



## Grade 9 Sample Lesson Plan: Protecting Vision, Hearing, and Dental Health

### SOLs

- Determine strategies to protect vision, hearing, and dental health.

### Objectives/Goals

- Students will identify actions that they can take to protect their vision, hearing, and dental health.

### Materials

- Internet access and referenced handouts.

### Procedure

- Show videos about hearing, vision, and oral health (e.g. see references)
- Have students visit health information sites such as the National Eye Institute and the National Institutes on Deafness and Communications Disorders. These sites provide a variety of information tips and resources including an Interactive Sound Ruler <https://www.nidcd.nih.gov/health/interactive-sound-ruler-how-loud-too-loud> ; information on noise induced hearing loss <https://www.nidcd.nih.gov/health/hearing-ear-infections-deafness>.
- Provide students with the handouts – *Taking Care of Your Vision*, *Taking Care of Your Teeth*, *Tips to Protect Your Hearing*, and *Earbuds -How Earbuds Damage Ears*. Have them review and discuss the information in groups, summarize the key points, and share with the entire class.
- Assign students to write a paragraph on key strategies to protect vision, hearing, and dental health and to identify one or more changes they will make in their lives to protect their vision, hearing, and dental health.
- Discuss the importance of preventive health screenings to identify any concerns early, promote preventive behaviors (e.g. improved oral hygiene), or implement corrective measures (e.g., fillings, hearing aids, glasses).
- Share information on free or reduced price health care options to obtain screenings and preventive health care including information on FAMIS, Virginia’s health insurance

- program for children and teens which covers vision care, dental care, and other health care ([https://www.coverva.org/programs\\_famis.cfm](https://www.coverva.org/programs_famis.cfm) )

### Assessment Idea

- Did students actively participate in group discussion?
- Were students able to identify key strategies?
- Were students able to identify personal behavior changes to protect health?

### References

- American Speech Language Hearing Association (ASHA) Resources for Educators <http://www.asha.org/Buds/Information-for-Educators/>
- ASHA Protect Your Hearing Powerpoint Presentation <http://www.asha.org/uploadedFiles/Protect-Your-Hearing-Presentation.pdf>
- Earbuds <http://kidshealth.org/en/teens/earbuds.html?view=ptr&WT.ac=t-ptr>
- FAMIS, Virginia’s Health Insurance Program for Children [https://www.coverva.org/programs\\_famis.cfm](https://www.coverva.org/programs_famis.cfm)
- National Eye Institute (NEI)- Ask a Scientist: Perfect Vision and Glasses [https://youtu.be/\\_sjrU\\_9emwM](https://youtu.be/_sjrU_9emwM)
- NEI for Kids – All About Vision <https://nei.nih.gov/kids>
- NEI Healthy Vision Tips [https://nei.nih.gov/kids/healthy\\_vision\\_tips](https://nei.nih.gov/kids/healthy_vision_tips)
- National Institutes on Deafness and Communications Disorders (NIDCD) <https://www.nidcd.nih.gov/health/hearing-ear-infections-deafness>
- NIDCD - Interactive Sound Ruler – How Loud Is Too Loud <https://www.nidcd.nih.gov/health/interactive-sound-ruler-how-loud-too-loud>
- Taking Care of Your Vision <http://kidshealth.org/en/teens/vision-care.html>
- Taking Care of Your Teeth <http://kidshealth.org/en/teens/teeth.html?ref=search>
- Tips to Protect Your Hearing - <http://www.massgeneral.org/children/assets/pdf/adolescent-medicine-protect-your-hearing.pdf>
- VDH Saving Smiles Oral Health Curriculum Grades 6-10 [http://www.vdh.virginia.gov/content/uploads/sites/30/2016/08/Saving\\_Smiles\\_Series.pdf](http://www.vdh.virginia.gov/content/uploads/sites/30/2016/08/Saving_Smiles_Series.pdf)
- Videos
  - Dental Health for Teens and Tweens <https://www.youtube.com/watch?v=SND1o6GKnE8>
  - How Your Eyes Work – NIH [https://www.youtube.com/watch?v=i3\\_n3lbfm1c](https://www.youtube.com/watch?v=i3_n3lbfm1c)

- What are Cavities  
<https://www.youtube.com/watch?v=PqMEunuM54&index=68&list=PLgVW4hDBH0pe1XHkzmcjwsyORJfkldp2C>
- Protecting Your Ears <https://www.youtube.com/watch?v=MjdVP9hIaa4>
- Hearing and Balance – Crash Course  
<https://www.youtube.com/watch?v=Ie2j7GpC4JU>
- Vision- Crash Course <https://www.youtube.com/watch?v=o0DYP-u1rNM>

**Handout**

The next page includes a handout for the lesson. The handout is designed for print use only.