

4th Grade Boys – Puberty

- Puberty
- Hormones
- Acne
- Pubic Hair
- Male reproductive anatomy (penis, testicles, scrotum, urethra)
- Sperm
- Erection
- Nocturnal emission (wet dream)
- Self-esteem

4th Grade Girls – Puberty

- Puberty
- Hormones
- Breasts
- Pubic hair
- Female reproductive anatomy (uterus, ovary, fallopian tubes, vagina, eggs/ova)
- Ovulation
- Menstruation (menstrual period)
- Feminine Protection (sanitary napkins, tampons)
- Vaginal discharge
- Cramps
- Self-esteem
- Body Image