



# GROWTH AND DEVELOPMENT

for Girls

# 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

# ALWAYS CHANGING GIRLS VIDEO

Wait for it to load then click to play



Michelle was the first in her class to pupate.

# BODY SYSTEMS



Integumentary



Respiratory



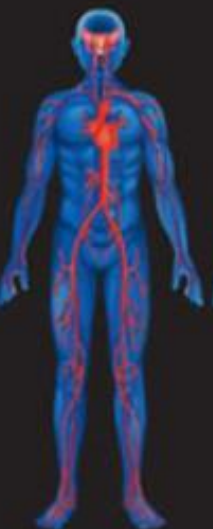
Skeletal



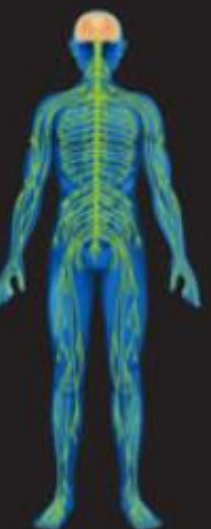
Muscular



Digestive



Circulatory



Nervous

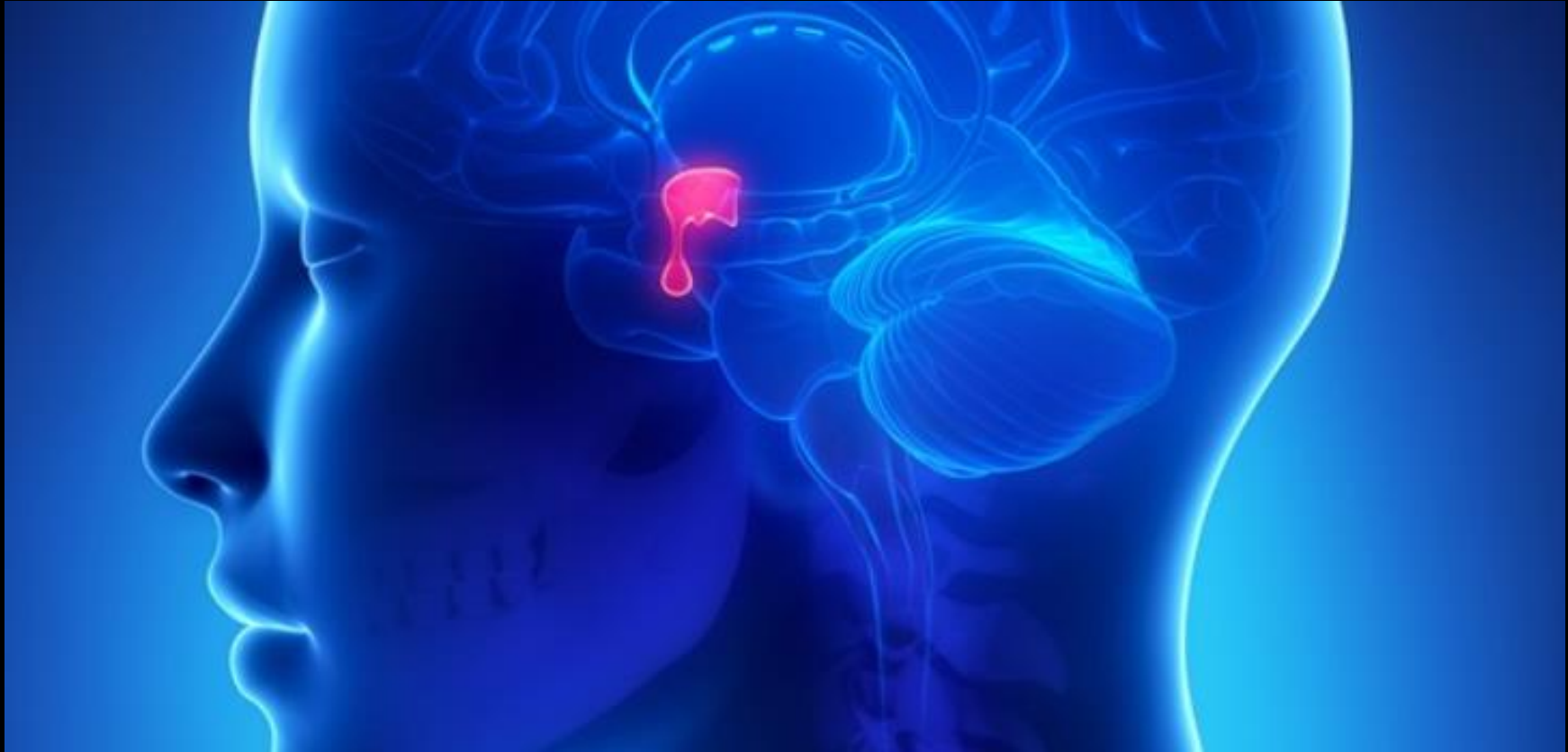
And ...



