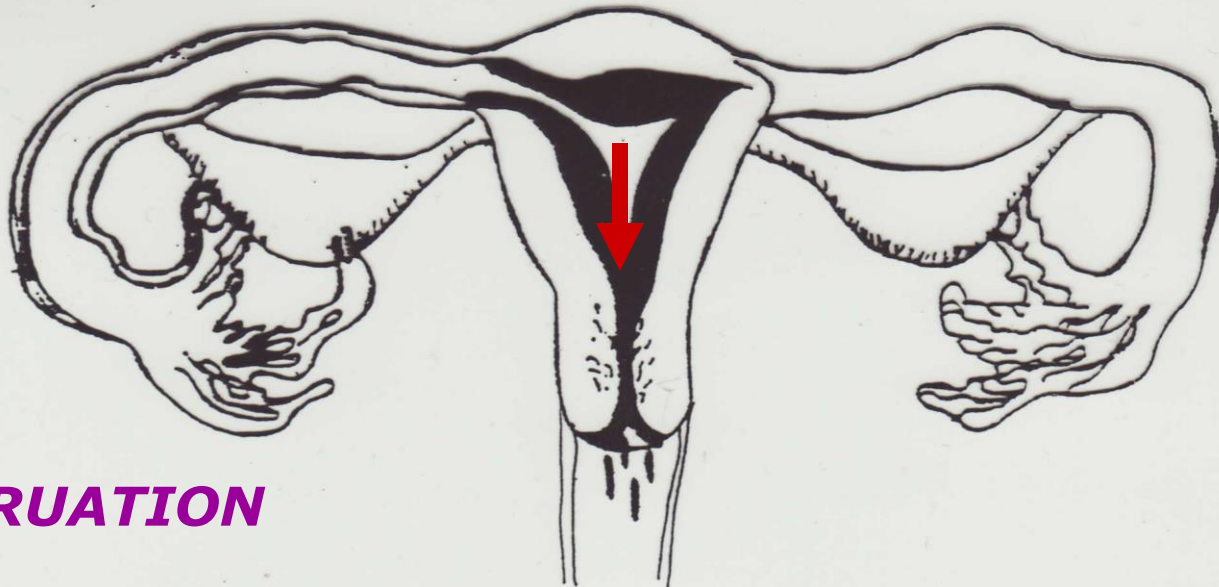
Let's talk
about it

MENSTRUATION

**PATHWAY OF
OVUM**



MENSTRUATION



MENSTRUAL CALENDAR

This is a calendar you can use to practice keeping track of your menstrual periods, when they start. Circle the day of the month that you start to menstruate. Then draw a line through the days that you menstruate. If you keep track of your menstrual periods in this way, you will begin to see a pattern as to how long you menstruate and how many days there are between each period. This can help you predict when your next period might begin so you can be prepared.

April				1	2	3
4	5	6	7	8	9	10

APRIL

SUN	MON	TUES	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MAY

SUN	MON	TUES	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JUNE

SUN	MON	TUES	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Female Reproductive System Review

1. The stage of development between childhood and adulthood which includes physical, emotional, and social changes:

2. The period of life during adolescence when one becomes capable of reproduction:

3. The female sex cell: _____
4. The glands that release egg cells (ova) and produce the female hormones (estrogen and progesterone):

5. Female egg cells begin to mature during this time of life: _____
6. The release of a mature egg cell from an ovary: _____
7. The female sex glands: _____
8. The normal periodic shedding of the lining of the uterus: _____
9. The egg cell travels through the fallopian tube to the: _____
10. The hollow pear-shaped organ in which a baby grows and develops during pregnancy:

11. The passageway that leads from the uterus to the outside of the body:

12. Not taking part in any high-risk behaviors such as sexual activity or drug use, including alcohol and tobacco:



Can you answer the following questions?

What is the relationship between hormones and puberty?

Name three structures of the female reproductive system.

What is the name of the female sex cell?



You have finished lesson #1!



It's time to continue to lesson #2!



