

4th Grade Health

Guidelines for Discussion

- ✓ Treat the subject seriously.
- ✓ Use humor appropriately.
- ✓ Respect other people and their ideas.
- ✓ Avoid gossiping.
- ✓ Avoid personal questions and stories.
- ✓ Ask questions; questions are good.



Discussion:

What does it mean to practice good hygiene?

- Think-Pair-Share

Why is good hygiene important?

- Think-Pair-Share

Take Pre-Test

[4th Grade Caring for a Changing Body Pre-Test](#)



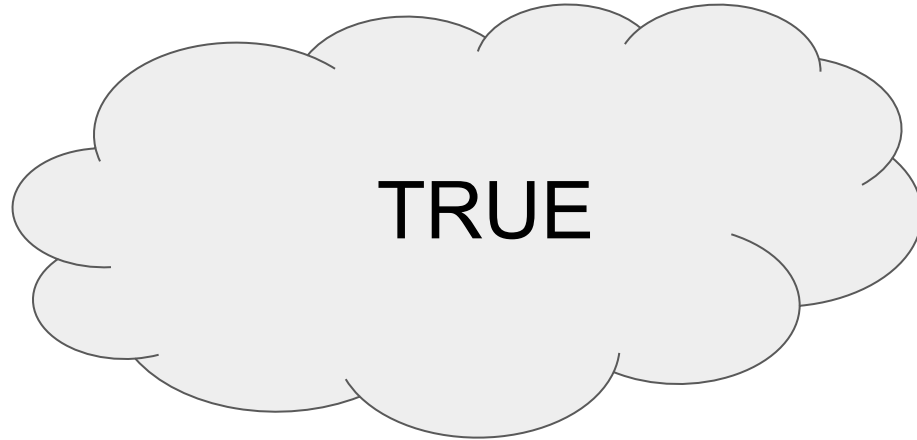
Watch the Mysteries of Life with Tim and Moby



Would you change any answers on your pretest?

True or False:

Puberty is a time of change and growth leading up to adulthood.

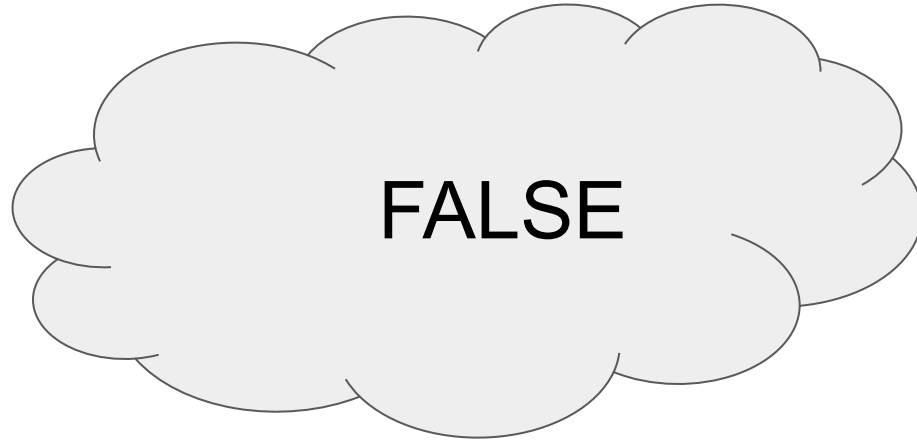


Talking Points:

- Changes that occur during puberty are initiated by the hypothalamus, which triggers a small gland called the pituitary gland to release hormones.
- Hormones from the pituitary gland circulate through the bloodstream to other parts of the body and set off a chain of events that cause puberty to happen.

True or False:

Puberty happens at the same time for boys and girls

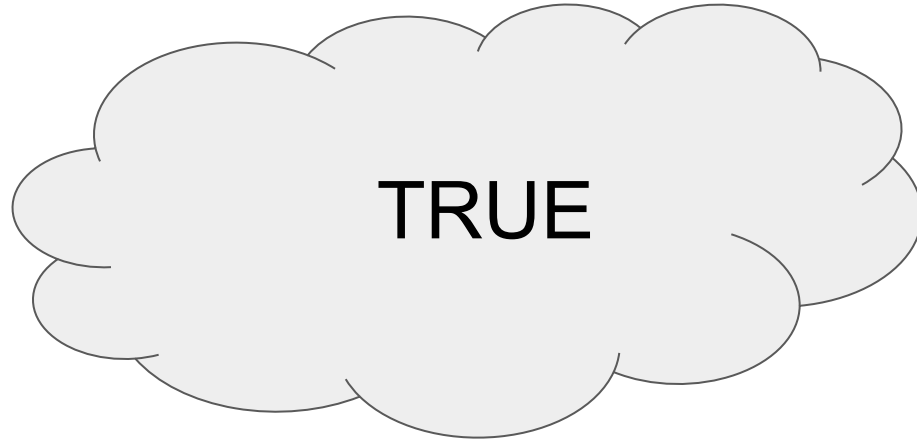


Talking Points:

- Each person begins puberty at the right time, according to his or her own internal clock. No one knows what tells the body where to begin.
- Girls on average begin puberty two years earlier than boys.
- Girls typically begin puberty between 8 and 13, and continue to develop until around age 19.
- Boys typically begin puberty between 10 and 16 and may continue to develop until around the age of 20.

