Growing Up
Puberty/Growth & Development

McKinney ISD
4th Grade Girls
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 8-14 years old
- Girls are usually 2 years ahead of boys
- Each girl grows at her 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?

- Breast buds appear
- Pubic hair in private places
- Height and weight increase rapidly
- Hair on underarms and legs
Puberty

Then what?

- Hips widen
- Vaginal discharge
- Menstruation may occur
Puberty

What is menstruation?

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

Periods
● Usually last 3-7 days
● Might not be regular at first
● Only lose about 7 teaspoons of blood
● Usually occurs between 10-16 years of age
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
  - Exercise
  - Talk with your parent/trusted adult about how your cramps feel
Puberty

Periods

Feminine Protection Options

- Pantiliners
- Pads
- 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.
Nutrition

- Eat healthy foods that help your body grow
- Calcium and iron are important minerals during puberty
- Daily recommended caloric intake for active girls your age is 1,400-2,000 calories

Calorie information from www.Choosemyplate.gov 2010
• The USDA recommends the following servings from each food group per day:
  - 5 oz of grains
  - 2 cups of vegetables
  - 1 ½ cups of fruit
  - 3 cups of milk or other dairy products
  - 5 oz of meat and beans
  - 7 cups water (1/2 coming from plain water)
  - Salt/sodium under 1,500mg
  - Added sugars less than 4 tsp (15gm)
  - 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