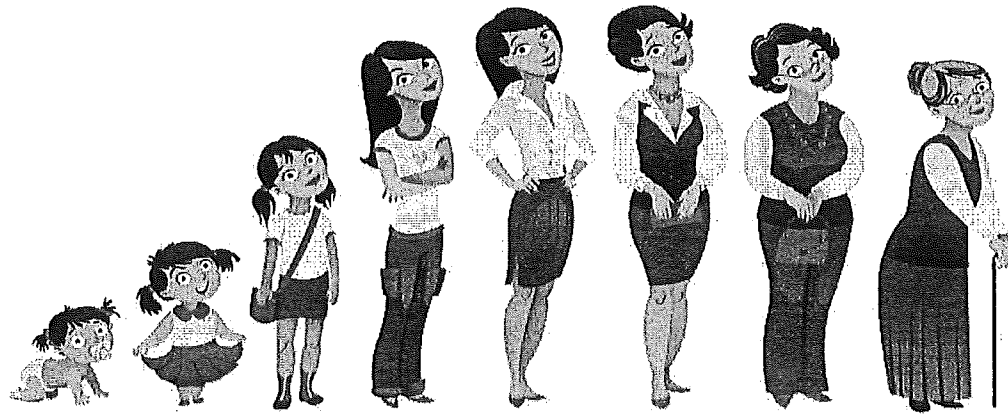


HUMAN GROWTH &
DEVELOPMENT



3rd Grade

Ground Rules:

- Respect what other people say, no put-downs
- Be sensitive to other peoples feelings
- It is okay to "pass" (not answer a question)
- Respect other peoples differences
- Keep discussion away from a personal level
- Keep things shared by other students **confidential**
- There are **no** dumb questions!
- Use correct terminology not slang



- **Hygiene:** conditions or practices (such as cleanliness) necessary for good health.
- *She has good personal hygiene.*

So... what is
'hygiene'?



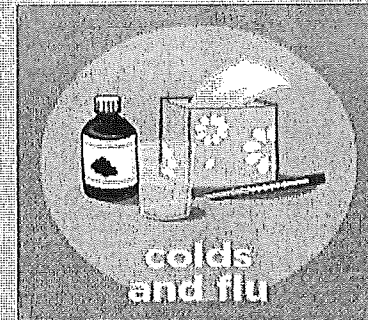
Personal Hygiene & Washing Hands

- <https://jr.brainpop.com/health/bewell/washinghands/>

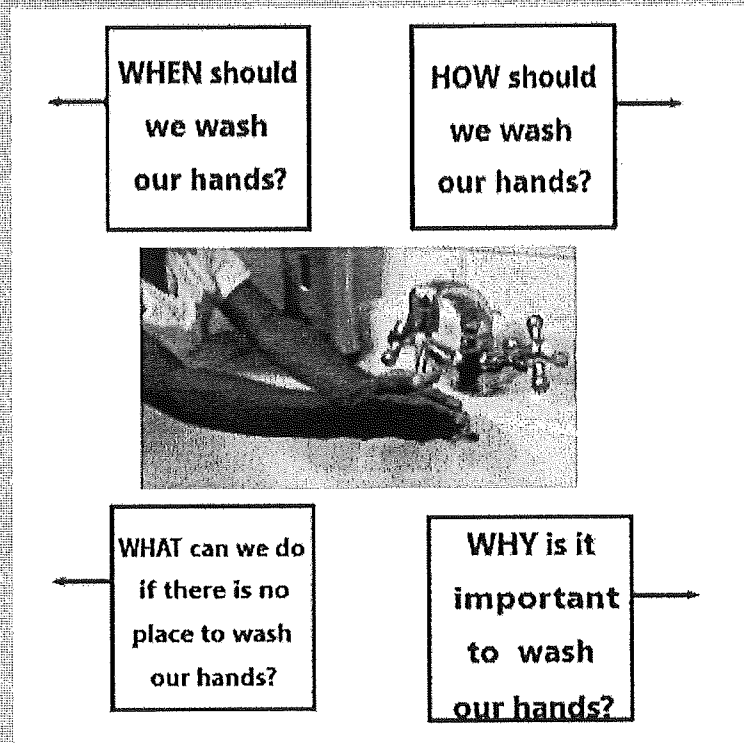


Disease Prevention – Why it's Important

- <https://jr.brainpop.com/health/bewell/coldsandflu/>

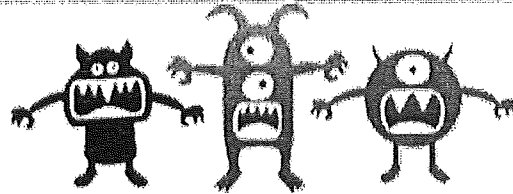


Let's Review – Washing Hands!

