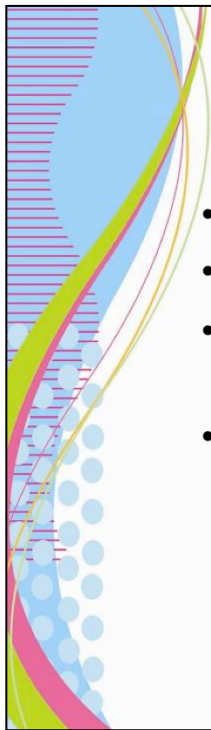


Always Changing

Puberty Education for Females

*Always
Changing*





Class Overview



- Your body may be changing
- Timing is different for everyone
- Girls are usually 2 years ahead of boys
- Each individual grows at his/her own pace

• In this class we'll discuss the changes you will go through as you grow up. As you grow you'll notice changes in how you look and feel. These changes are part of a stage in your life called Puberty.

• You may be starting to experience some of these changes now, or you may not. Everyone is different, so don't worry if your friends seem to be growing more quickly than you

• It doesn't matter when you start; your body will decide when the time is right.

• We will focus on the changes you will undergo during puberty.



Class Agenda

*Always
Changing*

- **Puberty**
 - Physical Changes
 - Emotional Changes
- **Personal Hygiene**
- **Questions**



Changes both genders experience during puberty

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- Growth spurts / growing pains
- Body grows taller
- Body sweats more / Body Odor appears
- Hair and skin becomes oily
- Body hair develops, including pubic hair in the private regions
- Breast buds develop

- Boys and girls experience some of the same changes as they go through puberty. (read slide to discuss changes)
- Growth spurts may cause you to experience growing pains as the long bones in the arms and legs grow faster than the rest of the body. During this period you may feel clumsy.



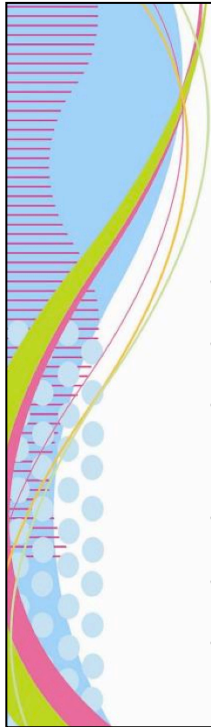
Emotional Changes During Puberty

- Feelings may change from day to day
- Caused by hormones
- Don't worry; it's all part of growing up!

•During puberty you may become more emotional and react more strongly than you did before, regardless of whether it's a school or peer-related issue. These wide emotional swings are caused by hormones.

•Mood swings and feelings are all a normal part of growing up. Don't be afraid to talk to a parent, teacher, school nurse, or other trusted adult if you are feeling overwhelmed or need help/advise.

•As a pre-teen, you may also experience a change in self-confidence as your body grows. This growth can occur faster or slower than your peers, often causing you to feel awkward or embarrassed.



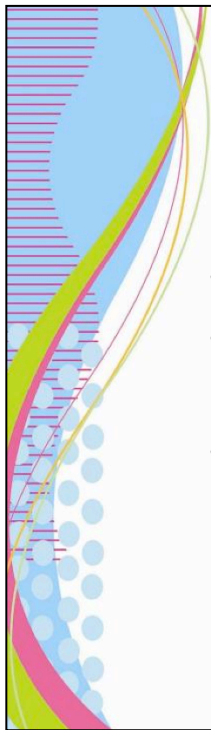
Puberty in Females:

What Happens?

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- Breast buds appear
- Pubic hair in private places
- Height and weight increase rapidly
- Hips widen
- Vaginal discharge
- Menstruation may occur

- As the breast buds appear, the nipples become raised and this area may be tender.
- Fine straight hairs start growing in your private region.
- You may experience growth spurts and changes in weight. Weight gain is normal as your body begins to grow and mature. Make sure you practice healthy eating habits to keep your weight at a healthy level.



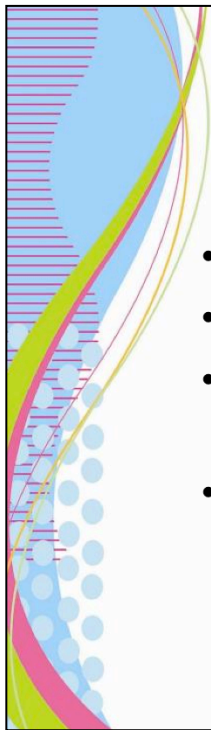
Puberty in Females:

Always Changing

What Is Menstruation?

- Menstruation is part of maturing
- Average 28-day cycle, but different for everyone
- Your period is when you lose fluid at the end of the cycle

- Menstruation is part of the female maturing
- The average cycle is 28 days long (approximately one month), but this varies from person to person – and even from period to period.
- You will experience your period for many years
- Your period is defined as the monthly discharge of lining of the uterus (endometrium) which passes out of the body through the vagina.



