



**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

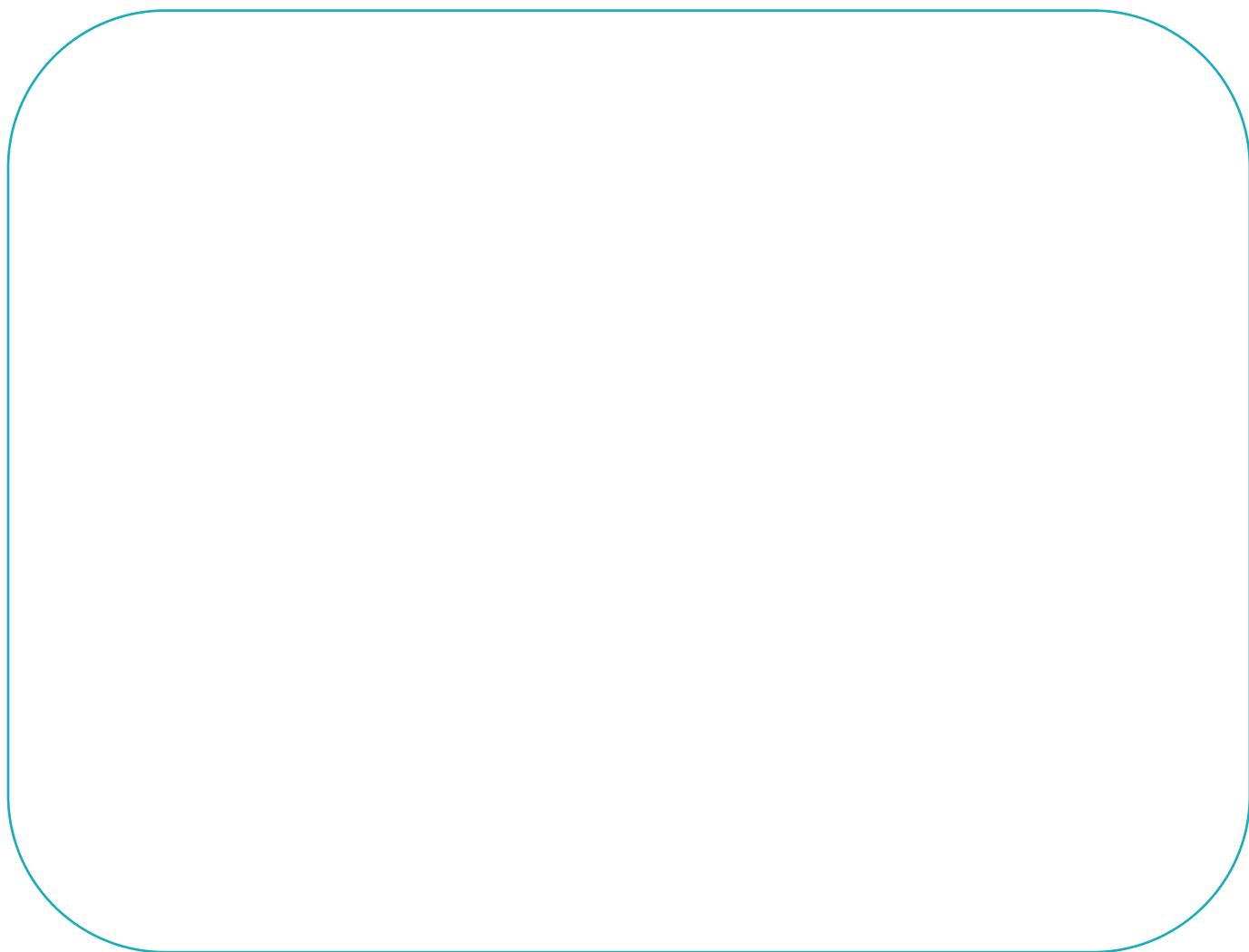


Teaching Sexual Health

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.





### 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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