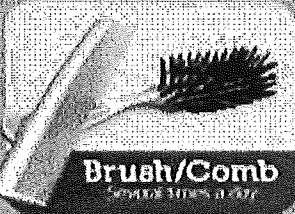
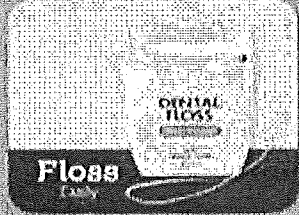
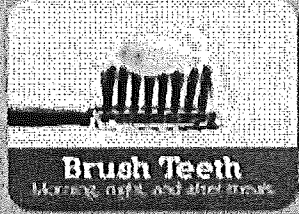
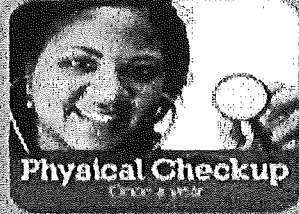
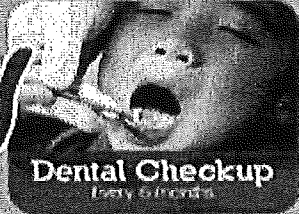


Let's Review – Prevent spreading germs!

- Prevent the spread of cold & 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



Get happy about good hygiene!



REMEMBER!

It takes more than just *Good Hygiene* and hand washing to take good care of yourself!

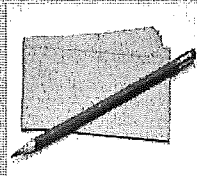
- Hygiene
 - Body
 - Nails
 - Teeth
 - Hair
- Diet
- Sleep
- Exercise
- Homework

These are important too!

HG & D – Day 2

Today's lesson will now cover the main facts regarding growing up – mentally and physically.

Our conversation today may cause a lot of questions. The questions may be ones that you do not 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 the cards. At the end of the lesson we will collect the cards. If you do not have a question, simply write "No questions".



- The conversations we have in this room can be shared with your parents – but are not for gossip on the playground.



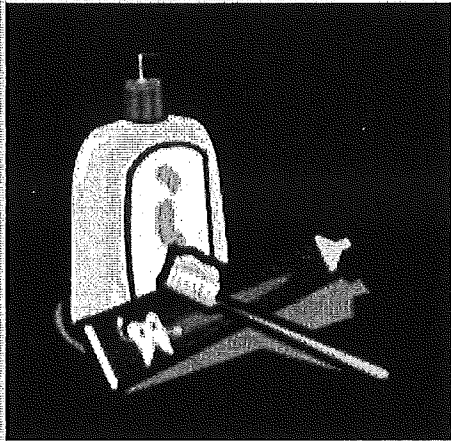
Ground Rules: (Same as Day 1)

- Respect what other people say, no put-downs
- Be sensitive to other peoples feelings
- It is okay to "pass" (not answer a question)
- Respect other peoples differences
- Keep discussion away from a personal level
- Keep things shared by other students **confidential**
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Review of Day 1 – Personal Hygiene

- <https://www.youtube.com/watch?v=YBGsoimPXZg>

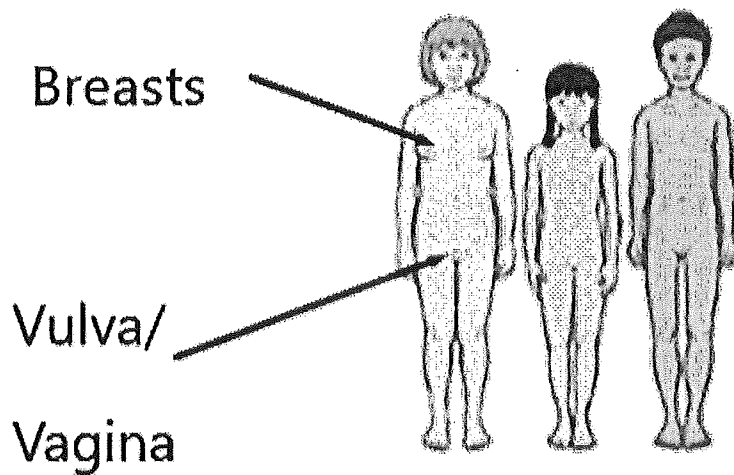


- Girls' bodies and minds grow and change at different rates... this is totally normal!
- Let's take a look at some of those **body** and **mind** changes!

You are
growing up!



"So what can I
expect?"



YOUR **BODY**...

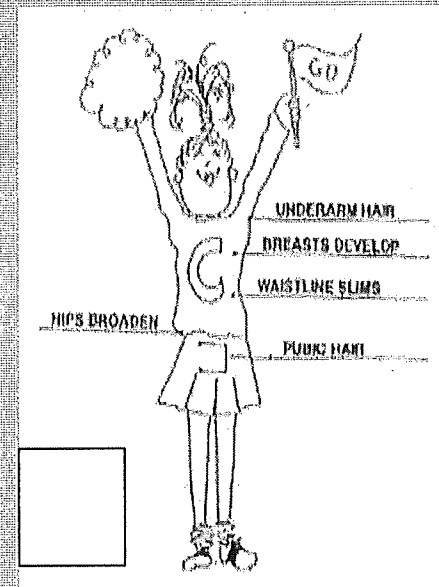
Girls bodies come in many different shapes and sizes, but they all have the same parts...

