

4TH GRADE BOYS: BEING HEALTHY & PUBERTY

THE MISSION OF POLK COUNTY
PUBLIC SCHOOLS IS TO PROVIDE A
HIGH-QUALITY EDUCATION TO ALL
STUDENTS.



(HEALTH SERVICES TEAM MEMBER NAME AND TITLE)

1. Raise your hand and wait to be called on quietly.
2. Be respectful of what others have to say.
3. Ask questions!
4. Allow the nurse to answer the questions.
5. Remember: this is private information.

Essential Questions

- What is Puberty?
- What are 3 changes that happen during puberty?
- What are 2 personal hygiene measures that gain importance during puberty?

WHAT DOES IT MEAN TO BE HEALTHY?



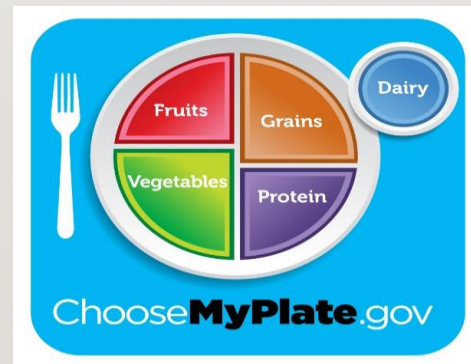
WHO IS RESPONSIBLE FOR YOUR HEALTH?

- YOU!
- Your parents or guardians
- Healthcare professionals (doctors, dentists, & nurses)



WHAT ARE SOME WAYS TO STAY HEALTHY?

- Get regular check-ups from your doctor & dentist
- Exercise daily
- Eat a well-balanced diet
- Get plenty of sleep



WHAT DOES IT MEAN TO STAY SAFE?



TAKING CARE OF YOURSELF

Sleep

Early to bed,
early to rise
Plenty of sleep
helps you
concentrate.



Nails

Trim nails weekly.
Keep nails
short
and
clean.



Exercise

Play outside
as much as
possible. Don't
sit and play on
the computer or
watch TV too often.



Homework

Take care
with homework
and always
do it before
going out
to play.



Teeth

Brush teeth every morning
and night to keep them
shining and
bright.
Visit your dentist
regularly.



Hair

Wash your
hair often.
Keep it neat
by styling
and brushing.



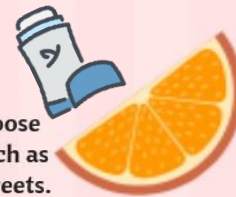
Hygiene

Bath or shower
and change underwear
daily. Wash hands
after visiting
the toilet and
before eating.



Diet

Eat a healthy and
balanced diet. Choose
healthy snacks such as
fruit instead of sweets.
Avoid sweet, fuzzy drinks.
Drink water, milk or fresh juice.



Let's talk about Puberty for boys



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CHILDHOOD

11-13



ADULTHOOD

18-21



Puberty

**BOYS 10-15 years
of age**

It is a time of many
changes!



