

MATURATION AND SEXUAL REPRODUCTION



Maturation and Sexual Reproduction

CREATED BY THE GOOD AND THE BEAUTIFUL TEAM

Table of Contents

Unit Information	iii
Frequently Asked Questions	iv
Supplies Needed	v
Vocabulary	vii
Lesson 1: Our Sacred Bodies: Male Bodies & Puberty	1
Lesson 2: Our Sacred Bodies: Female Bodies & Puberty	7
Lesson 3: Menstruation	15
Lesson 4: Sexual Intercourse and Living Virtuously*	19
Lesson 5: The Gestation and Birth of a Child	27
Lesson 6: The Dangers and Consequences of Pornography	37
Lesson 7: The Harmful Effects of Pornography	44
Lesson 8: Personal Hygiene	49

**Note: This lesson covers sexual intercourse, abstinence before marriage, the difference between love and lust, avoiding petting and masturbation, and respecting the bodies of others. This lesson also contains a Q&A portion for guidance on answering questions.*



© 2023 The Good and the Beautiful, LLC

goodandbeautiful.com

All rights reserved. This book may be printed or copied for use within your home or immediate family once the download has been purchased directly from goodandbeautiful.com by the person who will be using it. This file may not be shared electronically or posted on the internet. Copies that have been printed at home or at a printing company may not be resold.





Unit Information

Student Journal



All The Good and the Beautiful science units include activities in a student journal. Each student should have his or her own student journal, and the parent or teacher will direct the student regarding when to complete the activities in the lessons. The journal can be purchased by going to goodandbeautiful.com/science and clicking on the *Maturation and Sexual Reproduction* unit link. This unit is different from other units because it has only a single student journal for children grades 3–8.

Lesson Preparation



All science units include easy-to-follow lesson preparation directions at the beginning of each lesson.

Science Wall



All science units include vocabulary words to be placed on your science wall, which is a wall or trifold presentation board in your learning area on which you can attach the vocabulary words and other images. Cut out the vocabulary word cards at the beginning of the unit. The course will indicate when to place them on the wall.

Activities



This unit contains hands-on activities but does not include experiments or videos.





Frequently Asked Questions

What worldview and moral stance does this unit take?

This unit takes a nondenominational Christian worldview that the purpose of sex education is to train children to live virtuous, chaste lives, and that sex is designed by God to be between a husband and wife.

Bible references are from the King James Version of the Bible. In the lessons, Bible references are in purple text. Consider opening the family Bible or a personal copy of the Bible to read these scriptures with the children.

Should I do the instruction one-on-one or as a family?

This unit is designed to be a gentle approach to teaching maturation and sexual reproduction in the home. As parents, prayerfully decide whether it would be best to teach one-on-one with each child or as a family. Families with children close in age may choose family instruction. Even if you choose family instruction, ongoing private instruction and openness are important.

At what age should children do this unit, and should I teach all the lessons to every age?

A gradual and gentle sex education can be achieved by observing each child's questions and curiosity. Study each child; watch how he or she reacts; listen to the guidance of the Holy Spirit in determining what, when, and how much to share with each child. Create ongoing dialogue and opportunities for children to ask questions whenever they have them.

Younger children may not be ready to learn everything in this unit. **We strongly suggest that you, as parents, read through this entire unit and the student journal ahead of time.** Use a highlighter and a pen to take notes and mark certain passages that you want to emphasize, or even cross off or remove parts from the unit and/or student journal that you disagree with or that make you feel uncomfortable. Throughout the unit, discussion questions are underlined. As you preread the unit, write down notes and questions that you would like to discuss with your child/children. Think of personal experiences you wish to share and make notes. Pray for guidance to know how best to teach this unit with each child. Plan which lessons you will teach each child now and which lessons you will wait to teach until the child is older.

Should I repeat this unit?

Just as children cannot be expected to learn math facts, spelling, or important historical dates the first time they hear it, sex education must be repeated for the child to grasp the concepts. Knowledge, morals, and habits are acquired through time and consistency. A healthy sex education requires parents who listen, love, observe, and provide good examples. It is suggested that you repeat this unit as often as you feel it is needed.

Note that this unit, unlike most of our science and health units, does not have a suggested read-aloud list.



SUPPLIES NEEDED



You will need the following supplies for activities. There are no experiments in this unit.

Lesson 1

- A baby picture of each child

Lesson 2

- None

Lesson 3

Optional Activity—Feminine Hygiene Products

- Disposable or reusable pads
- Tampons
- Period panties
- Menstrual cups or other menstruation products

