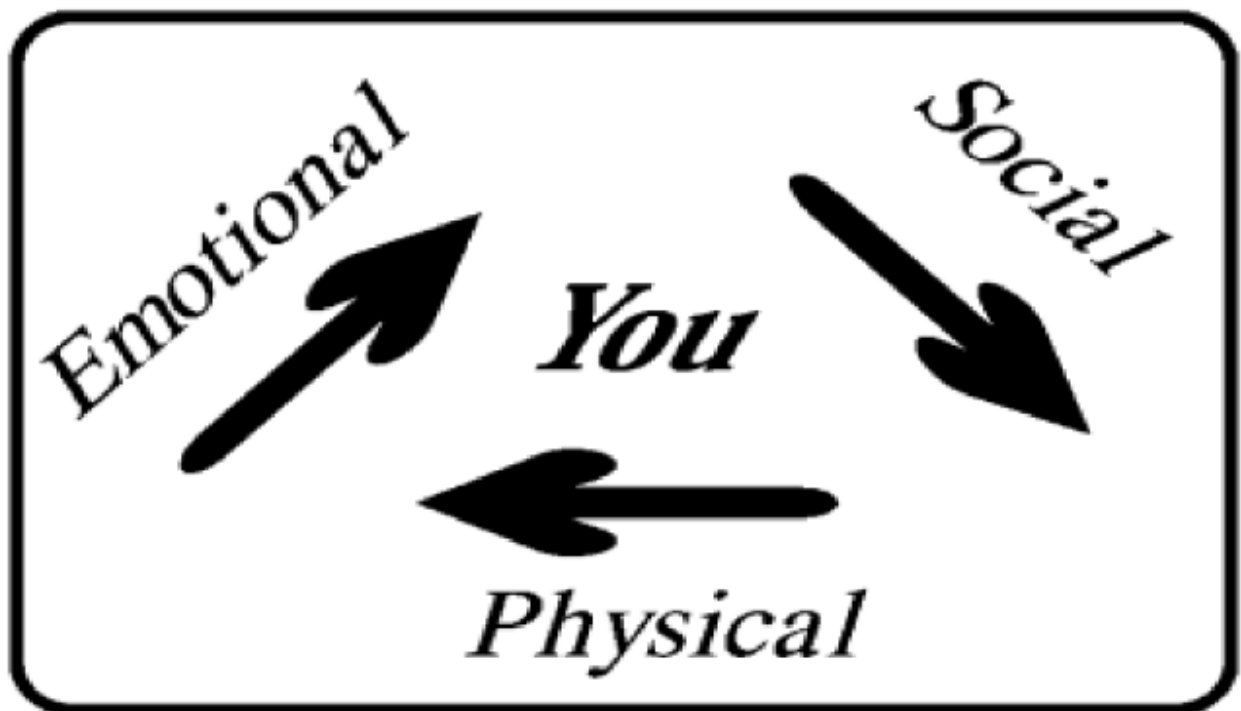
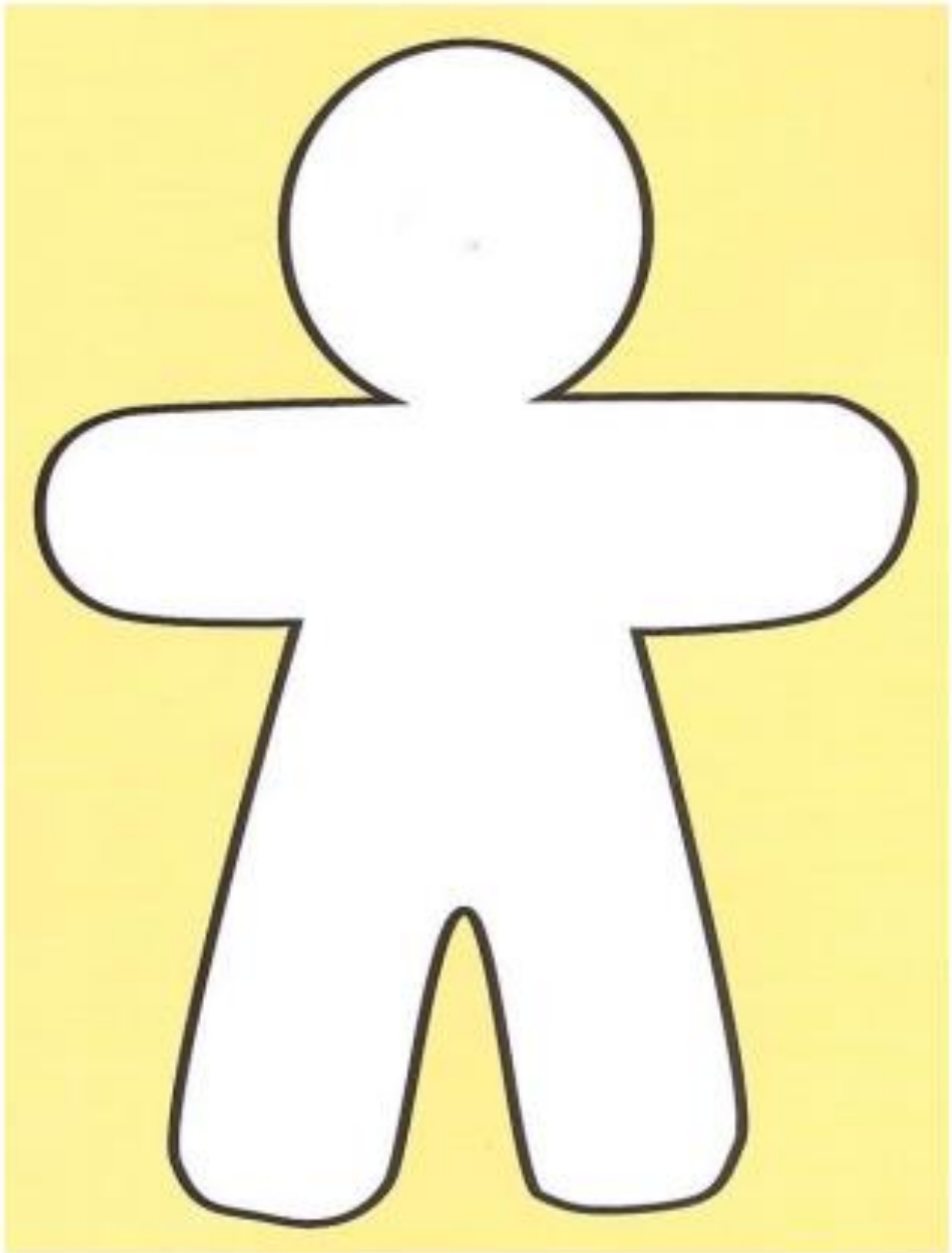


