

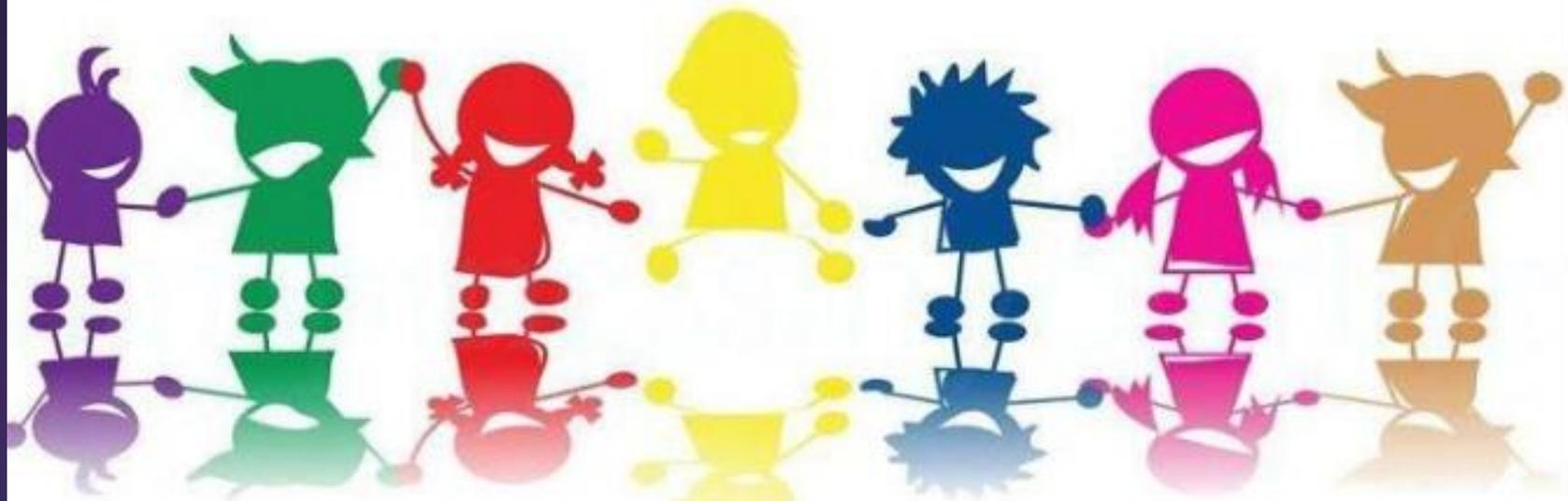
# 4<sup>th</sup> Grade Girls Growth and Development



# Ground Rules/Guidelines

- ▶ Don't be afraid to ask questions
- ▶ There are no stupid questions
- ▶ Be respectful to the instructor and your classmates
- ▶ No Personal Stories
- ▶ Use appropriate medical terms

When I see you through my eyes,  
I think that we are different.



When I see you through my heart,  
I know we are the same.

