

5<sup>th</sup> grade "Growing Up"  
*Female*

# Today, you will learn about...

- Puberty



- Maturing

- Reproduction

- Media

- Anatomy

- Lifelong Health

- Growth

- Hygiene

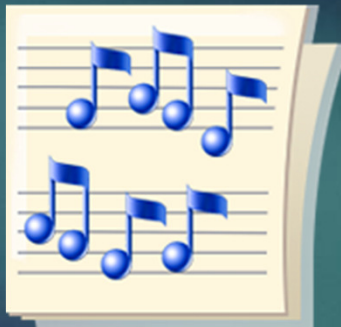


# Where do you usually get information about health?

- Friends
- Parents
- Teachers
- TV
- Movies
- Books
- Internet
- Is this information usually accurate?

# What does the media say about...

- How girls are supposed to look, think and act?
- How boys are supposed to look, think and act?





# How do you know what you should be watching or listening to?

*Think of the last movie you saw, or TV show you watched, or your favorite song –*

- What messages about health did you see or hear from it?
- Do you think it has a positive message about the world? About health?
- Does it talk about relationships? Dating? Friendships?
- If you believed these messages would it help you to be healthier or could it possibly lead you to make unhealthy decisions?



# Let's review...

- Females will go through 5 stages of growth during puberty
  - It can take anywhere between ages 8 and 16 (and sometimes even longer) to complete these stages – these changes happen because of hormones your body makes
  - Females will get taller
  - Their hips may get wider
  - Their breasts will grow
    - They will probably start wearing bras
  - They will start getting periods (menstruation), and eventually this will happen monthly
  - They will notice more hair on their bodies
  - Everyone goes through these stages at different rates so be nice to each other do not make fun of someone because of puberty
- Being Clean, Fresh & Healthy is also important
  - Taking showers every day, or at least washing your body every day – this includes your face, armpits, private area and your feet
  - Wash your hair as needed
  - Wear deodorant & antiperspirant every day once you notice sweat under your arms
  - Brush your teeth 2 times a day – visit dentist 2 times a year – FLOSS every day
  - Avoid things that are dangerous to your health like tobacco, drugs & alcohol
  - Wash your hands!!!!

# Puberty

Remember, puberty is a time in your life when your body will go through a lot of changes, it can happen anytime between the ages of 8 and 16. Girls tend to start puberty 2 years before boys do.

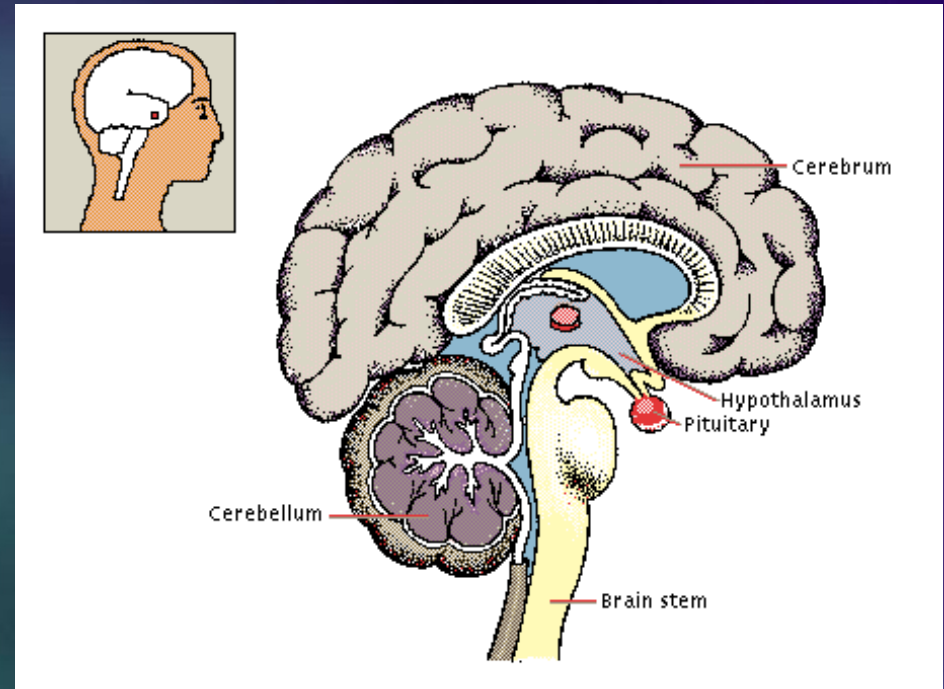
*During puberty, your body will grow faster than at any other time in your life, except for when you were a baby.*





