For the 2012-2013 School Year Only
Grade 5 Puberty Review: Prerequisite for Lesson 3 (5.ICR.2.1)
Grade 5- Health and Puberty Education Alternative Lesson
Davidson County Schools

Essential Standard	Clarifying Objective
5.ICR.2 **Analyze the changes and influences that occur during puberty and adolescence.**	**5.ICR.2.1** **Recall that puberty is characterized by the development of secondary sex characteristics and the onset of reproductive capacity.**

CONCEPT: Knowledge about the importance of personal hygiene during puberty.

Materials Needed:

- Myth and Fact Sheet
- Magazines or Advertisements with personal hygiene items (appropriate for children)
- Scissors
- Tin Foil
- Glue
- Construction paper
- My Personal Puberty Plan reflection sheet

Focus:
Students will understand the increasing importance of good personal hygiene as they grow in order to stay healthy. They will analyze their own hygiene habits and fine examples of products to improve personal hygiene from media sources.

Focus Activity: Distribute the "Myth and Fact" to the students. Allow them a few moments to read each item and decide if they think it is a myth or fact about personal hygiene. Discuss how sometimes things we think are true are really not scientifically proven. After a few moments discuss each one with the students revealing the correct answer and the tips below:

1. **Washing your face every day can help control pimples. FACT**
   - Acne affects about 80% of adolescents.
   - It is not caused by uncleanliness, but proper daily skin care can help to keep it in check.
   - During puberty, oil glands increase in the skin
   - Almost all cases of acne can be treated.
2. **Tobacco and soda stain teeth. FACT**
   - A clean mouth requires daily removal of plaque and food particles from between the teeth and under the gum line.
   - Certain foods and substances can be very harmful to your teeth and gums.
   - Tobacco use also puts you at a very high risk of developing oral or throat cancer.
3. **Eating chocolate or greasy foods will cause pimples. MYTH**

- Acne is caused by an increase in oil glands. Food only plays a minor role.

4. Males tend to sweat more than females. FACT
- However, both males and females need to be aware of body odor.

5. If you scrub you face very hard, you can eliminate blemishes. MYTH
- Gentle washing of the skin with a non-oiled soap and a face cloth, twice a day will help eliminate blemishes.

6. The best way to stay clean during puberty is to wash your body on a daily basis. FACT
- Daily showers or baths, use of deodorant, and changing one's clothes daily can effectively manage body odor.

7. You should put deodorant on after gym class. MYTH
- You will need to put deodorant prior to exercising to eliminate body odor.

8. Getting a lot of sun is good for acne. MYTH
- Sun exposure does not treat acne.
- Too much exposure to the sun without proper sunscreen could potentially lead to skin cancer.

9. People only sweat if they are exercising. MYTH
- Sweating can increase not only with physical activity, but also with stress, excitement, nervousness, and warmth.

10. Blackheads and pimple should never be picked at or squeezed. FACT
- This can result in permanent scarring or infection.

Teacher Input: Brainstorm with students other reasons why personal hygiene is so important during adolescence e.g., fit in better, you feel better about yourself, peers won't make fun, keeps you healthy, acceptance, won't offend, reflects the best you, etc.

Practice Activity:
- Instruct the students to find pictures in the magazines that reflect good hygiene practices.
- Direct them to find bathing or showering, deodorant, hair, dental and skin care, and clean clothes.
- Students cut out construction paper to look like mirrors. Paste tin foil to represent mirror surface, then paste pictures of good hygienic practices on the mirror.
- Reinforce the message that taking care of their personal hygiene gives the best reflection of themselves to others.

Closure: Summarize the lesson with students. Encourage them to discuss with their parents questions they have about personal hygiene products.

Some tips for puberty:
- Care for your body and foot odor
- Wear deodorant
- Skin Care
- Wash hair frequently
- Change your clothes regularly, especially socks and undergarments
- Eat healthy

- Plenty of exercise
- Its normal to have frequent mood changes

Assessment/Reflection: Students will complete the "My Personal Puberty Plan" to reflect on what have they have learned about personal hygiene.