



teaching
sexual
health.ca

Grade 5

Learning Activity

Staying Healthy in Puberty

Learning Outcome

Students connect puberty to the capacity for human reproduction

Staying Healthy in Puberty

Grade 5



Teaching Sexual Health

1. In your group, come up with 3 ideas that can help you stay healthy during puberty.

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2. In the space below, draw a picture of yourself doing one of these ideas.

A large, empty rounded rectangle with a thin blue border, intended for a student to draw a picture of themselves doing one of the ideas listed above.



Answer Key

Any safe, reasonable idea related to hygiene, healthy eating, staying active or caring for their changing body is correct. Possible answers include:

- Wash your face every day with warm water and mild soap.
- Take daily showers or baths and wash your body well.
- Wash your hair if it gets oily.
- Wear clean socks and underwear every day.
- Brush your teeth at least twice a day and floss every day.
- Visit the dentist once or twice a year for checkups.
- Be active by doing sports, walking, or playing outside with friends.
- Eat healthy foods like vegetables, fruit and whole grains.
- Drink water and try to have fewer high-sugar foods and drinks.
- Use deodorant or antiperspirant and wash your underarms every day.
- Keep extra period supplies in your locker or bag and change pads or tampons often.
- Use a warm compress or heating pad if you have menstrual cramps.
- Talk to a trusted adult if you have questions about your body.
- Never share razors or toothbrushes with other people.
- Wash bedding and pajamas if you have a nocturnal emission (wet dream).
- If you shave, use shaving cream or gel to protect your skin.
- Wear cotton underwear to help your skin breathe.
- Wash your clothes and shoes regularly.
- See a doctor if you have serious acne (pimples).
- Do not use douches or feminine sprays because the vagina cleans itself naturally.

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