# Hormones make it happen

- The pea size gland in your brain, called the Pituitary Gland, will send out special hormones and signals to the body to start making hormones.
- Hormones tell your body what to do and how to change.
- Girls and boys both have hormones in their bodies.
- Testosterone is a very important hormone for boys and estrogen and progesterone are both very important hormones for girls.

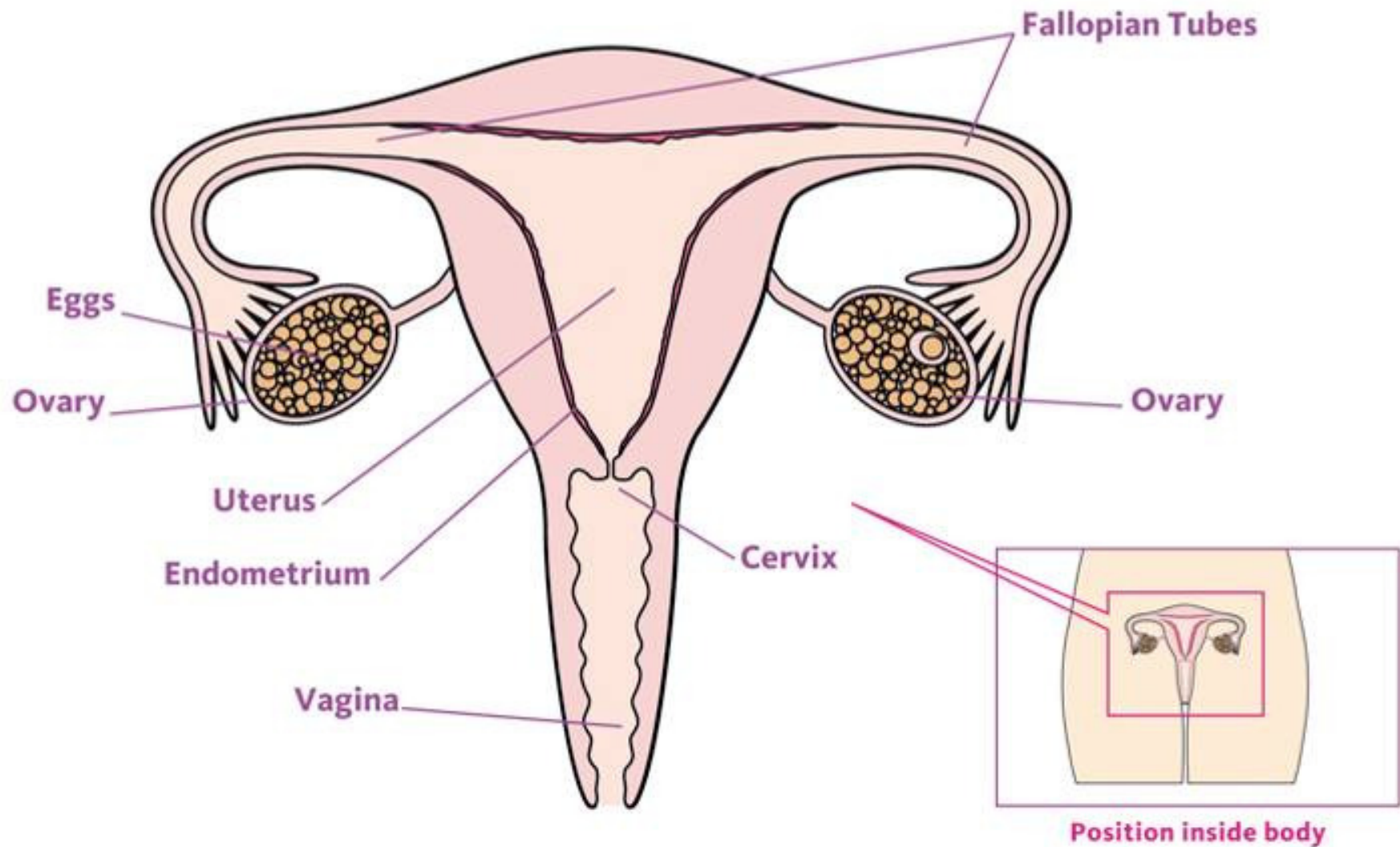




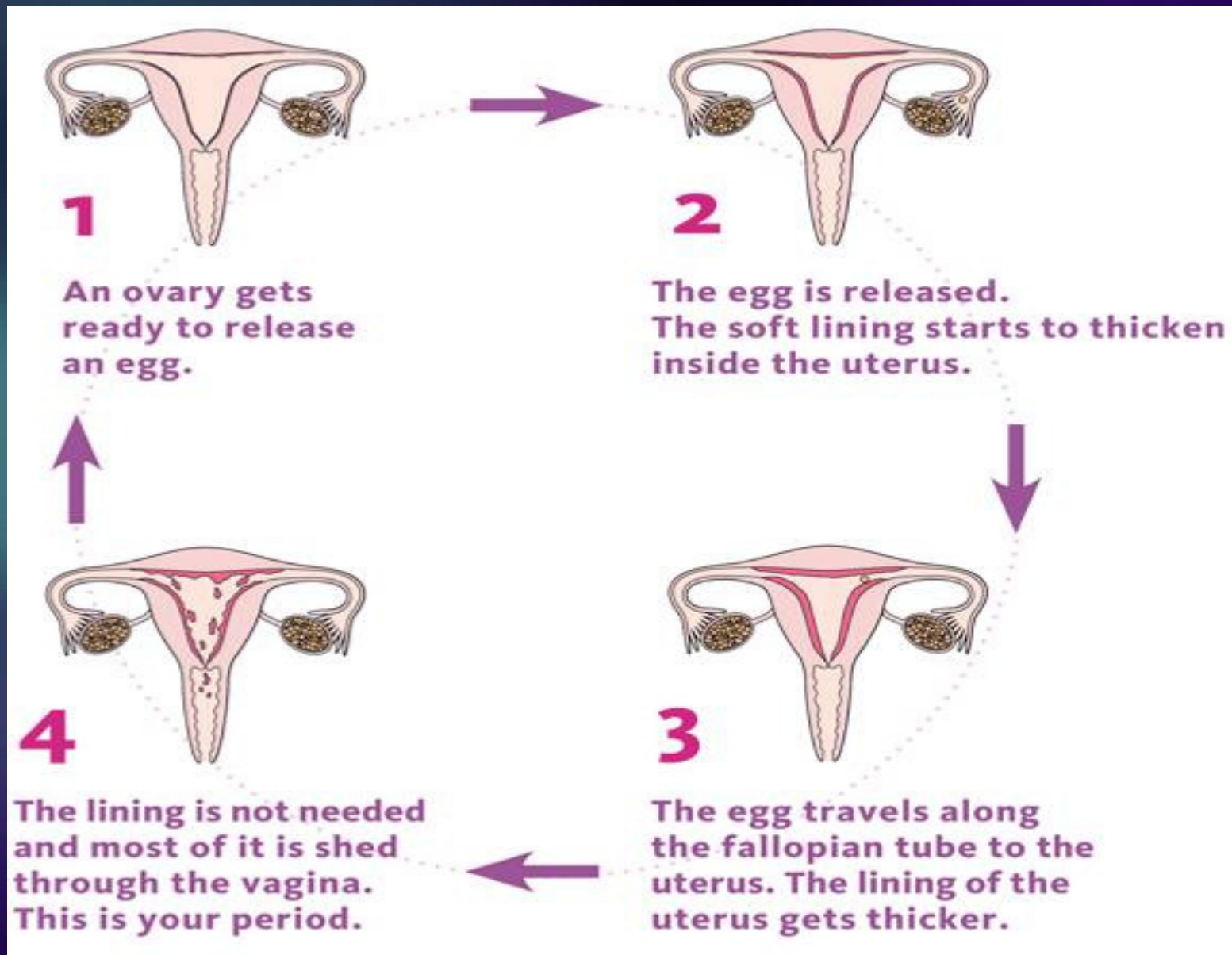


Now we are going to learn more about changes females go through - these changes affect every part of the body, including the female's reproductive system.

