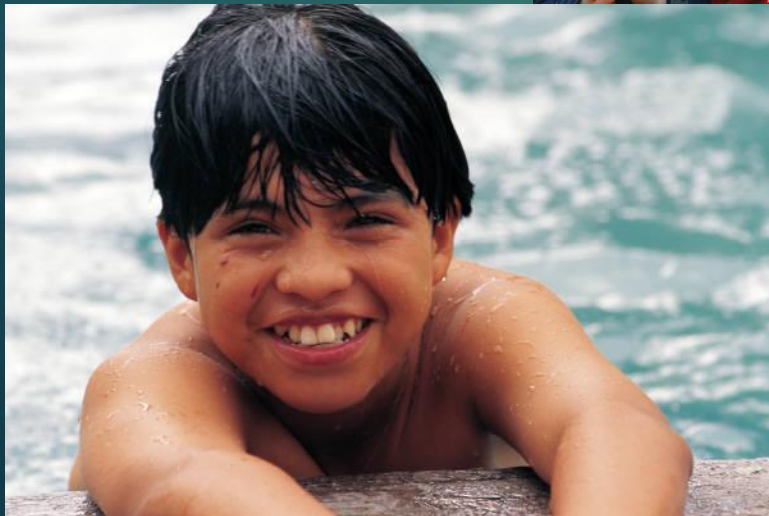


# Growth and Development

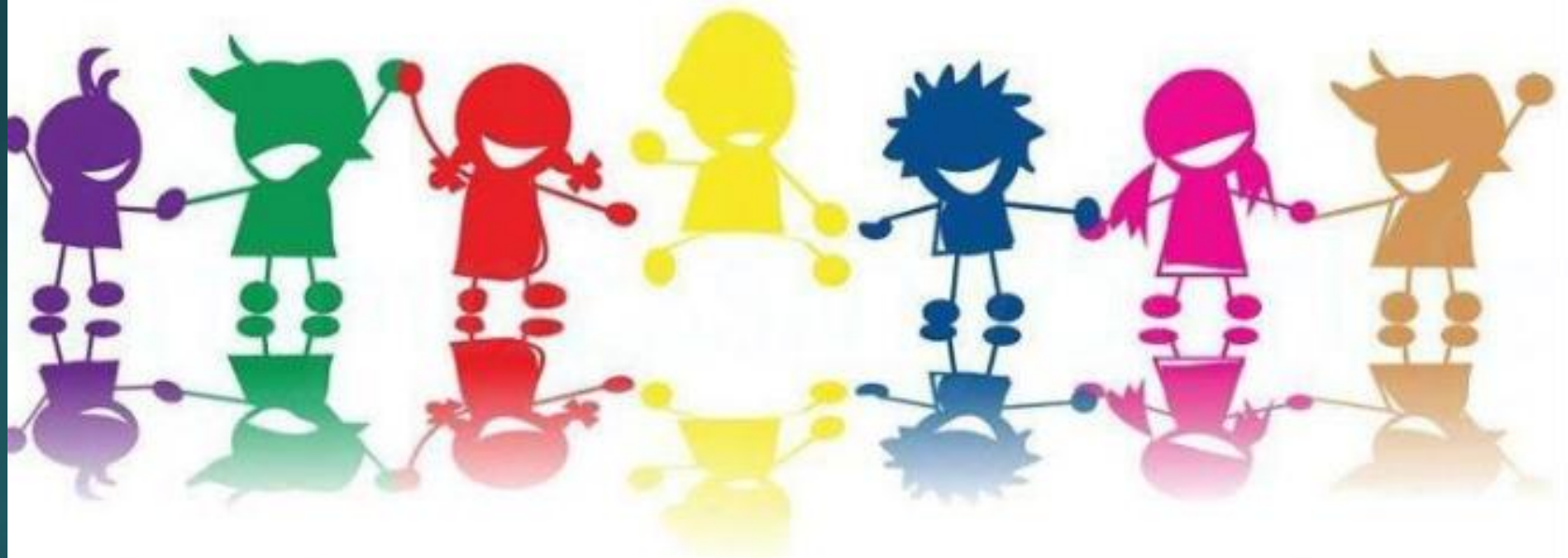


# Ground Rules/Guidelines



- ▶ Don't be afraid to ask questions
- ▶ There are no stupid questions
- ▶ Be respectful to the instructor and your classmates
- ▶ No Personal Stories
- ▶ Use appropriate medical terms

When I see you through my eyes,  
I think that we are different.



When I see you through my heart,  
I know we are the same.

~Doe Zantamata

# SHOW VIDEO

The image shows a web browser window with several tabs open. The active tab is displaying a video player interface. The browser's address bar shows the URL: [safari.ksd.org/SAFARI/generated/embedlinks/6c9a3cc50d7c1dad637beb75c354edc0.mp4](https://safari.ksd.org/SAFARI/generated/embedlinks/6c9a3cc50d7c1dad637beb75c354edc0.mp4). The video player shows a progress bar at 0:00 / 19:00 with a play button icon. A toolbar at the bottom includes icons for Mouse, Pen, Rectangle, Stickers, Eraser, and a 'START WEBCAM' button.