THE REPRODUCTIVE  
SYSTEM ...

AND THE CHANGES  
YOU WILL GO  
THROUGH ...

# Puberty begins when



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



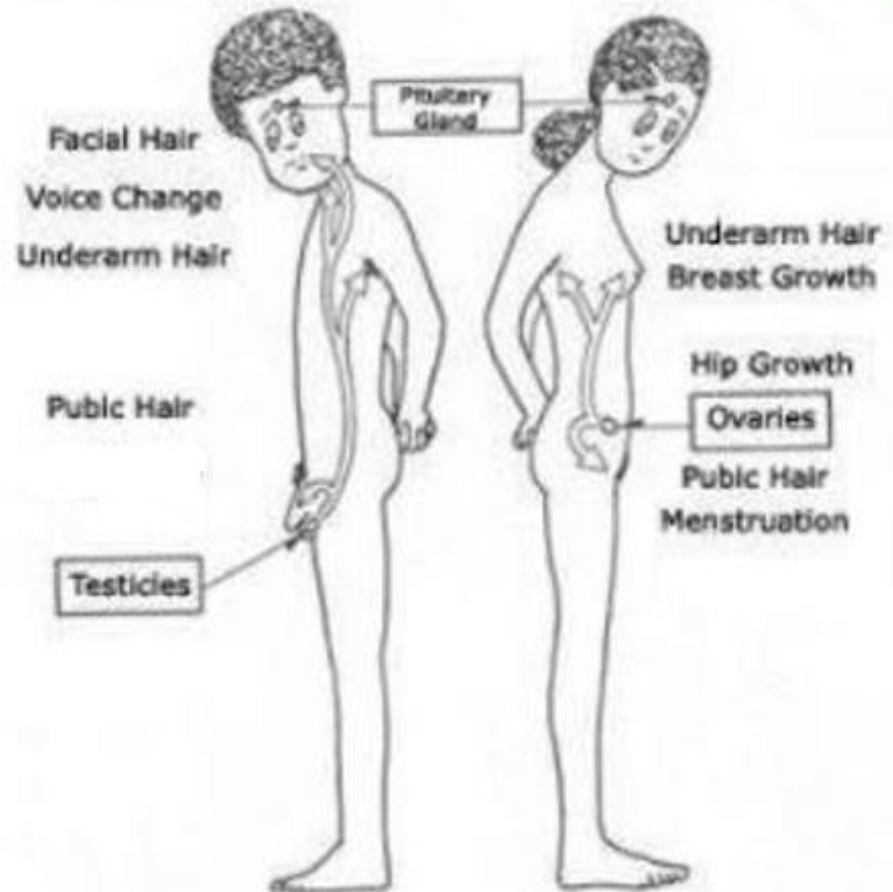
# THE EFFECTS OF THE PITUITARY GLAND

## SEX HORMONES:

- **Testosterone** – male (testes)
- **Estrogen** – female (ovaries)
- stimulate the many physical changes that adolescents go through during puberty.

