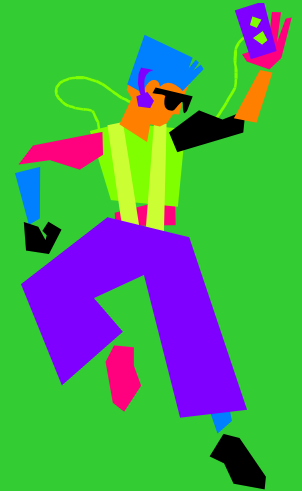


GROWTH AND DEVELOPMENT

Fourth Grade Boys



PUBERTY

- Stage of growth and development that marks the beginning of the change from childhood to adulthood
- Usually starts between the ages of 11 and 17
- Starts earlier in girls than in boys



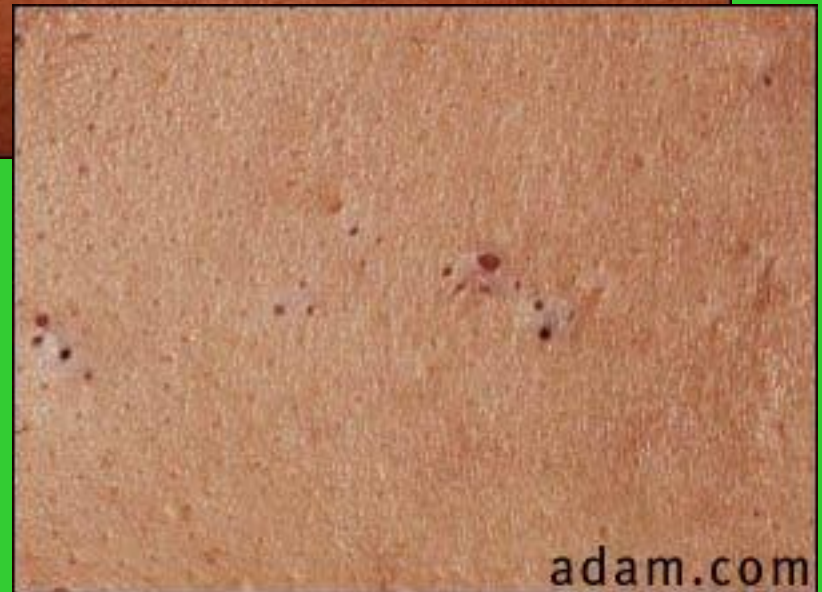
CHANGES WITH PUBERTY



- The pituitary gland at the base of your brain tells your body to start producing testosterone.
- Testosterone, the male hormone, is responsible for many of the changes your body goes through.
- You start to grow taller and heavier
- Hair starts to grow on your face, arms, legs and groin area
- Pimples and acne may appear
- Body odor increases
- Voice cracks and squeaks as it deepens

Changes on the Outside

- Puberty means more oily skin and hair.
- Sweat glands begin to work overtime.
- Good hygiene is essential.
- Bathe daily and use a good antiperspirant or deodorant.



Changes on the Inside

- Hormones are also affecting your emotions
- You can be happy one moment, sad the next, angry later
- Try not to be too hard on yourself and those around you, this is **NORMAL**



TOP 10 WAYS TO LOOK AND FEEL YOUR BEST DURING PUBERTY

10. Wear groin protection during sports
9. Exercise regularly
8. Get enough rest
7. Eat healthy foods & cut down on sweet snacks
6. Don't smoke or do drugs
5. Wash hands often
4. Keep your face clean to help decrease zits
3. Brush and floss your teeth daily
2. Use deodorant DAILY
1. Bathe or shower EVERY DAY (PLEASE!)

