



CCPS

Collier County
Public Schools

Human Growth and Development Unit

Males: Grade 4



Classroom Expectations

Classroom Expectations:

- We will act in an appropriate and respectful manner, no name-calling, and will always use appropriate language.
- Personal stories will not be shared. Please place all questions in the question box if you need further information. Remember what is shared may need to be discussed with counselors or parents.
- Be kind to yourself and others, that extends to our growing, changing bodies, and remember to practice building self-esteem/respect daily.



Expected Learning Outcomes

- **Directions:**

- Using small groups, provide one of the Learning Targets below to each group. Allow them to brainstorm to see what they already know then record their knowledge. They will revisit and revise their knowledge at the end of the unit after learning the critical content. Monitor and honor appropriate and meaningful responses.

By the end of this unit, the student can:

1. Explain the characteristics of valid health information, products and services.
2. Explain when help is needed in making health-related decisions, including who to ask and why it is important to ask.
3. Explain how behavior affects personal health. Identify examples from this unit.
4. Explain how human body parts and body systems function specific to growth and development.
5. Explain how to avoid or reduce health risks and be responsible for health behaviors. Identify examples from this unit.





Module 1:

Life skills reviewed, endocrine system, puberty, anatomy structures and functions.

Learning Target Breakout Activity

- Each table group will receive one of the guiding topics/questions below.
- Using your notes, discuss and record thoughts that best support your group's ideas related to your breakout areas. Remember to keep what you have as we will revisit this activity later to revise knowledge after lesson content is provided.

When/who/why should you seek help in making health-related decisions?	How might your behaviors affect your personal health?	What actions can help you avoid health risks?
How can you access valid and reliable information?	How might your health behaviors impact your human growth and development?	When should you seek help in making a health-related decision? Who can you ask for help? Why should you ask?



Word Sort Activity

Endocrine System

- **Directions:**

- On the next slide, you will see a list of words from the Endocrine System.
- Sort the words on the next slide under each category: Unknown, Known, Familiar

Endocrine System

Word Sort

Known	Unknown	Familiar

Estrogen Gland Pituitary Gland Hormones Human Growth Hormone

How does the Body Work?

Investigating the Endocrine System



Endocrine System/Glands

Pituitary Gland

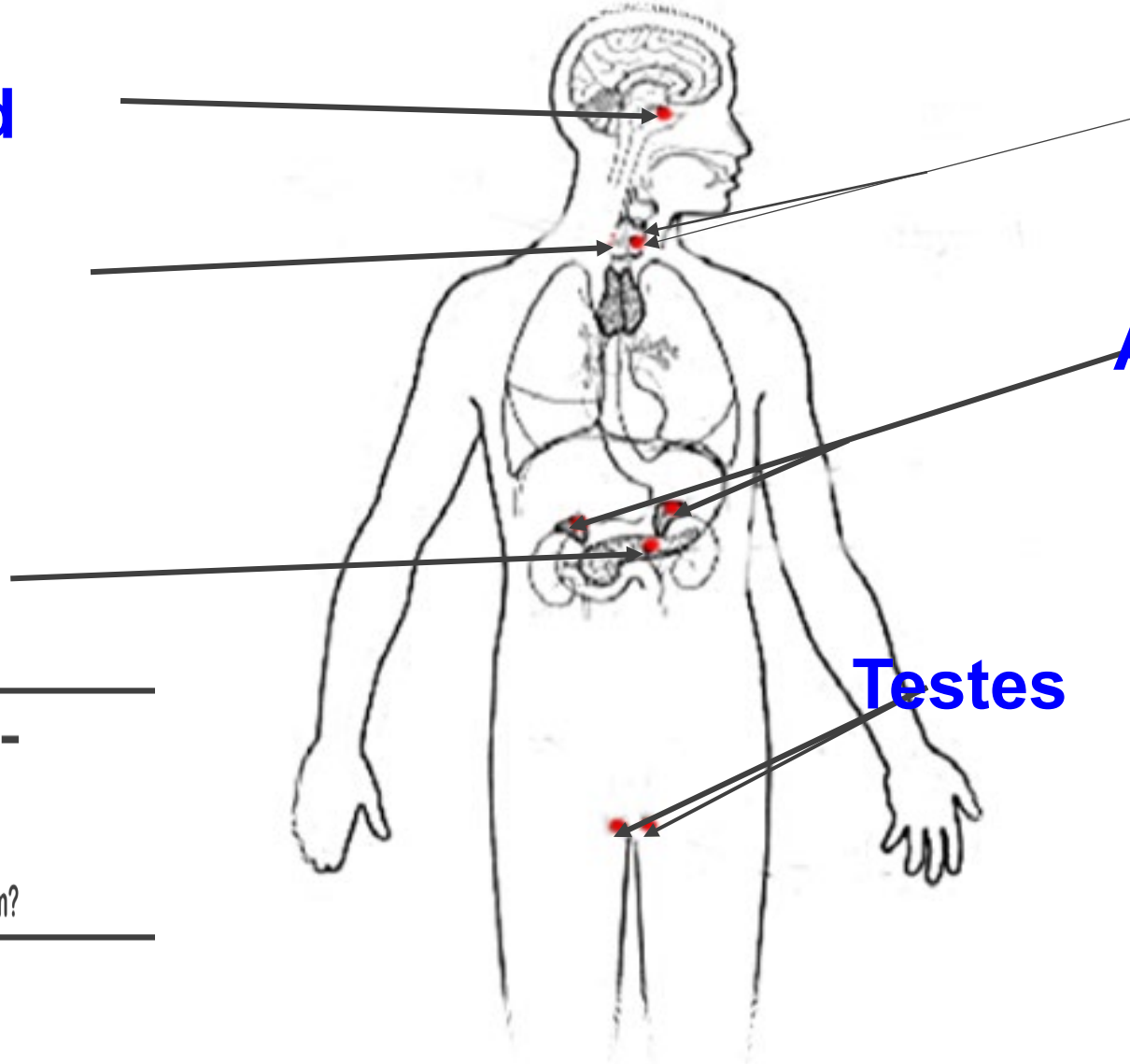
Thyroid Gland

Pancreas

Parathyroid Glands

Adrenal Gland

Testes



Checking for Understanding Activity -

For example: Which gland produces eggs?

