Name: _____

5th Grade

"Human Growth & Development"







Lessons:

Family
Values
Media
Growing up changes
Hygiene
Puberty
Reproductive System
Gender Roles/Stereotyping

Check out the Health "Website"!

www.tinyurl.com/5-6healthclass-1

My Packet Check list

Sections in my packet:

1.Journal
2.Notes
3.Test Question Section
4.5 Minute Conversations
5.Project Information

Have to:
5 Minute Conversations= there are 9 of them!!

Choice:
Awareness Poster
Google Slides presentation
Test

DUE DATE: (copy)

Journal

Journal

Body Boogie

1. How is the balloon game like a family?

2. Name 3 things you need from your family.
    1.
    2.
    3.

3. Each body part had a role in the game. Name 3 types of roles in a family.
    1.
    2.
    3.

4. What are 2 of your responsibilities in your family?
    1.
    2.

5. How can families help you make good decisions?





Some Values

_____: Treating everyone the same no matter who they are.

_____: Telling the truth and doing what is right.

_____: Doing what you said you would even if something more fun comes up.

_____: Treat people and things well.

_____: Doing your share in a timely manner.

_____: Being aware of what you are doing and not blaming others for what you do wrong.

_____: Standing up for the rights of others no matter whom they are.

- Does everyone have the same beliefs about each value?
- Where do we get values?
- Are all of these sources reliable?
- Which source is the most important at your age?

Word Bank: Honesty, promise-keeping, respect, equality, responsibility, social-justice, self-control.

Questions:

1. What is “generation M”?

_____

_____

2. What is media? List 3 examples.

_____

_____

3. Is media’s influence good or bad?

_____

_____

4. How do media influence you?

_____

_____



Questions:

1. How do ***big companies*** make their name known to the public?

_____

_____

_____

2. How are ***athletes*** used in advertising?

_____

_____

_____

3. What is meant by the term ***"promotional partnership"?***

_____

_____

_____

4. What is meant by ***"walking billboard"***

_____

_____

_____



Name: _____ 1A

PRE/POST TEST

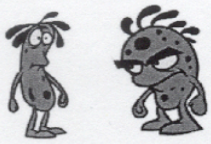
Read each sentence below.

Circle **T** if you think the statement is true.

Circle **F** if you think the statement is false.

1.	Some germs are helpful—not harmful—to the body.	T / F
2.	The most important way to prevent the spread of germs is to wash your hands often.	T / F
3.	Illnesses that spread from person to person are called "convertible" diseases.	T / F
4.	Your feet have fewer sweat glands than any other part of your body.	T / F
5.	The most important time to wash your hands is after using the restroom.	T / F
6.	The bacteria in your mouth produce acids that can erode tooth enamel and create cavities.	T / F
7.	Wearing dirty clothes won't effect how you look or smell.	T / F
8.	Bathing or showering at least every other day is one way to prevent body odor.	T / F
9.	When washing your hands, you should scrub with soap for no more than five seconds.	T / F
10.	Germs are spread whenever you sneeze, cough or touch things with your unwashed hands.	T / F

The Answer Key for this activity appears on the next page.



Name: _____ 7A

HIDDEN HYGIENE

Eight words related to hygiene are hidden in the puzzle below. They may be written forward, backward, across, down or diagonally. Circle each word when you find it in the puzzle. When you have finished, use each word in the appropriate sentence below.

WASH	OIL	SOAP	GERMS
TISSUE	ODOR	FEET	CONFIDENT

N F N Z J S T E V P A O S Y S E W L
R J A Q W K O E A B M I N F X U F I
O K X Q A E S L E I G H Y P B S Q O
D I K U S F K V Y F Z E J U X S T J
O N S I H E N T R L A M R F Y I U Z
P F S F A A Q F M I H D R M I T N S
C O N F I D E N T H G C A N S K Y F

1. One way to defend yourself against germs is to _____ your hands often.
2. You can reduce spreading germs from 80 to 90 percent by covering your nose with a _____ when you sneeze.
3. Showering or bathing once at least every other day can help you control _____.
4. As you get older your face and hair produce more _____.
5. Wash your face and body with _____ every time you bathe.
6. Your _____ should be washed daily.
7. Some _____ can live for up to two hours on doorknobs, desktops, lockers and more.
8. Wearing clean clothes can help you feel more _____.

The Answer Key for this activity appears on the next page.

Hygiene

What is hygiene?

What are some hygiene choices you should be making?

Why is it important to learn about hygiene at your age?

