OBJECTIVES
Students will
• Discuss the effects of physiological changes and different rates of development
• Identify personal hygiene strategies

MATERIALS
• For girls-Video Growing Up For Girls (15 minutes)
  Girl to Woman Spanish
• For Boys-Video Growing Up For Boys (15 minutes)
  Boy to Man Spanish
• (Optional) Pads and tampons for girls - the school nurse may have pamphlets “It’s a Girls Thing”

ACTIVITY CHOICES
1. Review physical changes of puberty
2. Discuss personal hygiene that parallels these changes
   A. Daily washing of face, hair and body to eliminate oils and odors
   B. Change clothing daily
   C. Use deodorant
   D. Good nutrition
   E. Exercise
   F. Girls only – Use and care of pads and tampons (identify toxic shock syndrome [TSS] and potential danger involved)
3. Show video Girl To Woman or Boy to Man. Discuss and answer questions.
4. Exceptional Education Inclusion Activities
   A. Bring in nutritious snacks, soap, shampoo, and deodorant to use as props
   B. Do some fun physical exercises with the students
   C. Discuss the need for hygiene products