# Review – the Female System



# What is going on in there?





# Why? How? When?

- Menstruation or a girl's period is a sign that a female's body is mature
- The female's body prepares itself to release an egg every month from puberty through menopause (when a woman stops releasing eggs from her ovaries) – this is called ovulation
- The lining in her uterus is made up of blood, vitamins, and tissue
- A female's body sheds the lining through the vagina – this is why there are maxi pads and tampons – to catch and absorb this fluid
- It is not a lot of fluid and takes between 3-7 days for the body to shed it all
- Every month a female's body will go through this 28-35 day cycle
- Females can have pain and mood swings associated with their periods
- Periods usually begin after the following start happening:
  - Usually between 9-15 years old
  - About 2 years after your breasts develop
  - Soon after you grow pubic hair
  - After you start to notice vaginal discharge





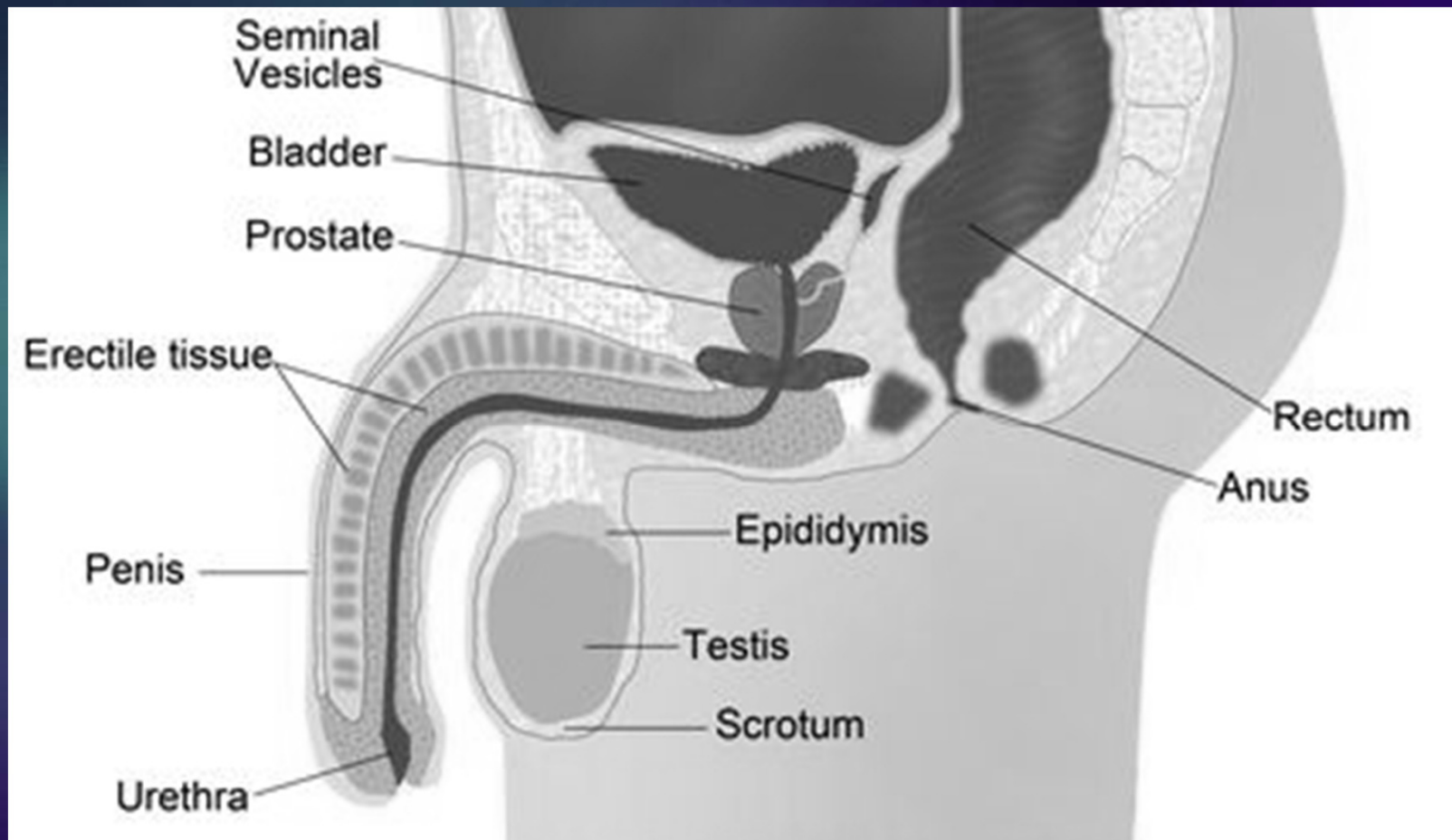
# What happens to males during puberty?