Daily Activities	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Wash face in morning							
Brush teeth in morning							
Wash/comb/groom hair							
Shower (washing all parts including “private areas”)							
Clean underwear, socks, and other undergarments							
Use deodorant							
Wash face in evening							
Brush teeth in evening							
Other:							
Other:							

We're Growing Up!

What is the time where youth go through changes called? _____

Birth to 4 or 5, there are a lot of changes.

Boys start adolescence usually between ages of ___ and ____.

Girls start adolescence usually between ages of ___ and ____.

Puberty is part of adolescence. It is the sexual changes that occur during this time.

When a youth goes through puberty they are capable of creating a child.

Because a person is capable of creating a child does that mean they are ready to have a child?

What are some things a person needs to have before they are ready to have a child?

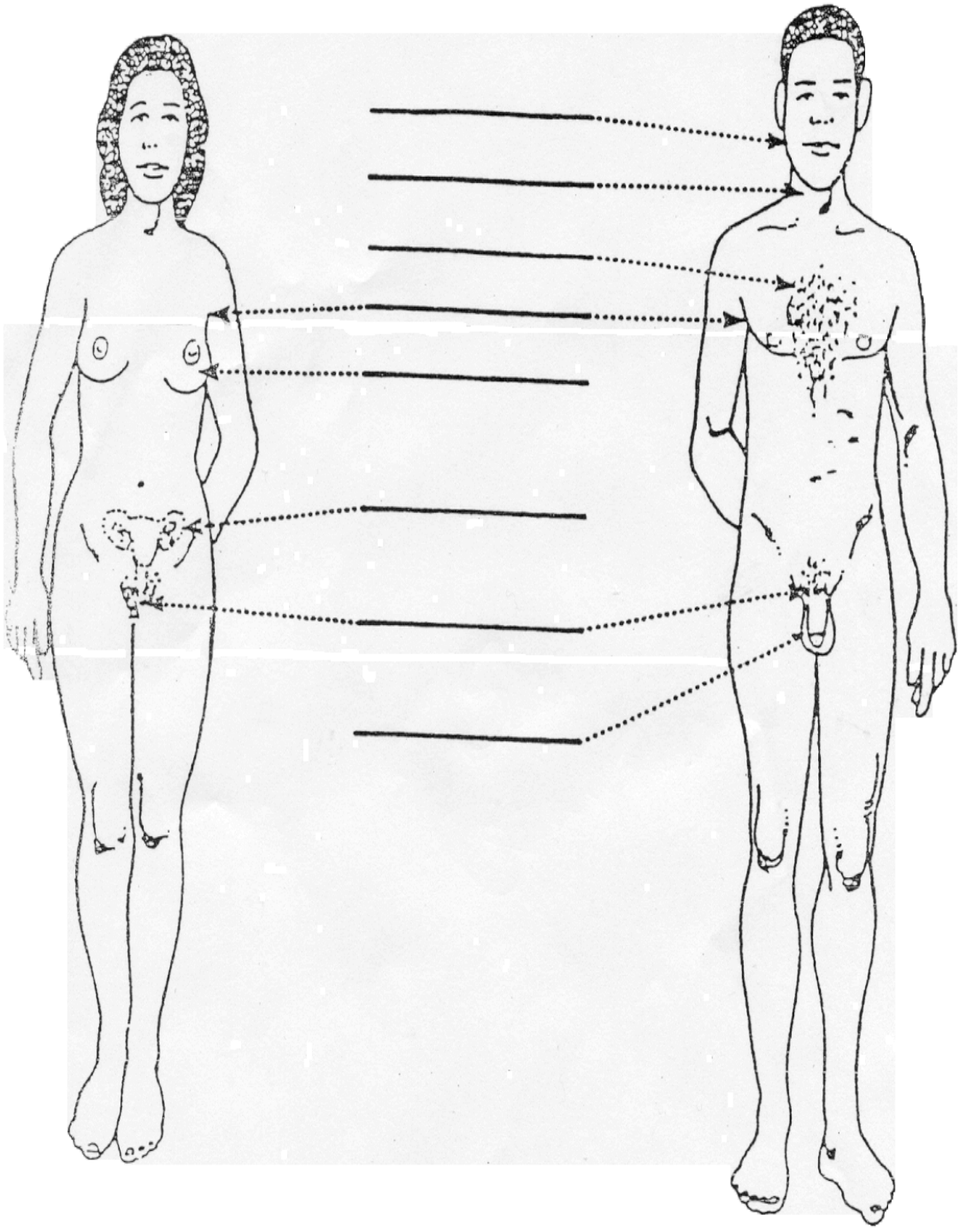
Boys and Girls: Similarities and Differences