### Secondary sex characteristics:

- \* development of the breast.
- \* appearance of maxillary and pubic hair, and others.
- \* Boys' testes also begin to produce sperm cells.
- Girls' ovaries begin to develop egg cells



# CHANGES IN PUBERTY



## Puberty in Girls : What to expect



### BODY SHAPE & HAIR GROWTH



### ZITS



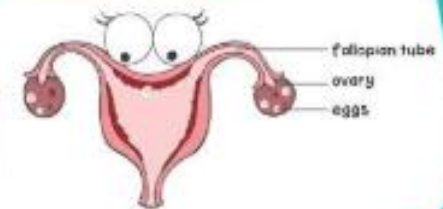
### SWEAT & BODY ODOUR



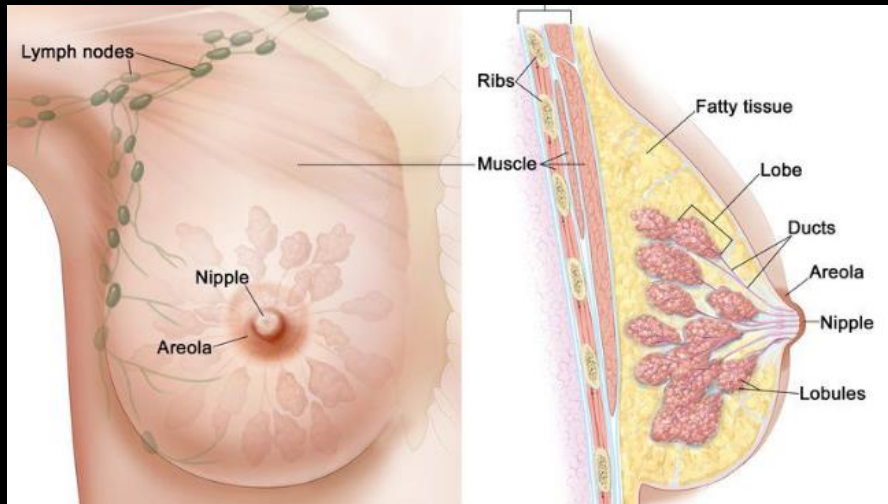
### BREASTS AND BRAS



### PERIODS



# BREAST HEALTH



- Breast may be tender at times
- One may be bigger than the other
- Size is determined by heredity

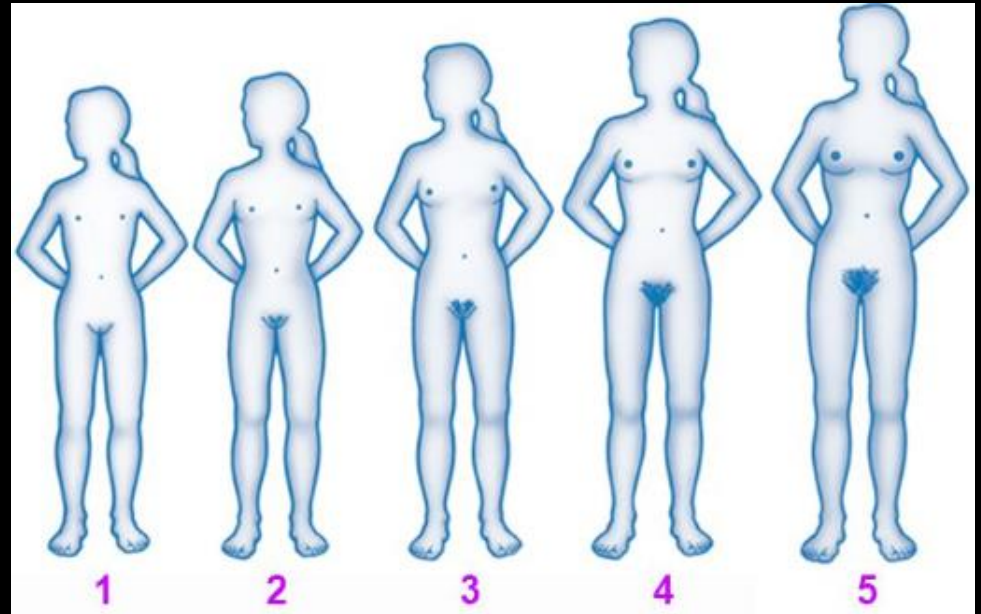
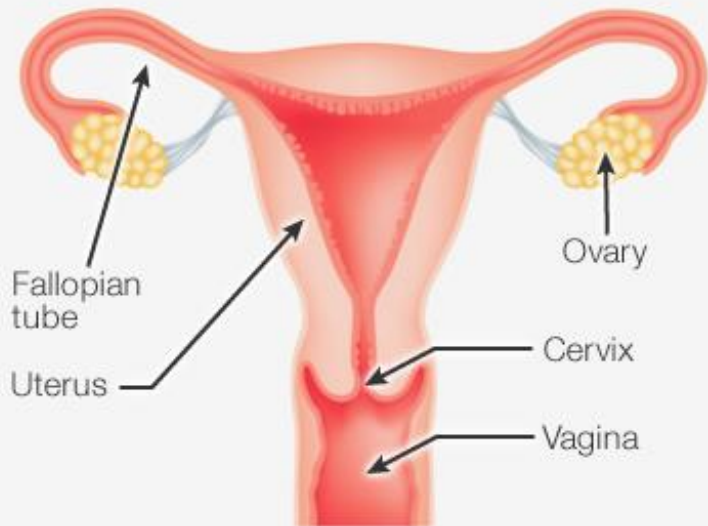
AGE 7 → AGE 19



