

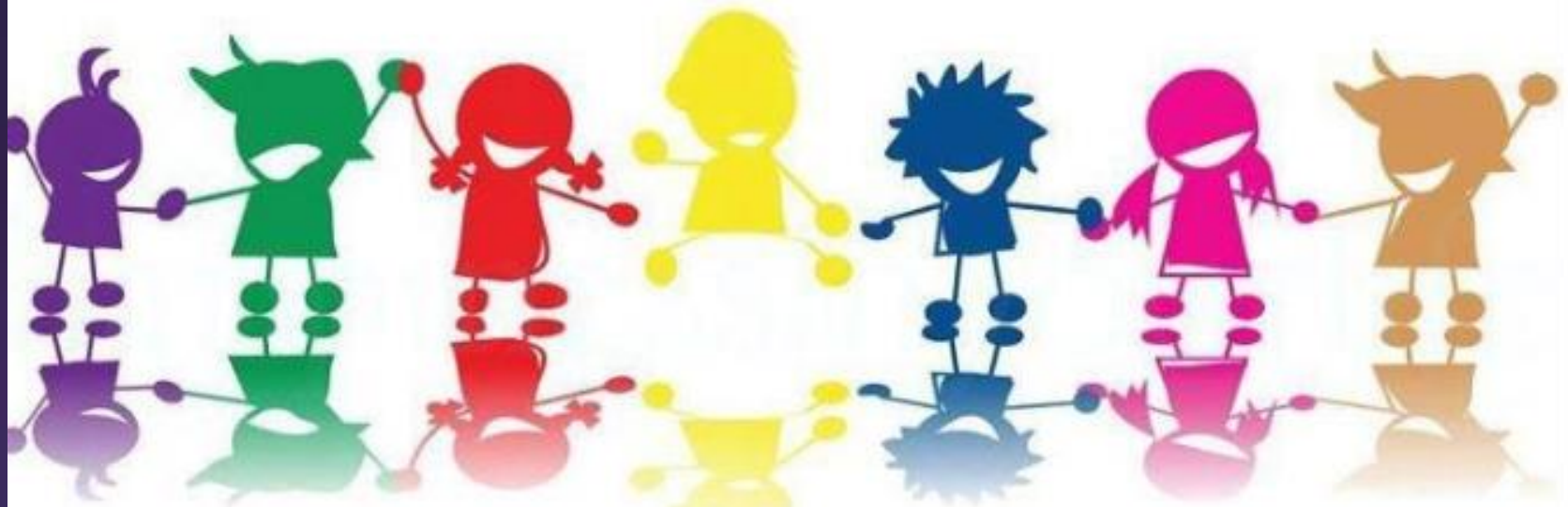
4th Grade Girls Growth and Development



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.

