**Human Growth & Development: 4th Grade Hygiene Outline**

Puberty

1. Series of changes that your body will go through as you grow up
2. Happens to everyone, boys and girls
   1. Girls: Ages 8-13
   2. Boys: Ages 10-17
3. Caused by body hormones

Physical Changes

1. Sweat glands and body odor
   1. Apocrine glands “switch on” during puberty – mix with bacteria on skin surface to create body odor
   2. Apocrine glands primarily under arms
   3. Unable to smell own body odor
2. Hair: Hair becomes oily due to increased oil gland production
3. Skin: Acne or pimples – 15,000 – 20,000 oil glands on face; oil glands become more active; skin breaks out because pores clog
   1. Even if you wash face every day, may still get pimples.

Hygiene

1. Daily bath or shower with soap
   1. Washing removes dirt and oil from skin and reduces bacteria that cause body odor
2. Deodorant
   1. Talk to your parents/trusted adult/guardian
3. Shampoo hair regularly, brush hair daily
4. Changing clothes
   1. Put on clean clothes, undergarments and socks every day
5. Brush and floss teeth
   1. At least 2x day, after eating

Factors to Improve Health

1. Nutrition
   1. well-balanced diet including breakfast
2. Sleep
3. Exercise
   1. Variety of ways to get exercise
4. Water / Proper Hydration

Infection Control

1. Hand hygiene – most important way to prevent infection
   1. After restroom use
   2. Before eating
   3. After coughing, sneezing or using tissues
   4. More frequently when sick
2. Prevention
   1. Hand hygiene
   2. Cough in sleeve
   3. Sleep and proper nutrition
   4. No sharing of personal items