

Growing Up

Puberty/Growth & Development



McKinney ISD
4th Grade Boys

Class Guidelines

- Please write your questions on the note card provided
- Be respectful of your peers
- No personal stories
- Use appropriate medical terms

Class Agenda

- Personal Hygiene
- Emotional Changes
- Puberty/Growth & Development
- Nutrition
- Questions



Class Overview

- Your body will be changing
- Timing is different for everyone-
from 10-17 years old
- Boys are usually 2 years behind girls
- Each boy grows at his own pace

Personal Hygiene

Sweating

- Your body produces more sweat, resulting in body odor

Controlling Body Odor

Bathe/shower daily with soap

Use deodorant or antiperspirant

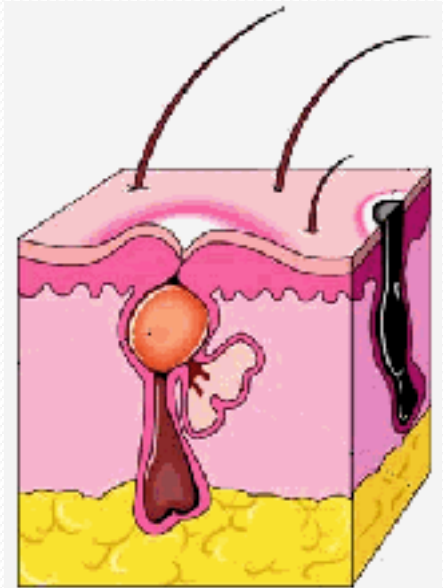
Put on clean clothes and socks, especially after gym class or sports practice
And remember to brush your teeth twice a day!



Personal Hygiene

Skin Care

- Oil glands in your skin become active
- Oil and dead skin cells lead to acne
- Cleanse skin twice a day
- Don't worry; acne is a normal part of these changes



Emotional Changes

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



Puberty

What is puberty?

It is the time period in your life when your body starts to become more like an adult.



Puberty:

What Happens First?

- Hair under arms, on legs, face and sometimes on chest
- Pubic hair in private places
- Height and weight increase rapidly
- Voice gets deeper and may crack when talking

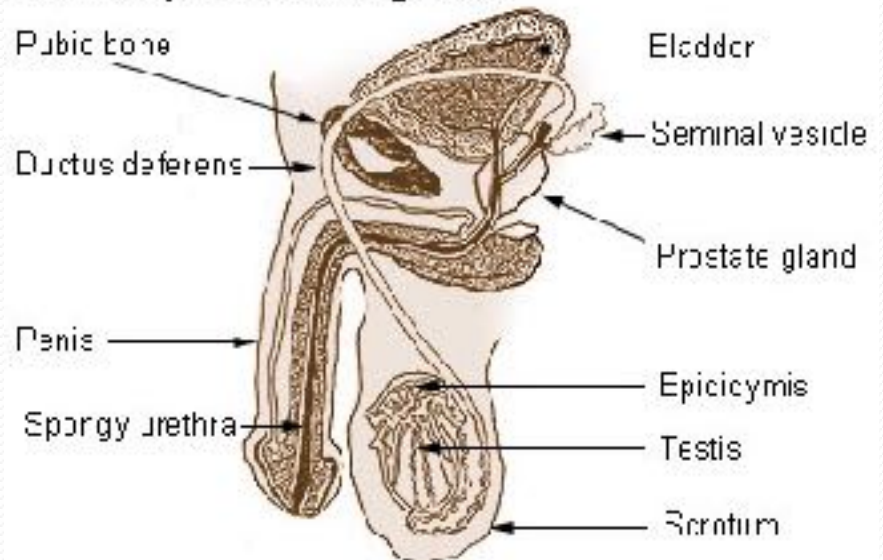


Puberty

Then what?

- Muscles develop and chest gets broader
- Penis and testicles become bigger

Male Reproductive System



Puberty

Then what?

- Height is usually determined by heredity
- Everybody grows differently
- Growth spurts can occur later



Nutrition

- Eat healthy foods that help your body grow
- Calcium and iron are important minerals during puberty
- Daily recommended caloric intake for active boys your age is 1,600-2,600 calories



Nutrition

- The USDA recommends the following servings from each food group per day:
 - 6 oz of grains
 - 2 ½ cups of vegetables
 - 1 ½ cups of fruit
 - 3 cups of milk or other dairy products
 - 5 oz of meat and beans
 - 8 cups water(1/2 coming from plain water)
 - Salt/sodium under 1,500mg
 - Added sugars less than 5 tsp(20gm)
 - Fats, oils limited to 5 tsp



Activity and Exercise

- Stay active and exercise!
- Do something physically active every day to stay healthy like running, walking the dog, playing outside, or climbing stairs.
- Children and teenagers should be physically active for at least 60 minutes every day, or most days.

Who To Talk To

- Family member: Your mom, dad, aunt, grandma, etc.
- Teacher or school nurse
- Doctor
- Trusted adult



Questions

- Write your question on the note card, fold it and turn it in
- Everyone must write something on the card and all cards are collected
- All questions are good
- Be respectful of all questions