Lesson 4

- None

Lesson 5

- Scissors for each child
- Glue for each child

Lesson 6

- Glue

Lesson 7

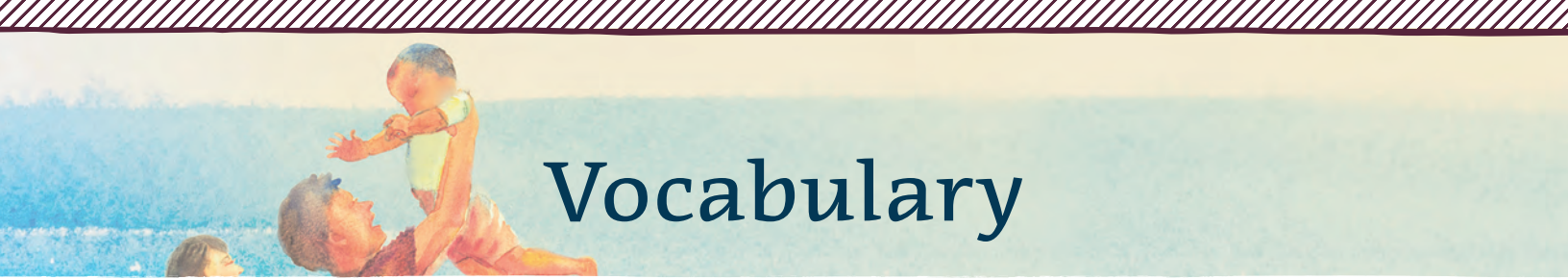
- None

Lesson 8

Optional Activity—Hygiene Kit

- Soap/face wash
- Washcloth or sponge
- Shampoo/conditioner
- Toothbrush/toothpaste
- Deodorant
- Brush/comb
- Pads/tampons
- Razor/shaving cream
- Fingernail clippers
- Container





Vocabulary

Instructions: Cut out the vocabulary cards in this section. Place them on your science wall when prompted to do so in the lessons. Review the vocabulary words several times during this unit and, if desired, at various times throughout the school year.

Hormones

chemicals in the body that send messages to the brain, reproductive organs, and other cells to keep the body functioning properly

Different hormones have different jobs, including signaling to the body how and when to change during puberty and menstrual cycles. Hormones can create strong emotions.

Testicles

small organs on a male located in a sac of skin (the scrotum) beneath the penis; also called testes

- produce sperm and male hormones
- sensitive to pain and temperature
- able to move closer to or farther from the body to maintain a temperature a few degrees lower than the body

OUR SACRED BODIES: MALE BODIES & PUBERTY

Objective

Help the children understand that our bodies are sacred and were created by God. Teach children the physical anatomy unique to the male body. Explain the changes that males go through during puberty.



Preparation:

- None

Activity Supplies:

- A baby picture of each child

□ Baby Pictures



Display a baby picture of each child participating in this lesson. Read to the children: The miracle of human life is

amazing. God has given us the incredible opportunity to “multiply, and replenish the earth . . .” (Genesis 1:28) and to experience joy through having children. This unit will teach in a godly way about our bodies and how God has created men and women to procreate and bring precious, beautiful babies into the world.

□ Reproduction

Read to the children: In the Bible we read the following:

“So God created man in his own image, in the image of God created he him; male and female created he them. And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth . . .” (Genesis 1:27–28).

Within the bonds of marriage, a husband and wife are commanded to multiply, meaning to have children, if they are able. By God’s great design, males and females have similarities, but also differences. In order to



procreate or *reproduce*—both words meaning to create children who take after them—males and females have unique reproductive systems. In this unit we will talk about the male and female reproductive systems that make it possible for God’s children to reproduce.

As we talk about these things, we can feel inside that our bodies are sacred creations that are beautiful and amazing. While we discuss the parts of our bodies unique to males and females, and sex, which is how babies are created, we do not need to feel embarrassed or ashamed. Talking about it together as a family in a sacred way is good and appropriate. I want you to feel comfortable talking to me about these things anytime.

It is also good to remember that it is not appropriate to make crude jokes about male or female body parts.

Whenever male or female body parts are discussed, it should be in appropriate settings and in uplifting and respectful ways.

If desired, expound on the previous paragraph by discussing your own feelings and views on when and how it is and is not appropriate to talk about male and female body parts. Discuss ideas of what to do if you are in a situation that feels inappropriate.

Science Wall: Vocabulary Words



Note: Some parents may feel comfortable keeping vocabulary words for this lesson on their science wall, and others may not. If you do not keep the vocabulary words on your wall, keep them in a folder or bag so that you can refer to them in future lessons.

Place the page titled “Male Reproductive System” on your science wall. Using this page as a reference, discuss the vocabulary cards that you feel are age appropriate for the children you are teaching.

Place the vocabulary cards HORMONES, TESTICLES, SCROTUM, PENIS, SPERM, URETHRA, PROSTATE, and VAS DEFERENS on your science wall. Read and discuss the words and their definitions.



