

Growth and Development of 4th Grade Girls



Regals básicas/guias

- ▶ Don't be afraid to ask questions
- ▶ No stupid questions
- ▶ Be respectful of the instructor and your classmates
- ▶ Not Personal Stories
- ▶ Using 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 



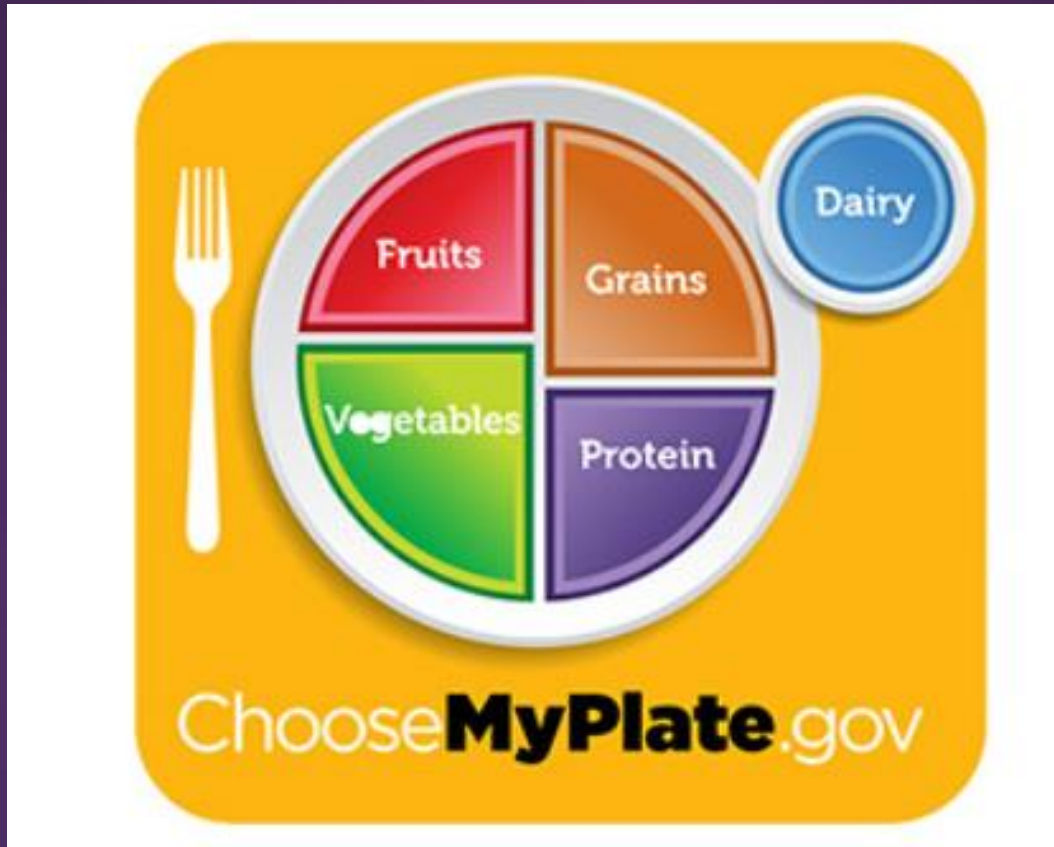
       

Scroll for details 

Estrógeno, ciclo mensural, utero, forro,
endometrio, óvulo fértil

What My Plate Should Look Like



Exercise

- ▶ It helps us become stronger, leaner, healthier, and have more energy.
- ▶ Choose something you enjoy doing. Run, play basketball, soccer, or ride a bike.
- ▶ You need to do at least 30 minutes of aerobic exercise per day.
- ▶ It helps your body get more oxygen to your brain so you can think more clearly



Water

- ▶ It makes up 70% of our body weight
- ▶ Needs eight glasses of water a day
- ▶ You should drink water even if you are not thirsty
- ▶ Beverages such as soda, coffee, tea, or hot chocolate do NOT count: ENGERY DRINK = DANGER!
- ▶ Drink more water to stay hydrated when exercising or working in the sun
- ▶ When you feel thirsty, your body is telling you that it needs water



Personal Hygiene

- ▶ **Sweating**
- ▶ **The body produces more sweat, resulting in body odor**
- ▶ **Controlling Body Odor**
- ▶ **Bathing/showering daily with soap**
- ▶ **Use deodorant or antiperspirant**
- ▶ **Wear clean clothes and socks every day**
- ▶ **Skin Care**
- ▶ **The sebaceous glands in the skin become more active**
- ▶ **Oily and dead skin cells lead to acne**
- ▶ **Cleanse the skin twice a day**
- ▶ **Don't worry, acne is a normal part of puberty**