Instructions: Put an X by your guess as to whom the changes occur to during puberty. (Boys only, Girls only, Both)

Changes	Boys only	Girls only	Both
Voice deepens a lot			
Menstruation			
Increased perspiration			
Develops acne			
Nocturnal emissions			
Broaden shoulders			
Increased facial hair			
Pubic hair			
Rapid growth			
Sperm production			
Ovulation			
Erection			
Growth of breast tissue			

Body Change:

Female and Male changes



MATCH GAME

Directions: Place the letter: "M" for male, "F" for female, or "B" for both after each body part.

1.testicles

2.uterus

3.vagina

4.scrotum

5.fallopian tube

6.vas deferens

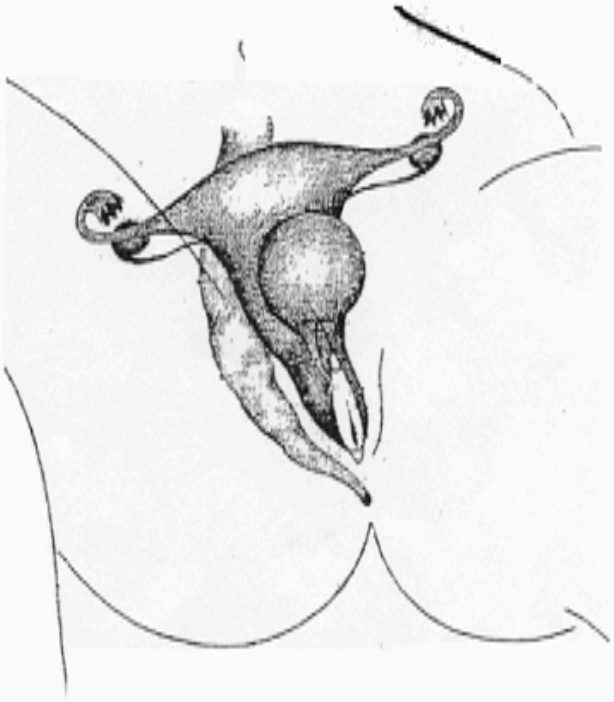
7.penis

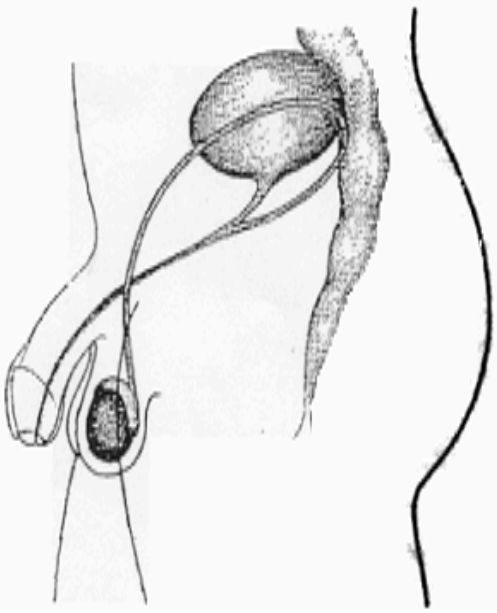
8.ovary

9.urethra (both)

10. egg cell

11. sperm cell





Pathway of the Egg Cell

A. **Egg travel to the uterus.**

B. **Egg follows the path of the fallopian tubes.**

C. **Egg and lining of the uterus leaves the body.**

D. **Egg leaves ovary**

For Real?

1. A girl who is having her period can't get pregnant. T F
2. Boys usually begin puberty before girls. T F
3. Pimples are caused by oily fatty foods. T F
4. It's OK for girls to bathe, swim, and play sports when they have their period. T F
5. Boys can have breast growth during puberty. T F
6. When you go through puberty you need to take baths or shower more often. T F
7. Girls who do not get their period by 14 are not normal. T F
8. Boys can have an erection at any age. T F
9. Not keeping the genital area clean can cause infections. T F
10. Only boys' voices change during puberty. T F
11. Tampons are only for women over the age of 18 T F

Magazine Advertisements

#	What ad is for	Masculine	Feminine
1	Becoming an auto mechanic		
2	Playing football		
3	Race car driver		
4	Fly fishing		
5	Sailing		
6	Tennis		
7	Golf		
8	Author		
9	Weightlifter		
10	Wrestler		

Definitions

_____: how society expects people to look, think, and act based on the sex assigned to them at birth.

_____: A way of acting based on your gender.

_____: Thought of what a certain gender can and cannot do because of their gender.

_____: a fixed idea that does not allow for individual differences.

_____: inner sense of male or female (feelings)

_____: the way in which a person expresses their gender identity, typically through their appearance, dress, and behavior.