~Doe Zantamata

# VIDEO

4th Grade Girls Growth and Development 



Scroll for details 

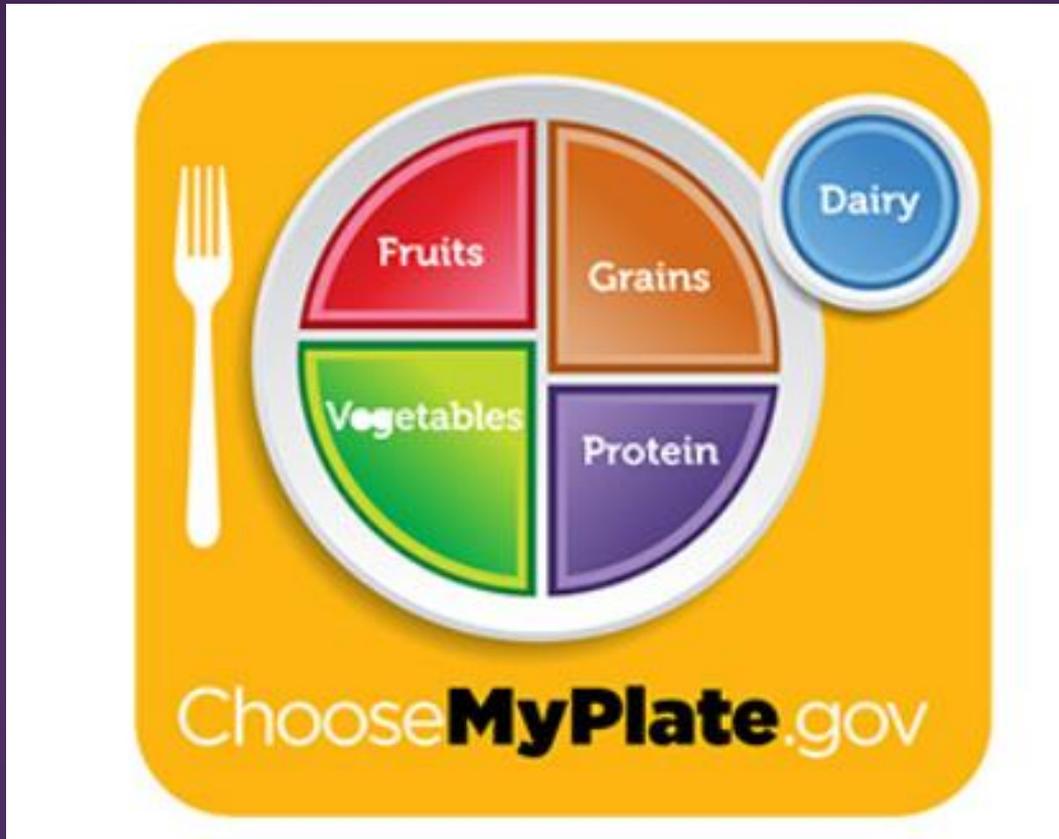
Wait for it to load then click to play

# Exercise

- ▶ Helps us be stronger, leaner, healthier and have more energy.
- ▶ Choose something you like to do. Run, play basketball, soccer, or ride your bike.
- ▶ Need to do at least **30** minutes of aerobic exercise per day.
- ▶ Helps your body get more oxygen to your brain so you can think more clearly



# How my plate should look



# Water

- ▶ Makes up 70% of our body weight
- ▶ Need eight glasses of water a day
  - ▶ Should drink water even if do not feel thirsty
  - ▶ Beverages like pop, coffee, tea or hot chocolate DO NOT count-ENERGY DRINK=DANGER!
  - ▶ Drink extra water to stay hydrated when exercising or working in the hot sun
  - ▶ When you feel thirsty, your body is telling you that it need water



# Personal Hygiene

## ▶ Sweating

- ▶ Body produces more sweat, resulting in body odor
- ▶ Controlling Body Odor
  - ▶ Bathe/shower daily with soap
  - ▶ Use deodorant or antiperspirant
  - ▶ Put on clean clothes and socks daily



## ▶ Skincare

- ▶ Oil glands in your skin become more active
- ▶ Oil and dead skin cells lead to acne
- ▶ Cleanse skin twice a day
- ▶ Don't worry, acne is a normal part of puberty



# Personal Safety

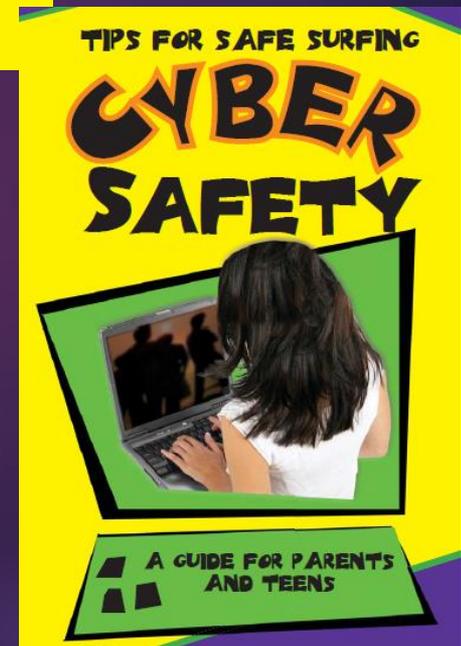
- ▶ Wear helmet when riding anything with wheels
- ▶ Wear protective gear when playing sports
- ▶ Wear protective gear when skateboarding
- ▶ Wear a life jacket when boating or near water