Male Puberty

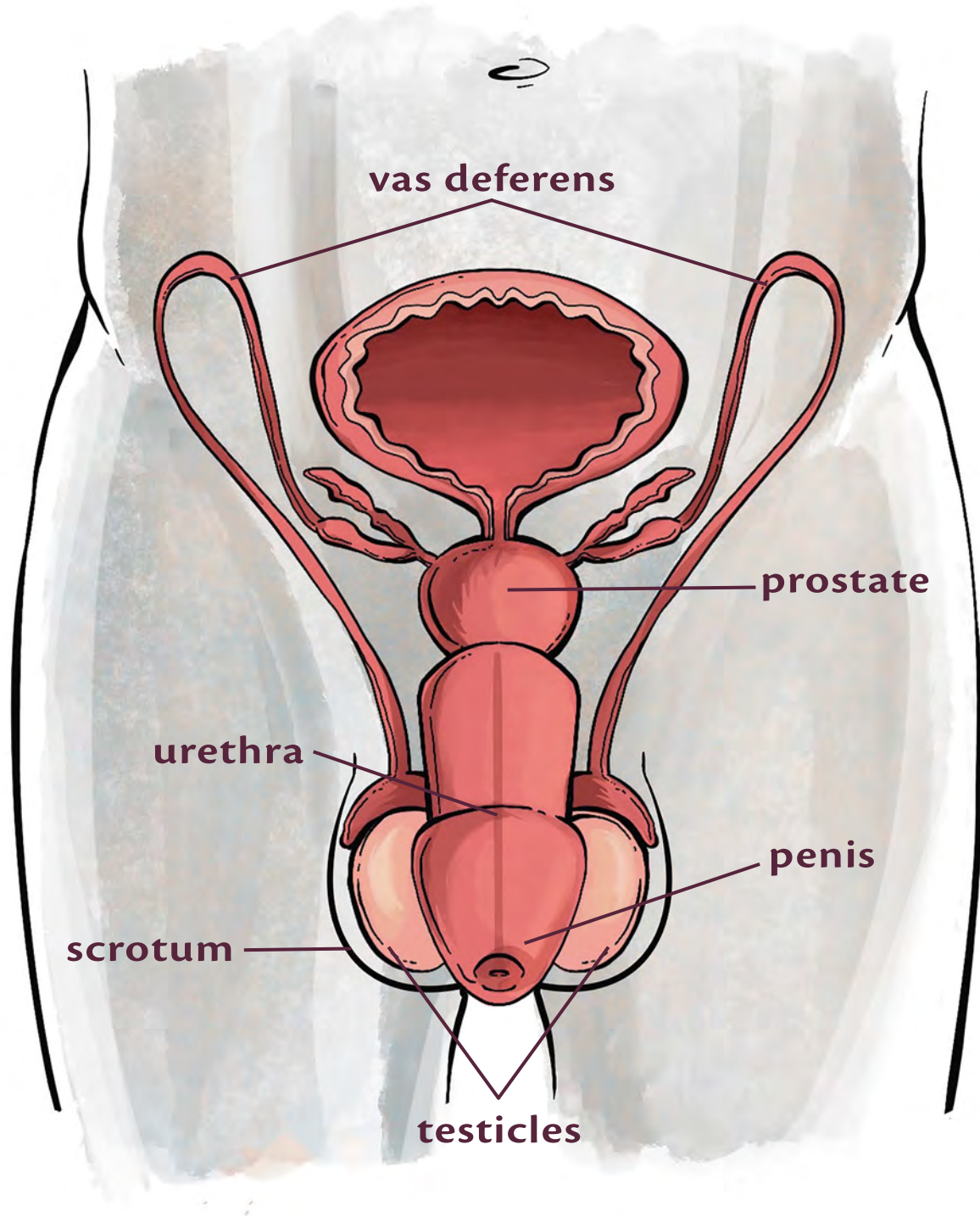
Read to the children: Look at the image at the bottom of this page. This is a hyacinth. The image shows how the hyacinth grows and matures. Our bodies also grow and mature. *Puberty* is the process of physical change in which a human grows from a child to an adult who is able to reproduce sexually. Puberty happens during a time of life called *adolescence*, which happens between childhood and manhood or womanhood. Another word people use to describe this time is *maturation*, meaning the process of maturing and growing into an adult body.

During puberty your body will grow faster than any other time in life, other than when you were a baby. In this lesson we will talk about how a male body matures during puberty. We will talk about females in the next lesson.

Puberty starts at different times for different people. Usually, puberty starts for boys between ages nine and 14 and lasts for two to five years. When puberty starts for boys, the *pituitary* [pih-TOO-uh-tehr-ee] gland,



Male Reproductive System



OUR SACRED BODIES: FEMALE BODIES & PUBERTY

Objective

Help the children understand that our bodies are sacred and were created by God. Teach children the physical anatomy unique to the female body. Explain the changes that females go through during puberty.



Preparation:

- None

Activity Supplies:

- None

The Workmanship of God

Read to the children: Ephesians 2:10 says, talking about God, “For we are his workmanship . . .”

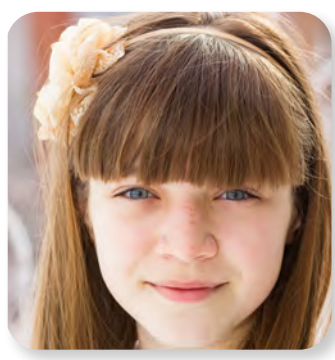
It is incredible to think about the fact that we are each the workmanship of God. Just as God created great variety and beauty in the natural world, He created great variety and beauty in each and every person. Look at the pictures of the girls on the right. Even though they all look so different, aren’t their smiles all contagious and their unique features so beautiful?

