

# GROWING UP FOR GIRLS

**4th Grade**

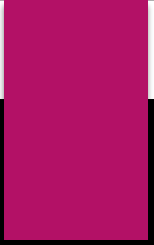
Broken Arrow  
Public Schools

**Sources:**

- Tulsa Health Department - <https://www.tulsa-health.org/>
- National Library of Medicine - <https://medlineplus.gov/ency/article/002003.htm>
- American Academy of Pediatrics- <https://www.healthychildren.org/English/Pages/default.aspx>
- Nemours Children's Health - <https://kidshealth.org/>



GIRLS  
RULE



# Ground Rules



- Participate seriously
- Use appropriate medical terms
- Difficult topic for some students; please be respectful of differing comfort levels
- Share today's information with your family. (Don't share this information with younger students... it's not their time, yet!)
- Don't be afraid to ask appropriate questions related to the topics that are covered
- We're here to have fun and learn!

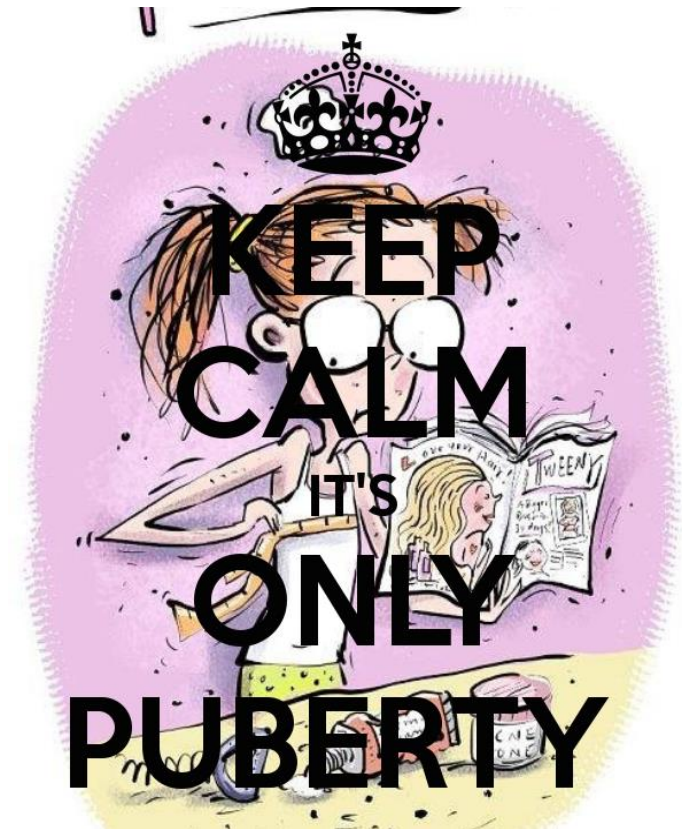
# Learning Objectives...

- Together, we will learn:
  - To respect ourselves
  - Appreciate our individual differences as we grow
  - Understand how our bodies and minds will be changing as we grow
  - How to care for our bodies using good hygiene practices and nutrition
  - How to openly share what we learn today with our families



# Discussion Topics...

- What is the crazy thing called puberty?
- Emotional changes during puberty
- Physical changes during puberty
- What is a period?
- Personal hygiene during puberty
- Nutrition to fuel your body through puberty

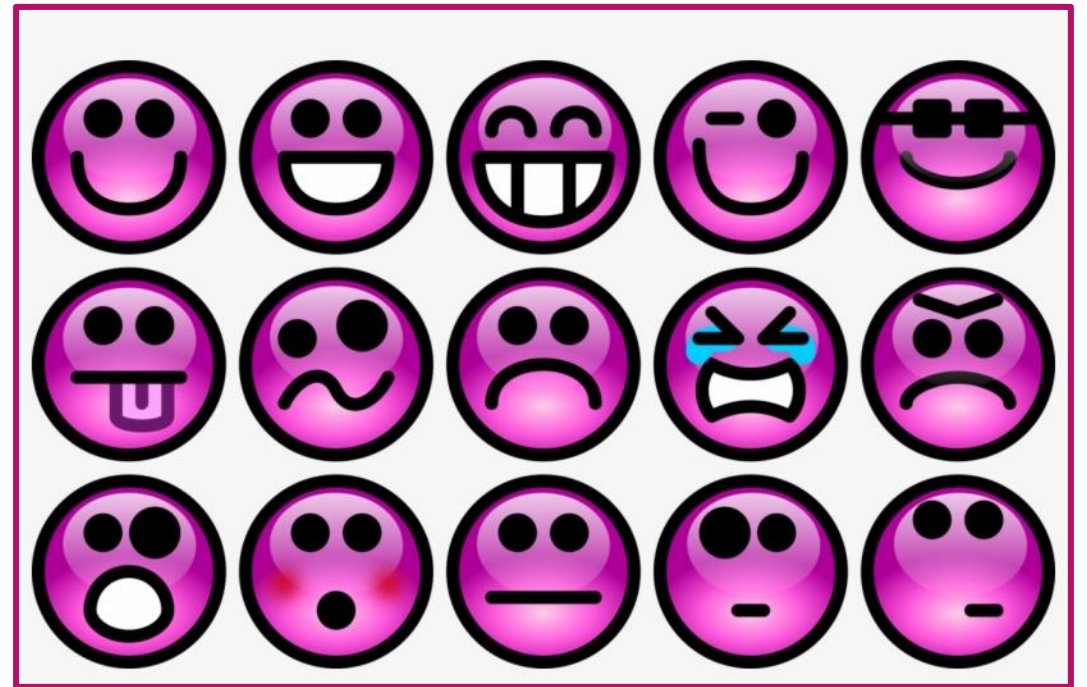


What do you know  
about puberty and  
growing up?



