

# PASS 39 - Growing Bodies, Hormones, Learning & Behavior

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# Oh no ... puberty....



# What To Expect



- What's that smell?
- Why is it so difficult to get my child up in the morning?
- Why is my child so moody?
- Why is my child so rude??

*If you find yourself asking these questions ... your child might be going through puberty!*

# Changes in the Body

Growth spurts

Body odor

More active skin glands- acne

Burning more calories

Can be painful!



# Changes in the Body

*This creates:*

Increased self-consciousness

Decreased self-esteem

Heightened insecurity about changes and how to manage them

# Changes in the Brain

Impacts impulsivity and decision making

Impacts mood

Impacts sleep

School Performance

Relationships



Ok, great... but you cover all of this in class,  
right?



# Puberty Education & the General Education Curriculum at HMS



5th Grade: Puberty is part of the body systems unit in 5th grade science class. Reproductive organs and their functions, menstruation, ovulation, puberty, pregnancy, and stages of human development are taught.

6th Grade: Puberty is not part of the 6th Grade health or science curriculum, but Erin's Law (preventing sexual abuse) is.



# Puberty Education and the General Education Curriculum at WJHS

7th Grade: Puberty is not part of the 7th Grade health curriculum.



8th Grade: Students learn about the male and female reproductive organs and functions again. The process of reproduction, pregnancy/development before birth, and contraception are covered. Students are taught what to do if someone they know is sexually assaulted.

## Tips for Talking to your Child about Puberty

Start early and continue the conversation.

Not sure where to start? Utilize resources!

Practice.

Use examples from nature.

Remember that your child is curious!



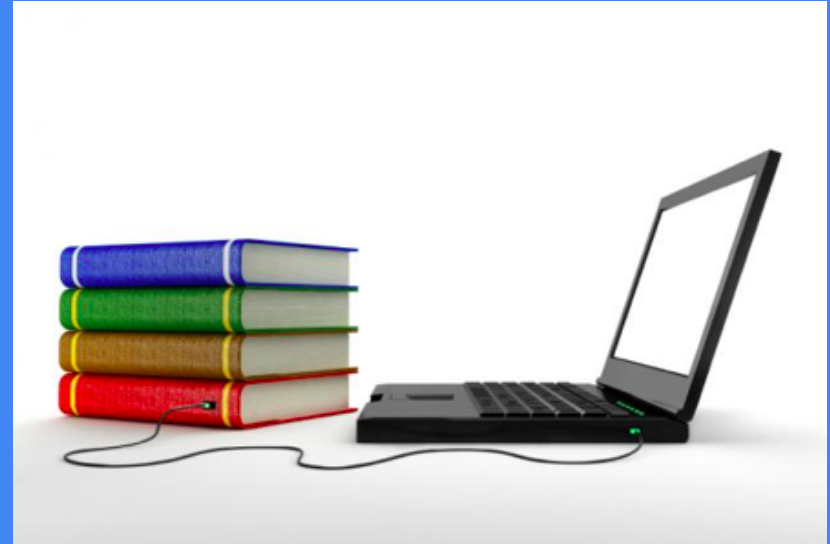
# Resources

All of these are on my website:

[KIDs Health Article: Talking to your Child About Puberty](#)

[Child Development Institute Article: Having the Puberty Talk](#)

[American Academy of Pediatrics: HealthyChildren.org: Puberty](#)



How do you teach puberty in school?

# Modified Puberty instruction WJHS

Dignity is first

Student dependent

Direct instruction in a Guys and Girls Group

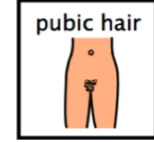
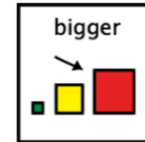
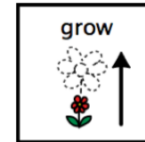
Integrated throughout a student's day

Social stories for specific situations

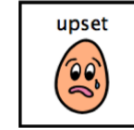
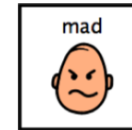
# Guys Group



## Changes in our body



## Change in Feelings





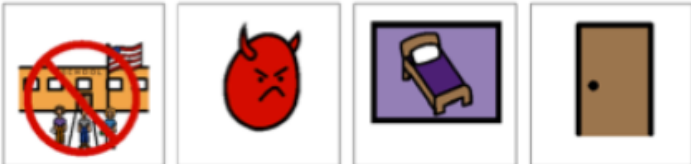
## No Hands in Pants



I am getting older and my body is changing.