In this lesson we are going to talk about the parts of the female body designed to create and care for babies. We will also talk about the changes females go through during puberty. Males and females have not only similarities, but also differences.

In order to procreate or reproduce—both words meaning to create children—males and females have unique reproductive systems. In this unit we will talk about the male and female reproductive systems that make it possible for God’s children to reproduce.

As we talk about these things, we can feel inside that our bodies are sacred creations that are beautiful and amazing. While we discuss the parts of our bodies

unique to males and females, and sex, which is how babies are created, we do not need to feel embarrassed or ashamed. Talking about it together as a family in a sacred way is good and appropriate. I want you to feel comfortable talking to me about these things anytime.

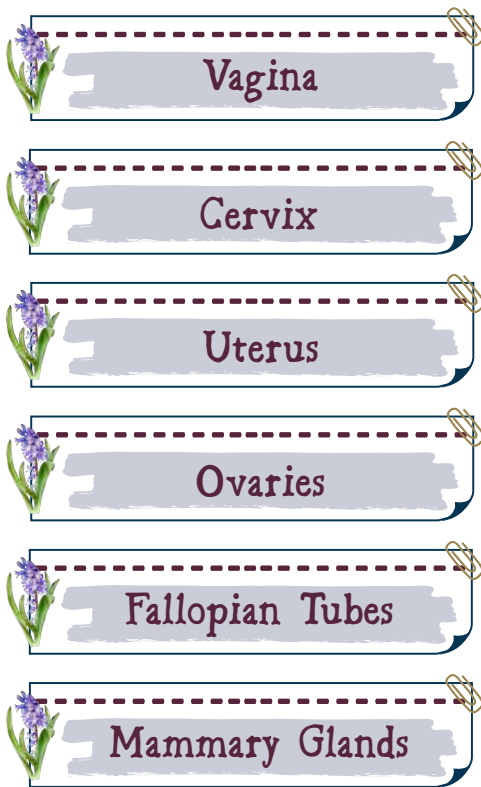


Science Wall: Vocabulary Words



Place the page titled “Female Reproductive System” on your science wall. Using this page as a reference, discuss the vocabulary cards below that you feel are age appropriate for the children you are teaching.

Place the vocabulary cards VAGINA, CERVIX, UTERUS, OVARIES, FALLOPIAN TUBES, and MAMMARY GLANDS on your science wall. Read and discuss the words and their definitions.



Breast Milk

Read to the children: Mothers have a special, God-given opportunity to create all the nutrition a baby needs for the first few months of its life. The female breast is designed to make milk that is specially formulated to meet the exact needs of a growing baby. The milk even changes throughout the first few months, adapting constantly to give the baby the exact fats and nutrients needed. Not only is it nutritious, but breast milk also provides antibodies for the baby, keeping it healthy and strong. It’s truly a miracle! Breastfeeding is also a wonderful bonding experience between mother

and child. There are also carefully created formulas for babies with special dietary needs or for mothers who are unable to or choose not to breastfeed for various reasons. Breastfeeding and bottle feeding a baby are both wonderful bonding experiences. Look at the image below. Can you sense the beautiful bonding between the mother and baby? Pause and discuss. Isn’t it wonderful how the baby is getting the nutrition and the love it needs starting immediately after birth?

