

NUR392

Prof. Lauren Ibiezugbe

March 2, 2023

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Teaching/Presentation Plan

By the end of this presentation, students will:

- Define the word: puberty hygiene
- Identify the physical, emotional, and social changes of puberty
- Recognize that puberty happens differently for everyone
- Understand how you can take care of yourself during puberty

Goal:

- Students will comprehend health promotion and disease prevention concepts to enhance health.
- Identify physical, social, mental, and emotional changes during puberty.
- Students define puberty hygiene as related to physical, emotional/mental, and social changes that can occur during puberty. They also identify ways to take care of themselves physically and mentally.

Slide 1 Welcome students, introduce the topic, and review the ground rules

Slide 2 Index:1) Define the word: puberty 2) Identify the physical, emotional, mental, and social changes of puberty 3) Recognize that puberty happens differently for everyone 4) Understand how you can take care of your body and your heart/mind during puberty

Slide 3 What is puberty? - Reinforce student ideas and draw out comprehensive definitions.

- Puberty is when a person develops and changes from child to adult. It is when the body matures sexually and becomes capable of reproduction. It is important to know that puberty is a process, not a single event. And it happens in the body, the heart/mind, and socially.

- Hygiene is any practice or activity a person does to keep their body healthy and clean

Slide 4 Many young people wonder when puberty will happen or how long it will take. Puberty can start at any time between age 8 and age 16 but usually starts sometime between age 10 and age 14. And it usually takes 3 or 4 years to complete.

Slide 5 Clinical Depression – a mental health disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life.

- many changes happen during puberty. Some are physical, some are emotional or mental, and some are social. Puberty in general and not talking about any particular people. Everyone goes through puberty differently. As people grow and change, they need to take care of their bodies, often in ways they didn't have to before.

Slide 6 Questions

- What are some ways a person can keep their body clean?
- What are some ways people can take care of themselves?
- Can anyone think of a trusted adult that someone could talk to about this stuff?
- Why is it often helpful to talk about puberty with family members in particular?

Slide 7 Everyone changes as they grow up, which is different for everyone. Please remember to take care of yourself. God bless you.

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