

# GROWTH AND DEVELOPMENT

6th Grade Girls  
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/>
- Oklahoma State Department of Health-  
<https://oklahoma.gov/health/services/personal-health/sexual-health-and-harm-reduction-service/hiv-education-training-het.html>





**POSITIVE**  
*Vibes*  
**ONLY**

- Participate seriously
- Use appropriate medical terms
- Difficult topic for some students; please be respectful of differing comfort levels
- Notecards - Don't be afraid to ask appropriate questions related to the topics that are covered

# Together, we'll learn about...

- Puberty and the changes that occur to our bodies
- Menstruation and how to care for ourselves when it occurs
- Importance of good hygiene practices and nutrition
- Human Immunodeficiency Virus (HIV) and Acquired Immunodeficiency Syndrome (AIDS)



# Always Changing & Growing Up

<https://www.youtube.com/watch?v=qv21b3ZpSLg>



# What is puberty?

- Time in life when hormones are produced which cause our bodies to transition into sexual maturity
- Process usually occurs between ages 8 and 14 for girls
- Causes physical and emotional changes



# What common changes do girls experience during puberty?

- Height, weight, shape
- Breast development
- Body hair
- Vaginal discharge can occur
- Menstruation begins
- Other Changes
  - Body sweats more leading to possible body odor
  - Body produces more oil which can lead to pimples/acne
  - May experience wider range of emotions - anxiety, irritability, sadness



# What is the female reproductive system?

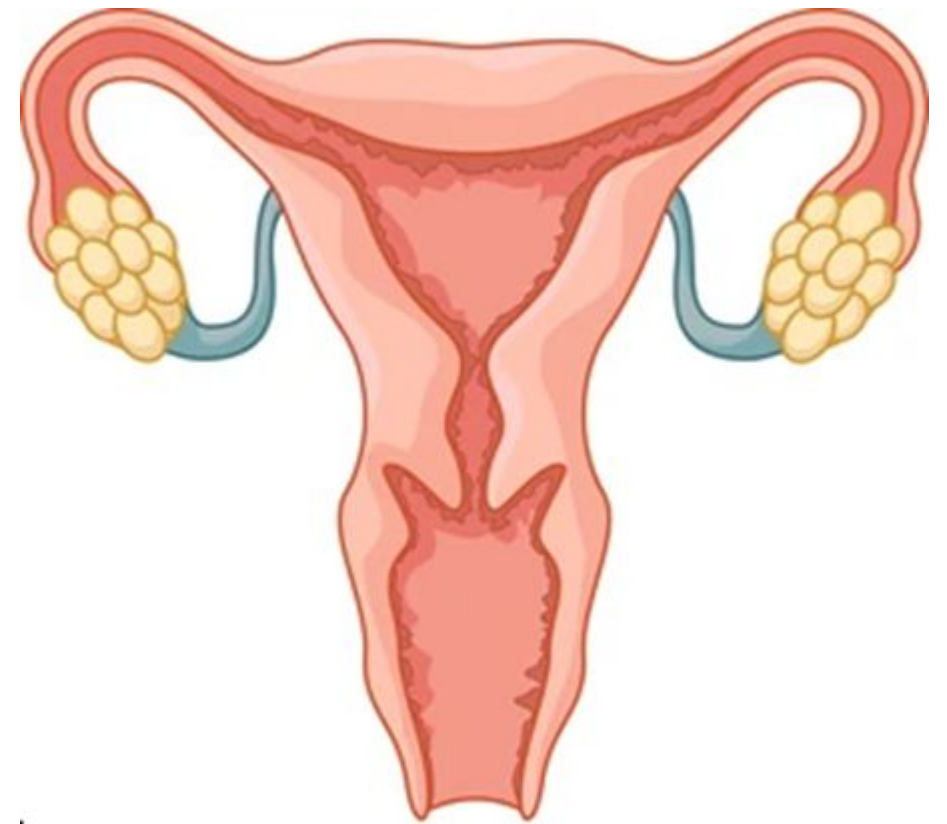
*Reproduction is the process by which organisms make more organisms like themselves.*

## External Parts:

- Vulva
  - Covers the opening to the vagina and other reproductive organs inside the body

## Internal Parts:

- Vagina
- Uterus
- Fallopian tubes
- Ovaries



# What is menstruation and how is it related to reproduction?

- At birth, ovaries contain hundreds of thousands of eggs - ova/ovum
- Toward end of puberty, girls begin to release eggs as part of monthly period called the menstrual cycle
- Once a month, an ovary sends tiny egg into one fallopian tube
- If egg isn't fertilized, it leaves body about two weeks later through uterus - this is menstruation (aka "Your Period")
  - Blood and tissues from inner lining of uterus combine to form menstrual flow





# Common Questions About Periods...

- At what age will most girls experience their first period?
- How often will my period occur?
- How long will bleeding last?
- How much bleeding will I experience?
- Will it hurt?
- Will others know when I have my period?



