

# **4th GRADE GIRLS GROWTH AND DEVELOPMENT OLENTANGY LOCAL SCHOOLS**





# What's Happening?



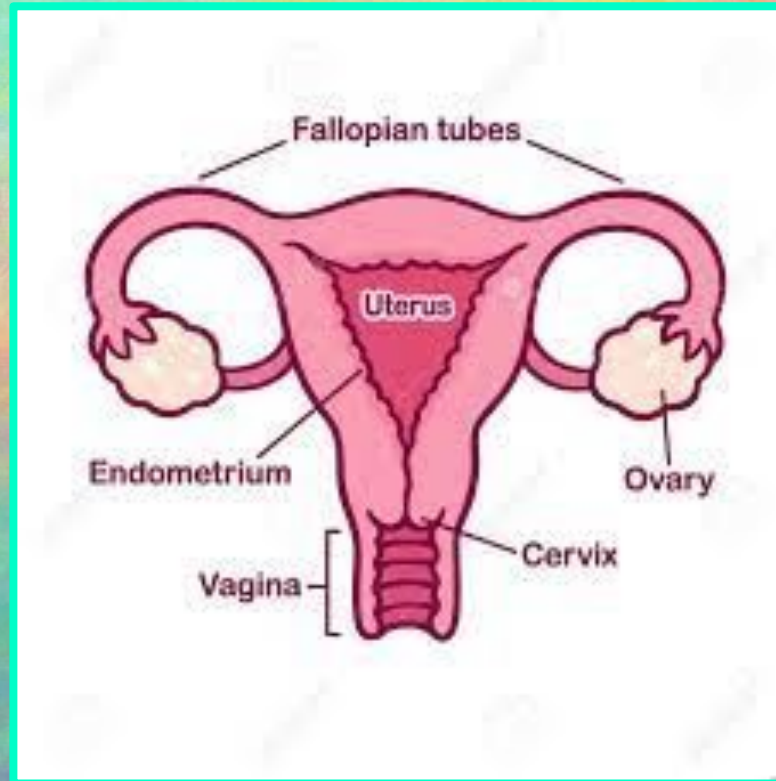
- Puberty for girls usually starts between the ages of 8 – 14. Puberty can be referred to as a “remodeling period” when your body will change to the mature body of a woman. This process occurs over a period of 3-4 years.
- Remember that puberty starts when a girl's body is ready and that everyone matures at her own pace. Don't compare yourself to others; some girls will start the process at 8 and others not until several years later. Don't be embarrassed or concerned because puberty starts earlier or later for you.

# Growing Up and Out



- Changes begin on the inside of your body long before you see changes on the outside. Puberty starts when a gland just beneath the front of your brain – the pituitary gland – sends a signal for your body to start making hormones called estrogen and progesterone which are produced in the ovaries.
- Estrogen and progesterone are responsible for the changes that occur in your body.

# Female Anatomy



# Female Anatomy

- Uterus: A muscular organ about the size and shape of an upside-down pear.
- Fallopian Tubes: Connected to the right and left sides of the uterus. Egg travels from the ovary to the uterus through the tubes.
- Ovary: A small gland about the size of a walnut where egg cells are stored.
- Vagina: A tube-shaped passageway; leads from the outside of the the body to the uterus.

# Physical Changes of Puberty for Girls

## **Stage One**

Ages 8 – 12

Childhood stage – no signs of pubertal development

## **Stage Two**

Ages 8 – 14

Breast buds appear (should be wearing sports bra)

Hair growth in pubic area and underarms

Height and weight increase

# Physical Changes of Puberty for Girls

## **Stage Three**

Ages 9-15

Height & weight continue to increase. You may grow up to 9" taller and gain about 25 pounds during this time of your life. This is normal growth and development

Hips will widen

Vaginal discharge begins. This is a normal cleansing process of the vagina. It indicates your period may start soon

# Physical Changes of Puberty for Girls

## **Stage Four**

Ages 10 - 16

Menstruation begins. Menstruation is the monthly flow of blood from the uterus to the outside of the body.

It usually lasts 3-7 days and occurs every 28 days.

In the beginning the menstrual cycle may not be regular and may come every 21-35 days.

# Physical Changes of Puberty for Girls

## **Stage Five**

Ages 12 – 19

Adult stage – overall look of young woman.

Genitals and pubic hair have an adult appearance.

Growth spurt slows down.

