

Girl's Maturation Program

This presentation follows the Utah State Core Curriculum (Health Lifestyles), is abstinence based and is District approved.

Topics discussed in the presentation are as follows.

Puberty:

Definition of Puberty.

Physical and emotional changes that occur during puberty in both boys and girls.

The typical ages in which both boys and girls begin to experience these changes, how it varies from individual to individual, and how this is normal.

Menstruation and Human Reproduction:

General anatomy of the male and female reproductive system.

General physiology of human reproduction.

Physical changes that occur prior menstruation

Menstruation is natural and normal, and it happens to all girls. It is a special time, not a time for fear or worry.

Girls start their menstrual periods at different ages, and when it happens it is the right time for you.

What to do if your menstrual period starts at school?

Sanitary napkins and tampons and proper use and disposal.

Responsibility your changing body brings about.

Helpful tips to relieve menstrual cramps.

Hygiene:

Importance of good nutrition, sleep, and exercise.

Changes that occur in the apocrine (sweat) and sebaceous (oil) glands, and the importance of keeping your body clean and odor free.

Throughout the program presenters:

Emphasize growing up is a gradual process and that puberty is just the beginning of becoming a woman.

Discuss with the girls the importance of achieving their personal goals, for example graduating from high school, and college, establishing a career, marriage etc. before having children.

Encourage the girls to talk to their parent(s) or guardian(s), about the material presented.

Question and Answer Period.