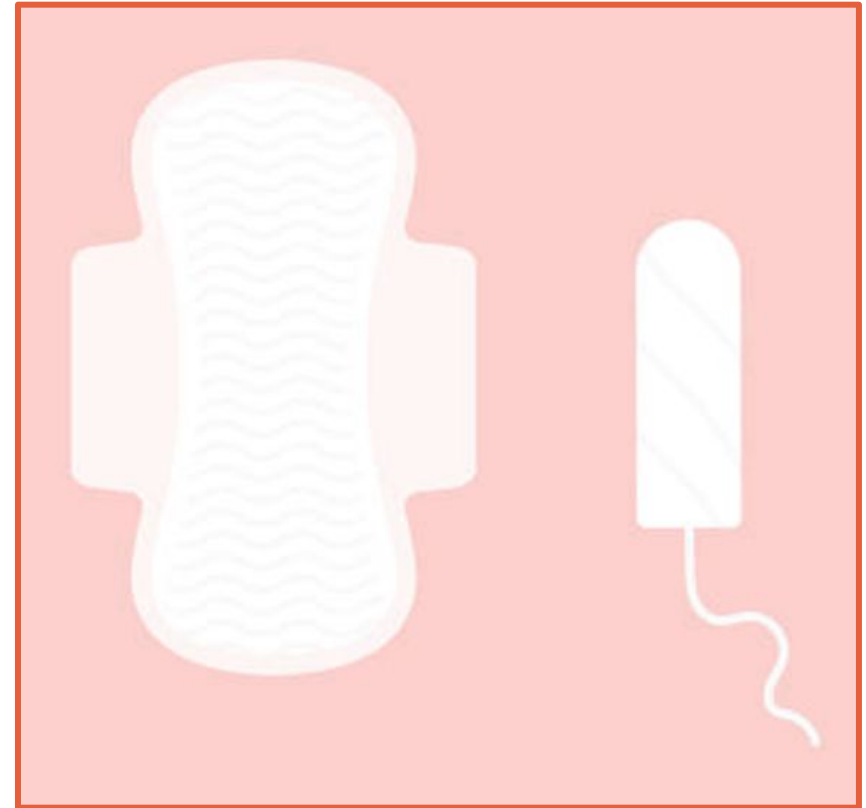
# A Few More Common Questions About Periods...

- Are there any signals that my period is about to begin each month?
- What are some ways that I can track my periods so I'm prepared when it happens?
- What if I start my period while I'm away from home?



# Period Product Options...

- There are different products you can use during your period
  - Pads/Panty Liners
  - Tampons
- Talk to your mom, older sister, school nurse or other trusted adult who can help you choose the right option for you.



# Period Product Care...

- Proper Product Use:
  - 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
  - Pads can not be used when swimming
- Proper Product Disposal:
  - Wrap product in paper towel, toilet paper or original wrapper
  - Dispose of product in a trash can – not the toilet (special cans in ladies' restrooms)



# 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 AND shampoo it as often as needed for your hair type
  - Use deodorant or antiperspirant
  - Wear 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...

- 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
- See your doctor and dentist regularly



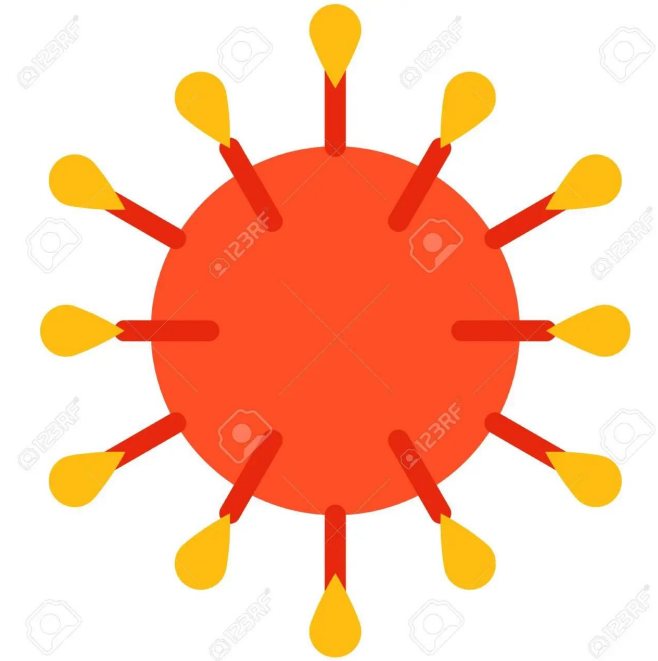
A dark blue banner with a white text box and an orange square. The banner is positioned at the top of the page. The text box is a white rounded rectangle containing the text "A Few Words About HIV and AIDS...". The orange square is located in the top right corner of the banner.

A Few Words About HIV and AIDS...

# What is HIV?

## *Human Immunodeficiency Syndrome*

- Virus that attacks the body's immune system causing it to become weaker and making it harder to fight off infections and some kinds of cancers
- Spread through bodily fluids
- If not treated, can lead to AIDS (acquired immunodeficiency syndrome)
- Currently no effective cure - once people get HIV, have it for life





Questions?