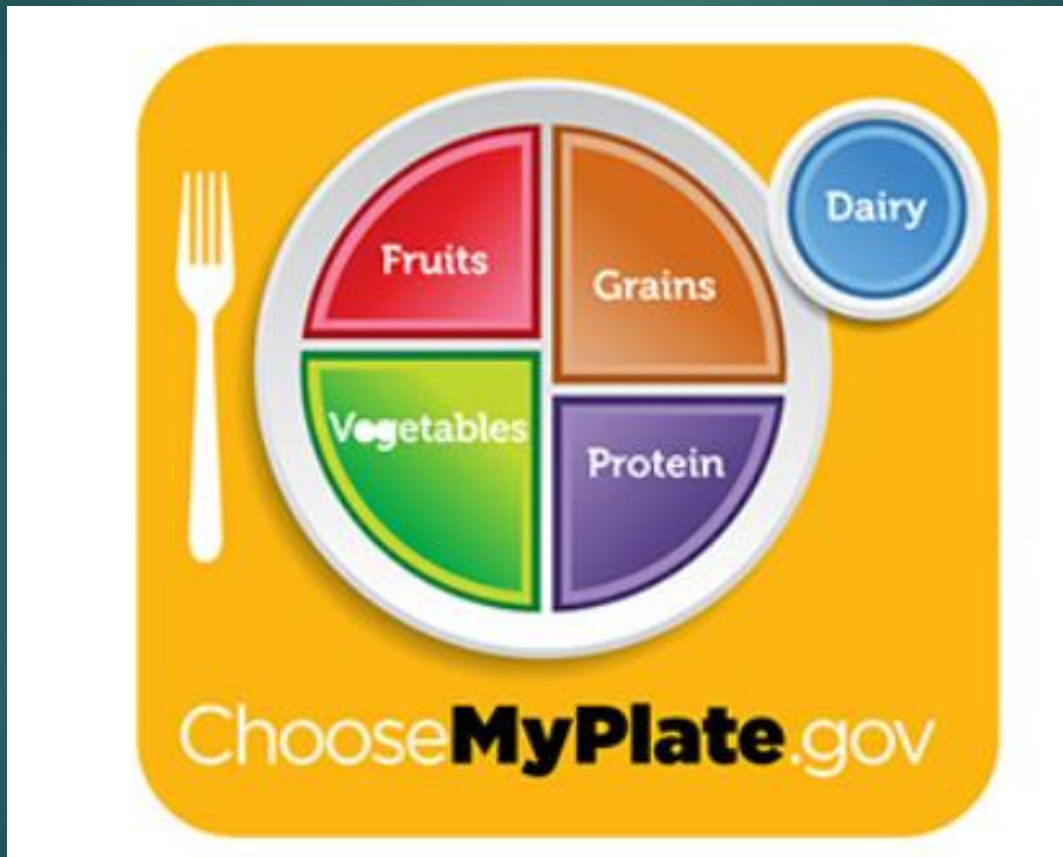
Wait for it to load then click to play

# Exercise

- ▶ Makes you stronger, healthier and gives you more energy.
- ▶ Does not have to be boring.
- ▶ Choose something you like to do. Run, play basketball, soccer, or ride your bike.
- ▶ Need to do at least **30** minutes of exercise per day.
- ▶ Helps your body get more oxygen to your brain so you can think more clearly



# How my plate should look



# Water

- ▶ Makes up 70% of our body weight
- ▶ Need eight glasses of water a day
  - ▶ Should drink water even if do not feel thirsty
  - ▶ Beverages like pop, coffee, tea or hot chocolate DO NOT count-ENERGY DRINK=DANGER!
  - ▶ Drink extra water to stay hydrated when exercising or working in the hot sun
  - ▶ When you feel thirsty, your body is telling you it needs water.



# Personal Hygiene

## ▶ Sweating

- ▶ Body produces more sweat, resulting in body odor

## • Controlling Body Odor

- ▶ Bathe/shower daily with soap
- ▶ Use deodorant or antiperspirant
- ▶ Put on clean clothes and socks daily





# Personal Hygiene

## ▶ Skincare

- ▶ Oil glands in your skin become more active
- ▶ Oil and dead skin cells lead to acne
- ▶ Cleanse skin twice a day
- ▶ Don't worry, acne is a normal part of puberty



# Personal Safety

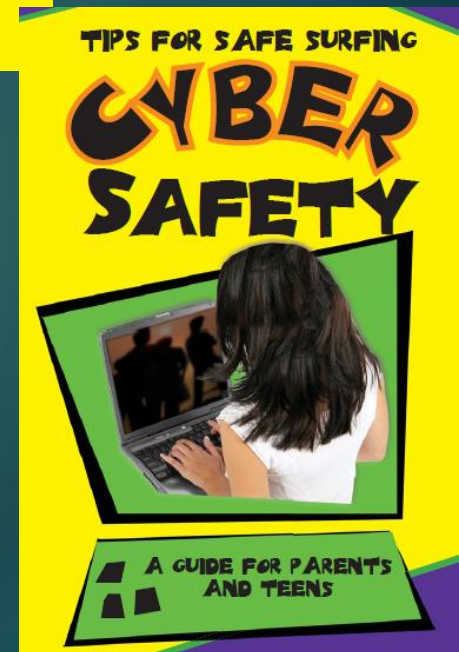
- ▶ Wear helmet when riding on anything with wheels
- ▶ Wear protective gear when playing sports
- ▶ Wear protective gear when skateboarding
- ▶ Wear a life jacket when boating or near water



# Internet safety

- Don't respond if someone is bullying you or your friends electronically – tell your parent, an adult at school, or a person you trust.
- Tell an adult if you receive messages that make you feel uncomfortable, are cruel, or are designed to hurt you or someone else.
- Don't share information online that could be embarrassing.
- Don't share personal information, such as your name, age, address, or phone number.

- Nothing you do is private
- Be Smart
- Know when to tell



# Healthy Bodies

- ▶ Stay active – exercise
- ▶ Eat nutritious foods
- ▶ Regular bathing and dental care
- ▶ Personal safety



# Questions