- 1) Which of the structures creates insulin?
- 2) Which gland is also part of the reproductive system?



Endocrine System Health Vocabulary

- **Gland:**
 - An organ that releases chemicals into the body is a gland.
- **Pituitary Gland:**
 - A very important gland. Also called the “master gland” since it controls so many body functions.
- **Hormones:**
 - Hormones are chemicals that start, change, or stop certain body processes.
- **Testosterone**
 - Hormones that produce secondary sex characteristics.
- **Human Growth Hormone (HGH):**
 - A hormone made by the pituitary gland necessary for normal growth.
- **Testes:**
 - Male sex glands, responsible for the development of the primary and secondary sex characteristics and where sperm are created.
- **Secondary Sex Characteristics**
 - Body changes that occur during puberty.



What is Puberty?

- Puberty is the time when a young person's body begins maturing and changing to become like an adult.
- At puberty, many changes begin.
- Puberty usually begins two years earlier for girls than for boys.
- For most boys, puberty begins between 11 and 12 years old.
- The changes may take place over several years.
- When these changes are complete, the person is physically mature.



Other Changes in Puberty

- **Environment and Growth**

- Growth spurts and voice changes, sometimes even squeaks/cracks, occur during puberty from various surges in hormones. This is completely normal.
- Growth does not depend only on hormones. How people grow also depends on their lifestyle or how they live.
- People need nutritious food, rest, and exercise to be healthy.
- During puberty, your need for nutrition-rich food and rest increases.
- Because your body is changing so rapidly, it uses more energy than it ever has before.
- In order to be as strong and healthy as you can, you must eat healthy foods and get plenty of sleep.
- Choosing a healthy lifestyle is part of becoming a responsible person.



Predict how lifestyle and health behaviors might affect puberty.



Word Sort Activity

Reproductive System

- Directions:
 - On the next slide, you will see a list of words from the Reproductive System.
 - Sort the words on the next slide under each category: Unknown, Known, Familiar

Reproductive System Word Sort

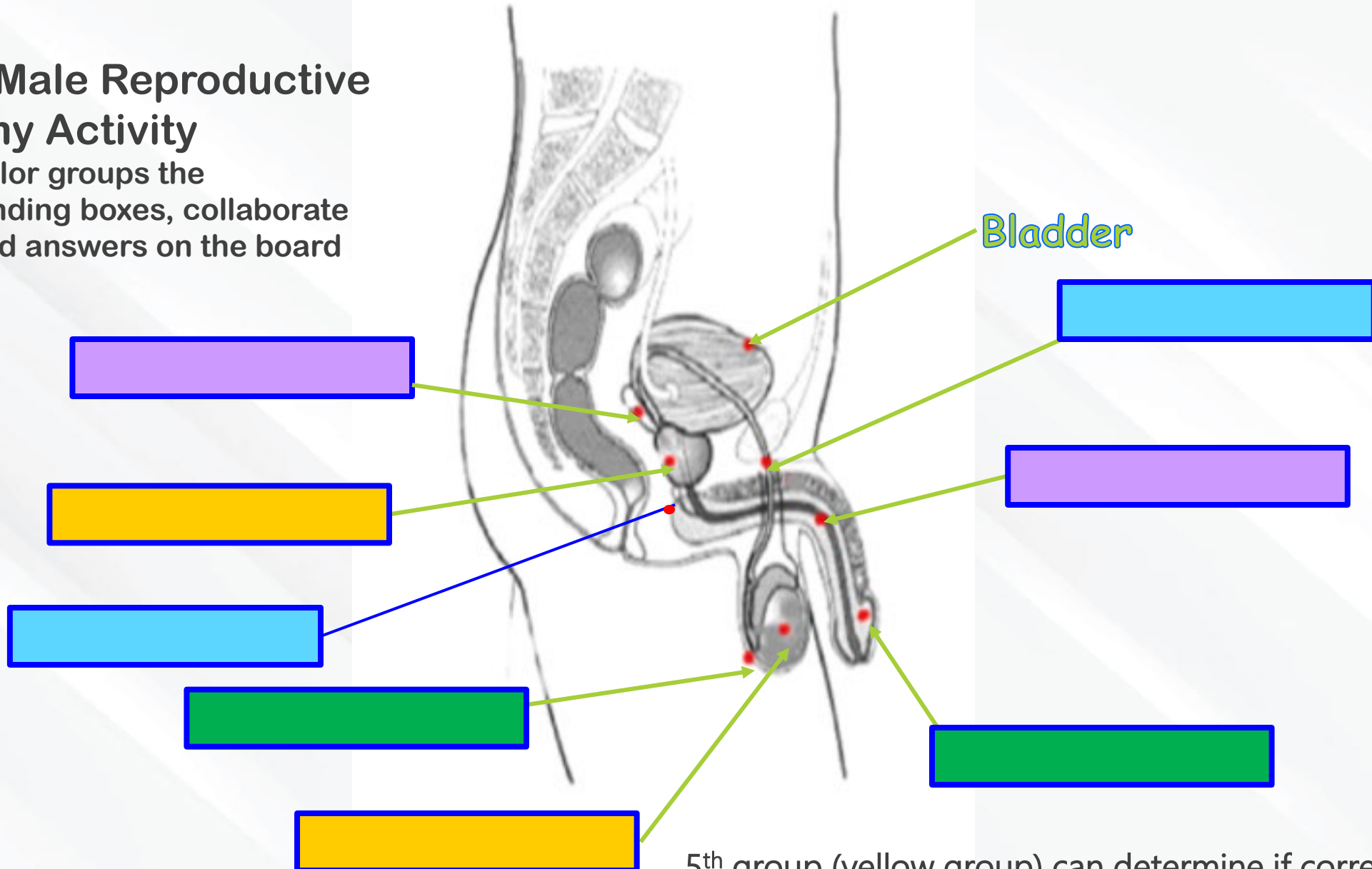
Known	Unknown	Familiar

Penis	Scrotum	Testes	Seminal Vesicles
Vas Deferens	Prostate Gland	Cowper's Gland	Urethra

