

Peer-to-Peer Education

NHES Standard 4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Teaching Objectives

- Analyze and describe the components and functions of the male and female reproductive systems.
- Create a presentation on the reproductive systems that is age appropriate and interactive, with a clear and organized message.

Teaching Strategies

- Place students in groups of three or four. Each group will need access to the Internet and the materials listed under What You'll Need.
- Role-play "tough" questions that the sixth-graders might ask of the high school students prior to the peer-to-peer presentation.

Assessment

Using a rubric, student work should provide comprehensive evidence of the following criteria to achieve the highest score:

- ✓ Interaction among individuals
- ✓ Clear, organized message
- ✓ Awareness of audience
- ✓ Clear, simple language
- ✓ Appropriate body language

Hands-On **HEALTH**

Activity Peer-to-Peer Education

Create a lesson for a class of middle school students to introduce structures, functions, and care of the male and female reproductive systems. Be prepared for "tough" questions that sixth graders might ask. Use communication skills appropriate for that age group.

What You'll Need

- computer with Internet access
- paper and pens or pencils
- poster paper, construction paper, markers, glue, tape, scissors
- props: paper cups, tennis balls, string

What You'll Do

Step 1

Work in groups to research information and outline your presentation. Include facts to support each point.

Step 2

Create visual aids and props, for example, to show how an egg cell passes through the female reproductive system.

Step 3

Include a clear, organized health message. Be sure the language is age appropriate.

Apply and Conclude

Discuss how your presentation will help younger students identify healthful lifestyle behaviors.

Checklist: Communication Skills

- ✓ Interaction between individuals
- ✓ Clear, organized message
- ✓ Respectful tone
- ✓ Listening skills
- ✓ Appropriate body language



More About...

Changes During Puberty Puberty usually starts between the ages of 8 and 13 in females and 10 and 15 in males. Along with changes in breast and penis size, adolescents experience hair growth in pubic areas and under the arms. Acne begins, and body odor

becomes more noticeable. The body also has a growth spurt and may store a layer of fat. Females will have a mucus discharge from the vagina, and males will get erections. Both become more emotional. They may be overly sensitive or lose their tempers easily.