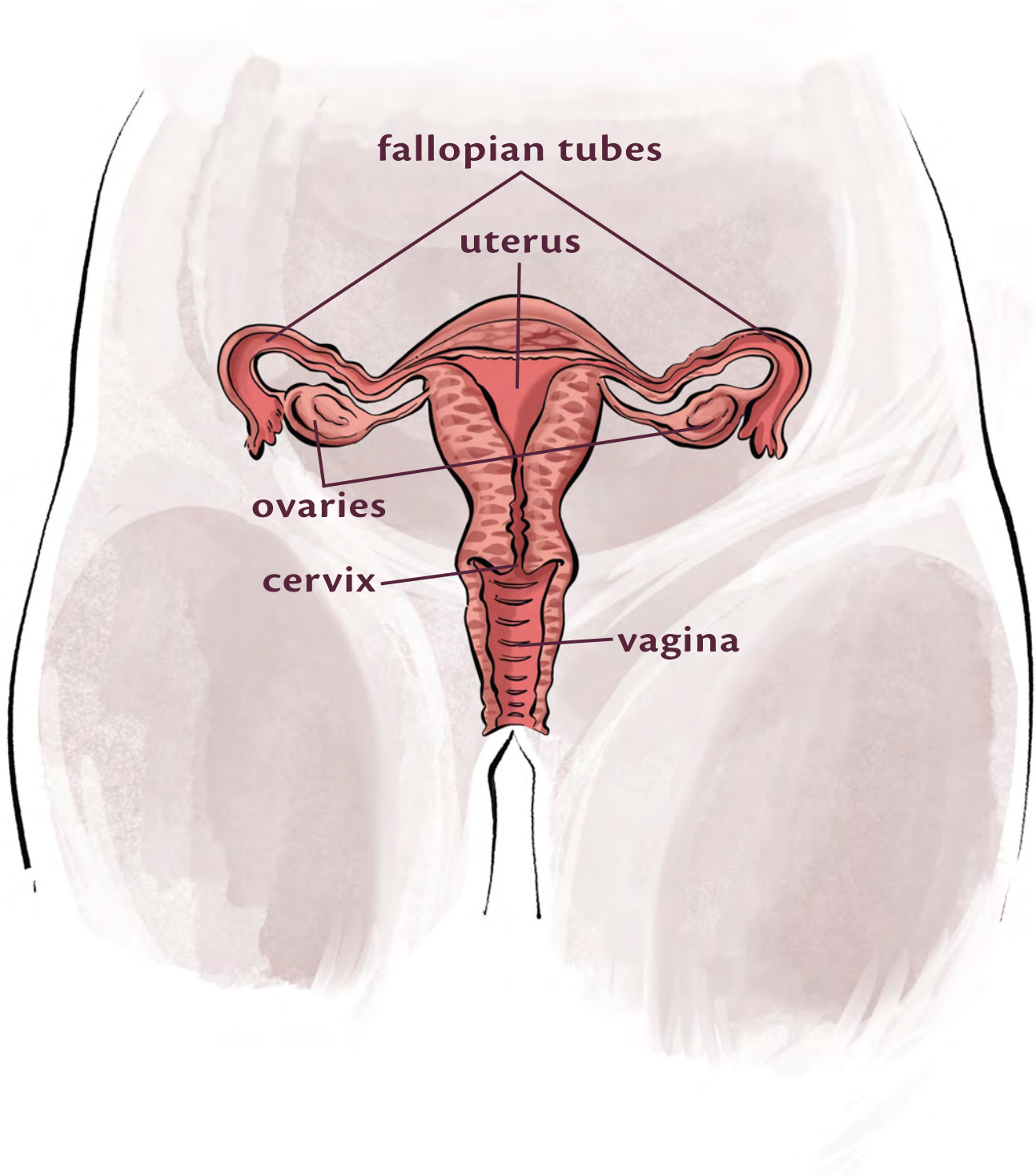


Place the page titled “Female Breast Anatomy” on your science wall. Discuss the chart.

It is pleasing to God when we are respectful of the human body, especially the reproductive parts and female breasts. It’s normal to have feelings of attraction to another person, but bodies are sacred and wonderful and deserve to be treated with respect. Through our reverence we show God that we are grateful for the opportunity to have these amazing bodies.



Female Reproductive System



Marriage is the bonding of man and woman as husband and wife. Deciding whom to marry will be one of the most important decisions in your life. In the Bible we read:

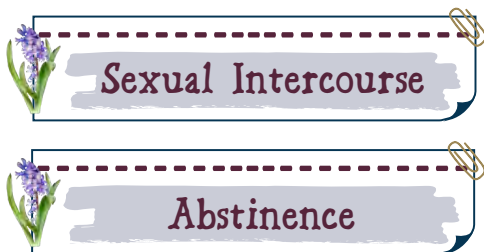
“Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh” (Genesis 2:24).

God intended for a husband and wife to find joy and happiness in marriage. He also provided a way for a husband and wife to create children together and to be physically close with one another in a special way.

Science Wall: Vocabulary Words



Place the vocabulary cards **SEXUAL INTERCOURSE** and **ABSTINENCE** on your science wall. Read and discuss the words and their definitions.



Sexual Reproduction

Read to the children: The word *sex* can mean sexual reproduction, which is also called **sexual intercourse**. *Sex* can also be used to describe the gender, male or female, of a person or animal. For example, “The sex of the rabbit is female.”



Many animals, and even plants, use sexual reproduction to multiply and replenish the earth. For example, female fish lay eggs in a rocky streambed, and then a male fish swims over the eggs and fertilizes them with sperm. The fertilized eggs grow into baby fish right there at the bottom of the stream.



Other animals sexually reproduce through intercourse, like humans, with the male inserting his penis into the female’s vagina to release sperm and fertilize the egg, which will then grow a baby inside the female.

Many plants have male and female parts. When the two parts meet through pollination, fertilization happens. The fertilized ovules grow into seeds, often within a fruit. The seeds are later planted, naturally or by people, and then grow into the next generation of plants.



The world is such a beautiful place because of this constant reproduction of living things, created by God as a gift to us.

“And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so. And God saw every thing that he had made, and, behold, it was very good” (Genesis 1:29–31).

As God’s children, created in His image, we have a special responsibility with this power of sexual reproduction. It is so important that God has commanded that it only take place between a husband and wife.

Right now, sex may not sound nice. To young people it may even sound gross. That’s okay! As your body develops into adulthood and becomes ready to reproduce, the desire will grow. This is normal and good. Besides the blessing of having children together through sex, husbands and wives also share a special bond and connection when they are physically close.

It is very important to be in control of your feelings and desires as they appear. Some will say it’s normal and okay to act on sexual feelings and desires. However, just as we have to learn to control our feelings of fear, anger, excitement, and frustration, we must learn to control

Questions and Answers

Question

What does “making love” mean?

Question

Is sex gross?

Question

How often do couples have sex?

Question

Does the wife get pregnant every time?

Question

Can you get diseases from having sexual intercourse?