Male Reproductive System

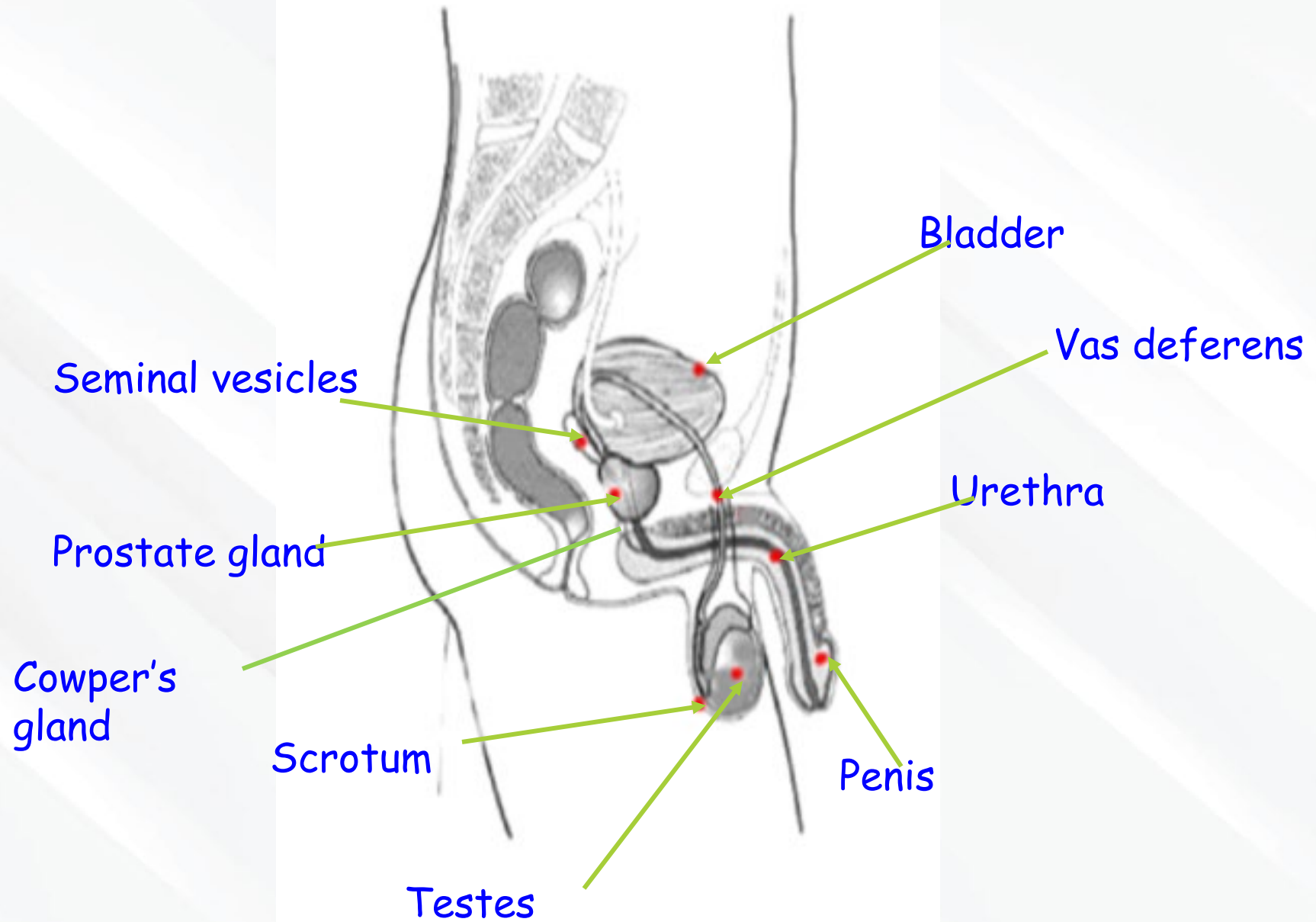
Recall Male Reproductive Anatomy Activity

Assign color groups the corresponding boxes, collaborate and record answers on the board



5th group (yellow group) can determine if correct and revise

MALE REPRODUCTIVE SYSTEM



Male Reproductive Anatomy Vocabulary

- **PENIS:**
 - The male sex organ used to pass urine and semen.
- **SCROTUM:**
 - The sac-like pouch that holds the testes.
- **TESTES:**
 - The two glands that produce testosterone and sperm. The male reproductive cells are called sperm cells.
- **SEMINAL VESICLES:**
 - The two small glands that add a fluid to semen to help sperm move.
- **VAS DEFERENS:**
 - One of two long tubes through which sperm passes from the testes to the urethra.
- **PROSTATE GLAND:**
 - A gland that makes fluid that is added to sperm to help sperm stay alive.
- **COWPER'S GLAND:**
 - A gland that makes the final protective fluid for sperm for easier mobility.
- **URETHRA:**
 - A narrow tube through which urine and semen pass out of the body.



