

| Essential Standard                                                                       | Clarifying Objective                                                                              |
|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| 5.ICR.2<br>Analyze the changes and influences that occur during puberty and adolescence. | 5.ICR.2.2<br>Differentiate between accurate and inaccurate sources about puberty and development. |

**Materials Needed:**

Appendix 1 - teacher copy of Healthy-Unhealthy Quiz

Appendix 2a and 2b - cards printed on two different colors and cut apart (each student gets one “healthy” card and one “unhealthy” card).

Powerpoint: Good Sources of Puberty Information

**Statement of Objectives:**

We have been studying puberty and the changes one goes through as they mature. Today we will look at the sources of our information. By the end of the lesson, you will be able to know whether a source of information is reliable or not.

**Focus Activity:**

Use the Healthy-Unhealthy Quiz (Appendix 1) to see if students know accurate information about puberty. Before class, copy onto two different colors and cut apart the healthy/unhealthy cards for each student. Read each statement from Appendix 1, and ask students to hold up the appropriate card. Clarify any incorrect beliefs using the information provided.

**Teacher Input:**

Show “Good Sources of Puberty Information” Powerpoint

See talking notes within the slides

**Closure:**

Ask students how finding accurate answers to their questions will help them as they go through puberty. Encourage them to ask trusted adults that have been identified as good sources of information or who will help get the correct answer if they don’t know it.

## Healthy and Unhealthy Practices During Puberty

|                                                   |                                                                                                                                                                                                                                                                                  |
|---------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Eat lots of fruits and vegetables (HEALTHY)    | The body is changes during puberty and it's especially important to eat nutrient - dense foods like fruits and veggies.                                                                                                                                                          |
| 2. Yell at parents when in a bad mood (UNHEALTHY) | Having mood swings is to be expected. There are more positive ways to deal with stressful emotions than to take them out on each other. Taking a walk or playing a game is healthier.                                                                                            |
| 3. Getting enough sleep and rest (HEALTHY)        | Because the body is growing faster, boys and girls need adequate sleep. About 10 hours of sleep are needed.                                                                                                                                                                      |
| 4. Wash under arms and the groin area (HEALTHY)   | During puberty, sweat glands produce more perspiration and body odor. Daily bathing and use of deodorant under the arms is important for health and to be accepted by others.                                                                                                    |
| 5. Feel okay about a nocturnal emission (HEALTHY) | Nocturnal emissions are normal for boys to experience. Boys do not need to feel guilty or ashamed; they can simply clean up and change bedding.                                                                                                                                  |
| 6. Tease others about their bodies (UNHEALTHY)    | Being unkind or practicing bullying behavior is never acceptable. Boys and girls need to demonstrate acceptance and support of their classmates.                                                                                                                                 |
| 7. Being attracted to others (HEALTHY)            | Puberty is the time when young people begin to feel attraction and have crushes toward others.                                                                                                                                                                                   |
| 8. Squeeze pimples (UNHEALTHY)                    | The best way to care for pimples is to keep the face clean, eat nutritiously, and drink lots of water. Never squeeze pimples as it may cause an infection or scarring. It helps to keep your hands off of your face. If pimples are severe, ask parents about going to a doctor. |

## Healthy Cards

|                |                |                |
|----------------|----------------|----------------|
| <b>Healthy</b> | <b>Healthy</b> | <b>Healthy</b> |
| <b>Healthy</b> | <b>Healthy</b> | <b>Healthy</b> |
| <b>Healthy</b> | <b>Healthy</b> | <b>Healthy</b> |
| <b>Healthy</b> | <b>Healthy</b> | <b>Healthy</b> |
| <b>Healthy</b> | <b>Healthy</b> | <b>Healthy</b> |
| <b>Healthy</b> | <b>Healthy</b> | <b>Healthy</b> |

## Unhealthy Cards

|                  |                  |                  |
|------------------|------------------|------------------|
| <b>Unhealthy</b> | <b>Unhealthy</b> | <b>Unhealthy</b> |
| <b>Unhealthy</b> | <b>Unhealthy</b> | <b>Unhealthy</b> |
| <b>Unhealthy</b> | <b>Unhealthy</b> | <b>Unhealthy</b> |
| <b>Unhealthy</b> | <b>Unhealthy</b> | <b>Unhealthy</b> |
| <b>Unhealthy</b> | <b>Unhealthy</b> | <b>Unhealthy</b> |
| <b>Unhealthy</b> | <b>Unhealthy</b> | <b>Unhealthy</b> |