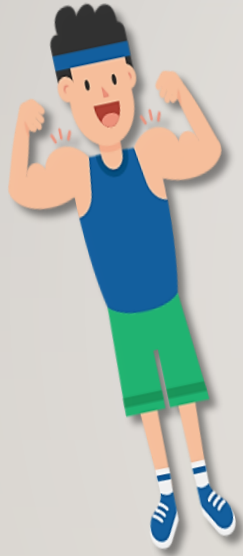
Pituitary Gland



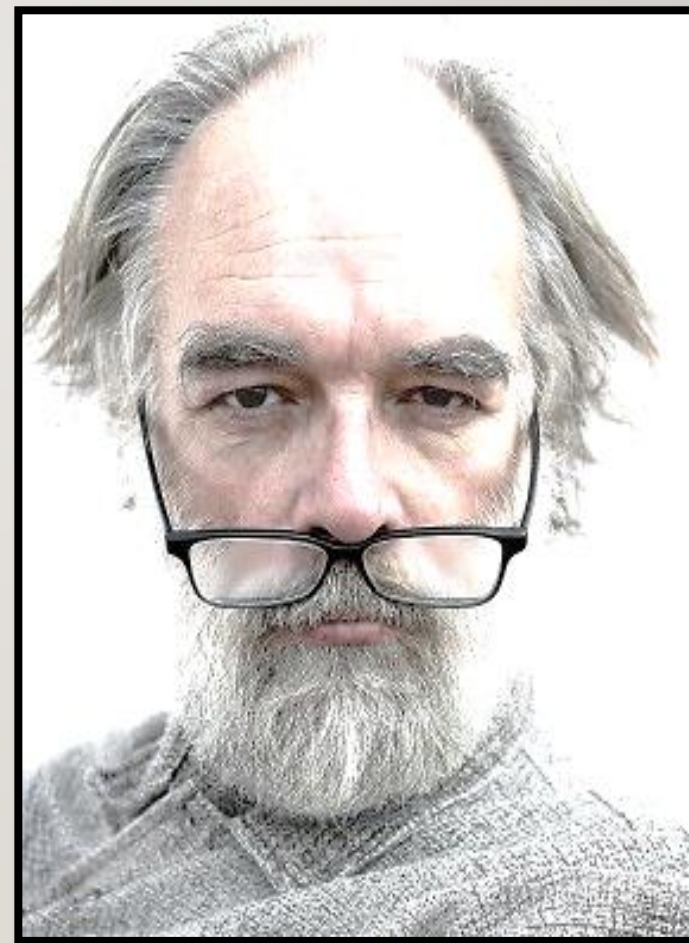
Growth Spurt



Broader Shoulders, Muscles Grow



Body Hair Growth