Male Secondary Sex Characteristics

- Increase in height
- Voice deepens (more pronounced “Adam’s Apple”)
- Appearance of facial hair
- Growth of hair under the arms, on the legs, and on the chest
- Growth of hair around the pubic area
- Increase in perspiration
- Broadening of the shoulders
- Increase in muscle mass
- Increase in size of the reproductive organs
- Production of sperm



Question Slip

After listening and participating in the HGD presentations I have a question that I would like answered privately.(select one)

- In person – in private conversation
- Written below and returned to me

My question is _____

Student Name _____ Teacher name _____

Answer: _____

- You should discuss with your parent/guardian
- I cannot answer this question
- I need to refer this question to school counselor and administrative personnel



Reflect and Revise- Learning Targets Activity

- Use the same printable sheet or writable sleeve you have already recorded your initial thoughts for Learning Target Breakout Activity 2, reflect, revise, and record new knowledge or evidence that best supports your group's summation related to your topic area. Each group member should be prepared to share an element as time and information permits.
- Remember the evidence you provide is part of culminating assessment for Q4 Health Education FOCUS assessed learning goals.

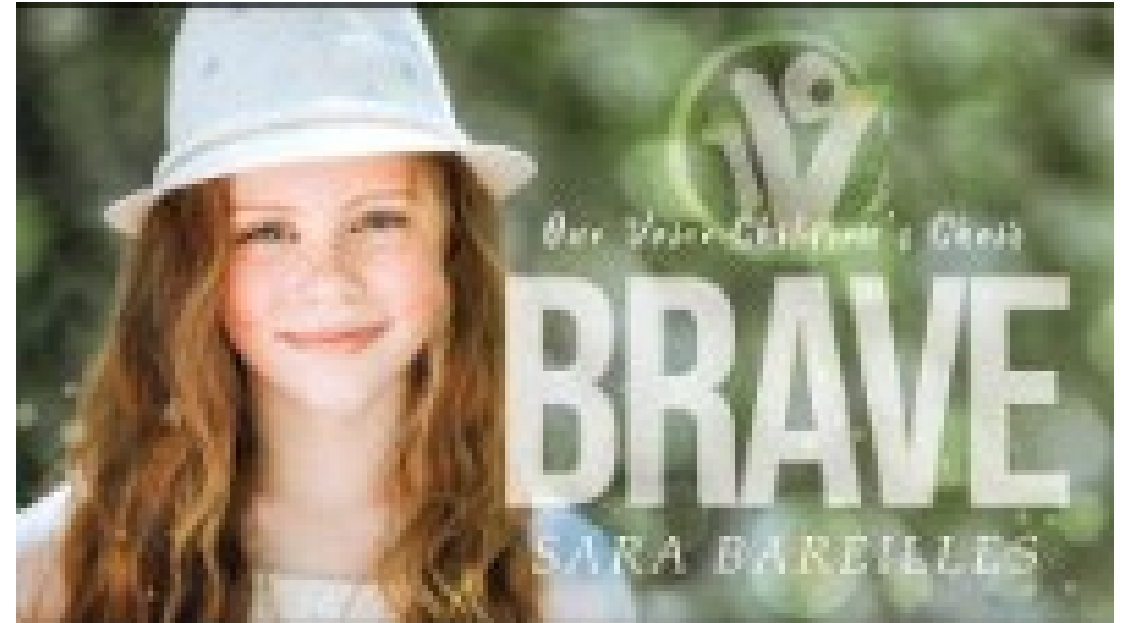
<p>When/who/why should you seek help in making health-related decisions?</p>	<p>How might your behaviors affect your personal health?</p>	<p>What actions can help you avoid health risks?</p>
<p>How can you access valid and reliable information?</p>	<p>How might your health behaviors impact your human growth and development?</p>	