Personal Safety

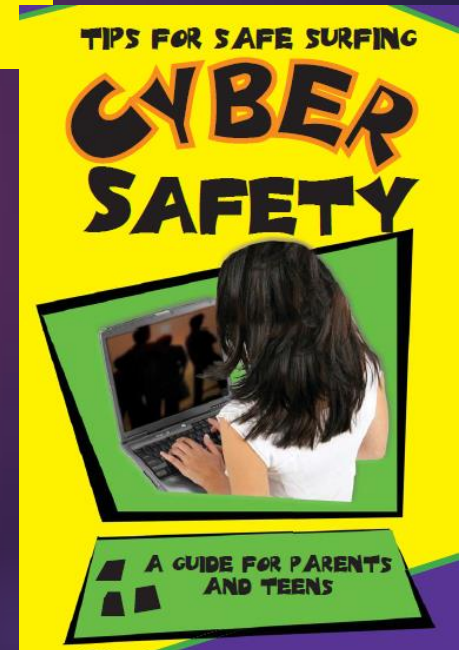
- ▶ Wear a helmet when riding anything with wheels
- ▶ Wear protective gear when playing sports
- ▶ Wear protective gear when skating
- ▶ Wear a life jacket when boating or near water



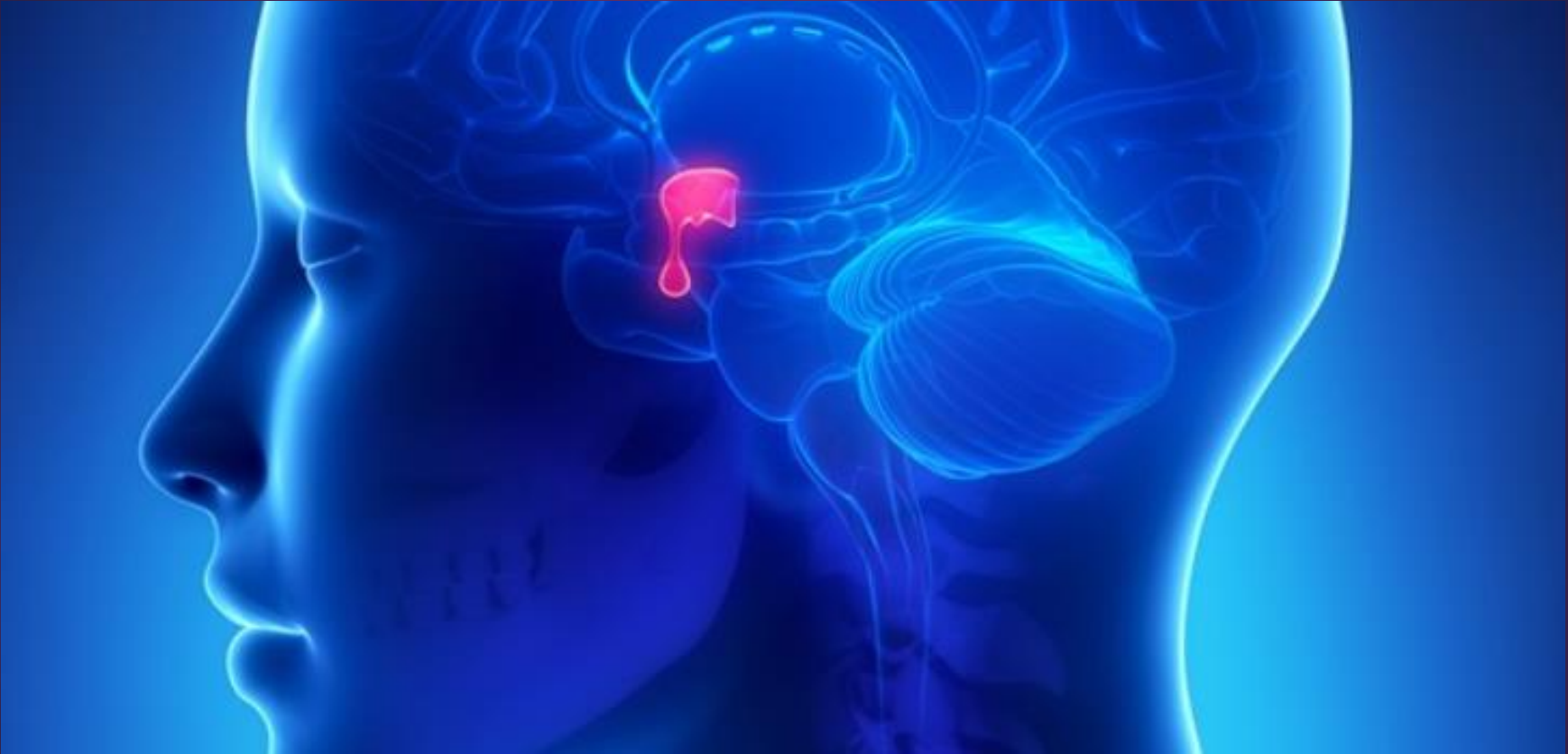
Internet Security

- 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 it



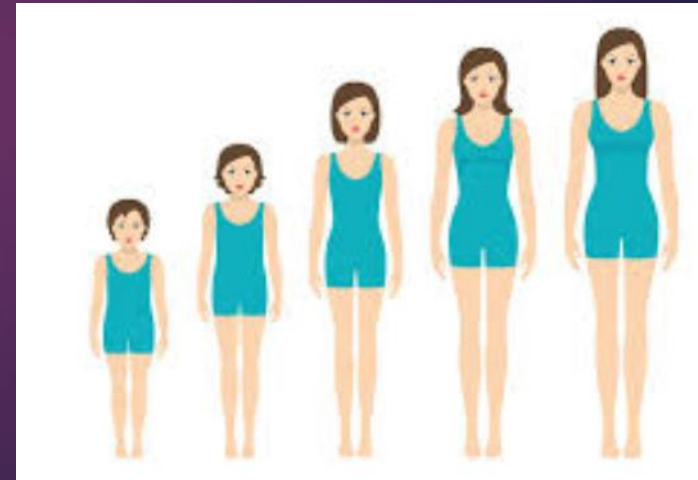
Puberty begins when



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

Puberty:

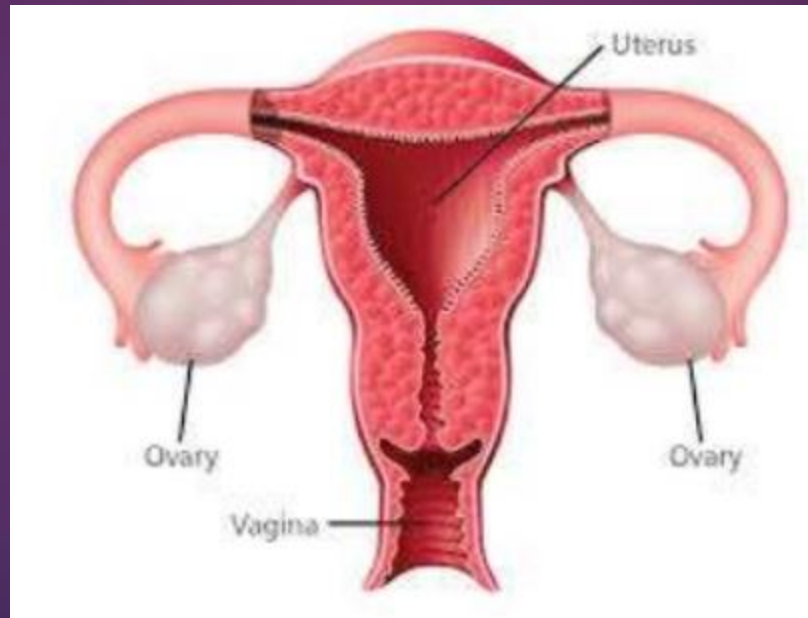
- ▶ 1st stage
- ▶ Breast buttons appear
- ▶ Pubic pello in private places
- ▶ Height and weight increase rapidly
- ▶ 2nd Stage
- ▶ Hips widen
- ▶ Vaginal discharge
- ▶ Menstruation may occur



Puberty:

What is menstruation?

- ▶ Menstruation is part of the female reproductive process



Puberty:

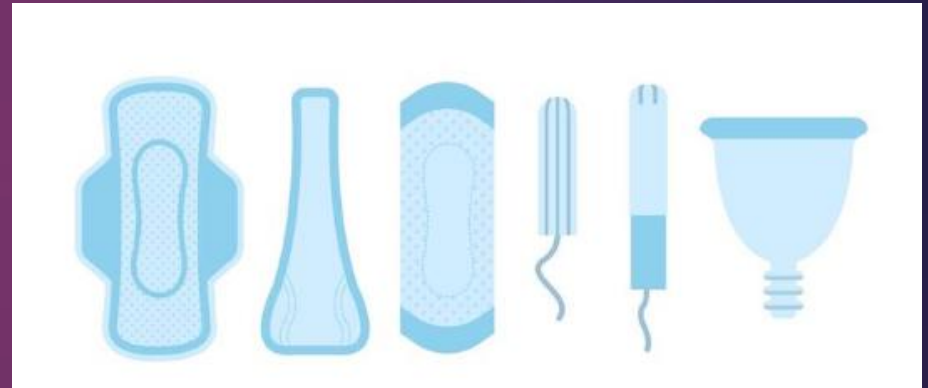
Periods

- ▶ They usually last 3 to 7 days
- ▶ It may 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 other trusted adult to help you choose which product to use when the time comes.

Puberty:

Cramps

- ▶ **What are they?**
- ▶ **- Pain 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 or back - ---Exercise**
- ▶ **Drink water**
- ▶ **Consult with an adult before taking medication**
- ▶ **Continue with your usual activities, including showering/bathing, going to school, physical education class, etc**

Puberty:

Emotional changes

- ▶ Feelings can 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 have my first period?
- ▶ What is 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 pieces of blood mixed with my
Regular period?
- ▶ What happens if I bleed through my clothes?



Questions