

Healthy B.A.S.I.C.S. Lesson Plan

Body Changes and Hygiene

Girls

OBJECTIVES:

- Girls will define hygiene and puberty (adolescent body changes).
- Girls will list two (2) reasons for good hygiene.
- Girls will list two (2) common feelings associated with puberty.
- Girls will describe two (2) body changes that occur with puberty.

TIME FRAME:

- 30–45 minutes, longer with use of optional materials.
- Time frame will vary with number and ages of students.

GRADE LEVEL:

- Middle school, suitable for early to late adolescence
- Female audience

SUGGESTED MATERIALS:

- Healthy B.A.S.I.C.S. brochure, [Hygiene For Your Body](#) (5th grade reading level)
- Healthy B.A.S.I.C.S. brochure, [Body Changes – Girls](#) (5th grade reading level)
- Healthy B.A.S.I.C.S. [Body Changes and Hygiene Answer Sheet](#)
- Index cards (blank 3"x 5") at least two per student
- Samples of hygiene products
- Madaras, L. & Madaras, A. (2000). [My Body, Myself for Girls: What's Happening to My Body?](#) New York: Newmarket Press. (for optional activities)

LEARNING ACTIVITIES:

- Distribute and read Healthy B.A.S.I.C.S. brochures suggested above.
- Discuss normal body changes that occur for all girls during puberty.
- Discuss hygiene as a way to deal positively with these body changes.
- Reassure the students that this discussion is meant to help them feel at ease with their growing and changing bodies and hygiene practices. Questions or concerns are encouraged.



(over)

■ **Body Changes Game:**

Instructions: Distribute one (1) index card to each student. Write “True” on one side, “False” on the other side. Ask the following questions and have students answer with their cards. Use each question to stimulate discussion. Optional— distribute reward to class participants.

1. Mouthwash is better to use than brushing your teeth. (False)
2. Deodorant stops people from sweating. (False)
3. Squeezing pimples helps them go away. (False)
4. Flossing teeth is only for people who can't brush their teeth. (False)
5. Feeling sad, confused and hungry can be due to normal changes. (True)
6. Puberty in girls starts at age 13 and is over by 14. (False)
7. One breast may grow bigger and more quickly than the other breast. (True)
8. Every girl should start having her monthly periods (menstrual cycle). (True)
9. It is only necessary to bathe when one feels dirty. (False)
10. Keeping clean helps one to stay healthy. (True)



- Discuss samples of hygiene products. Additional information on hygiene products is found on the back of the Body Changes and Hygiene Answer Sheet.

Soap and body wash

Shampoo

Deodorant / Antiperspirant

Sponge, wash cloth, bath-mitt

Dental floss, toothbrush, mouthwash

Change of clothes (socks, underwear, t-shirt)

Feminine hygiene products (sanitary pads, panty liners, tampons)

- At conclusion of class, distribute blank index cards on which students may write questions anonymously. Have the students return cards to instructor for discussion.

OPTIONAL ACTIVITIES:

- Using the Madaras book, choose puberty puzzles or games appropriate for the students.

FOLLOW UP:

- Distribute Healthy B.A.S.I.C.S. brochures, Body Changes - Girls and Hygiene for Your Body to each student to take home and share with family. *Note: The brochures are available in Spanish.*
- Provide information for additional local resources (school nurse, counselor, library).

ADDITIONAL RESOURCES:

- Young adult section of library
- Additional Healthy B.A.S.I.C.S. brochures and lesson plans are available in ready to use format from: **www.childrenshealthfund.org** or by contacting:
The Children's Health Fund, 317 E. 64th Street, New York, NY 10021, (212) 535-9400

Healthy B.A.S.I.C.S. (Building Active Strategies to Inform Children in School) is a project devoted to bringing simple, engaging and culturally relevant health materials to elementary and middle school children.

The lesson plans and the English and Spanish brochures were created by clinicians of the National Children's Health Project Network of The Children's Health Fund.

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