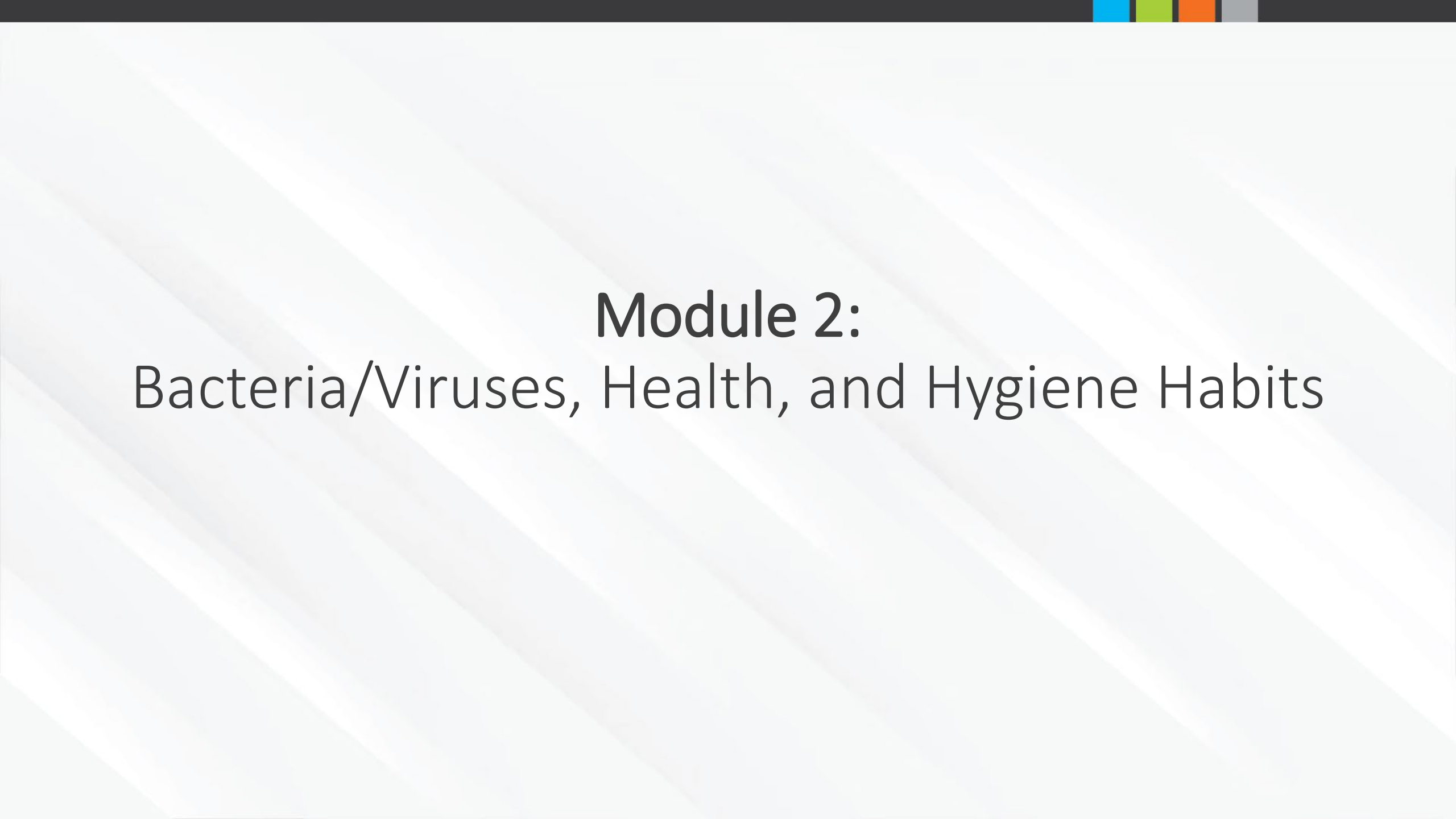


Be Brave

- Being brave is putting your health first.
- Being brave is not holding your feelings and emotions inside until you are hurting.
- Being brave is using kind and encouraging words for yourself and others.
- Puberty is challenging. Be brave, ask questions, and ask for help when needed.
- It's okay to not feel okay today but tomorrow be brave and tell someone you trust how you are feeling.

*Connection Activity: Listen up to 1:20 and think of one nice thing you say to yourself today. Repeat that affirmation 5 times now and every day.





Module 2:

Bacteria/Viruses, Health, and Hygiene Habits

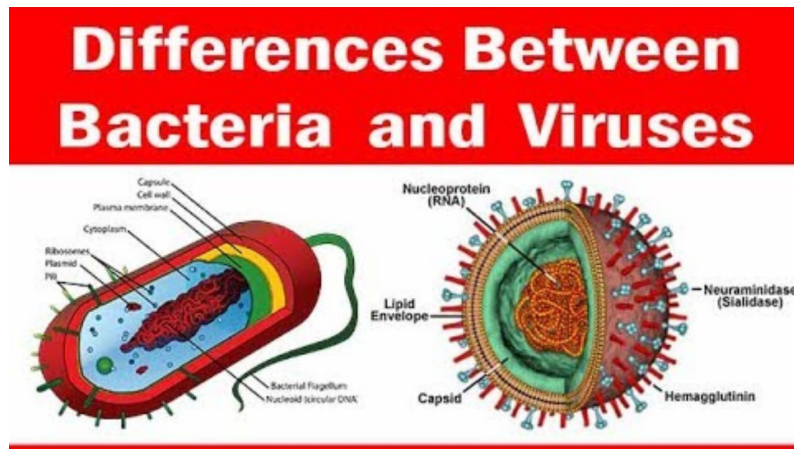
Life Skills Activity

- Each table group received one of the life skill building questions below. Using the printable sheet or writable sleeve, discuss and record preliminary thoughts that best support your group's ideas related to your topic area. Remember to keep what you have as we will revisit this activity later to revise and reflect after content has been discussed further.

How can I demonstrate proper hygiene at home and school?	How can I show respect for myself and my body and respect for others?	How can I access reliable health information, products, and services?
How can practicing daily health behaviors reduce my potential health risks?	How can I show good character at school and home?	How can I show respect for myself and my body and respect for others? • • • • • •

Bacteria and Viruses Activity

- **Compare and contrast bacteria and viruses**
 - Assign each group a focus question, then watch the video, discuss, and share answers.