Voice Changing





ACNE



Washing your face



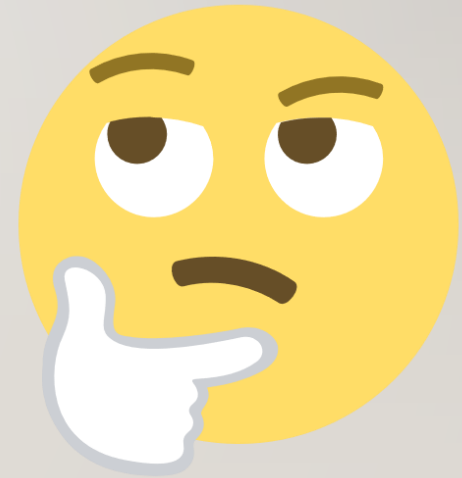
Sweat and Body Odor



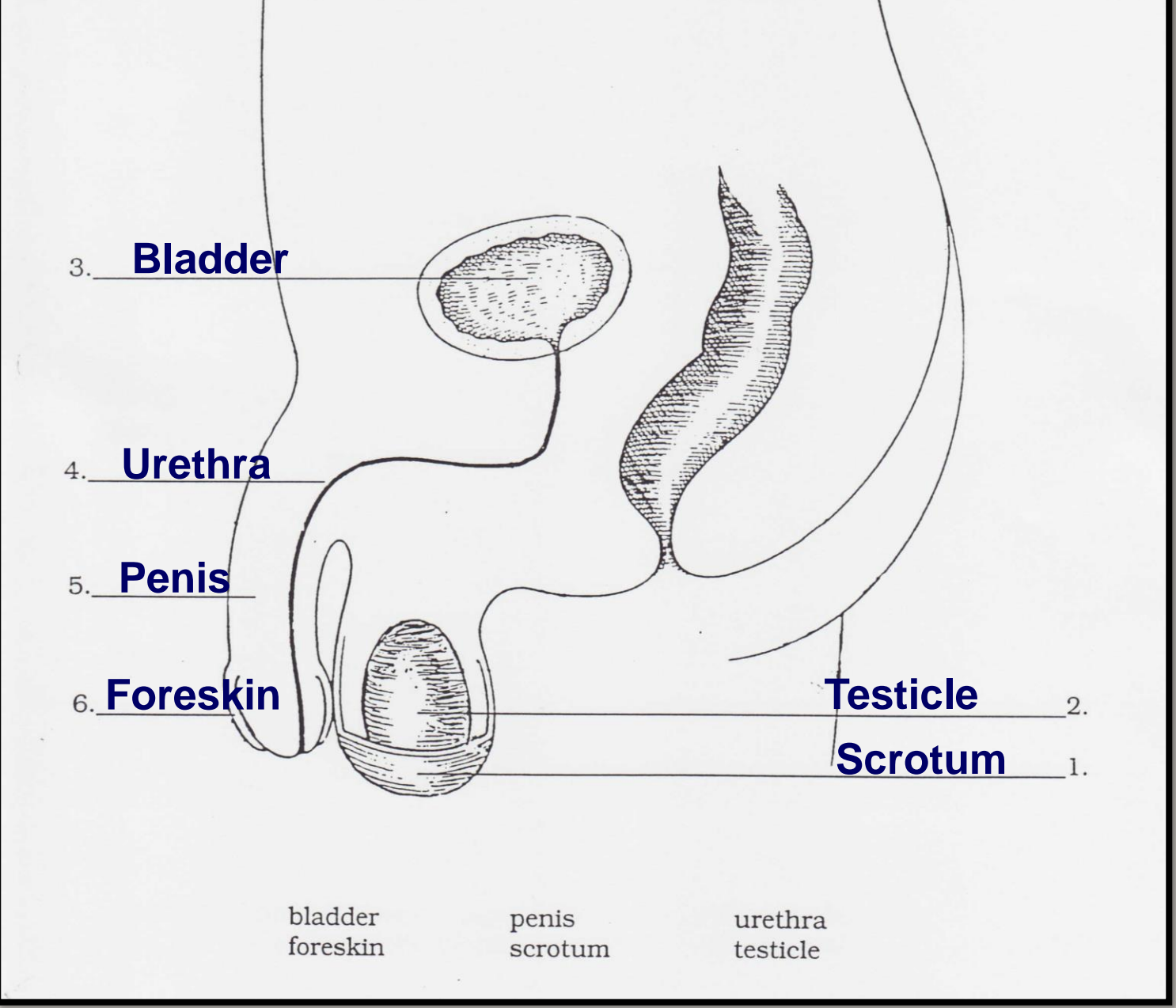
You wouldn't want to smell!