Question

What are wet dreams?

Question

What is a virgin?

Question

What is adultery?



Some people worry that sex will be gross because reproductive organs are associated with using the bathroom. However, sex and using the bathroom are very different. Another reason sex may seem gross is because of “dirty jokes.” Sex is a God-given, special experience and should not be joked about.



“Making love” is another term for sex. Making love should always be an expression of love and affection, only between a husband and wife.



No, the wife can usually get pregnant only during a certain part of her menstrual cycle, and even then, the sperm may not reach the egg every time, or certain health conditions of the husband or wife, or both, may prevent pregnancy. However, pregnancy can happen even the first time people have sex.



Married couples decide together how often to have sex, and the frequency changes throughout marriage depending on many factors, including age, health, and how the relationship is going.



Sometimes semen (the fluid that contains sperm) is released randomly during a boy’s sleep. Nocturnal (nighttime) emission is sometimes referred to as a wet dream. If you are a boy, this will happen to you periodically. When it does, just wash your underwear (and bedding if necessary) and don’t worry about it. It’s normal and nothing to be ashamed of.



There are many infections—called sexually transmitted infections, or STIs—that can be passed from one person to another through sexual intercourse, including an incurable disease called HIV. Fortunately, if a husband and wife only ever have sexual intercourse with each other, it’s very unlikely that they will get STIs.



Adultery is sex between a married person and anyone other than his or her spouse. Adultery is a serious sin. God commanded, “Thou shalt not commit adultery” (Exodus 20:14).



Before someone has sexual intercourse, he or she is a virgin. The world may make jokes about virgins, or say that being a virgin is old fashioned. That’s simply not true. Being a virgin until you are married is good, virtuous, and aligned with God’s commandments. We were never meant to try to “fit in” with the world’s standards.

THE GESTATION AND BIRTH OF A CHILD

Objective

Help the children understand how an egg and sperm develop into a child and discuss the stages of pregnancy and childbirth.



Preparation:

- None

Activity Supplies:

- Scissors for each child
- Glue for each child



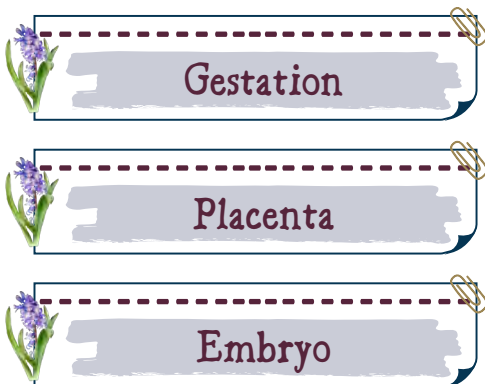
Gestation of a Child

Read to the children: We've learned a lot about the reproductive systems and changes that happen to our bodies as we grow. We talked about why we need these changes and about God's plan for married couples to grow closer together and create families. Today, we're going to learn more about what happens when an egg becomes fertilized and how it becomes a baby.

Science Wall: Vocabulary Words



Place the vocabulary cards **GESTATION**, **PLACENTA**, and **EMBRYO** on your science wall. Read and discuss the words and their definitions.



From Egg to Infant: Where Do Babies Come From? Mini Book



Read to the children the *From Egg to Infant: Where Do Babies Come From?* mini book included in this lesson.



Read to the children: In Psalm 127:3–5, we learn about the blessing of bearing children:

“Lo, children are an heritage of the Lord: And the fruit of the womb is his reward. As arrows are in the hand of a mighty man; So are children of the youth. Happy is the man that hath his quiver full of them: They shall not be ashamed . . .”

We are blessed to have the miraculous ability to create life, and it is our great responsibility to do it in the way that God has designed.

Gestational Stages



Have the children turn to the “Gestational Stages” pages in Lesson 5 of their student journals and complete the pages by cutting out the pictures and pasting them in the correct boxes. An answer key is provided at the end of the lesson.

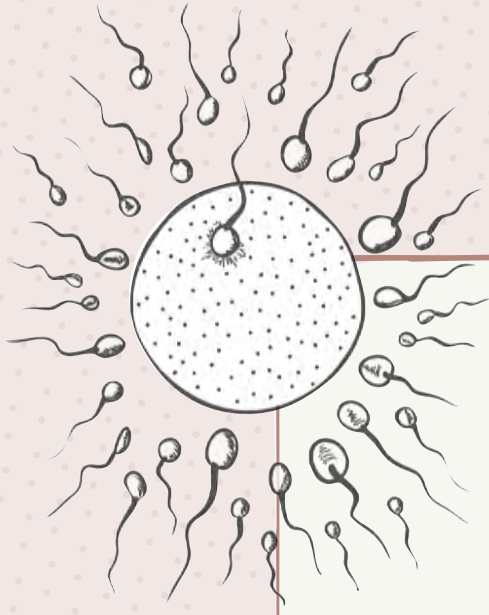
From Eggs to Infant

Where Do Babies
Come From?



