

Weller Health Education Center

Better Start Early

Healthy Bodies series

45 minute, outreach program

Grades 9 - 12

Course Description

This program reviews female reproductive health and hygiene. Breast cancer symptoms and risk factors are discussed along with the importance of early detection. The all-female environment lends to open discussions about the reproductive cycle and the issues that young females experience as their bodies change.

Objectives

1. Name two signs and risks of breast cancer.
2. Explain the importance of practicing good reproductive health.
3. Demonstrate/explain the technique of breast self-exam using anatomical breast models.

PA Standards

Health, Safety and PE Standards:

- 10.1.9.A Analyze factors that impact growth and development between adolescence and adulthood.
- Risk factors
- 10.1.12.A Evaluate factors that impact growth and development during adulthood and late adulthood.
- Acute and chronic disease
 - Communicable and non-communicable diseases
 - Health status
 - Relationships
- 10.1.12.B Evaluate factors that impact the body systems and apply protective/preventative strategies.
- Health status (e.g. physical, mental, social)
- 10.1.9.E Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.

Cross Curricular Opportunities

Reading, Writing, Speaking and Listening:

- 1.6.8,8-12.A Listen critically and respond to others in small and large group situations.
- Respond with grade level appropriate questions, ideas, information, or opinions.

RELA Lesson Ideas

- 1.5.9-12.A Write with a clear focus, identifying topic, task, and audience.
- 1.4.9.C Write persuasive pieces:
- Include clearly stated position or opinion.

Weller Health Education Center

- Organize topic ideas and appeals in a sustained and effective fashion.
- Clarify questions with precise and relevant evidence, including facts, expert opinions, quotations, expressions of commonly accepted beliefs, and logical reasoning.

1.4.10.C Write persuasive pieces:

- Organize ideas and appeals in a sustained and effective fashion.
- Use specific rhetorical devices to support assertions, such as appealing to logic through reasoning; appealing to emotion or ethical beliefs; or relating a personal anecdote, case study or analogy.
- Clarify and defend positions with precise and relevant evidence.

1.4.11.C Write persuasive pieces:

- Organize ideas and appeals in a sustained and effective fashion.
- Use specific rhetorical devices and persuasive strategies to support assertions.
- Clarify and defend positions with precise and relevant evidence, including facts, expert opinions, quotations, expressions of commonly accepted beliefs, and logical reasoning.

1.4.12. C. Write persuasive pieces:

- Use rhetorical strategies (e.g. exposition, narration, description, argumentation, or some combination thereof) to support the main argument or position.

Grades 9-12: After today's presentation, think about the people in your life. Who would benefit the most from this information? Select one person that you would share your learning. Who would that be and how would you convince them to make healthy choices in their life. Write a letter to them persuading them to make healthy choices in their life.

The **Healthy Bodies** series also includes these outreach programs:

Dental Detectives, grades Pre-K – 1

Handful of Healthy Habits, grades Pre-K – 1

Kids in Motion, grades 1 – 3

Odorology, grade 4

Life Begins, grades 5 – 6

Body Smarts, grades 5 – 7

Big Changes, Big Choices, grades 6 – 8

NoBody's Perfect, grades 6 – 10

Stress Less, grades 6 -12

Who Do You Trust?, grades 8 – 12