

clean UP your act!

5th grade

60 minute Classroom Program \$7 Per Child

When you keep your body clean, you're doing what is called HYGIENE! This program takes a light approach in addressing the importance of good personal hygiene and some of the changes boys and girls can expect as they enter puberty.

NOTE: This program does NOT cover menses. If desired, this class can be taught with boys and girls separated.

Two hour Field Trip Experience includes:

Classroom Program, Fun-tastic Exhibit Floor, and Interactive Brain Theater

CLEAN UP YOUR ACT meets the following Mississippi State Health Competencies:

Competency 1:

Comprehend concepts related to health promotion and disease prevention to enhance health. (D, PH, N, H) NHES 1

Sub-Competencies:

- Describe how participation in physical activity affects the body.
- Identify ways the body's defense system can be improved.

Competency 2:

Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. (M) NHES 2

Competency 3:

Demonstrate the ability to access valid health information and products and services to enhance health. (C, S, CH) NHES 3

Sub-Competencies:

- Identify and discuss the use and impact of health products (e.g., sunscreen, toothpaste).

(continued)

HealthWorks!

219 S. Industrial Road, Tupelo, MS 38801

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State Health Competencies (continued)

Competency 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (PH, F, M, S) NHES 4

Sub-Competencies:

- Demonstrate refusal and conflict resolution skills needed to develop and maintain healthy relationships with peers, family, and others in socially acceptable ways.

Competency 5: Demonstrate the ability to use decision-making skills to enhance health. (N, PH, H, S, SA) NHES 5

Sub-Competencies:

- Explore the characteristics of habits and how habits affect personal health.

Competency 8: Understand the importance of demonstrating the ability to advocate for personal, family, and community health. (C, PH, F) NHES 8

Sub-Competencies:

- Develop strategies to encourage and influence others in making healthy choices (e.g., healthy food choices, abstaining from alcohol, tobacco, and illegal drug use).

Mississippi Department of Education Contemporary Health (K-8) Content Strands/Topics:

<i>Personal Health and Consumer Health (PH) (CH)</i>	<i>Nutrition and Fitness (N)</i>
<i>Mental Health (M)</i>	<i>Substance Abuse Prevention (SA)</i>
<i>Family/Social Health (F)</i>	<i>Community and Environmental Health (C)</i>
<i>Human Growth and Development (H)</i>	<i>Safety and First Aid (S)</i>
<i>Disease Prevention and Control (D)</i>	<i>National Health Education Standards (NHES)</i>