

## Sexual Health Visual Presentations

### Grade 5 Lesson Plans

For each Ophea lesson plan, a **HPEPH power point presentation** now exists to provide visual and literacy support for students. Each slide includes **educator notes** to reflect the next steps, possible answers and when to provide students handouts etc.

Additional teaching strategies have been embedded into some lessons. Smart notebook files, student and teacher resource sheets have also been included and are linked below.

### [Understanding Puberty: A Time of Change\\*](#)

#### [Lesson 1 – What is Puberty? Presentation](#)

- [Teacher Resource: Power Point Notes Pages](#)
- Teacher Resource: Anecdotal Recording Chart\*
- Teacher Resource 1: Changes during Puberty for People with a Penis\*
- Teacher Resource 2: Changes during Puberty for People with a Vagina\*
- Student Resource 1: Placemat\*

#### [Lesson 2 – Changes during Puberty in People with a Penis Presentation](#)

- [Teacher Resource: Power Point Notes Pages](#)
- Teacher Resource: Anecdotal Recording Chart\*
- Teacher Resource 3: Reproductive System – Person with a Penis Answer Key\*
- [Teacher Resource 7: PWP Body Part Names, 2017](#)
- [Teacher Resource 9: Description of Body Part Cards PWP, 2017](#)
- Student Resource 2: Reproductive System – Person with a Penis\*

## **Lesson 2 – Continued**

- [Student Resource 3: External and Internal Body Parts – PWP HPEPH Edition, 2017](#)
- Student Resource 8: KWL Chart\*
- [Student Resource 9: Think, Pair, Share, 2017](#)
- [Student Resource 10: Answer Sheet, PWP, 2017](#)
- [Smart Notebook File: Spermatogenesis Mind Map, 2017](#)

## **Lesson 3 – Changes during Puberty in People with a Vagina Presentation**

- [Teacher Resource: Power Point Notes Pages](#)
- Teacher Resource: Anecdotal Recording Chart\*
- Teacher Resource 4: The Menstrual Cycle\*
- Teacher Resource 5: Reproductive System – Person with a Vagina Answer Key\*
- [Teacher Resource 8: PWV Body Part Names, 2017](#)
- [Teacher Resource 10: Description of Body Part Cards PWV, 2017](#)
- [Teacher Resource 11: PWV Puberty Questions, 2017](#)
- Student Resource 4: Reproductive System – Person with a Vagina\*
- [Student Resource 5: External and Internal Body Parts – PWV HPEPH Edition, 2017](#)
- Student Resource 6: 3x3 About Menstruation\*
- [Student Resource 11: Answer Sheet, PWV, 2017](#)

## **Lesson 4 – Emotional and Interpersonal Stresses Presentation**

- [Teacher Resource: Power Point Notes Pages](#)
- Teacher Resource: Anecdotal Recording Chart\*
- [Student Resource 12: Where is Your Stress?, 2017](#)

## Lesson 5 – Managing Stress Role-Play Presentation

- [Teacher Resource: Power Point Notes Pages](#)
- Teacher Resource 6: Rubric\*
- Student Resource 7: Acts of Kindness\*

\* Access to the **16** Ophea Resource Sheets:

- Open the link on the title Understanding Puberty: A Time of Change. Log-in with your personal ophea.net account.
- Under H&PE Curriculum Resources, choose grade 5, open Understanding Puberty: A Time of Change.
- Lastly, choose Unit Resources (PDF) for Student and Teacher Resource sheets and print them.

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