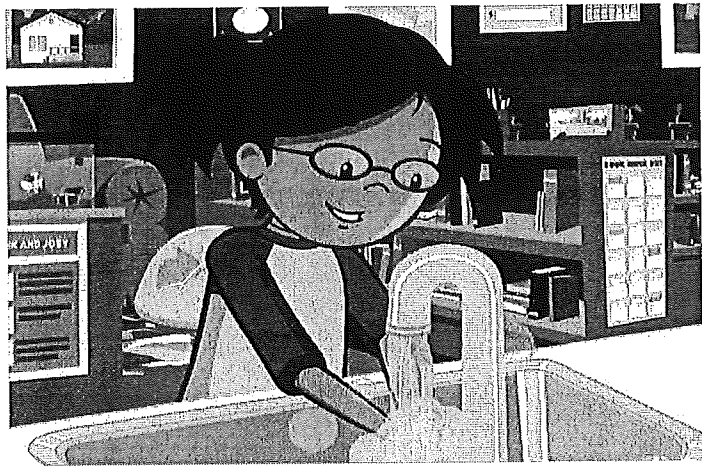


HUMAN GROWTH & DEVELOPMENT

GROUND RULES

- RESPECT WHAT OTHER PEOPLE SAY; NO PUT-DOWNS
- BE SENSITIVE TO OTHER PEOPLE'S FEELINGS
- IT IS ALRIGHT TO "PASS" (NOT ANSWER A QUESTION)
- RESPECT OTHER PEOPLE'S DIFFERENCES
- KEEP DISCUSSIONS AND QUESTIONS AWAY FROM A PERSONAL LEVEL (NO INDIVIDUAL STORIES)
- KEEP ALL COMMENTS MADE BY OTHER STUDENTS CONFIDENTIAL
- THERE ARE NO DUMB QUESTIONS
- USE SCIENTIFIC TERMS INSTEAD OF SLANG

PERSONAL HYGIENE & WASHING HANDS



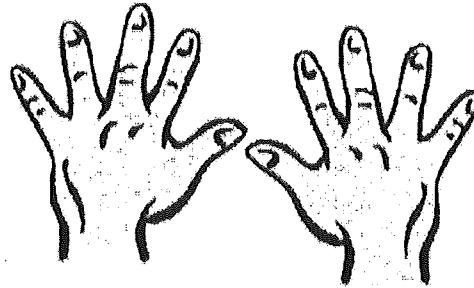
- [HTTPS://JR.BRAINPOP.COM/HEALTH/BEWELL/WASHINGHANDS/](https://jr.brainpop.com/health/bewell/washinghands/)

After learning all about washing our hands, let's fill in this concept map!

When should we wash our hands?

How should we wash our hands?

Washing our Hands



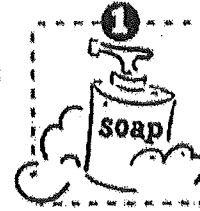
Washing our Hands

What can we do if we need to wash our hands and there is no sink or hot water?

Why is it important to wash our hands?

JUST TO REVIEW!

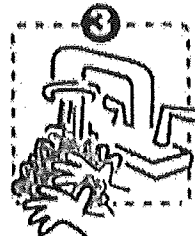
Wash your hands so you can stop germs



Use soap and
running water.



Rub your hands
back and forth.

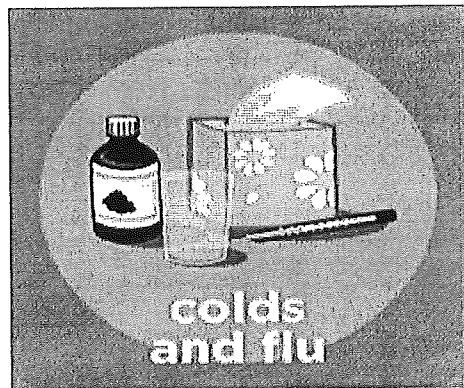


Rinse with water.



Dry hands with
paper towel.

DISEASE PREVENTION – WHY IT'S IMPORTANT

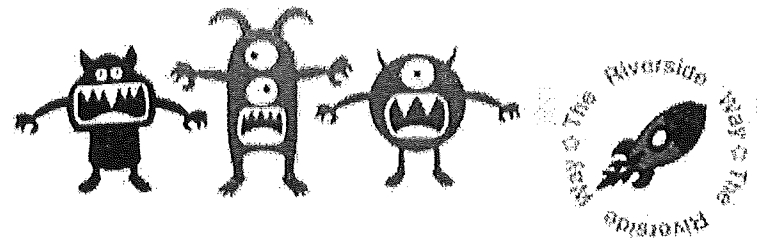


- [HTTPS://JR.BRAINPOP.COM/HEALTH/BEWELL/C
OLDSANDFLU/](https://jr.brainpop.com/health/bewell/coldsandflu/)

JUST TO REVIEW!

PREVENT THE SPREAD OF COLD AND FLU INFECTIONS

- **WASH YOUR HANDS**
- **COVER YOUR NOSE AND MOUTH WHEN SNEEZING OR COUGHING**
- **DISPOSE OF TISSUES PROPERLY**
- **AVOID SHARING DRINKING BOTTLES, CUPS OR UTENSILS**
- **STAY HOME WHEN YOU ARE SICK TO PREVENT INFECTING OTHERS**



WAYS TO PRACTICE GOOD HYGIENE SO GERMS DON'T SPREAD!