- Talk to a trusted adult about any concerns you may have

# REPRODUCTIVE SYSTEM

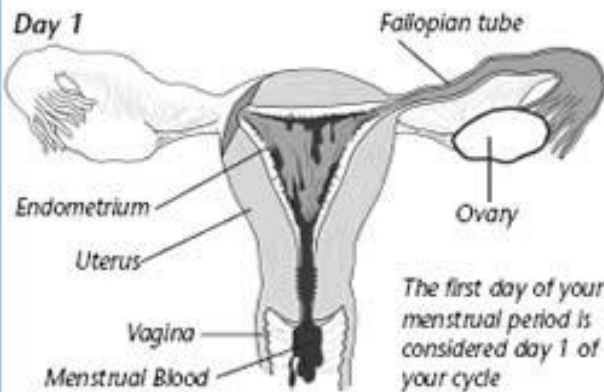
Female Reproductive System



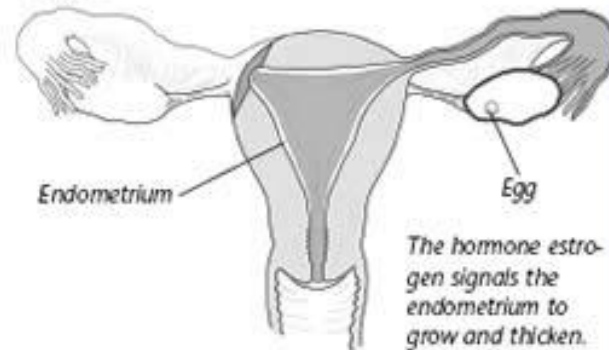
# MENSTRUAL CYCLE

## The Menstrual Cycle

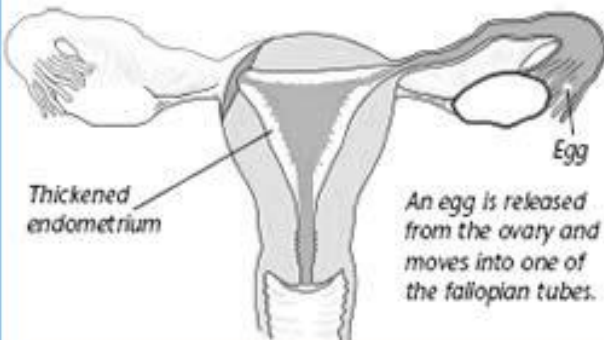
Day 1



Day 5



Day 14



Day 28