Puberty in Females:

Periods

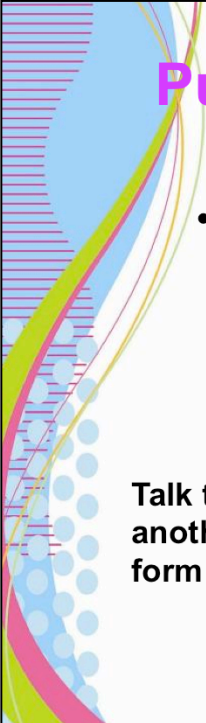
- Usually last 3-7 days
- Might not be regular at first
- Only lose about 7 teaspoons of blood
- The loss of blood is completely normal!

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•When you start to have periods, they may not be regular. After your first period, the next one might be 2 or 3 months later, and it might last 1 day or 10. Your body will take a while to become regular – maybe 2 years or more.

•The average woman loses about 16-18 teaspoons of menstrual fluid during her period, but only about 7 teaspoons of it is blood. Your body contains more than 5 quarts of blood, so it doesn't miss the little bit you lose during a period.

•If you start your period at school tell an adult and they can provide you with the help you need!



Puberty in Females: Periods

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- **Feminine Protection Options**
 - Pads
 - Panty liners
 - Tampons

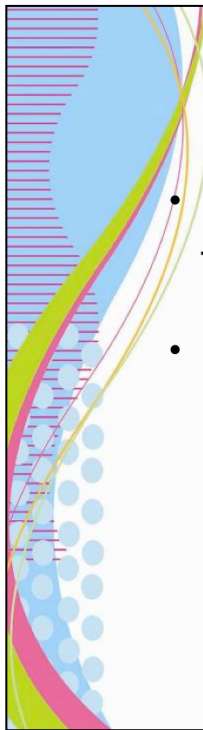
Talk to your mom, older sister, school nurse or another trusted adult to help you choose the right form of protection when the time comes.

• There are 3 types of feminine protection products you can use during your period. These include panty liners, pads, and tampons.

1.) Pads are worn outside your body in your underwear and come in many different sizes depending on the heaviness of your period and body size.

2.) Panty liners are smaller and thinner than pads and good to use when your period is light or as a backup in your underwear if you wear tampons.

3.) Tampons are held in place by the walls of your vagina and expand as they absorb your menstrual flow. They are a good choice if you're involved in athletic activities, and are the only form of protection you can use while swimming. Make sure to read the important safety information inside each Tampon box.

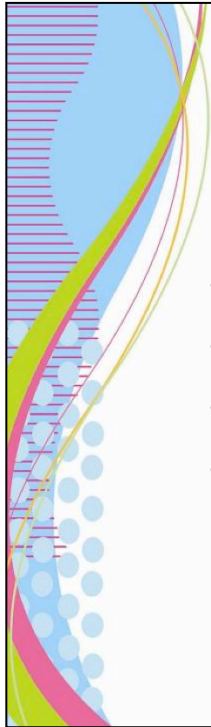


Puberty in Females: Cramps

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- **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
 - Exercise
 - Check with an adult before taking medication

Read slides



Puberty in Males: What Happens?

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- Muscles develop
- Chest gets broader
- Pubic hair in private places
- Voice gets deeper / May crack

•Boys also may experience changes in their private areas as they grow older. All of these changes are normal.



Personal Hygiene

Always Changing

Sweating

- Your 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, especially after gym class or sports practice



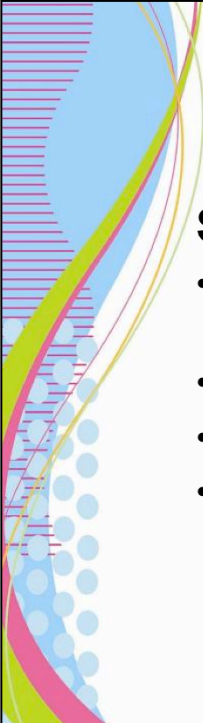
•During puberty your sweat glands begin to produce more sweat. Body odor occurs when bacteria that live on the skin act on the sweat produced by these glands.

•To control body odor, the 1st step is to bathe daily with soap and water. This removes dirt and oil from the skin and reduces the bacteria that can lead to body odor. Make sure to shampoo your hair regularly too from root to tip to remove excess oil and keep it feeling clean and fresh.

•The 2nd step is to use deodorant/anti-perspirant. Deodorant helps you smell good. Anti-perspirant reduces perspiration and underarm wetness, and helps prevent body odor before it starts.

•Body odor can be held by the clothes you wear, so always put on clean clothes after bathing, including undergarments and socks.

•If you are in sports, it is especially important to bathe, use deodorant, and change clothes after your practice or game.



Personal Hygiene

Always Changing

Skin Care

- 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

- During puberty, oil glands in your skin become more active and produce excess amounts of an oily substance called sebum.
- Acne (pimples) forms when the skin's pores become blocked with dead skin cells and sebum. Bacteria can then develop in the clogged pore and cause a pimple.
- To help prevent acne, cleanse your face twice a day with medicated acne wash or cleanser.
- 90% of young people get acne at some point in time, so don't be alarmed or feel like you are the only one. To prevent scarring, don't squeeze or pick at pimples, and be patient. Don't expect acne to disappear overnight.



Today's Mission:

**Complete the Body, Mind
and Feelings Activity**

Students should complete the Body, Mind and Feelings activity.