

JOURNEY

IN

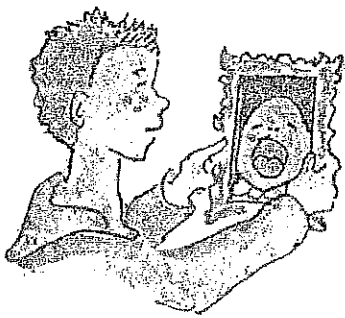
LOVE

YEAR 5



YEAR FIVE

God loves me in my changing and development



PHYSICAL and INTELLECTUAL

- (1) Identify and celebrate the ways I have changed since birth.
- (2) Discuss the external and internal changes which happen to boys and girls in puberty.

Physical changes in Girls

- breasts develop: they come in all shapes and sizes
- hips broaden and waist slims
- ovaries produce oestrogen
- hormonal activity
- menstruation begins
- uterus enlarges
- vaginal lining thickens
- first menstruation approximately 12 months after breasts have begun to develop
- usually start to grow hair on underarm, pubic area and legs

Physical changes in Boys

- testosterone for boys carried in the blood stream and triggers changes

- muscles and bones develop
- voice deepens
- some boys get uneven breast changes in early puberty
- waist thickens
- longer limbs in proportion to body
- shoulders broaden
- wet dreams and erections
- penis and scrotum enlarge
- hair can grow on face, chest, back, arms as well as under arms and pubic area
- production of sperm and discharge of seminal fluid during ejaculation
- adam's apple enlarges

LEARNING OBJECTIVES

Children know and become aware of the physical and emotional changes that accompany puberty - sensitivity, mood swings, anger, boredom, etc. and grow further in their understanding of God's presence in their daily lives.

KEYWORDS

God
Sensitivity
Puberty
Presence
Celebrate
External
Internal
Change
Develop
Ovulation

- (3) Recognise that sexual development is a natural part of human growth and that physical changes from child to adult means the ability and potential to become a mother or father.

The purposes of the menstrual cycle is to prepare the female body for reproduction.

There are two important stages:

KEYWORDS

Reproduction
Ovulation
Production
Hormones
Menstruation

SKILLS

Categorising
Observing
Classifying
Listening
Questioning
Speaking
Relating
Respecting
Reflecting
Thinking
Identifying
Accepting
Empathising
Understanding
Communicating
Presenting
Evaluating
Researching

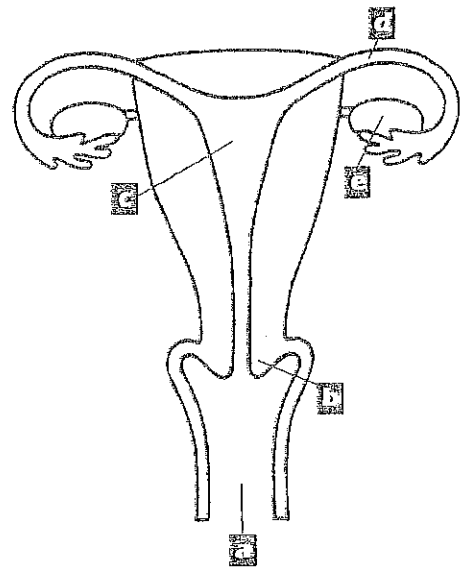
1. Menstruation

(From the Latin for 'month')

The menstrual cycle is controlled by hormones released from the pituitary gland. Most menstrual cycles last for about 28 days. The first day of the period marks the start of the cycle and is counted as day 1.

If the uterus does not receive a fertilised ovum, the lining of the uterus breaks down and is shed over the next number of days. This is called menstruation.

The lining of the uterus begins to thicken and an ovum begins to develop.



- a. Vagina
- b. Cervix
- c. Womb (Uterus)
- d. Fallopian tube
- e. Ovary

2. Ovulation

On approximately the 14th day of the cycle an ovum is released into the fallopian tube. This is called ovulation.

The ovum travels towards the uterus.

The lining of the uterus continues to thicken and gets full of blood in case a fertilised ovum arrives.

If the ovum is not fertilised it will dissolve and a period will occur. Then the cycle starts again.

PAUSE and REFLECT

Think about and celebrate how I am growing and developing.

PRAYER

*Giver and Protector of life,
guide me as I grow and develop.*

Amen.

SOCIAL/EMOTIONAL



- (1) Recognise behaviour changes as we grow up. Expectations are different and are often dependent on our experiences, and treatment by others, and our view of the world in which we live.
- (2) Reflect on ways to become more sensitive to the emotional development of oneself and others.

Social and emotional changes

- easily embarrassed
- need for privacy
- moods swings up and down without much warning
- divided loyalty may occur between self, friends and parents
- production of hormones triggers sexual desire, arousal and urge

- evolving a set of values and moral codes
- seeking independence
- risk-taking behaviour
- concern for the future
- identity formation

RELATIONSHIPS IN MORAL EDUCATION
(draft document),
Catholic Education Commission,
Scotland 2000

PAUSE and REFLECT

In silence reflect on all that we have discussed and thank God for his gifts.

PRAYER

*Loving Lord,
Help us to respect and understand
each other better
as we continue to change and grow.*

Amen.

SPIRITUAL



GATHERING MUSIC

To live is to change
and to be perfect
is to have changed often.

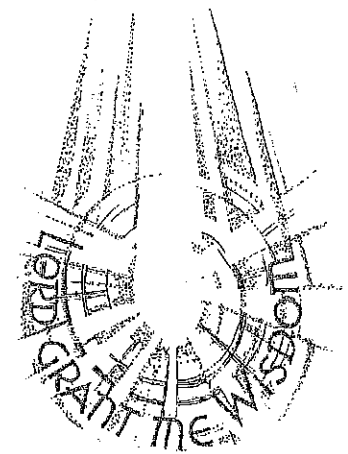
Cardinal Newman

- (1) Ask children to share their understanding of change through poetry, prayer, art etc.
- (2) Share with each other and celebrate the wonder of change.

CONCLUDING PRAYER

(SERENITY PRAYER)

*God, grant me the serenity
to accept the things I cannot change;
Courage to change the things I can,
and the wisdom to know the difference.
Amen.*



A Friendship Blessing

May you be blessed with good friends.
May you learn to be a good friend to yourself.
May you be able to journey to that place in your soul
where there is great love, warmth, feeling and forgiveness.
May this change you.

John O'Donohue