

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- 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>



## PreK to Grade 2 • 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](http://KidsHealth.org/en/kids/lice.html)

### Hey! A Louse Bit Me!

[KidsHealth.org/en/kids/louse.html](http://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.*

### Sharing Circle

#### Objective:

Students will:

- Learn how to avoid getting head lice

#### Materials:

- Computer with Internet access, KidsHealth.org articles about head lice
- “Sharing Circle” 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 about lice. [Note to teacher: Have students take turns reading aloud through the two KidsHealth.org articles on head lice, or you can read aloud to the class.] Then we’ll see how much we know about avoiding lice by completing the “Sharing Circle” handout.

#### Extensions:

Use a clear plastic bag with some sesame seeds to show students how small head lice are.

## Reproducible Materials

#### Handout: Sharing Circle

[KidsHealth.org/classroom/prekto2/personal/hygiene/lice\\_handout1.pdf](http://KidsHealth.org/classroom/prekto2/personal/hygiene/lice_handout1.pdf)

#### Handout for Teachers: Sharing Circle Answer Key

[KidsHealth.org/classroom/prekto2/personal/hygiene/lice\\_handout2.pdf](http://KidsHealth.org/classroom/prekto2/personal/hygiene/lice_handout2.pdf)

#### Quiz: Head Lice

[KidsHealth.org/classroom/prekto2/personal/hygiene/lice\\_quiz.pdf](http://KidsHealth.org/classroom/prekto2/personal/hygiene/lice_quiz.pdf)

#### Answer Key: Head Lice

[KidsHealth.org/classroom/prekto2/personal/hygiene/lice\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/prekto2/personal/hygiene/lice_quiz_answers.pdf)

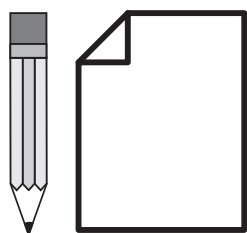


Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Sharing Circle

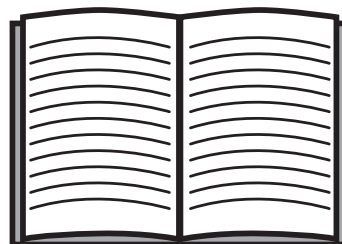
Instructions: Think about how to avoid getting head lice. Then draw a circle around the things you can share with classmates and friends. Draw an X through things you shouldn't share with classmates and friends.



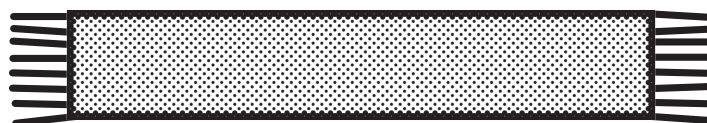
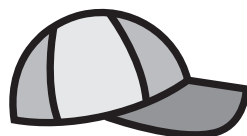
Pencil, paper



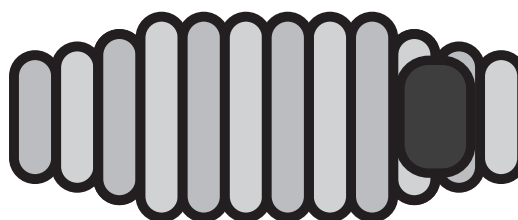
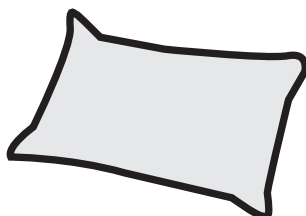
Comb, brush



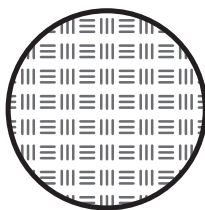
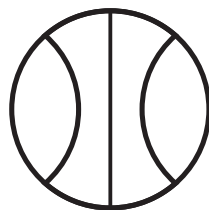
Book



Hat, scarf



Pillow, sleeping bag



Basketball, soccer ball, kickball



Helmet

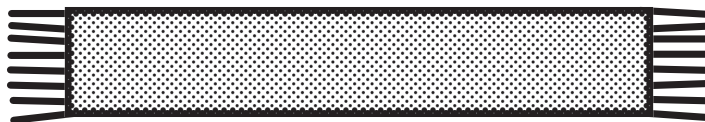
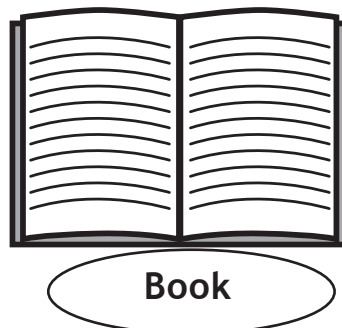
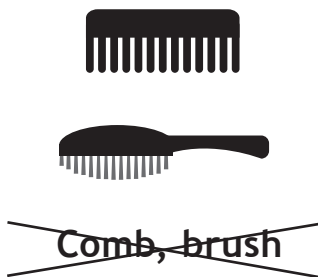
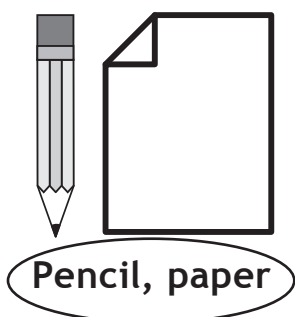


Hair tie, hair clip, headband, barrette, scrunchy

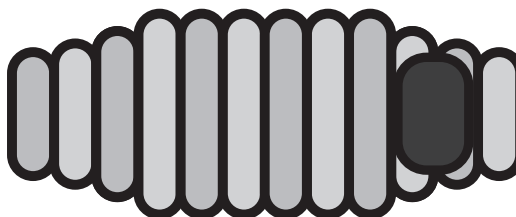
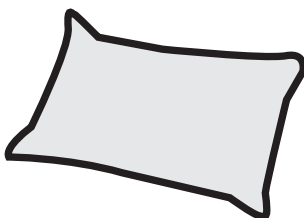


## Sharing Circle Answer Key

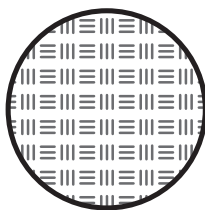
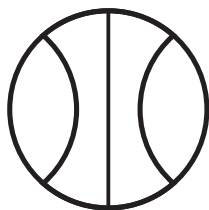
Instructions: Think about how to avoid getting head lice. Then draw a circle around the things you can share with classmates and friends. Draw an X through things you shouldn't share with classmates and friends.



~~Hat, scarf~~



~~Pillow, sleeping bag~~



Basketball, soccer ball, kickball



~~Helmet~~



~~Hair tie, hair clip, headband, barrette, scrunchy~~



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. How can you get head lice from another person?
  - a) By sharing a comb, brush, hat, or helmet.
  - b) By touching your head or hair with another person's head or hair.
  - c) Both ways (a and b)
2. True or false: Head lice can make you sick.
3. True or false: If you have head lice, your head might feel itchy.



## Quiz Answer Key

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