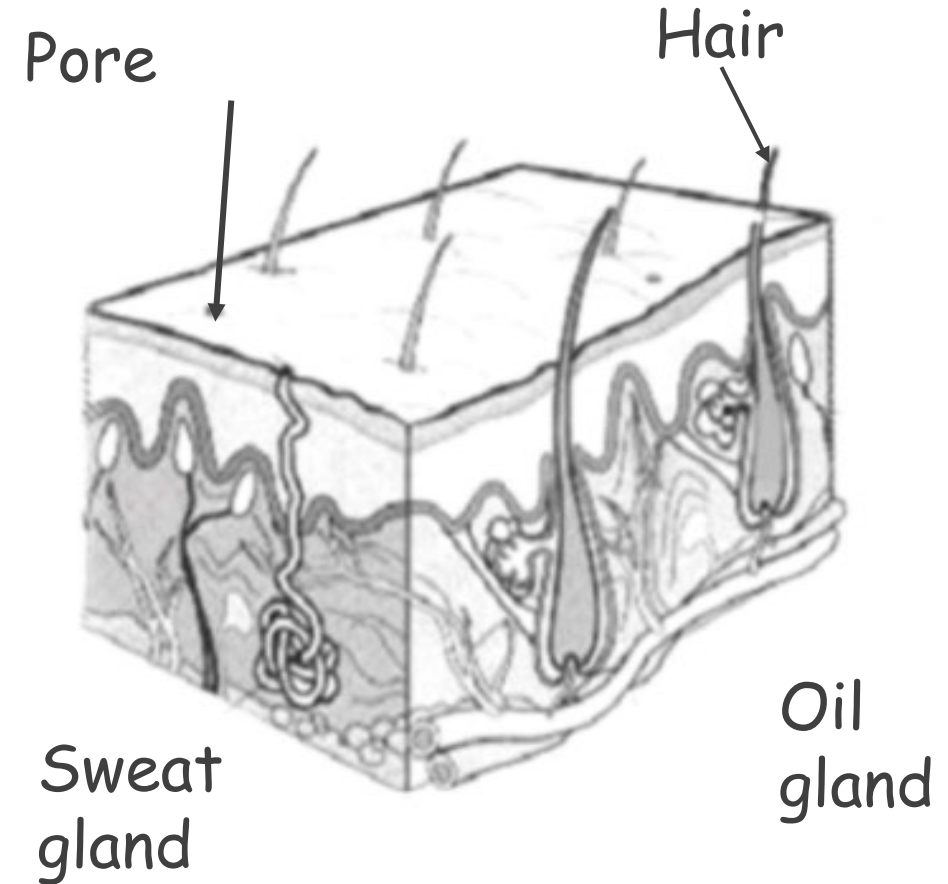
Personal Hygiene

- Remember
 - Bathe or shower every day. Washing with soap and water removes perspiration, dirt, and bacteria.
 - Ask your parents or guardians about deodorant (gets rid of unpleasant odors) and antiperspirant (stops perspiration).
 - Sweat glands become more active during puberty.
 - Hot weather, exercise, or excitement may increase perspiration.



- Oil glands (and certain sweat glands) in the skin develop quite rapidly during puberty.
- The oil glands begin producing much more oil than they did before puberty.
- The tubes leading from the glands may get clogged with dirt, bacteria, and oil, causing infection or pimples. (Acne).
- If you don't have the ability to shower after sleeping or excessively sweating, be sure to wash your face with a gentle face cleanser.

Oil and Sweat Don't Mix



A cross-section of human skin

Acne

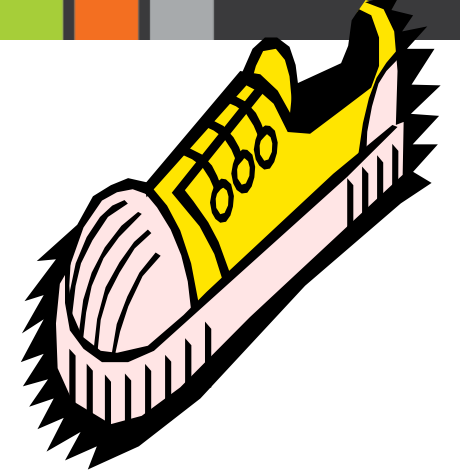
What to Do?

- Acne is a skin disorder in which pores are clogged with oil and germs.
- Acne is common in both boys and girls, but usually worse in boys.
- A doctor cannot cure acne but can provide special treatments to keep it under control.
- When the oil glands in your skin make too much sebum, an oily substance, the oil ducts get clogged with oil and mix with germs on the skin.
- Wash your face every morning with a gentle cleanser.
- Do not touch your face; your hands have dirt and oil on them that can clog pores.
- Use makeup products sparingly and clean makeup brushes often.



Stomp Out Smelly Feet

- Keep your feet dry and clean.
- Wear socks that absorb moisture, such as cotton socks, and wash them after use.
- Use powders or sprays designed for feet and shoes.
- When possible, give shoes a chance to air out.
- Wash sneakers and other shoes if they can be washed. Make sure they are dried properly.



Athletic Supporters

- An athletic supporter is an undergarment that also supports the testes and penis. Sometimes it is also called a jockstrap.



- The protective cup is a plastic cup that is worn to further protect the testes and penis. The cup is placed inside an athletic supporter for protection while participating in sports. Select the size according to waist size.



What You Need to Know about Facial Hair and Shaving

- Boys usually begin to get facial hair between the ages of 14 and 16.
- The first facial hairs appear near the outer corners of the upper lip.
- The hairs begin to fill in and grow toward the middle of the upper lip.
- Facial hair might change color. It may not be the same color as the hair on the head.
- Discuss whether or not to shave facial hair with family. You should get permission from your parents or guardians before shaving for the first time.



Do Not Share a Razor to Shave

Sharing razors can spread germs.

If you shave, you might get nicks and cuts.

The nicks and cuts might be so small that they cannot be seen, but blood can get on the razor.

Blood could contain bacteria or viruses.

3 types of Razors:

Electric (do not use near water)

Battery-powered (may get wet)

Blade (manual)



REMEMBER:
ALWAYS get parent's
permission to shave!

Razor Burn

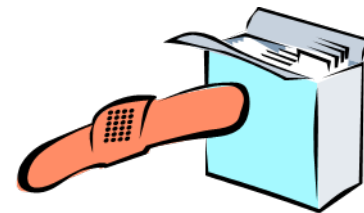
- Razor burn is red, itchy skin that stings.
- You get razor burn from:
 - Shaving with a dull blade (discard blades that cause irritation).
 - Pressing too hard.
 - Shaving dry skin.
- Let the area heal before shaving again. See a doctor if it does not heal in a few days. Razor burn can become infected if it is not treated properly.
- Remember to always get parents permission to shave.



Nicks and Cuts



- What happens if I cut myself while shaving?
 - If available, you may press a styptic pencil against a nick or cut. It is coated with chemicals that will make the bleeding stop.
 - If you don't have a styptic pencil, use a tissue or towel. Wait 3-5 minutes and the bleeding will stop.
 - Allow the nick or cut to heal before shaving over it again.



