

Health

5.ICR.2.4

Illustrate how societal influences can impact behavioral choices and feelings regarding one's reproductive health.

English Language Arts

CCSS.ELA-Literacy.SL.5.1

Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 5 topics and texts, building on others' ideas and expressing their own clearly.

CCSS.ELA-Literacy.SL.5.1c

Pose and respond to specific questions by making comments that contribute to the discussion and elaborate on the remarks of others.

CCSS.ELA-Literacy.SL.5.1d

Review the key ideas expressed and draw conclusions in light of information and knowledge gained from the discussions.

Materials Needed:

Appendix 1 – copies of David's Day

Appendix 2 – photograph of fifth grade boy

Focus:

Many influences impact a young person's choices and feelings. Ask students to recall an adult whom they admire. Encourage students to identify someone who possesses pleasing qualities which are attractive both inside and out. Example: a coach who encourages him/her. Students are to list this person on a piece of paper along with reasons why she/he selected that individual. Students may have more than one role model. It is important to emphasize inner beauty and character.

As young people progress through puberty, they are influenced by many sources. Hopefully they choose positive people (both adults and peers) to emulate. In addition to people, you may be influenced by music and other media. You will want to be certain that you make healthy choices for yourself and others.

Statement of Objectives:

Today we are going to discuss common stressors we experience during adolescence, including physical, social and emotional changes. By the end of today's lesson, you will be able to show how classmates can impact our behavior and feelings during puberty.

Teacher Input:

Read David's Day (Appendix 1) to students. Distribute to each student a photograph of an adolescent (Appendix 2). As story is read, ask students to tear off a piece of David each time David gets put down. Students decide size of tear.

Say, I am going to ask you specific questions based on the short story about David. Please be thoughtful about your responses as the experiences that David has had are pretty common for fifth graders. Some of you may have had similar experiences.

Process activity focusing on these questions:

- 1) How do you think David is feeling at the end of the day?
- 2) Describe the emotions David felt during the day.
- 3) Brainstorm the ways David's classmates showed disrespect.
- 4) How could this day affect David the remainder of the week or longer?
- 5) What adolescent changes led to some of the events David experienced?

Assessment:

Place these unfinished sentences on the white board:

- Young people are often influenced by . . .
- Puberty can be challenging because . . .
- Puberty is "survivable if . . ."
- The most positive influences in my life right now are . . .
- I will protect my health by making healthy decisions about . . .

Tell students, You have just heard a story about David, who is navigating puberty. He has had a pretty tough day with some negative messages from family members, classmates and teachers. I'd like you to think quietly for a few moments about how he can have positive feelings about himself no matter what comes his way. Be ready to make some concluding statements about puberty, how society can influence your feelings and behaviors, and how you plan to make healthy decisions for yourself.

Closure:

I like your ideas about how to work through the transitions and challenges of puberty. It is most important that you make choices that are positive for your health and well-being.

David's Day

David struggles to get out of bed as his mom threatens him for the 4th time. "If you don't get up this second you are gonna be grounded for a week!" David wonders if staying up till 1:00 a.m. texting his friends is why he just can't get enough sleep. He rushes to the bathroom only to find the door locked because his sister Maggie takes forever to get ready for school. When she finally opens the door, she looks at him and yells, "You are such a baby, zit face!" David looks in horror at the mirror to discover he has three new pimples.

No time for a shower again today, David wets down his hair and hurriedly brushes his teeth. He takes extra time to select his clothes for the day, skipping breakfast and rushes out the door. On the school bus he realizes he forgot his math homework. The kids tease him about his hair sticking up and David knows it's not a good start for his day.

When he arrives to school he checks his hair out, making him late for first period. The teacher says, "You have detention after school." By third period David is hungry and irritable. His stomach growls loudly and all his group members laugh. His face turns red and Lindsey, the girl he likes, tells all the kids to look at David's ears. David already feels like Dumbo the Elephant with the biggest ears in 5th grade. By this time David wants to cry but he knows that would just make things worse.

In his math class the teacher makes a sarcastic remark about forgetting homework and assigns David five extra pages for the evening. He drops his lunch tray and has to clean it up. By this time he feels the whole cafeteria is looking at him. When answering a question in science, David voice squeaks and he wants to disappear. In physical education, he trips and falls running to third base. Lindsey points at him and everybody laughs.

Going to detention makes David late for soccer practice. The coach shakes his head and says, “You won’t be starting in Saturday’s game.” His mom picks him up and asks how his day went. Before David can respond, his mother starts talking about groceries needed for dinner and David is forgotten. At the store she tells David, “Progress reports came out today and your father expects your grades to be better.”

When they get home, Maggie greets him at the door with, “Haha I have all my homework done.” After looking at the kids’ progress reports, David’s daddy says, “Boy, you need to be more like your sister Maggie. She made all A’s. You have B’s and C’s. Give me your cell phone and no video games until these grades improve. Now get to your room and start studying. I will be in to check on you.” David’s extra math homework takes till 10:00 p.m. to finish and he falls into bed exhausted. His last thought before going to sleep is, “Wow, I can’t wait to be in sixth grade. Fifth grade is too hard. What’s wrong with me?” David has a restless night’s sleep.