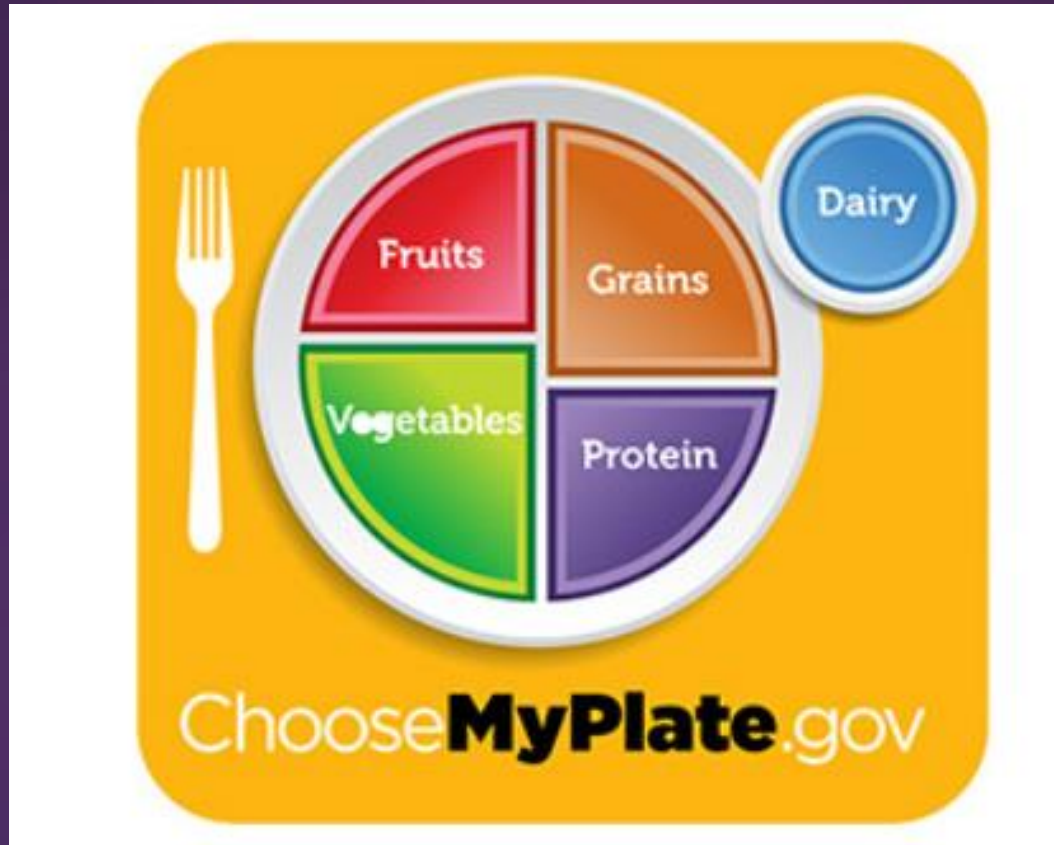
~Doe Zantamata

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

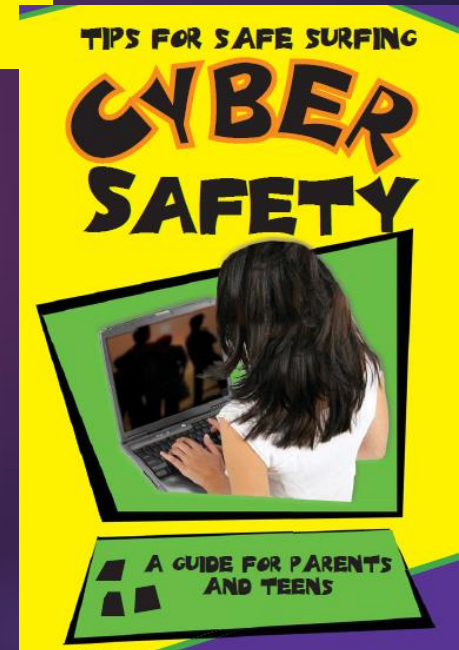
- ▶ Wear helmet when riding anything with wheels
- ▶ Wear protective gear when playing sports
- ▶ Wear protective gear when skateboarding
- ▶ Wear a life jacket when boating or near water