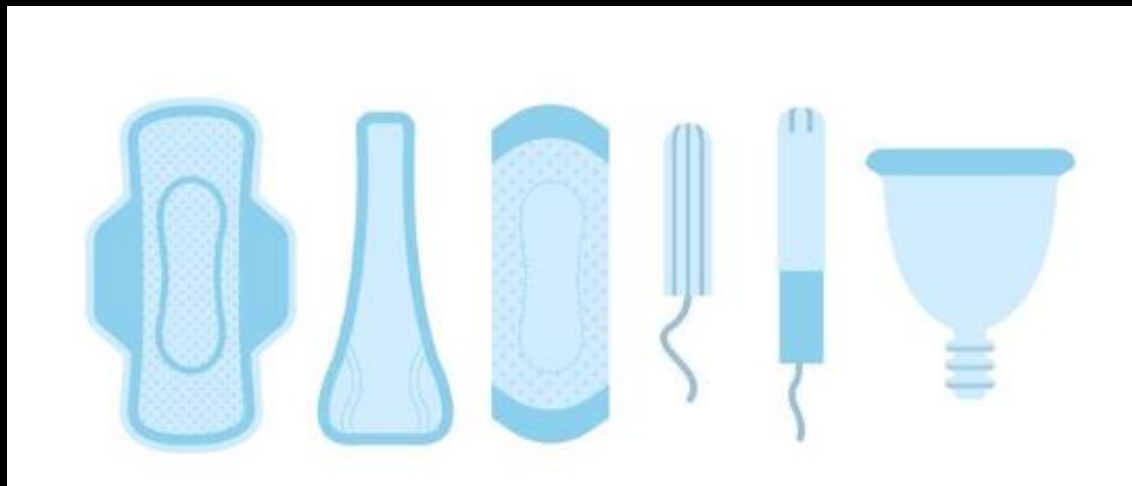
# DIFFERENT FEMININE PRODUCTS

Warning

Tampons need to be changed every 4-8 hours to reduce the risk of Toxic Shock Syndrome

**DO NOT FLUSH!!**

**All products need to be changed ...**



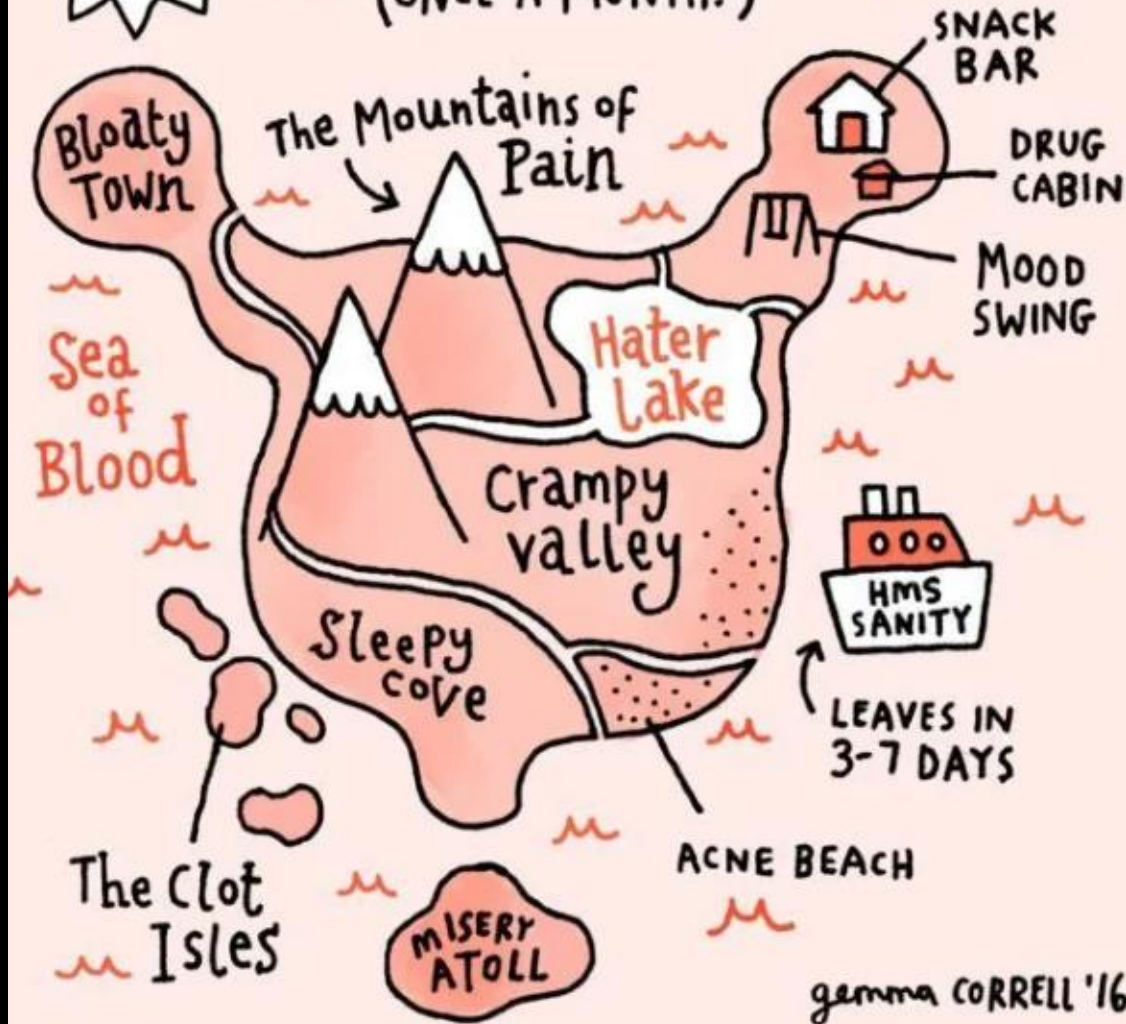
# THE WRONG WAY TO USE SANITARY PADS...



