



Grade 5 Sexual Health Education – Grade 5

- 1. What is puberty?**
- 2. At what age do people start going through puberty?**
- 3. Why do some kids mature faster than others?**
- 4. What changes happen to all children's bodies during puberty?**
- 5. What should people do to look after their body as they go through puberty?**
- 6. What changes do bodies with penises go through?**
- 7. What changes happen to bodies with vulvas?**
- 8. How to keep track of periods. What if a period happens at school? What products can be used during menstruation?**