

Teacher's Guide

This guide includes:

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- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: <http://www.cdc.gov/healthyschools/sher/standards/index.htm>



Grades 3 to 5 • Personal Health Series Head Lice

Students shouldn't miss valuable school time just because they have head lice or nits (louse eggs). Head lice can be annoying and difficult to get rid of, but they aren't dangerous and they don't spread disease. A student who has lice should stay at school until the end of the day, go home and get treatment, and return to school the next day.

It's also important to remember that having head lice isn't a sign of dirtiness or poor hygiene. The tiny wingless insects can be a problem for students of all ages and socioeconomic levels, no matter how often they wash their hair or bathe. It also doesn't matter how long or short a kid's hair is.

Effective prevention includes:

- Teaching students to try to avoid head-to-head contact at school (in gym, on the playground, or during sports) and while playing at home with other children.
- Teaching students not to share combs, brushes, hats, scarves, bandanas, ribbons, barrettes, hair ties or bands, towels, helmets, or other personal care items with anyone else, whether they may have lice or not.
- Not piling hats and scarves and other personal items in a common area. Instead, keep them separated for each student.

Related KidsHealth Links

Articles for Kids:

Lice Aren't So Nice

KidsHealth.org/en/kids/lice.html

Hey! A Louse Bit Me!

KidsHealth.org/en/kids/louse.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Can head lice hurt you? Does it mean people are dirty if they have lice?
2. What are some of the ways people can get head lice? Can they get them from pets? How can we help make sure we don't get lice?
3. How can you tell if you might have head lice? What should you do if you think you have head lice?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Head Lice Rule of Thumb

Objective:

Students will:

- Learn how to avoid getting head lice

Materials:

- Computer with Internet access, KidsHealth.org articles about head lice
- “Head Lice Rule of Thumb” handout

Class Time:

- 30 minutes

Activity:

Today we’re going to learn how to avoid **getting** those annoying head lice and **giving** them to other kids, here at school and at home. First, we’ll read the KidsHealth.org articles about head lice. Then we’ll see how much we know about avoiding lice by completing the “Head Lice Rule of Thumb” handout.

Extensions:

- Use a clear plastic bag with some sesame seeds to show students how small head lice are. Search online to see photos of head lice and nits.
- Have students bring home their head lice quiz and query their family members.

Reproducible Materials

Handout: Head Lice Rule of Thumb

KidsHealth.org/classroom/3to5/personal/hygiene/lice_handout1.pdf

Handout for Teachers: Head Lice Rule of Thumb Answer Key

KidsHealth.org/classroom/3to5/personal/hygiene/lice_handout2.pdf

Quiz: Head Lice

KidsHealth.org/classroom/3to5/personal/hygiene/lice_quiz.pdf

Answer Key: Head Lice

KidsHealth.org/classroom/3to5/personal/hygiene/lice_quiz_answers.pdf



Name: _____

Date: _____

Head Lice Rule of Thumb

Instructions: It's nice to share with classmates and friends, but when it comes to head lice, sharing some things is not a good idea. If it's OK to share the items, circle the thumbs-up sign. If it's not OK to share the items, circle the thumbs-down sign.

1.   Barrette, hair clip, hair tie, scrunchy

2.   Baseball, basketball, football, soccer ball

3.   Bicycle, skateboard

4.   Book, magazine

5.   Brush, comb

6.   Chair, desk

7.   Computer, video game

8.   Hat, helmet

9.   Paper, pen, pencil

10.   Pillow, sleeping bag



Head Lice Rule of Thumb Answer Key

Instructions: It's nice to share with classmates and friends, but when it comes to head lice, sharing some things is not a good idea. If it's OK to share the items, circle the thumbs-up sign. If it's not OK to share the items, circle the thumbs-down sign.

1.   Barrette, hair clip, hair tie, scrunchy
2.   Baseball, basketball, football, soccer ball
3.   Bicycle, skateboard
4.   Book, magazine
5.   Brush, comb
6.   Chair, desk
7.   Computer, video game
8.   Hat, helmet
9.   Paper, pen, pencil
10.   Pillow, sleeping bag



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. True or false: Head lice can make you sick.
2. An adult head louse is about the size of a _____.
3. A person can get head lice by:
 - a) sharing a comb, brush, scarf, hat, or helmet
 - b) playing with a pet that has fur
 - c) touching his or her head or hair with another person's head or hair
 - d) by not showering or bathing enough
 - e) a and b
 - f) a and c
 - g) a, b, and c
4. Nits are:
 - a) crunchy things that squirrels like to eat
 - b) little bits of food that get stuck in your teeth
 - c) tiny eggs that head lice lay on your head
5. True or false: If you have head lice, your scalp might feel itchy.



Quiz Answer Key

Instructions: Answer each question.

1. True or false: Head lice can make you sick.
2. An adult head louse is about the size of a sesame seed.
3. A person can get head lice by:
 - a) sharing a comb, brush, scarf, hat, or helmet
 - b) playing with a pet that has fur
 - c) touching his or her head or hair with another person's head or hair
 - d) by not showering or bathing enough
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