_____: when your gender identity (how you feel) is the same as what Drs/midwives assigned to you when you were born.

_____**:**when your gender identity (how you feel) is different than what Drs/midwives assigned to you when you were born.

_____**:** people who love or are attracted to people of more than one gender.

_____**:** Lesbian, gay, bisexual, trans/transgender, and queer (queer is a word used as a way to identify with and celebrate people of all gender identities and all the ways people love each other.

Gender Role Homework

Instructions: Answer the questions by "imagining" you woke up in the morning and you were the opposite gender.

Will you dress differently?

_____

_____

Will you have the same friends?

_____

_____

Will schoolwork be different?

_____

_____

Will you be treated at school differently?

_____

_____

Will your parents treat you differently?

_____

_____

What happens when a boy behaves in the way that people expect a girl to behave?

_____

_____

What happens when a girl behaves in the way that people expect a boy to behave?

_____

Definitions

_____: whom we like based on gender.

_____: a descriptive label towards people who are attracted to the same gender.

_____: a descriptive label towards females who are attracted to the same gender.

_____: a descriptive label towards people who are attracted to the opposite gender.

_____: Same as straight.

_____: Same as gay.

_____: the fear and intolerance of homosexuals.

_____: the fear and intolerance of heterosexuals.

Why is using a term like ***"Soccer is Gay",*** not okay?

_____

_____

_____

_____

In health class the current topic of discussion will involve talking about the definitions of different sexual orientation terms, such as gay, lesbian etc. At school, we will not make judgments about the values associated with these topics. Our purpose is simply to make certain that the students understand the terms and their definitions. Below, you will find a list of the terms and definitions that have been presented to your child in class.

I recognize that the material covered in class is value laden. Much of a child's value and moral education occurs at home. Therefore, it is important for you to discuss these topics with your child at home. In this way, you will have an opportunity to make certain that your personal beliefs are shared with your child. I encourage you to have this discussion but it is entirely your choice if and when you choose to do so.

Mike Solheim mjs2@oregonsd.net
835-4773

Terms

Sexual Orientation
Gender Identity
Gay
Lesbian
Heterosexuality
Homosexuality
Homophobia
Heterophobia
Gender
Gender Role
Gender Belief
Stereotype
Bisexual
Gender Expression
Cisgender
Trans/Transgender
LGBTQ

True/False Quiz

"Think Before You Click"

1. It is easier to communicate with someone on the Internet than in person._____
2. Only the person I send them to can read the messages I send. _____
3. Teens who bully others online often pick on kids they know._____
4. Teens who were victimized by bullies online have been known to commit suicide._____
5. Flamers do not mean any harm online._____
6. Chatting with strangers online can be dangerous._____
7. Hackers are able to hack into my web page even if I keep it private._____
8. If a message has a friend's address, you can be sure it was sent by that person._____
9. Threats over the Internet are not taken seriously by the Police._____
10. It is safe to meet online friends in the real world alone._____
11. It is okay to spy on your boyfriend or girlfriend when they are online._____
12. A stranger could turn on or control my webcam without my knowing it._____

TEST QUESTIONS

TEST QUESTIONS

5 Minute "Conversations" for Human Growth and Development

Parent, caregiver or home adult and Child discuss key points and adult writes what child explains.

1: Bowl of milk: **Key points:** What did the bowl, milk, food coloring and soap all represent?

2: Balloon: **Key points:** Types of families, job within family, needs family gives us, how do families help us make good decisions?

3: Values: **Key points:** What are the 7 values we discussed in class? Does everybody believe the same things about all values? Where is the most important place to get values?

4: Media: **Key points:** What are 3 examples of media? Is media all bad? Why or Why not? How much time in a typical day do you spend on "screen time"?

5: Hygiene: Key Points: What is Hygiene? Why is it important to practice good hygiene at your age? What are some simple things you can do to improve your hygiene right away?

6: Adolescence/Puberty: **Key points:** What changes are going to happen during adolescence/puberty? What parts of the reproductive system are female, which are male, what is the pathway of the egg cell?

7: Gender Roles/ Sexual Orientation Terms:: **Key points:** What was it like to think from another person's point of view for this assignment?

