

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

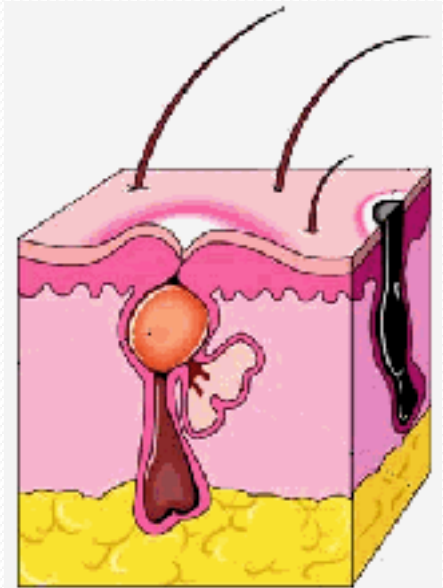


And remember to brush your teeth twice a day!

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:

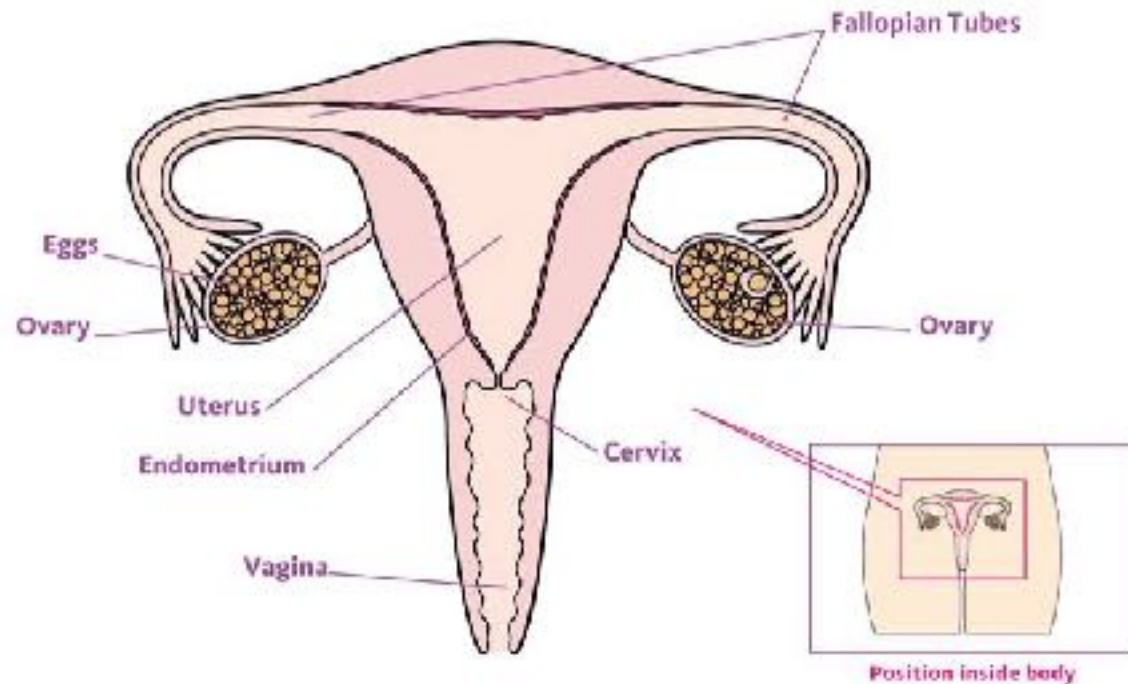
What Happens First?

- 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

- Pantliners
- 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



Nutrition

- 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