Boys and girls go through different things during puberty. It is important that we learn to understand each other.

# Male Growth Stages

- **1. Normal Age Range: 9-12, Average: about 10**  
Male hormones are becoming active, but there are hardly, if any, outside signs of development. Some boys start a period of rapid growth in height later in this stage.
- **2. Normal Age Range: 9-15, Average: 12-13**  
Increase in height and change in body shape, will include weight gain and increased shoulder width
- **3. Normal Age Range: 11-16, Average: 13-14**  
Body hair starts to get darker and coarser. Height growth continues and body/face shape look more adult. Voice begins to deepen (and crack).
- **4. Normal Age Range: 11-17, Average: 14-15**  
Underarm hair develops. Facial hair increases on chin and upper lip. Voice gets deeper and skin gets more oily.
- **5. Normal Age Range: 14-18, Average: around 16**  
Nearing full adult height and physique. Facial hair grows more completely and shaving may begin now or soon. During the late teens and early twenties, some men grow a bit more and develop more body hair, especially chest hair.

# Male Anatomy



# What else happens to boys?

- Hormones are helping the male body grow and develop – they can also make things start to happen
- When a male gets an erection extra blood flows into his penis – the penis has a sponge-like tissue so it can fill up with extra blood – when this happens the penis will become larger and stiff or hard and will point upwards (this is why it is called an erection)
  - Erections can happen during puberty at any time and for no reason at all
- A male's body also makes a fluid that the sperm live in, this fluid is called semen or ejaculate
  - During puberty their bodies may release this fluid while they are sleeping, that is called a “nocturnal emission”
  - When the fluid is released it is called “ejaculation”



# Puberty & Reproduction

Now that you understand what females and males go through during puberty – let's look at why your bodies change...

*To prepare for reproduction as an adult*



# What does it mean to reproduce?

- Make another
- Have offspring
- Become a parent



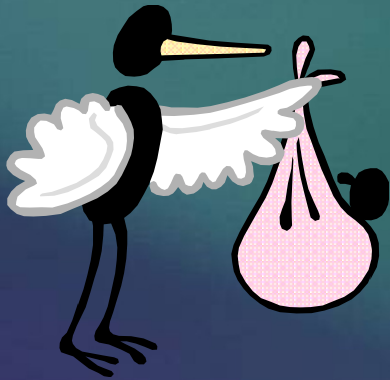
- There are two ways reproduction happens –
  - Asexually – plants and some animals only need the DNA from one to make another-
  - Sexually – needs the DNA from two to make another  
It takes gametes to reproduce, in humans those gametes are called sperm and eggs (or ova)
  - Humans reproduce this way
    - The sperm and the egg join and reproduction begins – this is called fertilization

Think about the answers to the following questions:

- Think of 2 animals that reproduce the same way humans do.
- Think of 2 animals that do not act as parents – they leave as soon as their offspring is born
- How much \$ does it take to raise a human child from birth to 18 years old – estimate?
- What kind of things does a child need from its human parent? What does your parent/guardian provide for you?
- What animal has the most responsibility as a parent?

