

<i>Health</i>
5.ICR.2.2 Differentiate between accurate and inaccurate sources about puberty and development.
<i>English Language Arts</i>
CCSS.ELA-Literacy.5.7 Draw on information from multiple print or digital sources, demonstrating the ability to locate an answer to a question quickly or solve a problem efficiently.

***Materials Needed:***

- Appendix 1 – teacher copy of Healthy-Unhealthy Quiz
- Appendix 2a and b – cards printed on two different colors and cut apart (one of each for each student)
- PowerPoint: Good Sources of Puberty Information
- Index cards (one for each student)
- Computer and internet access

***Statement of Objectives:***

*We have been studying puberty in the fourth and fifth grades. 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/Review:***

Use the Healthy-Unhealthy Quiz (Appendix 1) to see if the students know accurate information about puberty. Before class, copy onto two different colors of cardstock and cut apart the Healthy-Unhealthy cards (Appendix 2a and b) for each student. Read each statement from Appendix 1, and ask students to hold up the appropriate card. [The teacher is able to tell immediately if there are misconceptions about puberty.] Clarify any incorrect beliefs using the information provided.

## *Teacher Input:*

Show the PowerPoint, Good Sources of Puberty Information.

Title Slide – describe how important it is to have adults who are good sources of information

Slide #2 – pose the question, Why is puberty confusing? [Possible responses: boys and girls experience it at different ages, hormones affect feelings as well as body changes, some students are not told it will happen to them, it's normal to wonder if it's normal, there are extra social pressures.]

Slide #3 – Show the six sample questions that fifth graders might ask. Share that they can ask whatever questions they need answers to. Let them know you hope to respond to their concerns.

Slide #4 – Ask who is the best source of information and advice. Let them know there are adults in their lives who are trustworthy and honest. They include parents, guardians, the school nurse,

## *Practice:*

Provide each student with an index card. Ask them to think about questions they have about developing during puberty. Write them down without their names. Share the questions with a school nurse or guidance counselor and ask for help if there are questions you are uncertain about. Take a few minutes at the beginning of the next health lesson to respond to students' questions.

Ask how students feel when they are able to get questions answered accurately. Encourage them to ask trusted adults that have been identified as good sources of information or who will get the correct answer if they don't know it.

Say, It is also possible to access information from the media, including the Internet. Not all web sources are reliable. One that is dependable is BAM (the Body and Mind website from the Centers for Disease Control. There is a section titled, Questions Answered, under Your Body: <http://www.cdc.gov/bam/body/body-qa.html>. Have student go to that site to see if their questions were answered. If not. Have them brainstorm to whom they can go for answers.

## *Closure:*

*Puberty can be a challenging time of transitions. It is important to seek information from sources that are reliable and have your best interests at heart.*

## *Healthy and Unhealthy Practices During Puberty*

1. Eat lots of fruits and vegetables - HEALTHY	The body is changing 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, the 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 (wet dream) – HEALTHY	Nocturnal emissions are normal. The body is practicing for reproduction. 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 take care of pimples is to keep the face clean, eat nutritiously, and drink lots of water. Never squeeze pimples as that might cause an infection or scarring. If pimples are severe, ask parents about going to a doctor.

## *Healthy Cards*

Healthy	Healthy	Healthy
Healthy	Healthy	Healthy
Healthy	Healthy	Healthy
Healthy	Healthy	Healthy
Healthy	Healthy	Healthy

## *Unhealthy Cards*

Unhealthy	Unhealthy	Unhealthy
Unhealthy	Unhealthy	Unhealthy
Unhealthy	Unhealthy	Unhealthy
Unhealthy	Unhealthy	Unhealthy
Unhealthy	Unhealthy	Unhealthy