# Signs of puberty and growing up...

- You will begin to have emotional changes which include:
  - Irritable, grouchy, moody, crabby, angry
  - Crying more or feeling very emotional about things
  - Parents, siblings or friends might get on your “nerves” easier and more often
  - Feelings may change from day to day and sometimes hour to hour
- The craziness in your body right now is caused by a thing called hormones
- Don't worry; it's all a part of growing up!



# Signs of puberty and growing up...

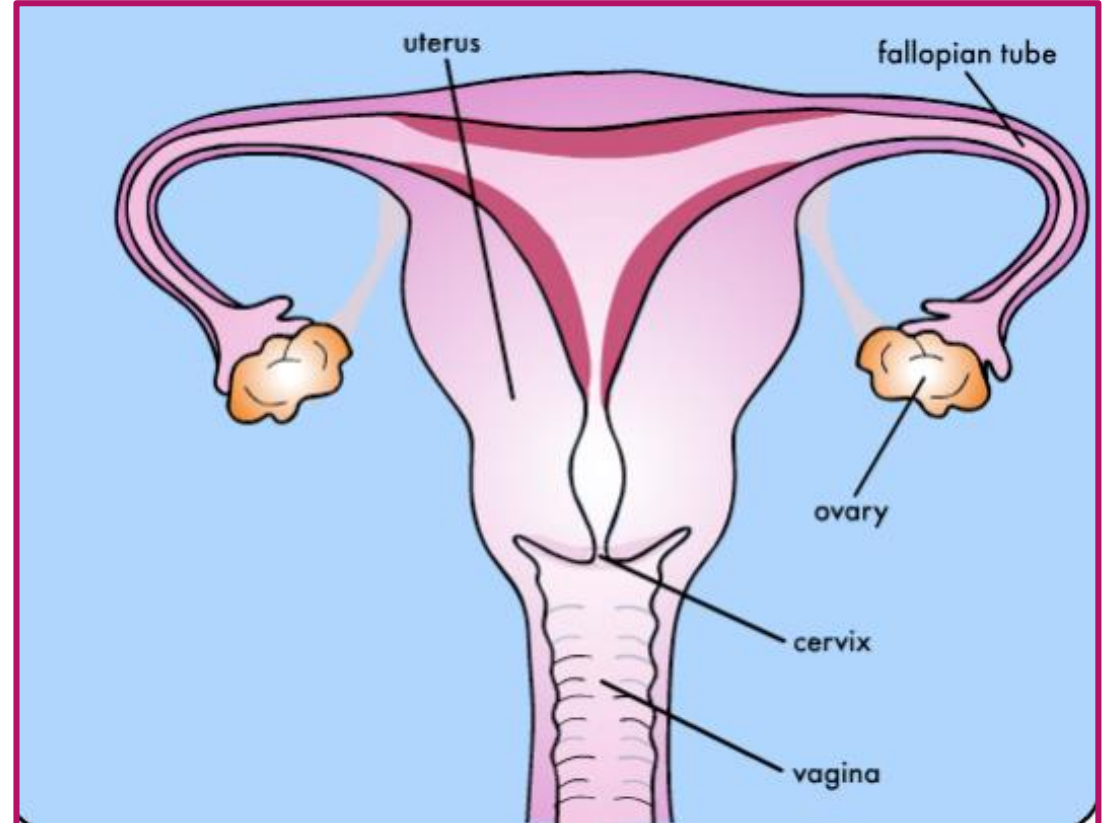
- You will start seeing physical changes with your body. These are:
  - Hair growing under your arms, legs and pubic area
  - Body odor
  - Increased oil production on face
  - Hips become wider and more rounder
  - Height and weight increase rapidly
  - Breast development
  - Light vaginal discharge
  - First period may appear





# What is a period?

- It is when your body sheds the lining of your uterus each month.
- The lining of the uterus passes out from the body through the vagina.
- When the lining passes you might notice brown/red spots on your underwear or toilet paper or a red flow in the toilet water.
- Your first period may only be 1 – 2 days long or up to 3 - 6 days.
- At first it may be hard to tell when you will have your period; you may need to use a calendar to keep track of periods.