What to Know about Testicular Health

- You should perform a testicular exam regularly after puberty has begun.
- A testicular self-exam (TSE) is an easy way for males to check their own testicles to make sure there aren't any unusual lumps or bumps, which can be the first sign of testicular cancer and the most common cancer for males ages 19-34.
- Try to do a TSE every month so you become familiar with the size and shape of your testicles. This makes it easier to tell if something feels different.
- Choose the right time to do your exam. It's best to do it during or just after a hot shower because:
 - the scrotum (skin that covers the testicles) is most relaxed during or after a shower, which makes it easier to feel the testicles for lumps
 - lumps may be as small as a piece of rice or a pea
- Alert your parents right away if you notice any changes.



Questions boys your age might have

- **Many girls in my class are taller than the boys. I am the shortest one of all. Will I always be short?**
 - Your genes from your biological parents predict your height. Boys can have growth spurts up to age 21 dependent on hormones, growth plates, and environmental factors.
- **I want to have big muscles. Is it ok to take steroids?**
 - It is never okay to take steroids unless prescribed by your physician for specific treatment and must be followed and monitored very closely. Anabolic Steroids are illegal, synthetic drugs that have many harmful side effects. Steroids often cause shrinking of testicles, breast growth, hair loss, violent mood swings, and higher risk of testicular cancer.
- **Sometimes I have muscle pains that come and go. Mom says I have growing pains. Are growing pains normal?**
 - It is normal to have muscle pains or tenderness located at growth plate areas. They should not last and will likely not reoccur. Get plenty of rest, drink a lot of water, and eat healthy to support all your normal growth spurts. Smoking and drug use can inhibit normal growth spurts, as well as muscle and organ development.
- **My voice goes up or squeaks sometimes when I talk. Is this normal?**
 - It is normal for voices to change when hormones begin to release, and the larynx and trachea develop. Smoking and drug use can alter normal voice development as well.

****Read Guy Talk and think of any appropriate questions you may have or have thought about. If you still need an answer, please use the question slip and put it in the question box.***



Hygiene Highlights

- **Determine three things that you will make priorities in your personal hygiene. Record your list in your notes or journal.**
 - Examples:
 - I will bathe thoroughly every day to reduce dirt, oils, and odor.
 - I will use deodorant to reduce odors caused by sweat and bacteria.
 - I will limit touching my face to avoid spreading germs and clogging pores.

MY PERSONAL HYGIENE PRIORITIES		
Health Connection:		

Health Skill: When you feel clean, you feel good. When you take the time to groom, you invest in yourself. Think of one thing you do in your personal hygiene that makes you feel good. (Ex. Style your hair)



Reflect and Revise – Life Skill Building Activity

- Use the same printable sheet or writable sleeve you have already recorded your initial thoughts on to reflect, revise, and record new knowledge or evidence that best supports your groups summation related to your topic area. Each group member should be prepared to share an element as time and information permits. Remember the evidence you provide is part of your culminating assessment for Q4 Health Education FOCUS assessed learning goals.

How can I demonstrate proper hygiene at home and school?

How can I show respect for myself and my body and respect for others?

How can I access reliable health information, products and services?

How can practicing daily health behaviors reduce my potential health risks?

How can I show good character at school and home?



Question Slip



After listening and participating in the HGD presentations I have a question that I would like answered privately.(select one)

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My question is _____

Student Name _____ Teacher name _____

Answer: _____

- You should discuss with your parent/guardian
- I cannot answer this question
- I need to refer this question to school counselor and administrative personnel



Module 3

Accessing Valid and Reliable Information,
Products, and Services

Expected Learning Outcomes

- The standards can be addressed through many elements of this unit. Language Arts, Math, and Science Standards may also be reflected.
- Directions:
 - Using 5 small groups, provide one of the learning targets below to each group. Allow each group to brainstorm to see what they already know and then record their knowledge. They will revisit and revise their knowledge at the end of the unit after learning the critical content. Monitor and honor appropriate and meaningful responses.

By the end of this unit, the student can:

1. Explain the characteristics of valid health information, products, and services.
2. Explain when help is needed in making health-related decisions, including who to ask and why it is important to ask.
3. Explain how behavior affects personal health. Identify examples from this unit.
4. Explain how to avoid or reduce health risks and be responsible for health behaviors. Identify examples from this unit.



Determining Valid and Reliable Information

A Reliable Product/Service is something that provides a consistent, predictable experience when used or observed based on claims; quality.

Validity of a Product/Service is the state of being acceptable according to the law; well-grounded, sound, and correct based on research and test measures.

Tips for Accessing Valid and Reliable Health Information, Products, or Services:

1. Identify what information, product, or service you really need
2. Research the health topics, products, and care providers. Review feedback and consumer reports. Printed health information should be current (no more than 5 years old)
3. Evaluate the sources of information, qualifications, reputation. Is it educational or emotional? Are their claims realistic or lofty?



Identifying Trusted Sources



.edu, .org and .gov are typically educational institutions, nonprofit organizations, government agencies that are (generally) credible.

When using .com sources, check:



Proper use of citations or source links when they're quoting statistics/facts

Other sources that use the same information

The full story of the statistic.



Determining Valid and Reliable Information

Deconstructing an Advertisement

This ad:

- Is advertising antiperspirant/ deodorant but doesn't include a picture of the product. Why?
- Uses slogan, "ALL STRENGTH, NO SWEAT." Why?
- Uses a National Women's Soccer Team Player to shatter norms of not having women in football to sell a product. Why?

Reflect:

- Would you buy this product? Why or why not?
- What else can you infer from the ad?
- What else would you want to know about the product?