Conception

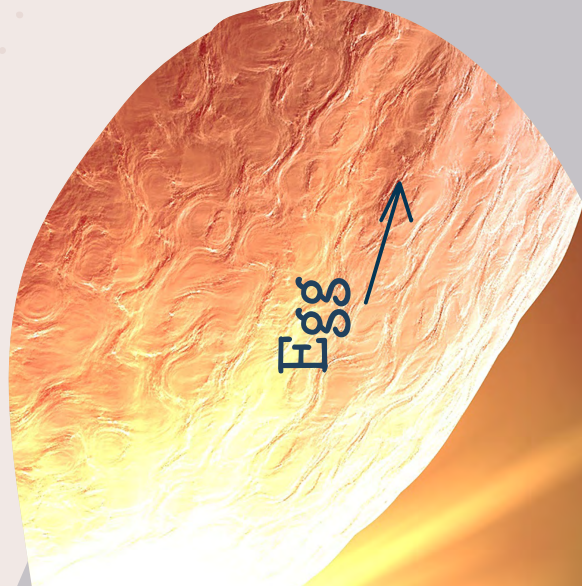
Many of us have seen a new baby and wondered how he or she got here. Because God loves us very much, He has designed a beautiful process to help us bring children into this world and into our families. A baby is formed when an egg from the mother's ovary is released, travels down the fallopian tube, and is met with the father's sperm that fertilizes the egg. It takes about 40 weeks, or 10 months (nine months after the egg is fertilized), for a baby to grow and be ready to be born. When we talk about *pregnancy*, the time when a baby is growing inside the mother's uterus, we break it into three periods of time called *trimesters*. Each trimester has a unique set of changes that happen as the baby forms.



Sperm



Egg

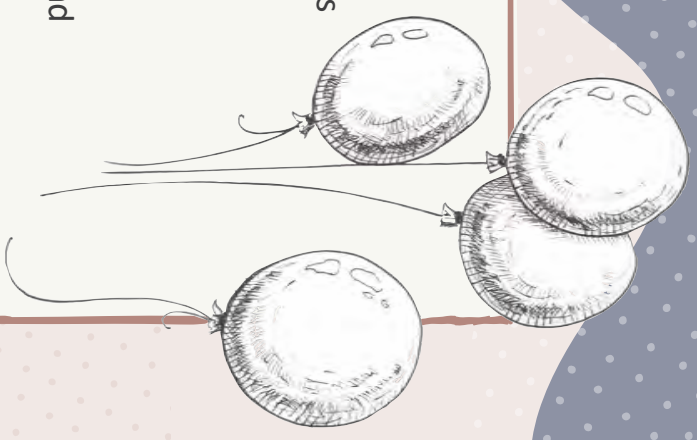


Birth

Doctors, nurses, and midwives are trained to help mothers with the births of their children and help make sure everything goes smoothly. Fathers are an incredibly important support system, too.

As the baby makes its way through the birth canal, the soft bones in its head overlap to allow the baby's head to fit through. When the baby is born, the *umbilical cord*, the cord connecting the baby to the placenta, which transfers nutrients from the mother to the baby, is still attached and will be clamped and cut to remove it. The *placenta*, or the bag of tissue

sustaining the baby inside the mother, is delivered after the baby, and in time the uterus and cervix shrink back to their normal sizes. Sometimes a life-saving surgery called *cesarean section* (or C-section) is performed because of complications in birth. Mothers are usually able to begin breastfeeding right away, as long as the baby is healthy and ready.



THE DANGERS AND CONSEQUENCES OF PORNOGRAPHY

Objective

Help the children have the tools to overcome the temptations of pornography.



Preparation:

- Cut out the “Money” and “Stimulus Pictures” cards in the lesson.
- Cut out the “What Is Pornography?” cards in each child’s student journal.

Activity Supplies:

- Glue

❑ Dangers



Read to the children: What are some dangerous things we should not do? Discuss things like playing in the road, swallowing cleaners or other toxic chemicals, touching guns, or any other dangerous things your family has previously talked about.

If I were to tell you that we are going on a hike in the mountains today, how would you like that? Pause for answers. What if I told you that where we are hiking has bears, so we need to do certain things to stay safe, such as carry bear spray, wear bells, and stay together in a group? Would you realize that I’m telling you about these precautions because I love you and I want to keep you safe, or would you be upset about my warnings and disregard them? Pause for answers. As a parent, it’s my duty to warn you of dangers and to help you if you are ever in a dangerous situation. I want to do this because I love you. We are going to talk today about something very dangerous and destructive. I want you to know that if you ever need help with this danger, I am here for you.

Show the children the money that you cut out. First, I want to show you something. Look at all this money I have. Just think of all the things we can do with this

much money. But do you notice anything strange about this money? [It’s fake.] Can I use it to buy stuff anyway? [no] Why not? [It’s not real; it has no value.]

This is counterfeit money. *Counterfeit* means fake; it’s made to look like the real thing, even to trick someone into thinking it’s the real thing. Counterfeit money sometimes looks real, but it has no value. It’s worth absolutely nothing. In fact, if I tried to use counterfeit money at the store, it could get me in real trouble.

What does counterfeit mean? [fake] Does it have any value? [no] The dangerous thing we are going to talk about today is also counterfeit. It’s called pornography.