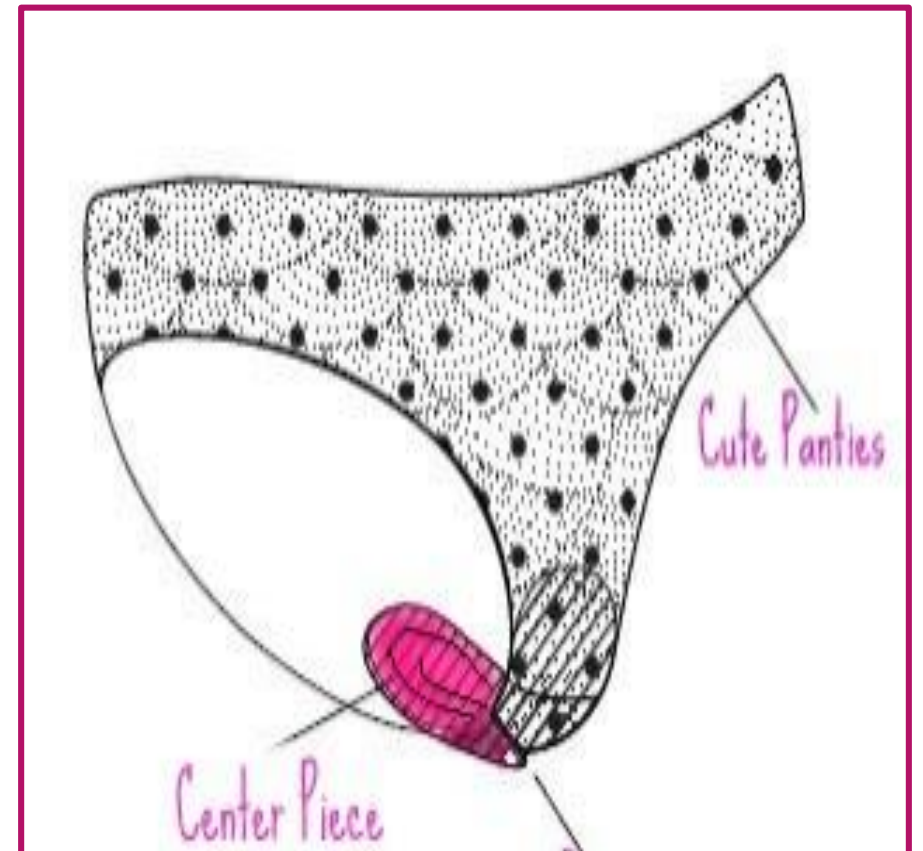
# Period product options...

- There are several different types of protection you can use during your period
  - Panty Liners
  - Pads
- Talk to your mom, older sister, school nurse or another trusted adult that can help you choose the right option for you when the time comes.



# Period product care...

- Proper use of pad/panty liner
  - Wash hands before and after changing product
  - Change product every 3 – 4 hours or sooner if needed
  - Wipe and clean pubic area from front to back
- Proper pad disposal
  - Wrap product in paper towel, toilet paper or original wrapper
  - Dispose of product in a trash can – not the toilet
  - Pads can not be used when swimming



# Period cramps...

- What are cramps?
  - Slight pains in the lower belly area or the inner thighs
- How can I relieve cramps?
  - Take a warm bath
  - Hold a heating pad on your lower belly
  - Exercise
  - Talk with your parent or trusted adult about how your cramps feel



# What if I start my period when I'm not home?

- If at school, tell your teacher you need to go to the health office for “personal” reasons.
- Products are available in the health office or you may bring your own products to the health office.
- Be prepared by carrying products in your backpack (keep a cosmetic bag with a pair of underwear and pads/panty liners in it).
- If at a friend's house – ask an older female for supplies.
- If at other places with no products – can fold up toilet paper or Kleenex to use as a pad until you can get a product.



# Personal hygiene during puberty...

- Sweating/Body Odor
  - Your body will begin to produce more sweat = BODY ODOR
  - Bathe/shower daily using soap on all areas of the body
  - Brush your hair daily
  - Use deodorant or antiperspirant
  - Put on clean clothes and socks every day
  - Remember to brush your teeth twice a day!
- Skin Care
  - Oil glands in your skin will become more active
  - Build of oil and dead skin cells can lead to acne
  - Cleanse your skin twice a day
  - Acne is a normal part of growing up... Don't worry!



# Fueling your body through puberty...

- Make sure you get at least 8 hours of sleep every night.
- Be physically active every day for at least 60 minutes.
- Eat three meals a day – **DON'T SKIP BREAKFAST.**
  - Choose healthy foods that help your body grow (Nuts, fruits, vegetables, lean protein, yogurt, cheese, milk).
  - Make sure snacks are healthy and limited to only twice a day.
- Minimize the amount of food you eat this is high in unhealthy fat and sugar.



Make healthy  
choices for your  
body...





# Don't be embarrassed...It's a normal process for everyone!

- Who to talk to about this?
  - Parents
  - Other trusted family members: aunt, grandma, older sister, etc.
  - Teacher or school nurse
  - Doctor
  - Trusted adult
- Share what you learned today with your parents/guardians.
- They love you and want to help you through this process of puberty and growing up!