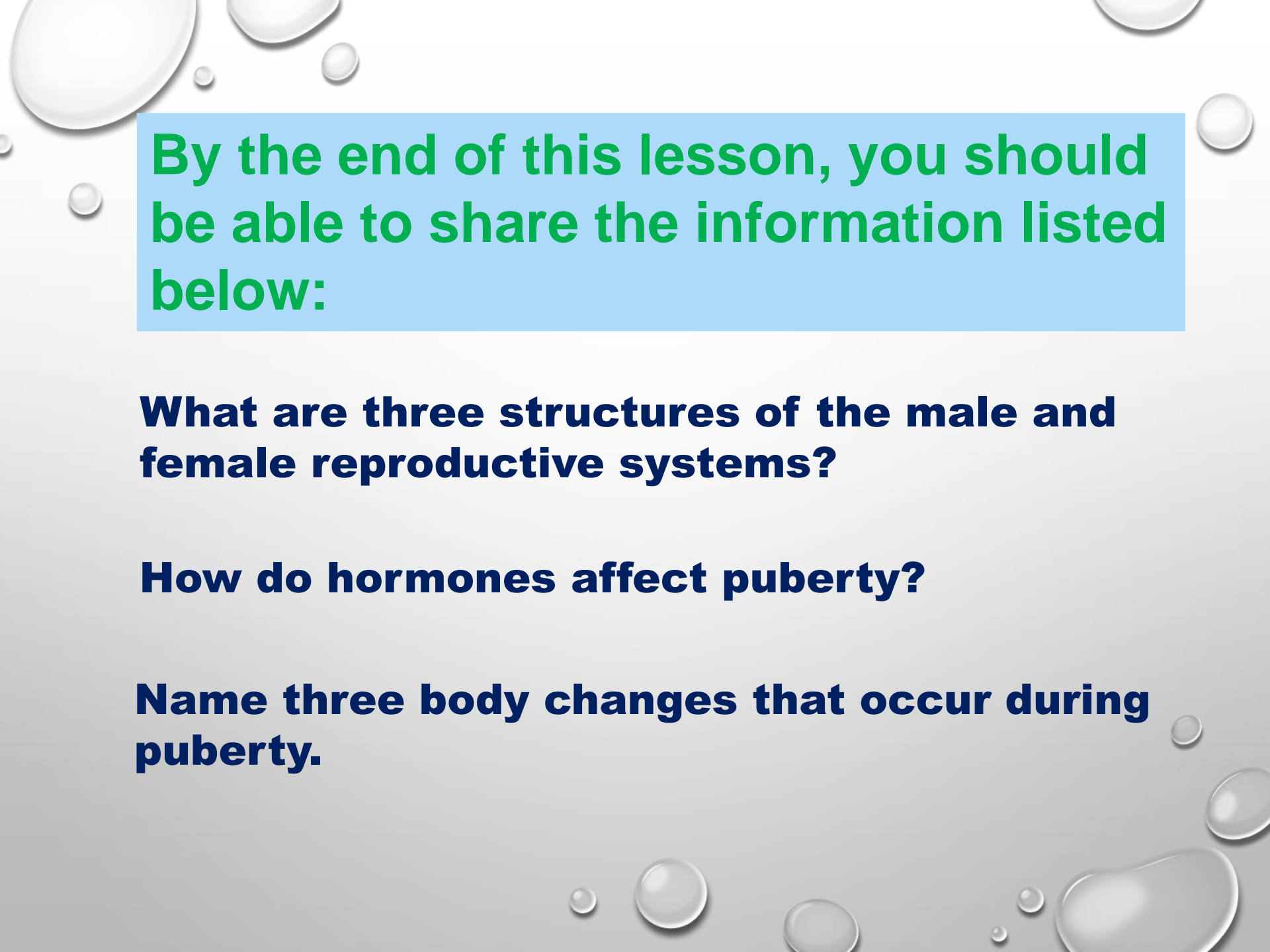
CHANGES DURING PUBERTY

CHANGES: BECOMING A MAN
6th Grade

Male Reproductive System

**THE MISSION OF POLK COUNTY SCHOOLS IS TO PROVIDE A HIGH
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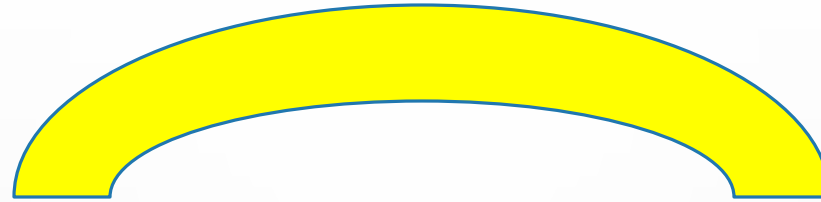
By the end of this lesson, you should be able to share the information listed below:

What are three structures of the male and female reproductive systems?

How do hormones affect puberty?

Name three body changes that occur during puberty.

ADOLESCENCE



CHILD
11-13
(ENDS)



BOYS

PUBERTY

10-15



ADULT
18-21
(BEGINS)



