

Healthy Lifestyles Questions & Answers (2025) - Lesson #1

Grade 7 Questions

Why are we learning this? Why is puberty important?

It is very important to understand your own body parts, how they work and how to take care of them. It is also important to get factual information regarding sexual reproduction and how babies come to be, as it can be dangerous to human health to get incomplete or false information. Knowing the correct terms for body parts and the myths and facts surrounding sexual reproduction is part of becoming an adult. Someday you will have to be responsible for your own health and be able to talk to your doctor using the right words and understanding in order to manage your own health. The information you are learning about is appropriate for your age group as many of you are into the early stages of puberty. You need to understand what is happening to you, physically, emotionally, and socially.

Why do we have to do the lessons with girls?

The school division, teachers, and parents feel that it's important for everyone to learn the same content at the same time so that you all receive the same information.

Why would you think we as 12/13 years old could get pregnant?

As soon as a girl starts getting her period, her body is capable of having a child. Many 12/13 year old girls have their period already, meaning their body's would be able to have a child. As soon as your body is capable of getting pregnant, it is important to learn about it.

Do I have to have a period?

Yes, every girl will have a period at some point unless they have Amenorrhoea. Amenorrhoea is the absence of menstrual periods. The most common cause is hormone disruption, which can be due to emotional stress, extreme weight loss, excessive exercise or certain reproductive disorders. It is recommended that you see your Doctor if you have not had your period by age 16.

Why does hair grow everywhere?

Hair grows for a number of reasons, such as protection, (dust, dirt, sun, etc.) and staying warm. The amount of hair, and where it grows is based on your family genetics.

Grade 5 Girls Questions

Will your period ever go away?

Yes, your period will go away when you are older and your body goes through a process called menopause.

Why do you have cramps when you have your period?

Not all girls have cramps. Some girls have cramps when they have their period because the uterus contracts when it is shedding its lining.

What if I get my period at school?

If you get your period at school, find a female teacher to ask for supplies. We have supplies available for you stored in the teacher's washroom.

If we are with a guy teacher how do we say we need to get a girl teacher to get supplies? What if we start our period in music or gym with male teachers?

You can ask to be excused and go to the office or learning support area to ask a female staff member to help you get supplies.

Are we going to learn about sex or pregnancy?

Yes, this will be an area of focus, but you will learn about these topics more in depth in grade 7.

Do girls have to wear bras?

Girls are not required to wear bras, but at a certain age/size it becomes important to support your breasts. Some women choose not to, but depending on size it can cause back issues if not worn.

Do you have to use deodorant?

Yes, you should use deodorant as soon as you start noticing that you are developing body odour, which tends to begin alongside the start of puberty.

Why do we have hair growing everywhere?

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Why do we have puberty?

It's part of the human developmental process. Our bodies need to change so that we are able to make babies.

When you get your period do you wear your pad all the time?

Yes, while you have your period you need to wear either a pad or tampon, changing them out regularly depending on your flow.

Is it normal for you to get your period at 15?

Yes, every girl develops at different rates, but all will have a period at some point unless they have a medical condition that might stop it from coming.

Grade 5 Boys Questions

Why do we have to do/learn this?

It is very important to understand your own body parts, how they work and how to take care of them. It is also important to get factual information regarding sexual reproduction and how babies come to be, as it can be dangerous to human health to get incomplete or false information. Knowing the correct terms for body parts and the myths and facts surrounding sexual reproduction is part of becoming an adult. Someday you will have to be responsible for your own health and be able to talk to your doctor using the right words and understanding in order to manage your own health. The information you are learning about is appropriate for your age group as many of you are into the early stages of puberty. You need to understand what is happening to you, physically, emotionally, and socially.

What is sex? How do you make a baby?

Babies are made through the process of sexual reproduction, or “sex” for short. The sperm from the male fertilizes the female’s egg, which starts the development of a baby. The word “sex” can also refer to Male/Female and is connected to our biology (what kind of genitalia we have). Ask your parents or a trusted adult if you have more questions about this idea.

What is Puberty? When does puberty start?

Puberty refers to the process of your body changing from a child into an adult. This includes physical changes, as well as hormonal and emotional changes as well. Puberty typically starts between the ages of 8-13 for girls and 9-14 for boys, but it is normal for it to begin outside of these ages as well.

Why do girls grow before boys?

Girls typically start puberty earlier than boys on average, which means their bodies develop sooner.

When do you start shaving?

Once your body starts growing more hair on different parts of your body. This will depend on each individual circumstance and when you begin/end going through puberty.

How much deodorant do you need?

You just need to put on enough so that you can get rid of body odour. Usually just a couple of swipes up and down with your deodorant stick.

Why does your height matter depending on family?

Your height will often be related to how tall your parents are, because you share the same genetics as they do.