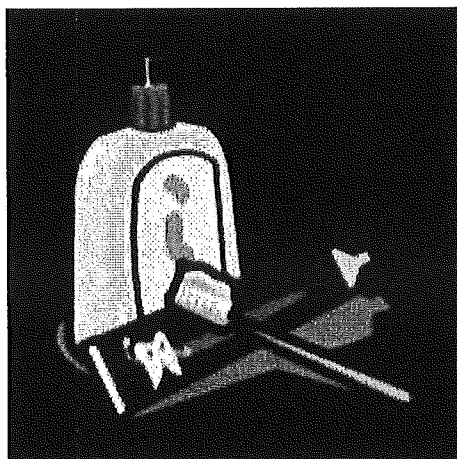
DAY 2

TODAY'S LESSON WILL NOW COVER THE MAIN FACTS REGARDING PUBERTY. OUR CONVERSATION TODAY MAY CAUSE YOU TO HAVE A LOT OF QUESTIONS. THE QUESTIONS MAY BE ONES THAT YOU DON'T FEEL COMFORTABLE ASKING OUT LOUD. WE WILL DISTRIBUTE CARDS FOR YOU TO WRITE YOUR QUESTIONS ON. YOU DO NOT HAVE TO WRITE YOUR NAME ON THESE CARDS. IF YOU DON'T HAVE A QUESTION, SIMPLY WRITE "NO QUESTION AT THIS TIME" AND HAND TO ME. THE CONVERSATIONS WE HAVE IN THIS ROOM CAN BE SHARED WITH YOUR PARENTS BUT ARE NOT FOR GOSSIP ON THE PLAYGROUND.

GROUND RULES

- RESPECT WHAT OTHER PEOPLE SAY; NO PUT-DOWNS
- BE SENSITIVE TO OTHER PEOPLE'S FEELINGS
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REVIEW OF PERSONAL HYGIENE!



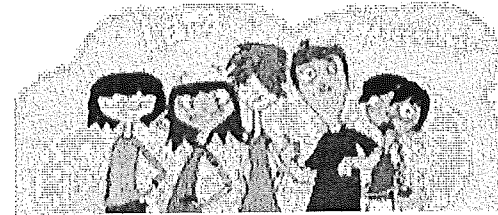
- [HTTPS://WWW.BRAINPOP.COM/HEALTH/PERSO
NALHEALTH/PERSONALHYGIENE/](https://www.brainpop.com/health/personalhealth/personalhygiene/)

WHAT PHYSICAL CHANGES DO YOU THINK ALL CHILDREN MIGHT EXPERIENCE?

- **GROW VERY QUICKLY (GROWTH SPURT)**
- **SWEAT MORE (CAUSING MORE BODY ODOR)**
- **OILY SKIN (CAUSING ACNE "PIMPLES")**
- **VOICE CHANGES**
- **ACHING MUSCLES AND JOINTS (GROWING PAINS)**
- **GIRLS USUALLY BEGIN PUBERTY 1-2 YEARS BEFORE BOYS**



A TIME OF CHANGE



- **PUBERTY IS THE TIME WHEN YOUR BODY CHANGES FROM A CHILD'S BODY TO AN ADULT BODY.**
- **PUBERTY USUALLY BEGINS BETWEEN THE AGES OF 9 AND 16.**
- **DURING PUBERTY, GLANDS IN YOUR BODY BEGIN TO PRODUCE HORMONES – CHEMICALS THAT CAUSE THE CHANGES OF PUBERTY.**
- **HORMONES SIGNAL THE DIFFERENT PARTS OF THE BODY TO GROW AND DEVELOP.**

PHYSICAL CHANGES (BOYS)

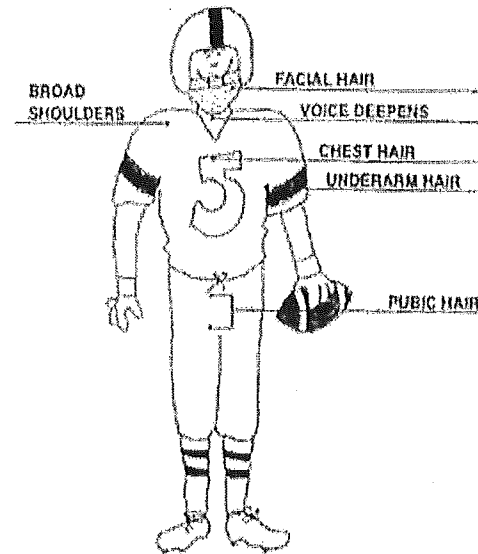


- **SHOULDERS GET BROADER**
- **INCREASED BODY WEIGHT (MUSCLE MASS)**
- **HAIR GROWS UNDER ARMS, ON ARMS, LEGS, CHEST, & FACE**
- **PENIS AND TESTICLES GROW LARGER**

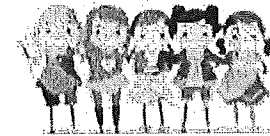
MALE REPRODUCTIVE SYSTEM TERMS

- **PENIS – THE MALE SEX ORGAN: ALSO USED TO URINATE**
- **SCROTUM – SAC OF SKIN THAT HOLDS THE TESTICLES, JUST UNDERNEATH THE PENIS**

PUBERTY IN MALES (SG-2)



QUESTIONS & ANSWERS



WE WILL NOW DISTRIBUTE CARDS FOR YOU TO WRITE YOUR QUESTIONS ON. YOU DO NOT HAVE TO WRITE YOUR NAME ON THESE CARDS. IF YOU DON'T HAVE A QUESTION, SIMPLY WRITE "NO QUESTION AT THIS TIME" AND TURN IT OVER. THE CONVERSATIONS WE HAVE IN THIS ROOM CAN BE SHARED WITH YOUR PARENTS BUT ARE NOT FOR GOSSIP ON THE PLAYGROUND.

IF WE DO NOT ANSWER YOUR QUESTION, IT IS BECAUSE WE CANNOT ANSWER YOUR QUESTION.