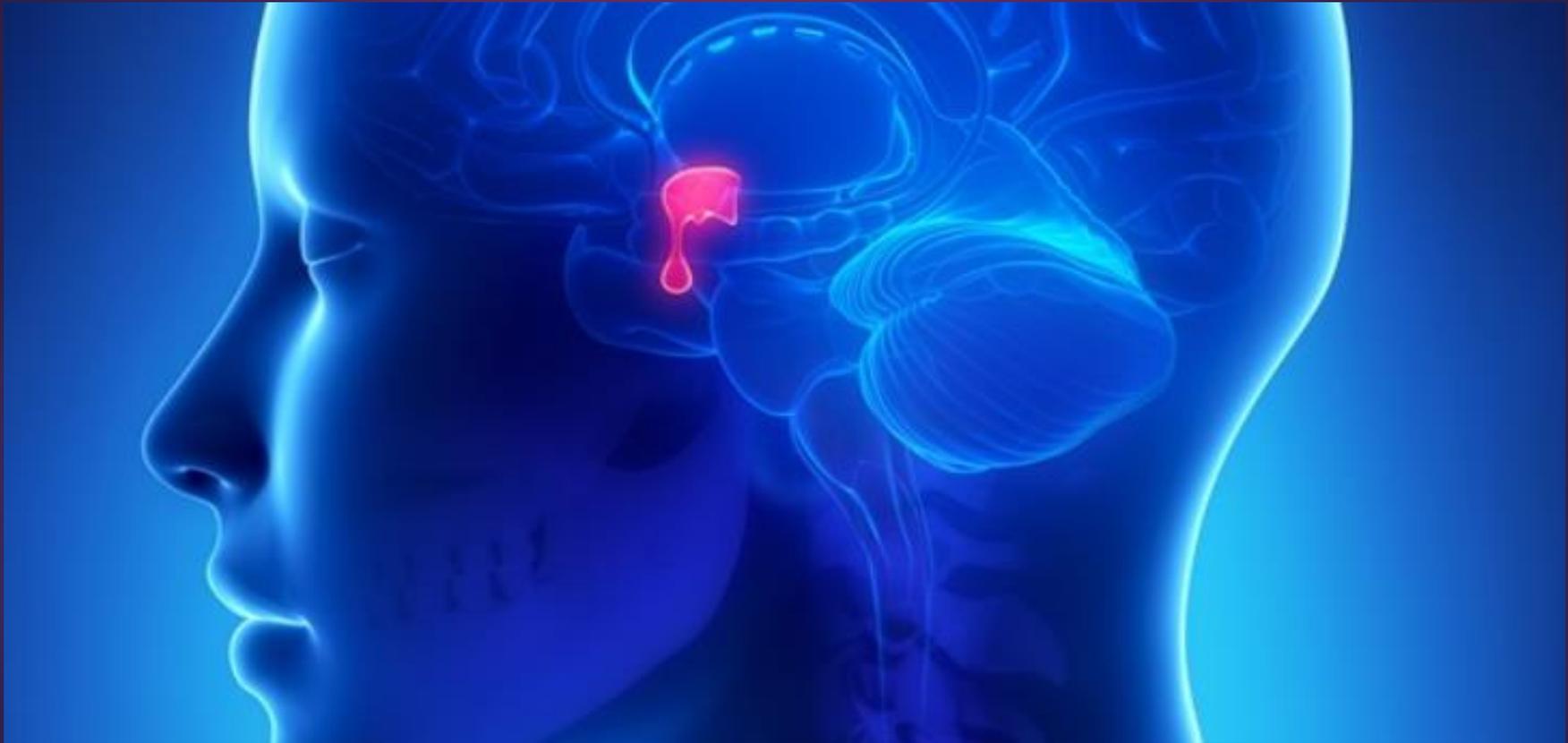
# Internet safety

- Don't respond if someone is bullying you or your friends electronically – tell your parent, an adult at school, or a person you trust.
- Tell an adult if you receive messages that make you feel uncomfortable, are cruel, or are designed to hurt you or someone else.
- Don't share information online that could be embarrassing.
- Don't share personal information, such as your name, age, address, or phone number.

- Nothing you do is private
- Be Smart
- Know when to tell



# Puberty begins when



- The pituitary gland sends hormones to the rest of the body
- These hormones cause the physical and emotional changes of puberty

# Puberty:

## 1<sup>st</sup> stage

- ▶ Breast buds appear
- ▶ Pubic hair in private places
- ▶ Height and weight increase rapidly