# What Happens During Puberty



# Process of Menstruation

- The inner lining of the uterus begins to thicken.
- Ovulation or release of an egg from the ovary.
- Egg travels through fallopian tube to uterus.
- If egg isn't fertilized, the thickened layer of the uterus is shed (menstruation).

# Menstrual Cycle



# Cramps

- Pain or discomfort in lower abdomen or back.
- Relieve cramps with medication (always check with an adult), heat, exercise, or warm bath.
- Cramps should never make you feel bad enough to miss school or activities you enjoy. If they are severe and nothing helps, see your doctor.

# Common Concerns



# Feminine Protection

Many options available

- Pads
- Panty Liners
- Tampons
- Period Underwear
- Personal Choice Be prepared

# Personal Hygiene

- You will have to assume responsibility for your changing body and develop new hygiene habits. Oil and sweat glands become more active during puberty.
- Hair--Develop a routine for taking care of your hair. You will need to shampoo more frequently using a good shampoo.
- “No Sweat”—During puberty your sweat glands produce more sweat (perspiration). Perspiration is normal and important because it helps your body regulate temperature. It is important to use a deodorant/antiperspirant everyday.

# Personal Hygiene

## Skin Care

Acne: oil glands in your skin become more active during puberty. Pimples start when the skin pore becomes blocked with dead skin cells. Bacteria can develop in the clogged pore causing a pimple.

Don't squeeze, pick, or pop pimples.; it may cause scarring. Follow a daily face cleaning program and wash your face 2x daily with soap and water. Begin now and establish a routine.

Treat pimples with an over-the-counter product. If the acne is severe, you can see a skin specialist called a dermatologist.

# Personal Hygiene

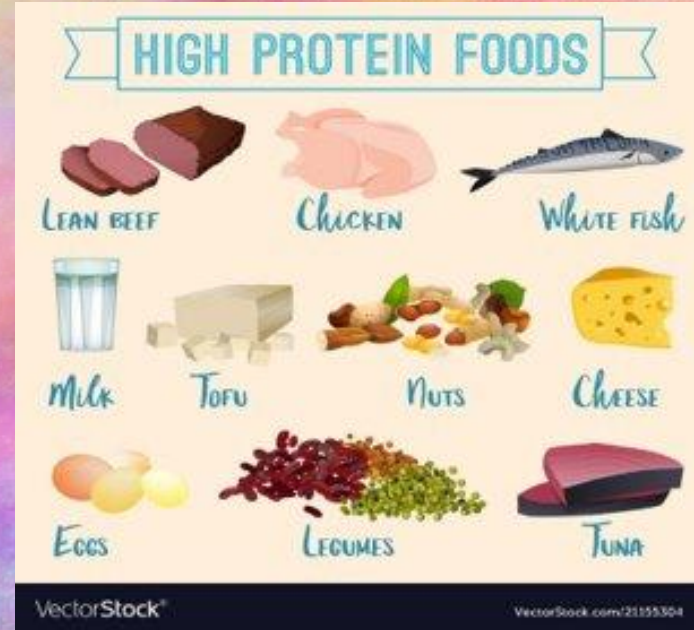
- Don't forget to take good care of your teeth!  
Brush your teeth at least twice a day and floss at least once a day.
- Make healthy food and snack choices!
- Drink plenty of water!
- Be physically active everyday!
- Relaxation and sleep are important too.

# Nutrition & Exercise

- WHOLE FOODS
- PROTEIN
- COMPLEX CARBOHYDRATES
- WATER
- “SOMETIMES” FOODS

- GIVES YOU ENERGY
- BOOST YOUR METABOLISM
- BOOST YOUR MOOD
- PREVENT CERTAIN DISEASES

# Exercise & Nutrition



# Emotional and Social Changes

- Girls may notice that sometimes their feelings about things change without any apparent reason - a “roller coaster of emotions.”
- Adjusting to body changes and new expectations for behavior can create bouts of low self-esteem and moodiness.
- During puberty girls may feel strongly that they need to look and act like their peers. You may feel more self-conscious and feel uncomfortable when you feel “different.” Don’t compare yourself to others because you are unique and valuable just as you are!

# Emotional and Social Changes

- Girls may notice that they crave more independence when choosing dress, selection of friends, and how to spend their free time.
- Although your friends are an important part of your social development, LOOK TO YOUR FAMILY for values and decision-making.