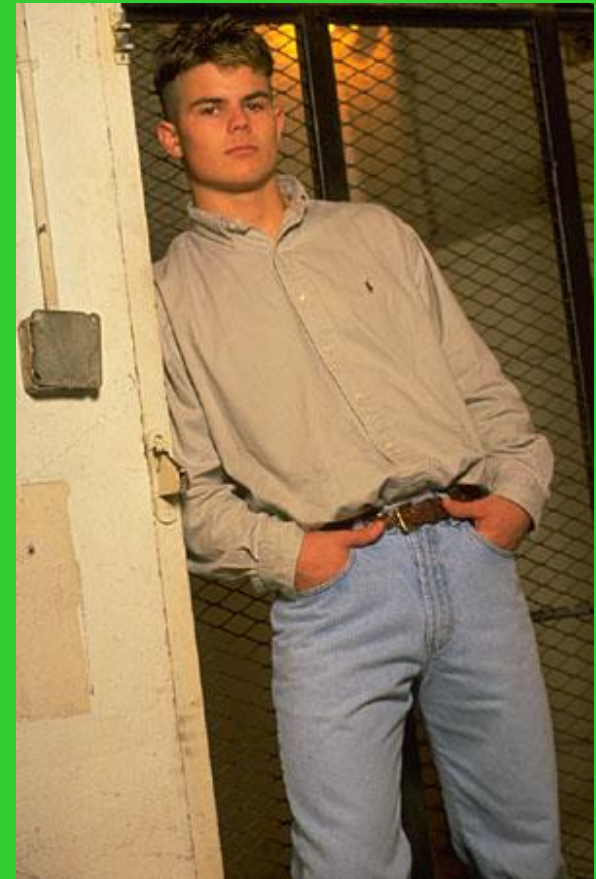
Making Decisions



- Set goals for your life and stick to them
- Decide to do what is best for you, instead of what others may be doing
- Believe in yourself, and respect yourself
- Practice abstinence

What is Abstinence?

- Abstinence is voluntarily refraining from, or doing without something
- This means choosing not to damage your body with harmful things such as cigarettes and drugs
- Positively speaking, this means you respect yourself and want to achieve the goals you have set for yourself



AN INTRODUCTION TO HIV/AIDS

FOURTH GRADE

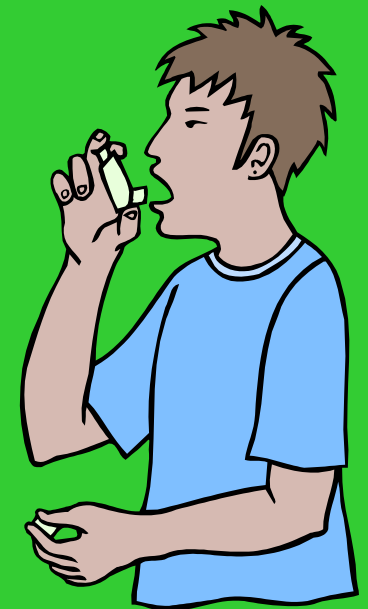


NON-COMMUNICABLE DISEASES

- Do **not** spread from person to person
- Can develop from the environment, heredity, or genetics
- Can affect any system of the body, such as respiratory, gastrointestinal, circulatory
- Sometimes can be cured or even prevented through medication, therapy, and/or understanding
- Sometimes cannot be cured but controlled through same measures

EXAMPLES OF NON-COMMUNICABLE DISEASES

- Asthma
- Allergies
- Diabetes
- Headache
- Cancer
- Heart Disease

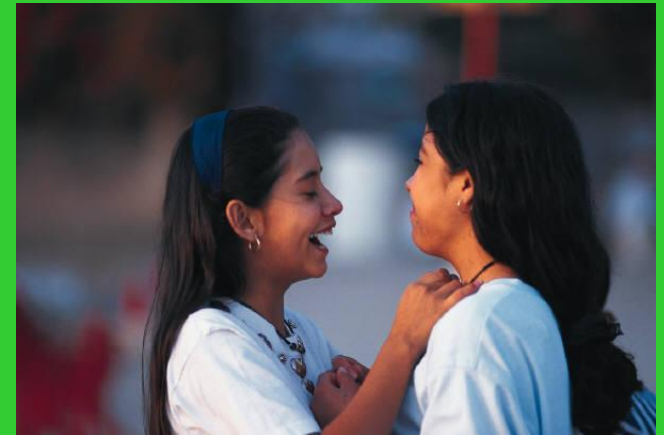


COMMUNICABLE DISEASES

- Can spread from person to person, which means they are contagious.
- Are caused by germs such as viruses or bacteria.
- Spreads through direct contact - touching a sick person, or indirect contact - touching objects that a sick person has touched.
- Can enter the body through the nose, eyes, or a break in the skin, or from hands to mouth.