## 2<sup>nd</sup> Stage

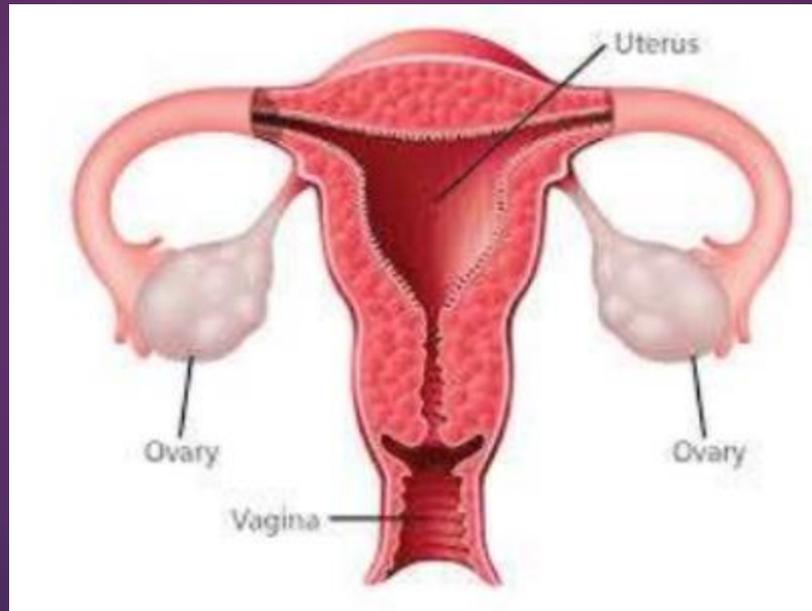
- ▶ Hips widen
- ▶ Vaginal Discharge
- ▶ Menstruation may occur



# Puberty:

## What is Menstruation?

- ▶ Menstruation is part of the female reproductive process



# Puberty:

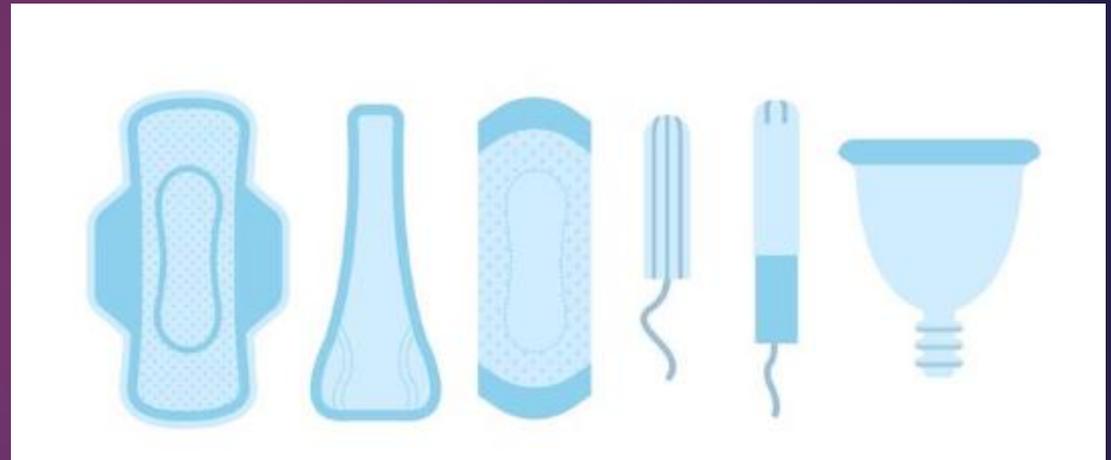
## Periods

- ▶ Usually last 3-7 days
- ▶ Might not be regular at first
- ▶ Only lose about 7 teaspoons of blood

# Puberty: Periods

## ► Feminine Protection Options

- Pads
- Panty-liners
- Tampons
- Menstrual cups



**Talk to your mom, older sister, school nurse, or another trusted adult to help you choose which product to use when the time comes.**

# Puberty:

## Cramps

- ▶ **What are they?**
  - Pains in the lower abdomen or inner thighs
- ▶ **What can I do to relieve cramps?**
  - Take a warm bath
  - Hold a heating pad on your lower stomach/back
  - Exercise
- ▶ **Drink water**
- ▶ **Check with an adult before taking medication**
- ▶ **Continue your regular activities including showering/bathing, school, P.E class, etc**

# Puberty:

## Emotional Changes

- ▶ Feelings may change from day to day
- ▶ Caused by hormones
- ▶ Don't worry, it's all part of growing up!



# Frequently Asked Questions

- ▶ What will happen when I get my first period?
- ▶ What is the white stuff in my underwear?
- ▶ What can I do about cramps?
- ▶ How can I prevent leaks when my flow is irregular?
- ▶ Why is my cycle irregular?
- ▶ What are the chunks of blood mixed in with my regular period?
- ▶ What if I bleed through my clothes?



# Questions