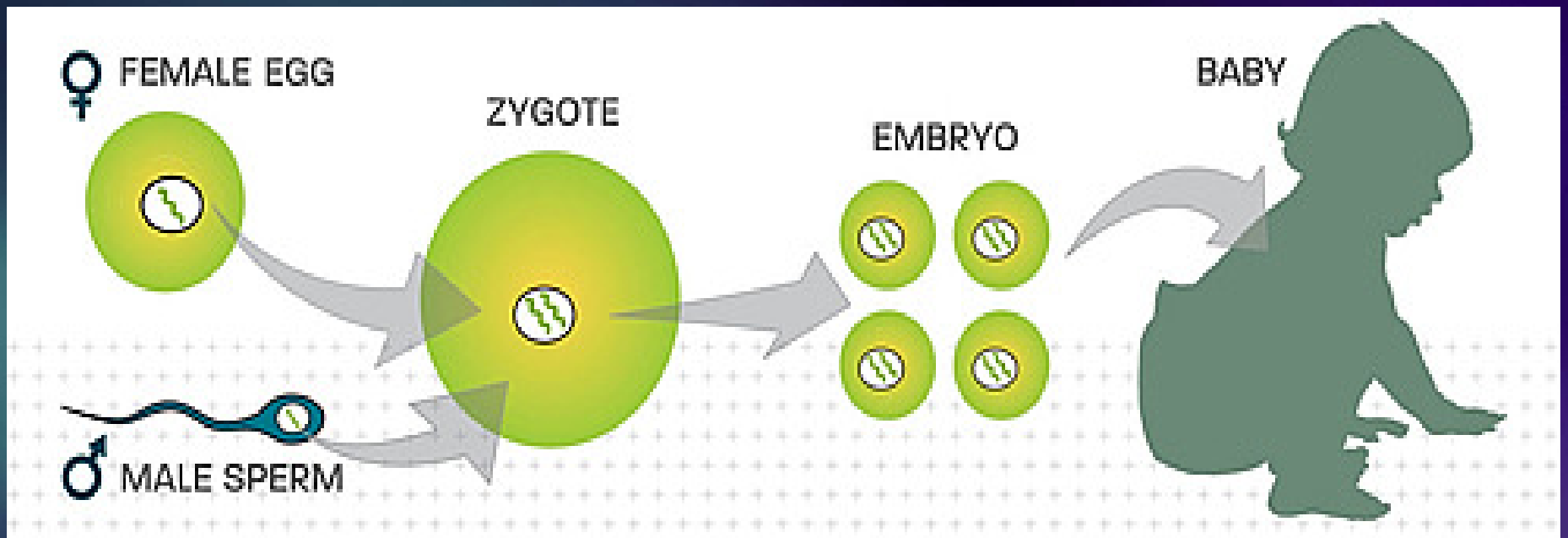


Where did you think babies came from when you were little?





# Reproduction Happens When...

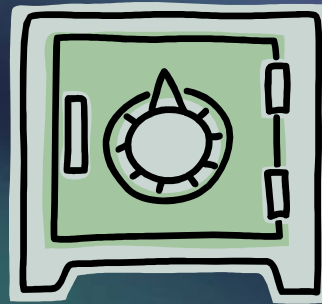


How long does this process usually take?

# Do the following things happen to males, females, or both?

- Pubic & Underarm hair grows
- Interests and friendships change
- Testosterone becomes very important in the body
- Pimples and acne may begin
- Hips get wider
- Shoulders get wider
- Voice gets a lot deeper
- Menstruation Begins
- Feet grow very quickly
- Emotions may change very quickly

