

## DENTAL HEALTH EDUCATION CURRICULUM

**Grade Level:** 7th

**Subject:** Use of Mouthguards    **Activity Time:** Up to 1 hour

**Rationale:** The purpose of this lesson is to teach students information about protecting ones teeth from injury by wearing a mouthguard when competing in contact sports.

**Educational Standards Addressed:** This lesson addresses the *Sunshine State Standard* “Health Literacy,” related to increasing the students’ knowledge about various methods of health promotion and disease prevention. It also addresses the standard of “Responsible Health Behavior,” which provides information to the student about the importance of assuming responsibility for personal health behaviors.

### TEACHING PERSPECTIVES:

**Objectives** – The students will demonstrate that they understand how the use of mouthguards during contact sport activity can decrease injuries to the mouth. The students will learn about the different types of mouthguards.

**Materials** – The materials for this lesson include a computer with an LCD projector to show the video and PowerPoint presentation, or an overhead projector to show transparencies of the PowerPoint presentation; a teacher script; online resources; a handout; and a quiz.

**Resources** – The online resources for this lesson are:

- <http://www.ada.org/public/topics/mouthguards.html>
- <http://www.agd.org/consumer/topics/mouthguards/main.html>
- <http://www.sportsdentistry.com/mouthguards.html>
- [http://www.goodinnovations.com/mouthguards/mouthguards\\_intro.html](http://www.goodinnovations.com/mouthguards/mouthguards_intro.html)
- <http://www.dentalresourcenet.com.mx/patient/pe/english/mouthgrd.htm>

### Procedures:

- 1) Provide “Save that Smile” handouts to introduce students to the video.
- 2) Show the “Save that Smile” video (six minutes).
- 3) Show transparencies/PowerPoint presentation about the importance of the use of mouthguards in contact sports.
- 3) Instruct students to visit referenced Web sites to research the benefits of preventing injuries to the mouth by using mouthguards.

**Activity** – Have students use computers to obtain information about mouthguards and present their findings.

**Assessment** – Use the 10 question, multiple-choice quiz (attached) to assess the students’ knowledge of the benefits of using mouthguards in contact sports.

**Summary** -- After completing this lesson, the students should be able to understand how use of mouthguards in contact sports prevents major injuries to the teeth.