PITUITARY GLAND → **GROWTH HORMONE**

↓
TESTICLES → ***SPERM CELL***

↓
HORMONES → ***TESTOSTERONE***

↓
PHYSICAL CHANGES

CHANGES

GROWTH SPURT



Muscles Grow Shoulders Widen



Voice Changes



HAIR GROWTH



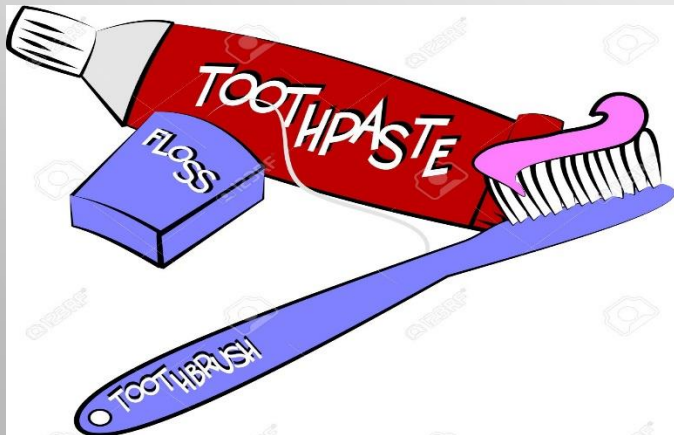
SWEAT



ACNE



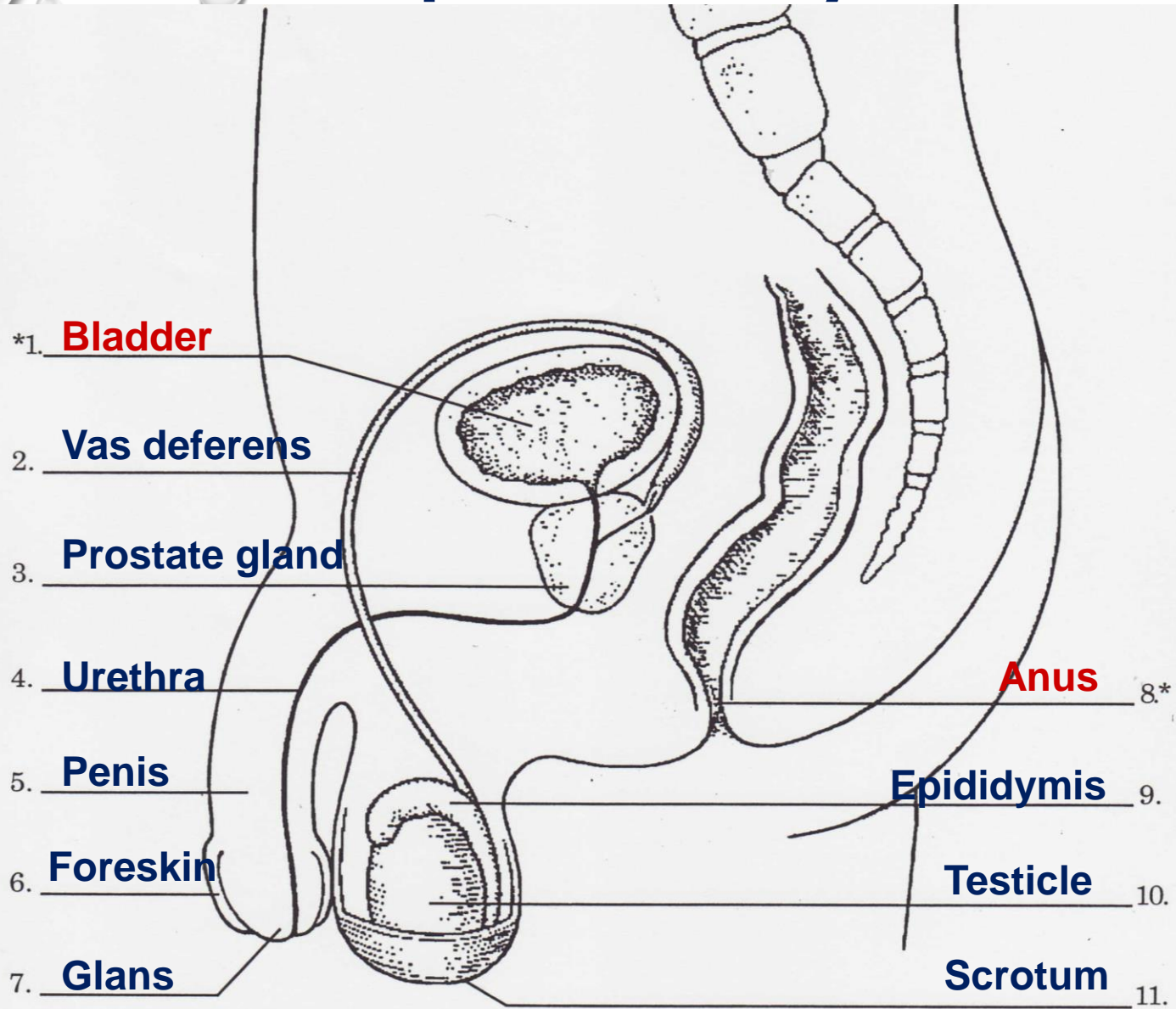
HYGIENE



WE HAVE TALKED ABOUT SOME OF THE
BODY CHANGES THAT OCCUR IN BOYS
DURING PUBERTY.....

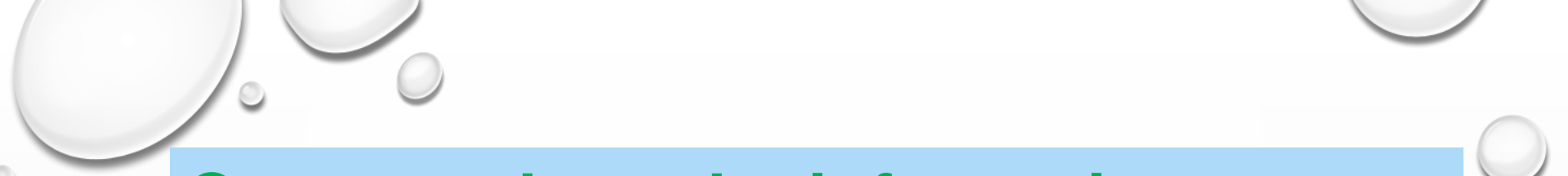


Male Reproductive System



THERE ARE MANY CHANGES FOR BOYS AND GIRLS DURING PUBERTY. SOME ARE THE SAME AND SOME VERY DIFFERENT. ALL RESULT IN THE TRANSFORMATION FROM CHILD TO ADULT





Can you share the information below?

What are three structures of the male and female reproductive systems?

How do hormones affect puberty?

Name three body changes that occur during puberty.



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