8: Think Before you click: Key Points- Internet safety. Are you being safe with what you post online? Do you have privacy settings correct? What things can you change to be safe online?

9: Self-Esteem: **Key points:** Why would helping others be good for you? How did you feel when your tower was knocked over? How can you be better at "building" your own self-esteem? What are some activities you like doing?

Dear families,

Thank you for taking the opportunity to view with your child information they have been learning in class and talk to them about it. If your child *completes all* of their *5 Minute Conversation* assignments and they take the written test, they can use their packet on the test! However, if they do not complete their homework, they cannot use their packet on the written test. If they complete one of the *"Project Choices"* *and turn it in on time*- they don't have to take a written test!

Thank you,
Mr. Solheim

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5th Grade Health
Human Growth and Development Unit

Choice (3)

1. ***Awareness Poster:*** Used as a **"Summative"** grade.(All materials here at school if needed- construction paper/markers)
   >Create an "Awareness" poster explaining the benefits of proper hygiene, why it's important.
   ****Poster Should Be:**
   >Colorful
   >Easy to read
   >Spelled Correctly
   >Accurate Information (can use packet or blog or websites to verify)

2. ***Google Slides Presentation:*** Used as a **"Summative"** grade. (Show in class at the end of our unit!)
   >Create and show a Power Point that explains the changes that take place during puberty, and why proper hygiene is so important.
   ****Google Slide Should Be:**
   >Colorful
   >Spelled Correctly
   >Accurate Information (can use packet or blog or websites to verify)
   >Easy flow from one slide to next.

3. **Written Test:** Used as a **"Summative"** grade. *If no project is chosen or turned in, student must take a written test to show understanding of material.* If "5 Minute Education" assignments are completed, the student **CAN** use their packet on the test. If no assignments are completed, they **CANNOT** use their packet on the test.

"5 Minute Conversation" homework assignments will be used as "Formative" grades.

Poster	4	3	2	1
Attractiveness	This poster is exceptionally attractive in terms of design, layout, and neatness.	The poster is attractive in terms of design, layout and neatness.	The poster is acceptably attractive though it may be a bit messy.	The poster is distractingly messy or very poorly designed. It is not attractive.
Knowledge gained	Student can accurately answer all questions related to facts in the poster and processes used to create poster.	Student can accurately answer most questions related to facts in the poster and processes used to create poster.	Student can accurately answer about 75% of questions related to facts on poster and processes used to create poster.	Student appears to have insufficient knowledge about the facts or processes used to create poster.
Grammar	There are no grammatical mistakes on the poster.	There is 1 grammatical mistake on the poster.	There are 2 grammatical mistakes on the poster.	There are more than 2 grammatical mistakes on the poster.

Google Slides Presentation	4	3	2	1
Originality	Google Slides shows considerable originality and inventiveness. The content and ideas are presented in a unique and interesting way.	Google Slides shows some originality and inventiveness. The content and ideas are presented in an interesting way.	Google Slides shows an attempt at originality and inventiveness on 1-2 slides.	Google Slides just copied other people's ideas. Shows very little attempt at originality.
Content-Accuracy	All content throughout the presentation is accurate. There are no factual errors.	Most of the content is accurate but there is one piece of information that might be wrong.	The content is generally accurate, but one piece of information is clearly flawed or inaccurate.	Content is confusing and contains one or more factual errors.
Spelling and Grammar	Google Slides has no misspellings or grammatical errors.	Google Slides has 1-2 misspellings, but no grammatical errors.	Google Slides has 1-2 grammatical errors but no misspellings.	Google Slides has more than 2 grammatical and/or spelling errors.
Sequencing of Information	Information is organized in a clear, logical way. It is easy to anticipate the type of material that might be on the next slide.	Most information is organized in a clear, logical way. One slide or item of information seems out of place.	Some information is logically sequenced. An occasional slide or item of information seems out of place.	There is no clear plan for the organization of information.

Dear families,

Thank you for taking the opportunity to do the ***5 Minute Conversation*** questions, and looking over your child's packet throughout the semester during our 2 units, (First Aid and Human Growth and Development).
I am interested in your feedback about the process, both good and bad, so that I can continue to improve parent involvement with health class and health related situations. Please take the time to fill in any suggestions you thought worked well for you, and any improvement you would like me to consider changing. Please write suggestions below in the appropriate area.

Thank you again for your involvement with health education.

Mr. Solheim

Good:

_____

_____

_____

_____

_____

_____

Suggested changes

_____

_____

_____

_____

_____

_____