VISIT

# Menstrual Island!

(ONCE A MONTH!)

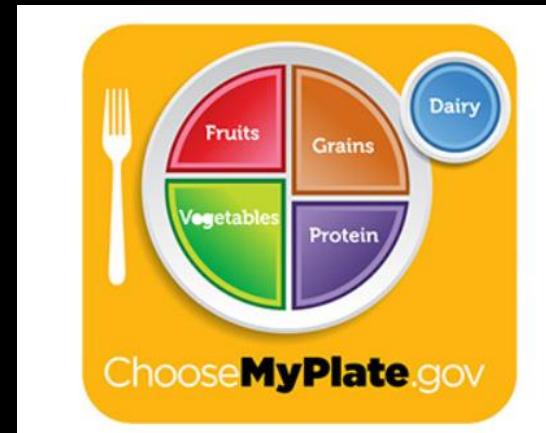


gemma CORRELL '16



# HEALTHY HABITS

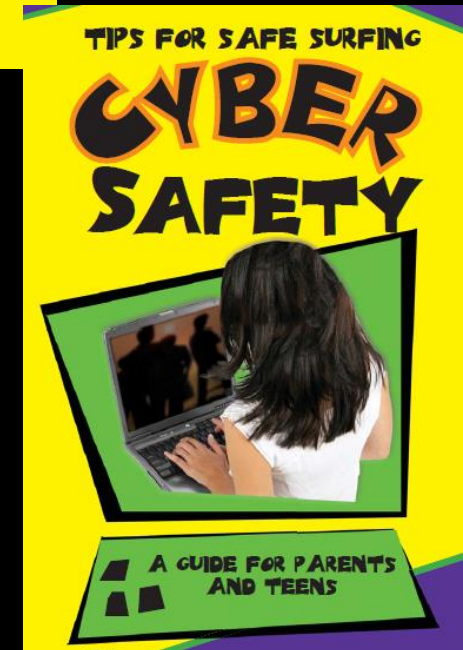
- 8-10 hours of sleep
- Blue light/screens can disrupt healthy sleep cycles (GET OFF 2 hours before going to sleep)
- Healthy boundaries
- Continue with your normal activities...
- Healthy food choices
- Drink 8 glasses of WATER
- Exercise at least 30 minutes a day



# 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



# QUESTIONS?

*PLEASE TALK TO AN ADULT NOT YOUR FRIENDS*