HEY BUCS FANS,
DO YOU SWEAT
34-YARDERS?

Carli Lloyd doesn't.

Secret believes **strength** is more than overcoming what **makes us sweat**. It's continuing to pursue **progress and equality** in all industries & sectors.

Women may not play professional football (yet), but isn't it time for a **level playing field** **wherever** she wants to play?



Secret

ALL STRENGTH
NO SWEAT

6 Helpful Tips for Identifying Valid and Reliable Health Information

Origin

From where was the source retrieved?

- For Digital: What is the domain?
 - » com, .org, .gov, .net?
- For Print: Who is the publisher?
 - » Is the source printed by a well-known publishing press, or a university press, or other?
- Is the source primary or secondary?

Tip 1



Tip 2



Author

Who is the author of the source?

- How qualified is the author to write on this topic?
- Is the author sponsored by an organization?

Purpose

What is the purpose of the source?

- Who is the intended audience?
- Why was the source written?
 - » Inform? Opinion? Entertain? Persuade? Sell?

Tip 3



Perspective

From what perspective is the source written?

- What is the author's point of view?
 - » What is the tone or voice of the writing?
 - » Is the writing biased/unbiased? Does there seem to be an agenda?

Tip 4



Academic

How scholarly is the source?

- Is the content supported by evidence?
 - » Are there references? Does the author cite credible sources?
- Is the source peer reviewed?

Tip 5



Relevance

How relevant is the source?

- When was the content published?
 - » How current is the source and/or when was it last updated?
- Does the source fit the needs of the assignment?
 - » Does the assignment require an overview, or something specific?
 - » Does the assignment require primary sources?

Tip 6



Each group will be assigned an ad. Collaborate within your group to answer the questions.

• Answer the following questions to determine the validity or reliability of health products/services:

1. Who is the target audience?
2. Why are they targeting this audience?
3. How do they appeal to this audience?
4. What word(s) act as triggers for you as a consumer?
5. What did the ad leave out?
6. What characteristics of the ad can you describe?
7. What else would you want to know?
8. How do you know if the ad is valid or reliable?

• Do you believe the product's claim? Yes? No? Maybe? Why? REPORT OUT

1



energy
tropical citrus
flavored + other natural flavors with sweeteners
tastes like the tropics, but without the sand or ocean or suntan lotion.

download nutritional information (u.s. only)

Share Tweet



2

Colgate MAX WHITE ONE

PRODUCTS FAQ'S VIDEOS OFFERS FACE OF COLGATE T&CS

MAKE YOUR SMILE YOUR BEST ACCESSORY INSTANTLY!

Choose how to brighten your smile with our whitening toothpaste range

DISCOVER HOW TO GET AN INSTANTLY WHITER SMILE



ASA/SWNS.com

3

19 TOP FINISHES. 6 WORLD MARATHONS. IT'S GOTTA BE THE SHOES.

TOKYO BOSTON LONDON BERLIN CHICAGO NEW YORK



Name	Time	Name	Time
1. Eliud Kipchoge	2:01:09	10. Jakob Ingebrigtsen	2:08:21
2. Josphat Kiplimo	2:02:07	11. Geoffrey Kirui	2:09:27
3. Gisele Muligan	2:02:50	12. James Fraser	2:09:36
4. Jordan Hasay	2:03:30	13. Rogers Tshepo	2:10:08
5. Tsegaye Mekonen	2:03:59	14. Kenenisa Bekele	2:09:57
6. Yared Nugent	2:04:00	15. Khalid Khzam	2:09:52
7. Yared Nugent	2:04:00	16. Mohamed Gammou	2:09:59
8. Yared Nugent	2:04:00	17. Colin Papp	2:09:29
9. Yared Nugent	2:04:00	18. Abel Kirui	2:09:49
10. Yared Nugent	2:04:00	19. Yared Nugent	2:09:29
20. Yared Nugent	2:04:00	20. Geoffrey Kamano	2:10:20
21. Yared Nugent	2:04:00	21. Luka Dzebo	2:11:00

5

Kellogg's RICE KRISPIES

25% DAILY VALUE OF ANTIOXIDANTS & NUTRIENTS VITAMINS A, B, C & E



4

Gillette Fusion Proglide Razor

★★★★★

GUARANTEED AUTHENTIC PRODUCT

FLEX BALL™

1 RAZOR 2 CARTRIDGES

Responds to CONTOURS for our best shave



5

Now helps support your child's IMMUNITY

25% DAILY VALUE OF ANTIOXIDANTS & NUTRIENTS VITAMINS A, B, C & E



Healthful Habits for Boys Your Age

- Have regular checkups.
- Accept your body and the changes as they occur.
- Be confident and proud.
- Be kind to yourself and others during these physical and mental changes. Use positive comments or don't comment at all. Don't participate in gossip.
- Be an UPSTANDER, not a BYSTANDER... NEVER BULLY ANYONE!!!
- Do not share a razor, even if you have permission to shave.
- Bathe or shower each day.
- Wear clean underwear, socks, and athletic supporters to prevent bacteria growth and jock itch.
- Wear athletic supporters and protectors during sports.
- Avoid picking or squeezing acne.
- Do not use steroids or any supplements without discussion with a doctor.
- Choose responsible actions when you have mood swings.
- Avoid or reduce your risk behaviors. Determine consequences to actions and make healthy choices.



Personal Health Behaviors/Goals Activity

- What are 5 personal healthy habits and/or life skills you put into action every day that can help you reduce your health risks?

- _____
- _____
- _____
- _____
- _____

- List Two Health Goals you can set to improve a health behavior and reduce a health risk.

- _____
- _____



Reflect and Revise – Learning Targets Activity

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How can you access valid and reliable information?	How might your health behaviors impact your human growth and development?	