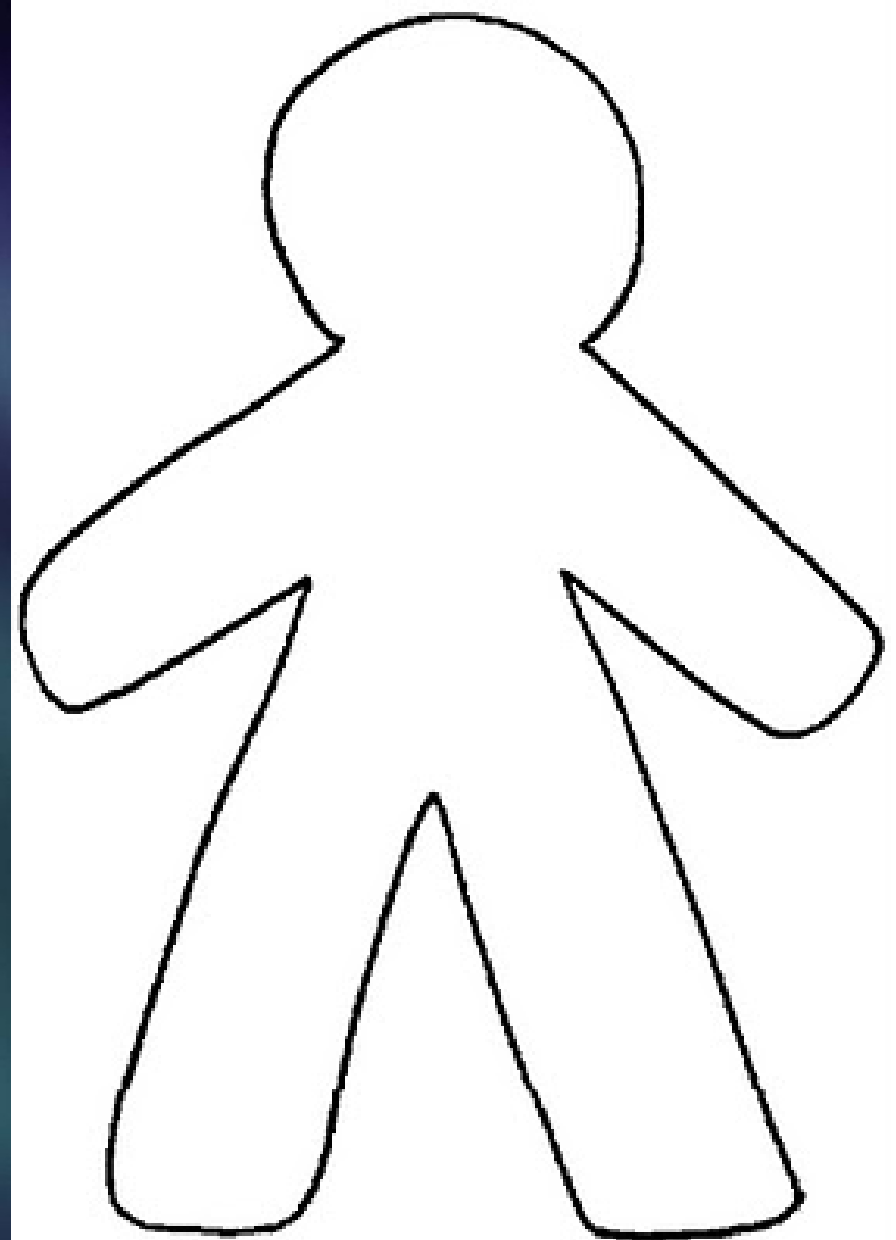
Now that your bodies are headed toward adulthood it is very important to talk about being safe.



Sometimes young people have things happen to them and to their bodies that are hurtful or unhealthy. We don't want this to happen to any of you and we hope that you do what you can to protect yourself and those around you.

# Green, Yellow & Red

- Think about this blank drawing as a typical 5<sup>th</sup> grader
- Where on this 5<sup>th</sup> grader would it be okay for most people to touch them?
  - This is the **GREEN** zone
- Where would it be okay for only certain people, like family and friends, to touch them?
  - This is the **YELLOW** zone
- Where would it not be okay for anyone to touch them?
  - This is the **RED** zone





# Private

- The **RED** zone should include at least the areas covered by a modest bathing suit but could also extend to other areas depending on how you feel
- This part of your body is private to you and no one should be having contact with this part of you unless it is for medical purposes, like an injury, illness or exam by a doctor
  - Keep in mind that being curious about each other's bodies is normal but getting involved with another person's body in this way is adult behavior and it can have a devastating impact on young people
- **You deserve to grow up healthy and safe**



# Staying Healthy

It is important to be healthy not only while going through puberty but throughout your life.

# How to stay healthy...

Remember to....

