



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



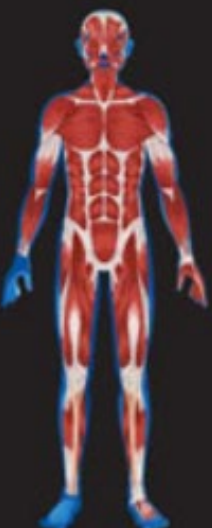
Integumentary



Respiratory



Skeletal



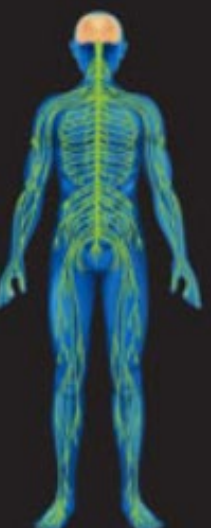
Muscular Skeletal



Digestive



Circulatory



Nervous

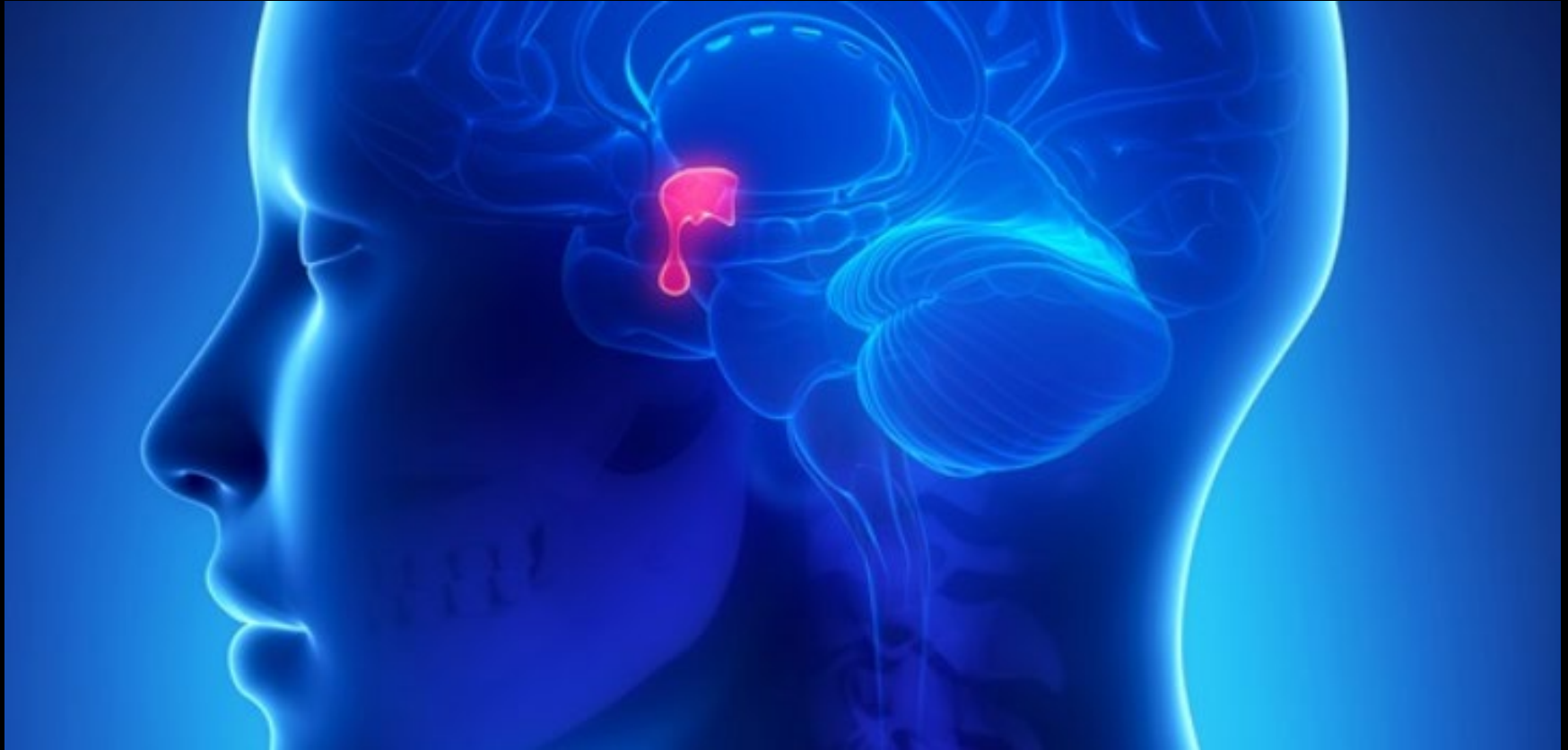
And ...