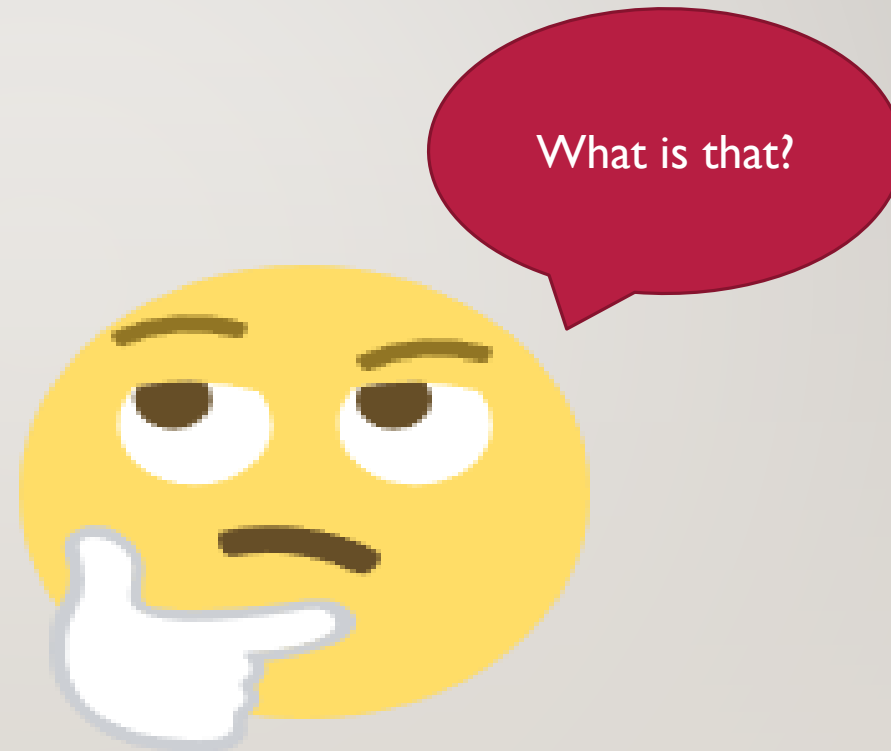
ERECTIONS



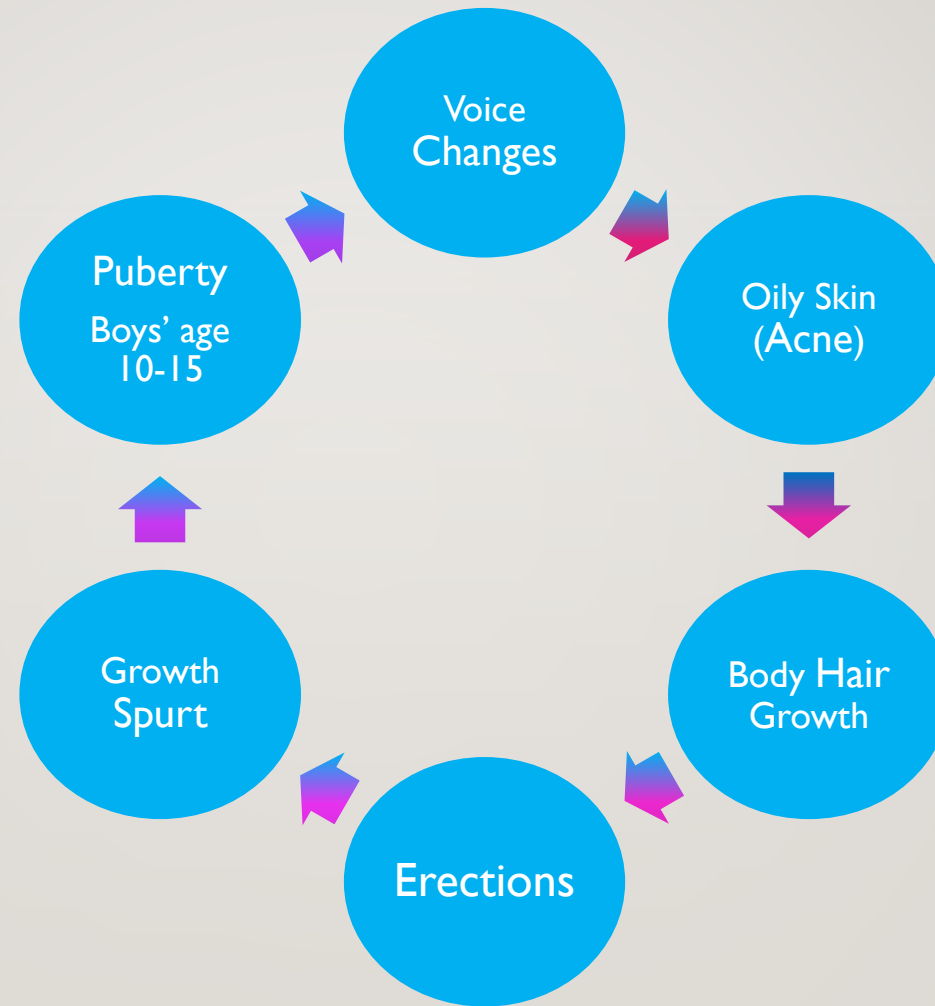
Let's talk about the Male Reproductive System



Circumcision



LET'S REVIEW...



Activity: Pack Your Bag

You are going on a trip with your friends away from home.

What are some things you may want to pack to keep healthy and have good hygiene?



Soap

Washcloth

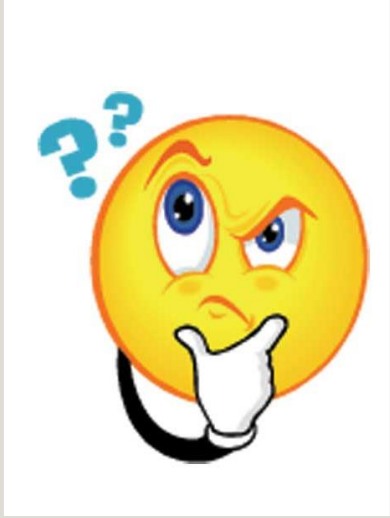
Shampoo/Conditioner

Deodorant

Hairbrush

Toothbrush/Toothpaste

Clean Clothes



- Can you answer the following questions?
 - What is Puberty?
 - What are 3 changes that happen during puberty?
 - What are 2 personal hygiene measures that gain importance during puberty?