EXAMPLES OF COMMUNICABLE DISEASES

- Colds and Flu
- Chicken Pox
- Hepatitis
- Pink Eye
- Fifth's Disease
- HIV/AIDS



WHAT IS HIV/AIDS?

- HIV = Human Immunodeficiency Virus.
- AIDS = Acquired Immune Deficiency Sndrome.
- AIDS is the result of a long process that begins with the HIV virus.
- HIV/AIDS is FATAL! There is no cure!

Definition of HIV/AIDS

- HIV/AIDS is a life-threatening disease that attacks the immune system.
- It weakens it so that the immune system can't fight diseases.
- Your immune system is made up of the white blood cells in your blood.
- When germs enter the body, these cells attack them and kill them.
- In the case of HIV/AIDS, the white blood cells are killed before they can destroy the germs that cause diseases.

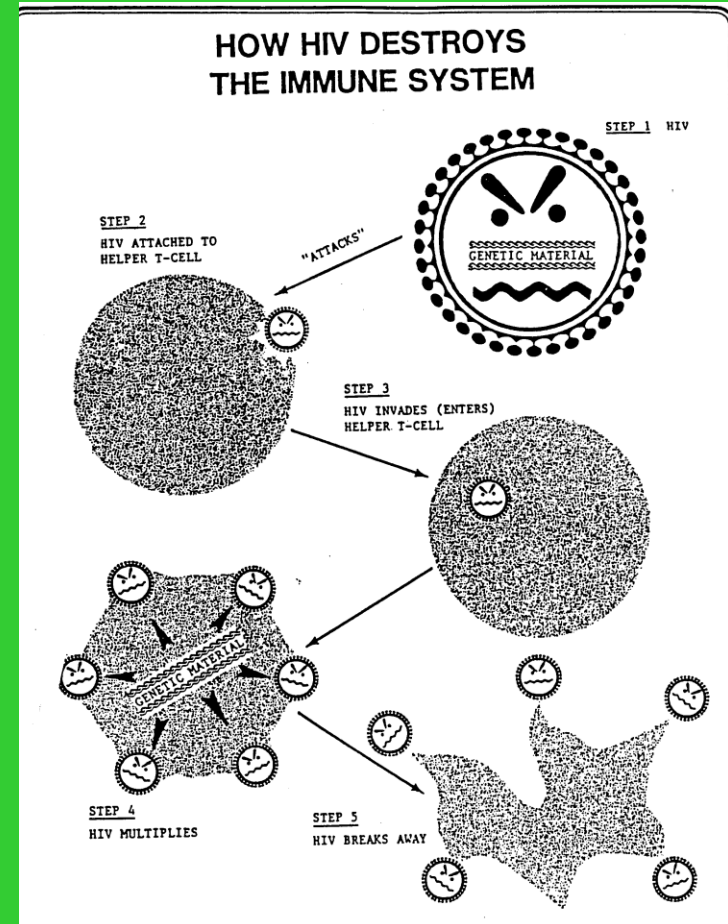
THE HIV VIRUS



- The HIV virus gets introduced into your body through blood to blood contact, from a break in the skin
- It attaches itself to the white blood cells in your blood and reproduces itself
- As the virus spreads, more and more white blood cells are destroyed causing your immune system to become weaker and weaker

WHAT THE DISEASE DOES TO YOUR BODY

- In the early stages of the disease your body has millions of white blood cells to still fight infection
- But over time the HIV virus destroys more and more cells until you go from having millions of white blood cells to just hundreds, then tens, then none.
- The body can then be attacked by all kinds of infections and diseases (called opportunistic diseases).
- This is AIDS.





WAY TO SPREAD HIV/AIDS

- Coming in contact with fresh blood or body fluids of someone
- I. V. Drug Use - sharing needles
- Mother to Unborn Child
- Blood Brothers
- Sharing toothbrushes, razors, or dental floss
- Tattoos, or body piercing



HOW HIV IS NOT SPREAD



- Doorknobs
- Drinking fountains
- Toilet seats
- Eating utensils
- Insect bites
- Hugging
- Coughing, sneezing
- Holding hands

WHAT SHOULD YOU DO?

- Learn accurate information about the disease
- Take responsibility for your own protection
- Refuse to use drugs
- Respect yourself
- Practice abstinence