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

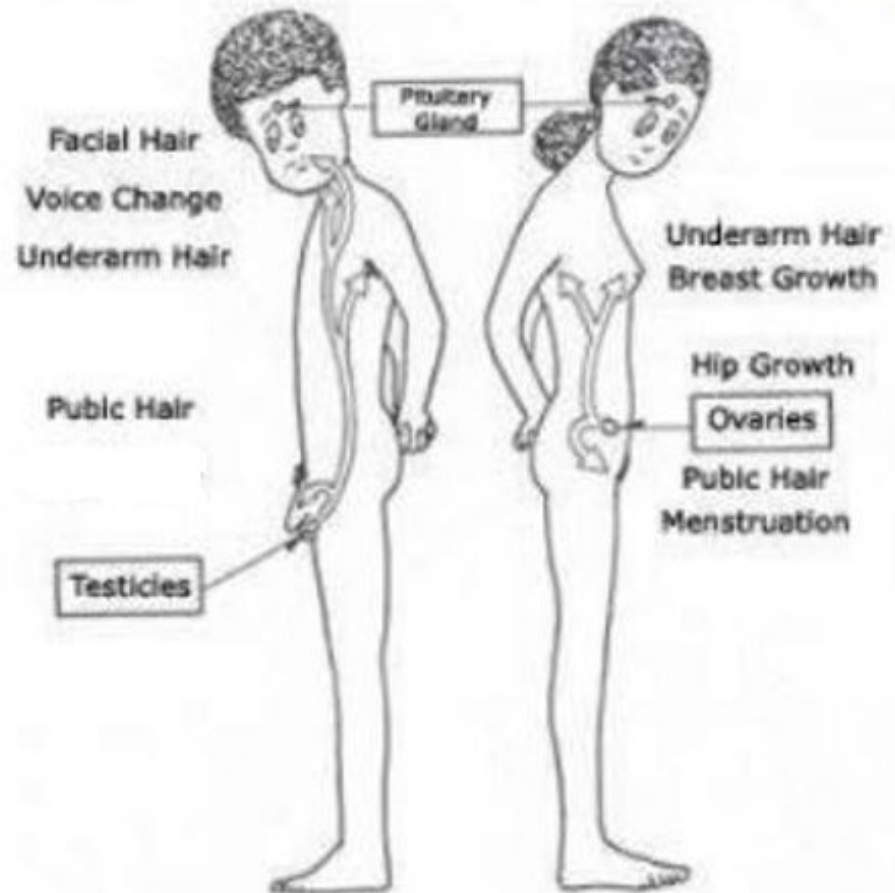
THE EFFECTS OF THE PITUITARY GLAND

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



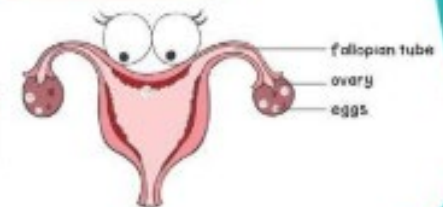
SWEAT & BODY ODOUR