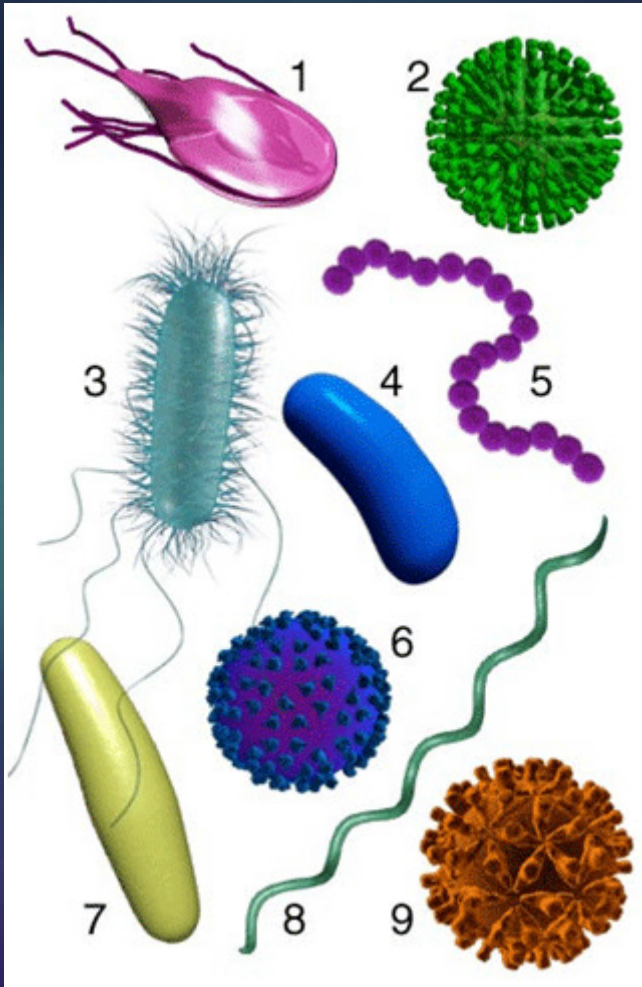
- Get plenty of sleep, eat well-balanced meals, accept your body, not use tobacco or drugs (including prescriptions that do not belong to you), not drink alcohol before you are 21, not drink alcohol in excess as an adult, go to the doctor and dentist, build positive relationships, talk to adults about what is bothering you, protect yourself from other dangers (strangers, environmental dangers, etc), not lie about your age online or otherwise, not give personal information to strangers, avoid exposure to the sun, etc.
- Do your best to prevent diseases

# What causes disease?

- Microorganisms and other pathogens, come in five different types: bacteria, fungi, protozoa (act like animals), helminths (parasitic worms), and viruses
- They usually cause damage to your body
- Some are passed from person to person



# Have you heard of these?



1- Giardiasis – protozoan that causes stomach problems

2- Influenza – caused by RNA viruses

3- Food poisoning – usually caused by common bacteria such as Staphylococcus or E. coli

4- Malaria - parasitic disease that flu-like symptoms

5- Strep throat – germ called Group A Streptococcus bacteria

6- HIV/AIDS – destroys the immune system

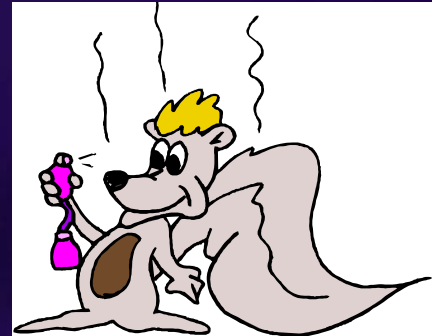
7- Tuberculosis –bacterial infection that involves the lungs, but may spread to other organs

8- Lyme disease – bacterial infection spread through the bite of the blacklegged tick

9- Hepatitis B – virus that causes liver damage

# Other Things to Remember

- Change underwear daily
- Wear clean clothes
- Wear deodorant and or antiperspirant
- Keep nails (both fingers and toes) trimmed neatly and clean
- Try not to share things that touch other people's mouths – this includes water bottles & chap stick



# How to talk to your parent/guardian/trusted adult

- Remember that they went through puberty too
- They want to talk to you about what is going on in your life
- It may feel uncomfortable but it is worth the effort to go to them for help and information
- They are probably just as embarrassed as you are and have been waiting for the “right” time to discuss these things with you
- Think about some ways that would make it easier to talk to them – you can do it!
- You only get to grow up once so you better make it as healthy as possible ☺