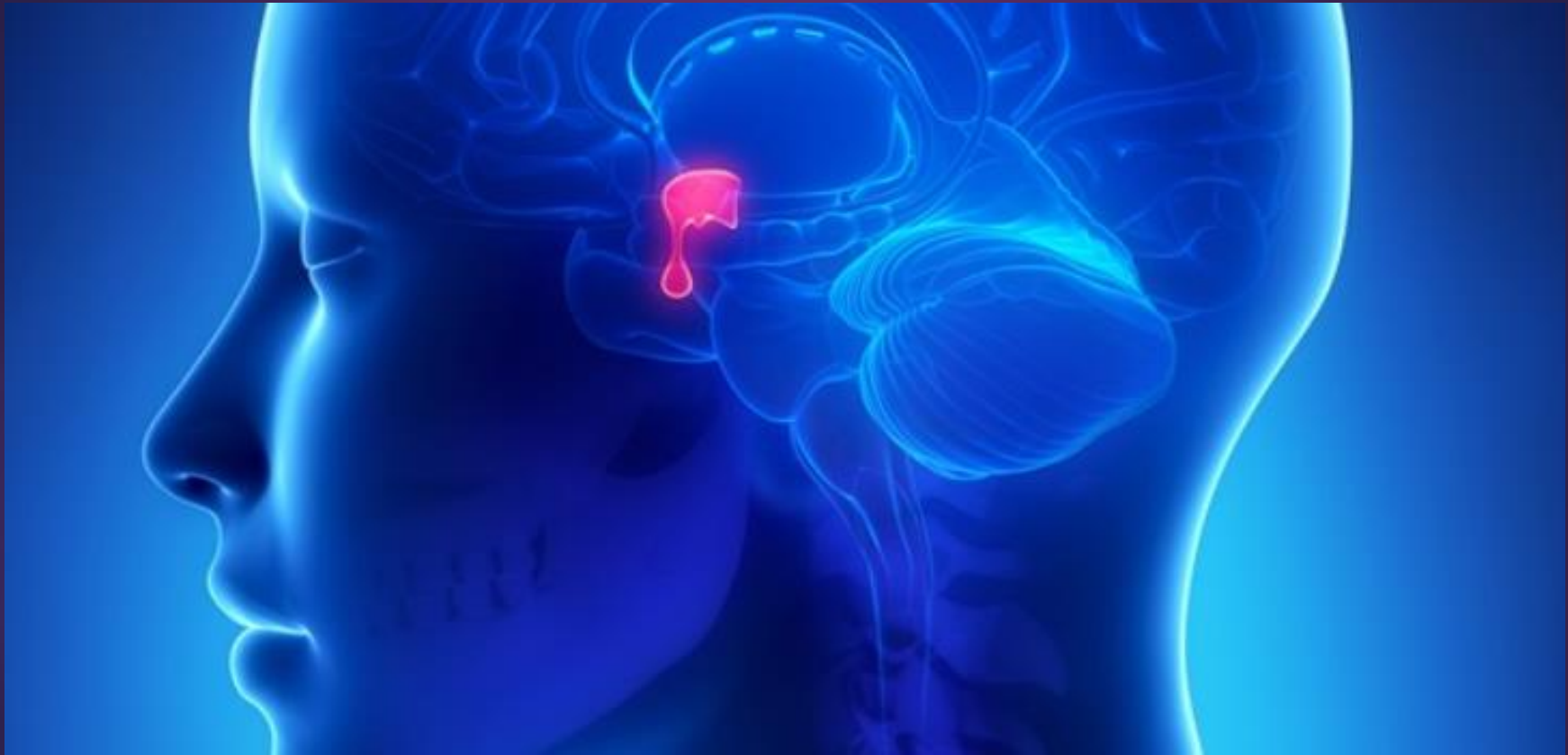
Internet safety

- 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

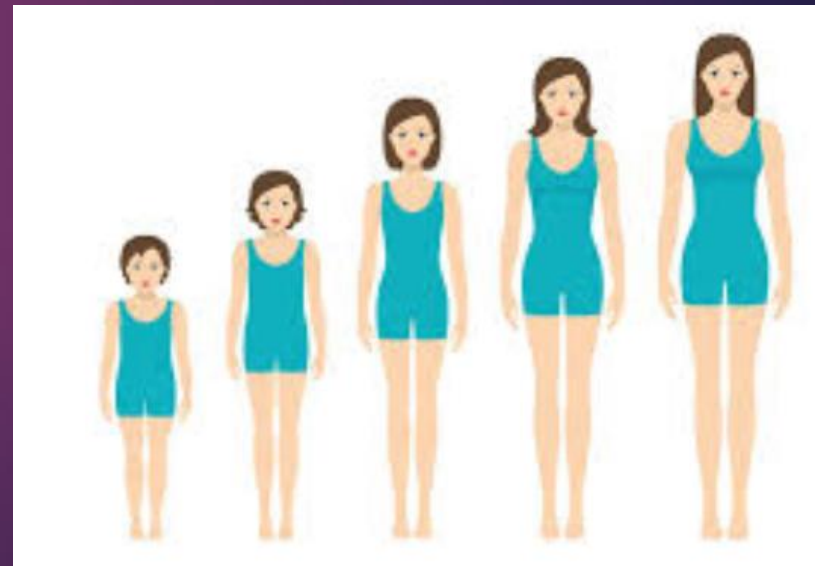
Puberty:

1st stage

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

2nd Stage

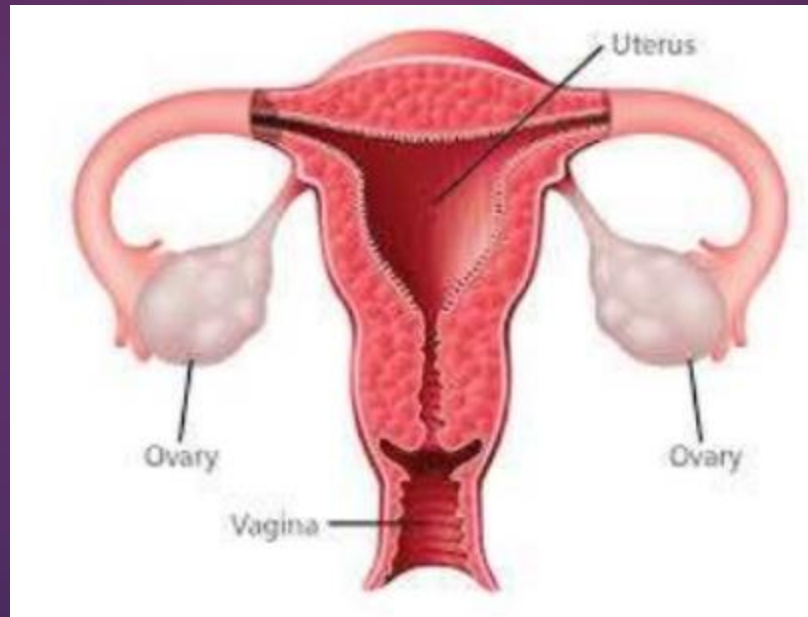
- ▶ Hips widen
- ▶ Vaginal Discharge
- ▶ Menstruation may occur



Puberty:

What is Menstruation?

- ▶ Menstruation is part of the female reproductive process



Puberty:

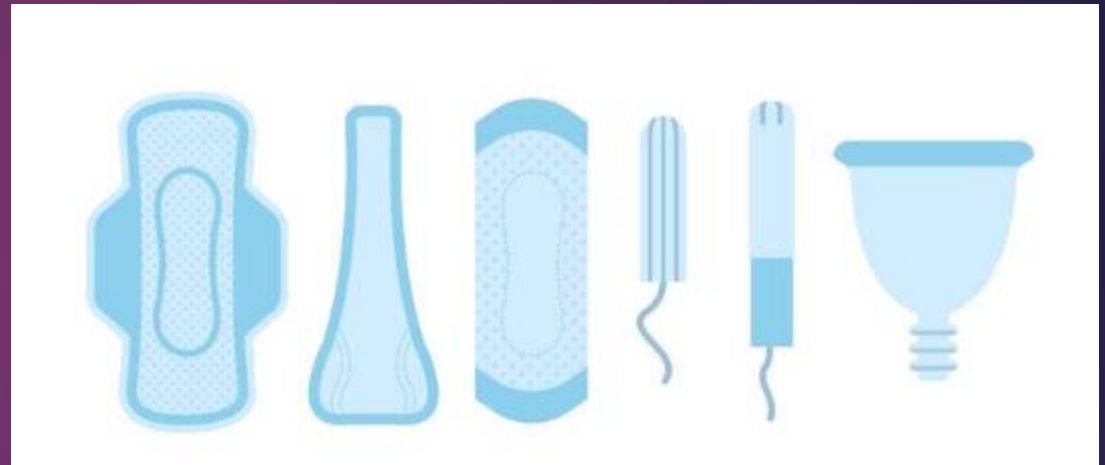
Periods

- ▶ 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