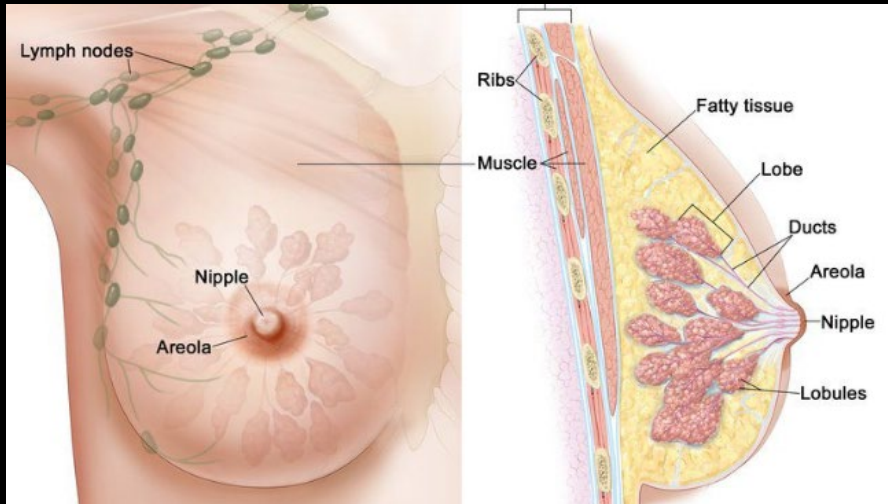
BREASTS AND BRAS



PERIODS



BREAST HEALTH



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

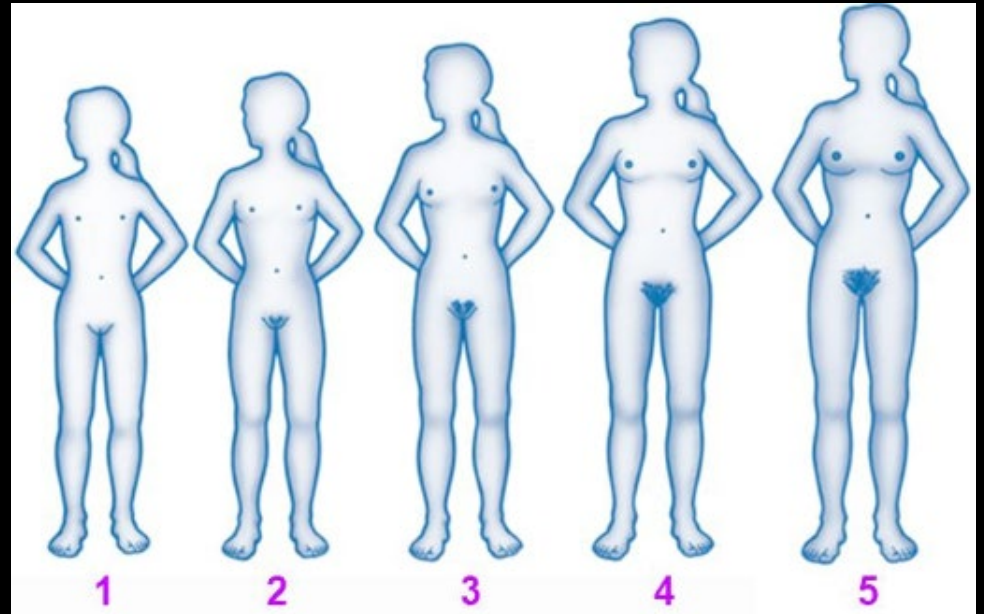
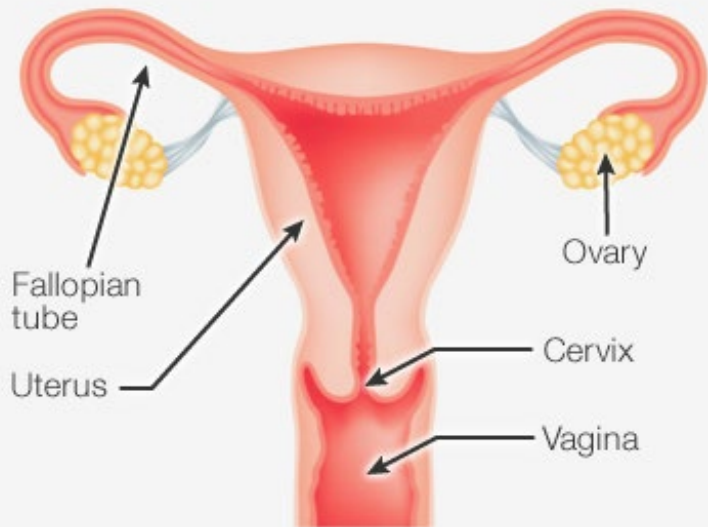
AGE 7 → AGE 19



