

# North Allegheny School District Growth and Development

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Grade 4 Boys

# Class Objectives

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- Acquire knowledge about personal hygiene including showering, deodorant, brushing teeth, and changing clothes regularly.
- Introduce the term “puberty”.
- Discuss general changes during puberty related to personal hygiene such as increase in body odor, sweating, and oily skin.
- View video *Keep It Clean* (Marsh Media, item #:9561IN)
- Open discussion reflection on class content with the intent of fostering parental discussion.

# About the Video: *Keep it Clean! Hygiene For Boys, Grades 4*

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This video introduces:

- The topic of puberty
- The importance of personal hygiene during this time including bathing daily, clean clothes, body odor, dental hygiene, treating acne, and the importance of proper handwashing in halting the spread of germs and more serious infections.
- Positive self-esteem