Sometimes it might feel good to put my hands in my pants and touch myself.



I cannot do this at school. This is not good behavior. I can only do this at home in my bedroom with my door closed. It is private behavior.



If I do this at school, it might make my teacher angry and my friends might not want to play with me. When I keep my hands out my pants, everyone will be happy with me.

# Social Stories



# Language Used at School

- Expected, unexpected
- Comfortable, uncomfortable

“We expect you too... We feel comfortable when you follow our rules.”

- Concise and clear language
- Be consistent. No blurred lines.

“Stop. It is unexpected to touch yourself. Bedroom.”

How can you communicate these changes  
at home?

# Explicit communication

- Explicitly state what the behavior is and where it is expected/ unexpected to occur
- Use scientifically/ anatomically correct language and terms

## Note:

The behavior is not unexpected; the time and place needs to be explicitly taught at home

# Use visuals, model with language or communication device

- Able to use real-life pictures or ‘pecs’ symbols

<http://www.pictoselector.eu/>

<http://trainland.tripod.com/pecs.htm>

- Model language using “I”

<http://www.dotolearn.com/picturecards/printcards/index.htm>

- Gesture to icons and pictures

<http://www.boardmakershare.com/>

→ Helps with processing information

<http://www.abaresources.com/free.htm>

# Constant Communication

- Communicate with your child consistently over an extended period of time
- People with higher needs benefit from repetition
- Be proactive, have reactive strategies

# Books are useful tools

- Books can be an effective communication tool
- There are many types of book on puberty for special populations
- Books are a good medium between parents and child
- A good conversation starter

# My Body is Mine

- Privacy
- Touch
- The Circles Program
- Safety



# Privacy

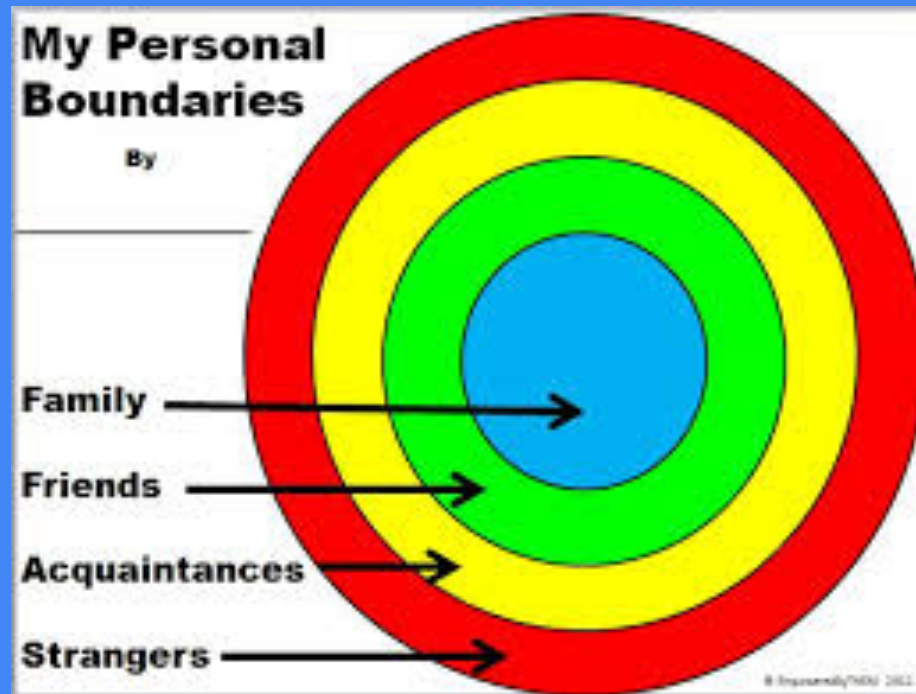




# Touch



# The Circles Program



# Safety



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