

Unit: Sex Education

Lesson Plan Title: Hygiene

National Health Education Standards Addressed:

1. Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
2. Standard 2: Students will analyze the influence of family, peers, media, culture, technology and other factors on health behavior.
3. Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
4. Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.
5. Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

General Goal(s):

1. To make the students aware of the importance of proper hygiene and the different ways that poor hygiene can affect their life, both physically and socially.

Specific Objectives:

1. For the students to understand the importance of good hygiene on their overall physical health.
2. For the students to be able to comprehend the impact that poor hygiene could have on their social health.
3. For the students to be aware of the products and services that are available that will help them maintain a proper level of hygiene.

Required Materials:

1. Web Site: www.kidshealth.com (Displayed by projector on whiteboard and discussed)
2. Teen Health Video “Teen Health: Hygiene Basics”

Anticipatory Set (Lead-In):

- When the students enter the room they will follow the instructions on the whiteboard to list five behaviors that they should do on a daily basis in order to be acting hygienic.

Step-By-Step Procedures:

1. As soon as the students are finished with their instant activity, I will lead a brief discussion based on their responses. This will be a way to preview the information that we will be discussing for the day and serve as a great lead in to the lesson.
2. After the discussion, I will display the kid's health web site on the whiteboard over the projector. This web site does a great job of discussing the basics of hygiene and the importance of being hygienic on physical, mental/emotional and social health. It will provide me with a format for which to base the lecture on and allow the students to have a read along format up for them as well, which will better keep their attention.
3. Following this 10-15 minute discussion, I will put on a video titled "Teen Health: Hygiene Basics" which is approximately 17 minutes long. This video will act as a review of hygiene basics in a fun and easy to follow format, as it prepares two teens for a school dance after they have been exercising.

Closure:

1. The last few minutes of the class will be spent summing up what the students have learned.

Assessment Based On Objectives:

1. The students will be assessed based on their participation during the lesson.