As you grow, you will start to notice some changes.

As girls grow up, their bodies will grow and change...

As you grow, you may notice some of these changes...

- Development of breasts
- Appearance of hair in under arm area
- Widening of hips and appearance of pubic hair
- Growth spurt
- Mood changes
- Acne



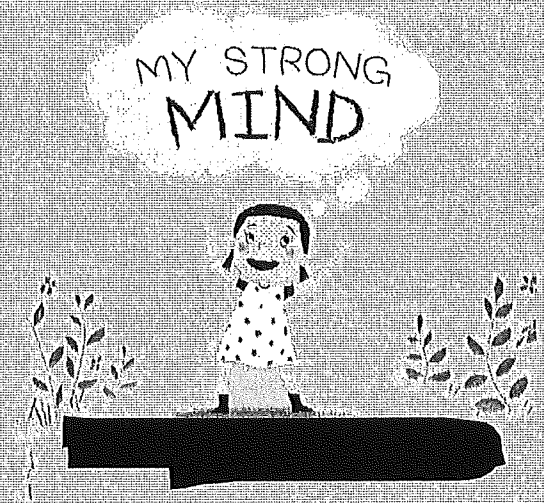


◦ <https://www.youtube.com/watch?v=gj30YcK3894&t=1s>

As you grow and change, it is important to have good personal hygiene!

Your MIND...

- As you grow, you may also gain more independence and responsibility within your family... this depends on your MIND, decision making skills, and family beliefs.
- Some things you may do as you become more responsible...
 - Help with chores
 - Make/prepare food
 - Use tools
 - Cross streets
 - Help with siblings
 - Complete homework



◦ Yes – you are getting **older**, and **more responsible**, but you *still* need your **parents and/or trusted adults** to help you learn, grow and stay safe.

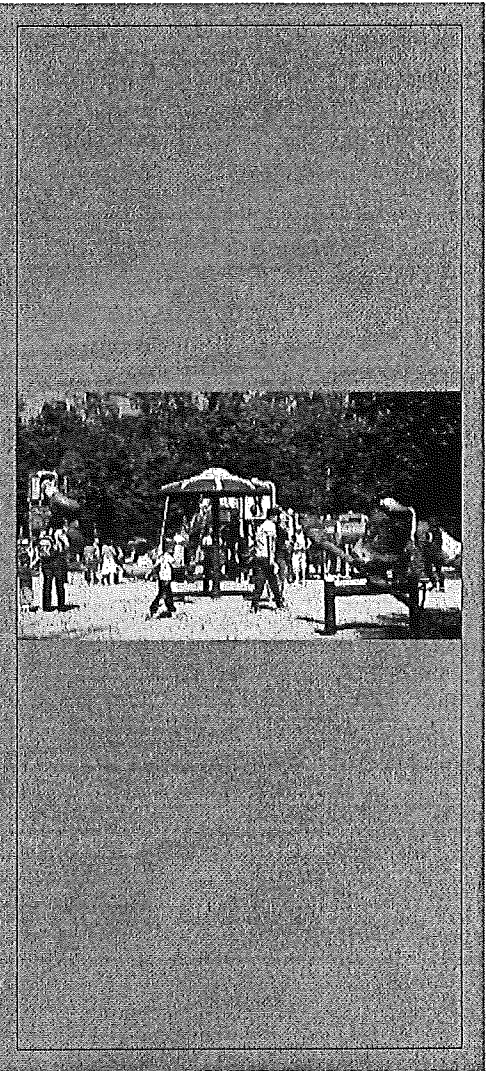
◦ Let's talk safety –

◦ Think about how you might handle the following situations...

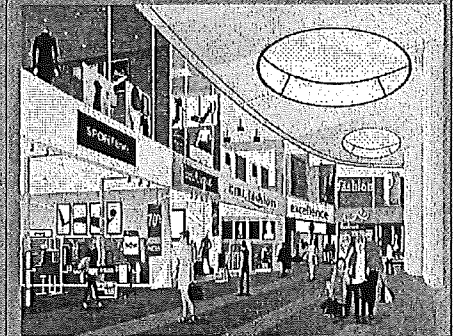
You are playing at the playground. An adult approaches and asks for help. What should you do?



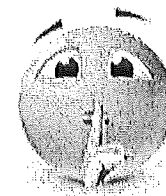
You are playing at the playground. An adult wanders around you and seems to be watching you. He/she does not have any kids with them. What should you do?



You are at the mall with your mom or dad. You get distracted and cannot find your parent. What should you do?



QUIET PLEASE



Take a moment to jot down a question if you have one...

If you have **no** questions, just write "no questions"!