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

REPRODUCTIVE SYSTEM

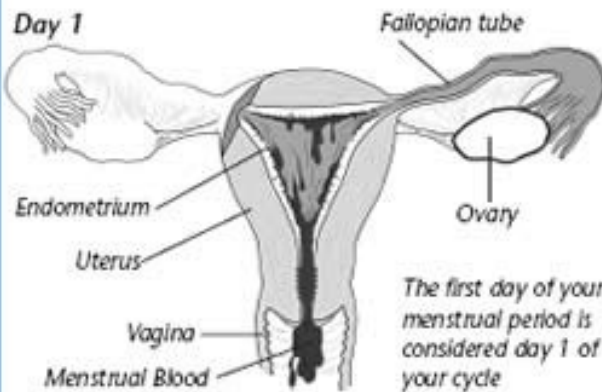
Female Reproductive System



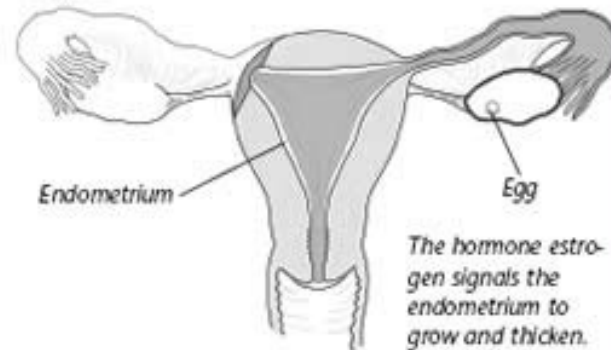
MENSTRUAL CYCLE

The Menstrual Cycle

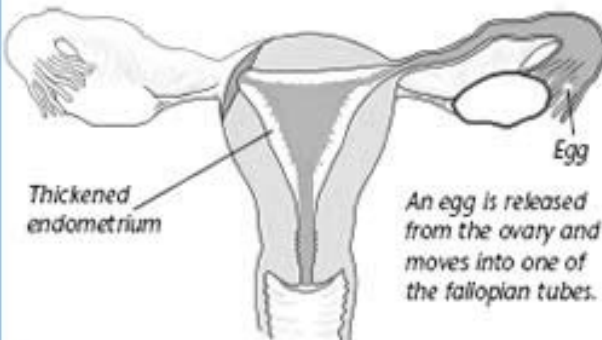
Day 1



Day 5



Day 14



Day 28



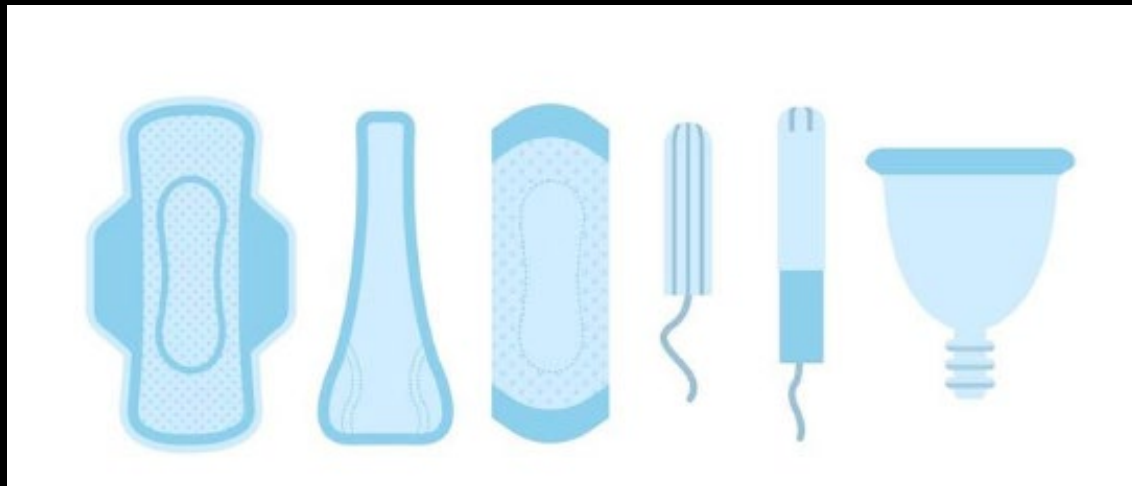
DIFFERENT FEMININE PRODUCTS

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!

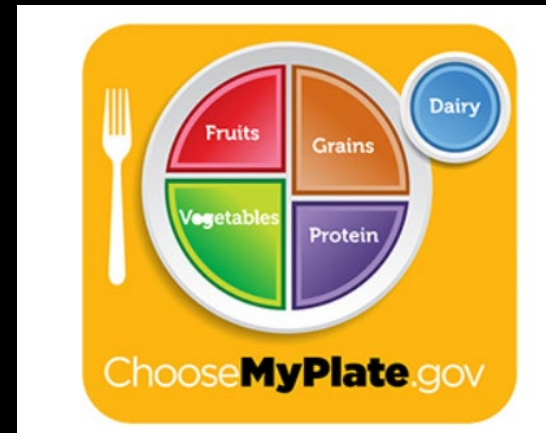
(ONCE A MONTH!)



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

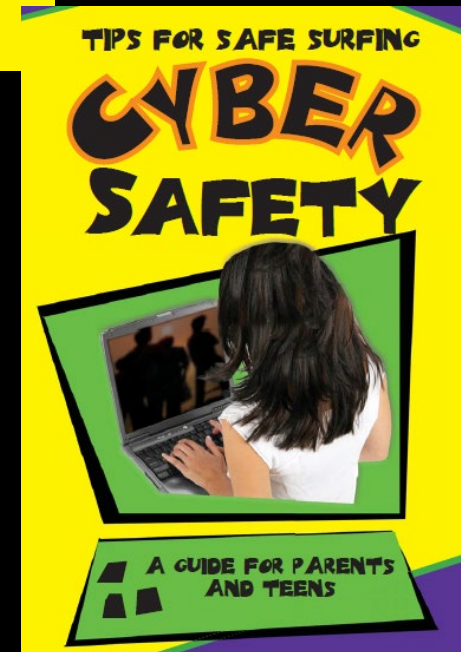


- Drink 8 glasses of WATER
- Exercise at least 30 minutes a day

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