Rockville Centre UFSD 5th Grade Maturation Program

Student Packet





GLOSSARY OF TERMS

Puberty	Series of changes your body goes through as you grow up
Self-Esteem	Collection of beliefs or feelings we have about ourselves. This is how we define ourselves which influences our motivations, attitudes, and behaviors
Endocrine glands	Produces sweat. Throughout puberty these glands may become more active causing body odor
Hygiene	The practice of taking care of your body though daily cleaning, use of antiperspirant, hair cleaning, and wearing clean clothes
Testicles	Part of the male reproductive system which holds sperm
Endometrium	Part of the female reproductive system, which is created to hold a fertilized egg, and sheds during menstruation
PMS	A series of mood and hormonal changes which can occur before a female receives her menstrual cycle
Ovaries	Part of the female reproductive system which hold the eggs

Revised: Summer of 2020

Who Am I

Know...	Want to Learn...	Learned....

HIV & AIDS REVIEW

HIV/AIDS Questions/Statements

1. The virus that may lead to AIDS is called: **a) HIV b) HVI c) IHV**
2. **True or False:** HIV attacks the immune system and affects every system in the body.
3. The role of the immune system is _____

4. **True or False:** You can get HIV if you hug someone who has the disease.
5. **True or False:** A pregnant woman who has HIV may pass the virus to her child during pregnancy or childbirth if she doesn't get the proper treatment.
6. **True or False:** All people who use drugs have HIV.
7. **True or False:** A person can be infected with HIV for many years without knowing it.
8. Why is a person who abuses alcohol or other drugs at special risk for getting HIV?

9. Define the word "epidemic."

10. **True or False:** Abstaining from sexual intercourse and use of alcohol and other drugs can protect you against HIV infection.
11. **True or False:** A person can get immunized against HIV.
12. **True or False:** Donated blood is tested for HIV antibodies.
13. **True or False:** You can get HIV from sitting on a bus next to someone who has AIDS.
14. **True or False:** HIV is a disease found only in the United States.

POSITIVE & NEGATIVE RISK WORKSHEET

IDENTIFY WHETHER THE FOLLOWING RISKS ARE POSITIVE RISKS OR NEGATIVE RISKS, AND WHAT THEIR SHORT-TERM AND LONG-TERM CONSEQUENCES COULD BE.

1. Darnell skips school at least one day a week and hangs out with friends.
2. Two of Julia's friends vape and they offer it to her, but she decides not to start smoking.
3. Nina sees an ad in the newspaper for a volunteer for an animal shelter. She has never gone to that part of the city before but decides to ask a parent/ guardian for permission to go there and apply for the volunteer job.
4. Ernesto's friend, Theresa, is HIV-positive. Ernesto's other friends say they will not hang out with him if he continues to be friends with Theresa. Ernesto decides to continue the friendship with Theresa and tells his other friends that they have no right to demand he stop seeing his friend.