True or False:

Changes that happen during puberty are normal and healthy.



Which of the following are physical changes that happen during puberty.

- a. Growth Spurt
- b. Pimples
- c. Body Odor
- d. Increase Hunger
- e. Weight Gain
- f. Voice Change
- g. All of the Above



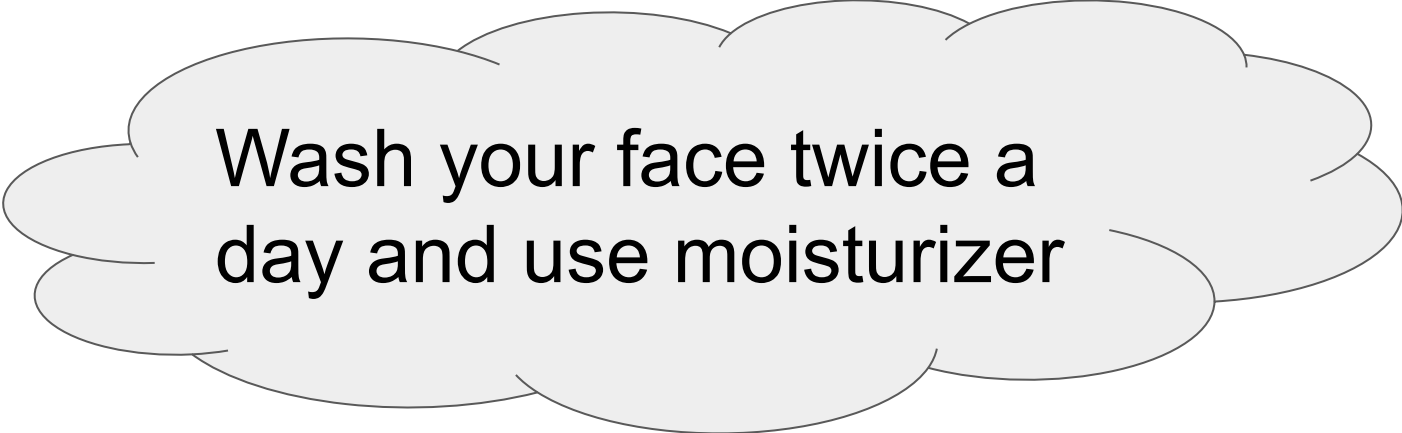
G. All of the Above

List two ways you can prevent body odor.



**Shower Daily &
Use Deodorant**

How can you prevent acne?



Wash your face twice a
day and use moisturizer

How many times should you brush your teeth each day?

- a. 1 time
- b. None
- c. At least twice
- d. It's not important to brush your teeth.



C. at least twice

True or False:

Good Nutrition, exercise and getting enough sleep are important for successful growth and development.



True

Discuss: Think-Pair-Share

- a. Describe healthy eating habits. What are some go to foods that are good for you?
- b. What are some ways you can exercise?
- c. How can you make sure you get enough sleep?

True or False:

During puberty you will not experience mental and emotional changes.



False

Talking Points:

The new hormones circulating through the bloodstream cause mood swings in many boys and girls. Mood swings are normal until the hormone levels balance out and the young person learns coping strategies. Getting enough rest, physical activity and nutritious food can help. It is also important that young people have caring adults to support them and guide them through these changes.

Discussion: Think-Pair-Share

- a. How can you show respect for yourself during this time of change?
- b. How can you show respect for others during this time of change?

HIV - Pass Out Discussion Sheet - Partner Work

[4th Grade HIV Discussion Sheet](#)

HIV

What is HIV?

The virus that causes AIDS.

HIV

How does HIV get into a person's body?

HIV gets into a person's body when blood goes from one person to another.

HIV

Why doesn't a person's immune system destroy HIV?

HIV kills white blood cells so they can't fight germs.

HIV

What are two rules students your age need to know to prevent HIV from getting into their blood?

Don't touch the blood of other people.

Don't touch needles or syringes.

HIV

What should you do if you are bleeding or see someone bleeding or find needles or syringes?

Tell an adult.

HIV: Think Pair Share

What are three things you can safely do with someone who is infected with HIV?

Play with the person

Hug and kiss the person

Share food and toys

Help the person with school work

Show kindness

Treat the person like anyone else.

Be friends with the person

HIV

If someone is ill because of HIV or another illness, what can you do to show that you care about him or her?

Send cards or notes

Talk to the person

Help the person with school work he or she missed

Tell the person you care about him or her and are sorry he or she doesn't feel well.

Shark Tank - Review Norms

My Personal Puberty Plan - 4th/5th/6th Grade