❑ What Is Pornography?



Note: This is a difficult subject, but helping children become comfortable talking about pornography in a safe family setting is very healthy. Have the children turn to the

“What Is Pornography?” page in Lesson 6 of their student journals. Lay out one set (or one set per child, depending on personal preference) of the cut-out “What Is Pornography?” cards facedown. Have a child choose a card and read it aloud. Then, have the child glue that card on his or her journal page. Discuss the card. Repeat until all the cards have been discussed.

David and Joseph



David was a righteous young man. God directed Samuel the prophet to anoint David as king, “and the Spirit of the LORD came upon David from that day forward” (1 Samuel 16:13). Goliath, a champion warrior giant covered in armor, defied and challenged Israel. David, who was still a youth, went to battle against Goliath in the name of the Lord. God blessed David with the ability to slay Goliath! Because of David’s faithfulness, God blessed him and his kingdom.



Years later, King David was in a situation that tempted him. “[I]n an eveningtide, that David arose from off his bed, and walked upon the roof of the king’s house: and from the roof he saw a woman washing herself; and the woman was very beautiful to look upon” (2 Samuel 11:2). Tempted by what he saw, David chose to inquire after the beautiful woman. Her name was Bathsheba, and she was married to Uriah. Rather than turn away from the temptation, David committed adultery with the woman. She became pregnant, and David committed further sin to cover up what he had done: He had Uriah killed in battle.



David and his house suffered for his sins. God told him, “Now therefore the sword shall never depart from thine house . . .” (2 Samuel 12:10). Just as God had warned, for the rest of David’s life, conflict and war plagued his kingdom.



Now listen to a story with a happier ending. As a young man, Joseph had two dreams. He told his many brothers about his dreams and said they meant he would one day be their leader. This made Joseph’s brothers angry, and they almost killed him. Instead, they sold him as a slave and told their father that Joseph had been killed by a wild animal.

The men who bought Joseph took him to Egypt and sold him to Potiphar, a rich Egyptian soldier. God helped Joseph be a good worker. Potiphar could tell that Joseph was a good person and put him in charge of all the servants.



Potiphar’s wife liked Joseph, too. She tempted him many times to lie with her. But Joseph refused and said, “[H]ow then can I do this great wickedness, and sin against God?” (Genesis 39:9).

“And it came to pass, as she spake to Joseph day by day, that he hearkened not unto her, to lie by her, or to be with her. And it came to pass about this time, that Joseph went into the house to do his business; and there was none of the men of the house there within. And she caught him by his garment, saying, Lie with me: and he left his garment in her hand, and got him out” (Genesis 39:10–12).



Potiphar’s wife lied about Joseph, saying he was the one being wicked. At first he was blamed for doing something wrong and was cast into prison. However, God blessed Joseph for his faithfulness—for choosing to get away from the temptation.

Meanwhile, Pharaoh was having some troubling dreams. God revealed to Joseph what the dreams meant. Because of this, Pharaoh released Joseph from prison and made him a ruler over all the people. With God’s help, Joseph was able to save people far and wide, including his own brothers, from starvation during the famine. He will always be honored as a faithful servant of God.

David was a revered prophet-king. When he was put in a tempting situation, he chose to look, which led to further sin and eventually brought sorrow for him and for countless people. Joseph was a slave. When he was put in a tempting situation, he fled! He was blessed and became a ruler who saved the lives of countless people. We have choices to make every day.

If You See Pornography

1.

Call it what
it is.



2.

Turn it off or
turn away.



3.

Talk to your
parents.



PERSONAL HYGIENE

Objective

Help the children understand how to care for their growing, changing bodies so they can be healthy and confident.



Preparation:

- Place the Optional Activity Supplies in a container to make a hygiene kit.

Optional Activity Supplies:

- Soap/face wash
- Washcloth or sponge
- Shampoo/conditioner
- Toothbrush/toothpaste
- Deodorant
- Brush/comb
- Pads/tampons
- Razor/shaving cream
- Fingernail clippers
- Container



Science Wall: Vocabulary Words Review



Review the vocabulary cards that you have put on your science wall throughout this unit.

Good Hygiene

Read to the children: During adolescence the hormones in your body naturally cause a lot of changes—changes in your voice, your hair, your skin, your body shape, your emotions, and your feelings. This is completely normal! Every adult you know—your parents, church leaders, coaches, and neighbors—has gone through these changes and knows what it is like. You are definitely not alone.

During these changes, you will have to start taking responsibility for your own *personal hygiene*—keeping your body looking and smelling nice. Good hygiene will help you to be confident and healthy. If you have good hygiene, it will be easier to make friends, land the job you want, and, when it's time, get a date! Let's look at a mini book about personal hygiene.

Personal Hygiene for Girls and/or Boys Mini Books



Have the children turn to the *Personal Hygiene for Girls and/or Boys* mini books in Lesson 8 of their student journals and read one or both books. *Note: As a parent, decide if you want to read both books or just one book with the children, family style or one-on-one.*



Hygiene Kit (Optional)



Go over the items in the hygiene kit with the children, explaining the purpose of and how to use each item.

