

GROWTH AND DEVELOPMENT

5th 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/>





GOOD
VIBES
ONLY

- Participate seriously
- Use appropriate medical terms
- Give full attention - no side conversations
- 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, nutrition, and exercise



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 maturity
- Process usually occurs between ages 8 and 14 for girls
- Causes physical and emotional changes



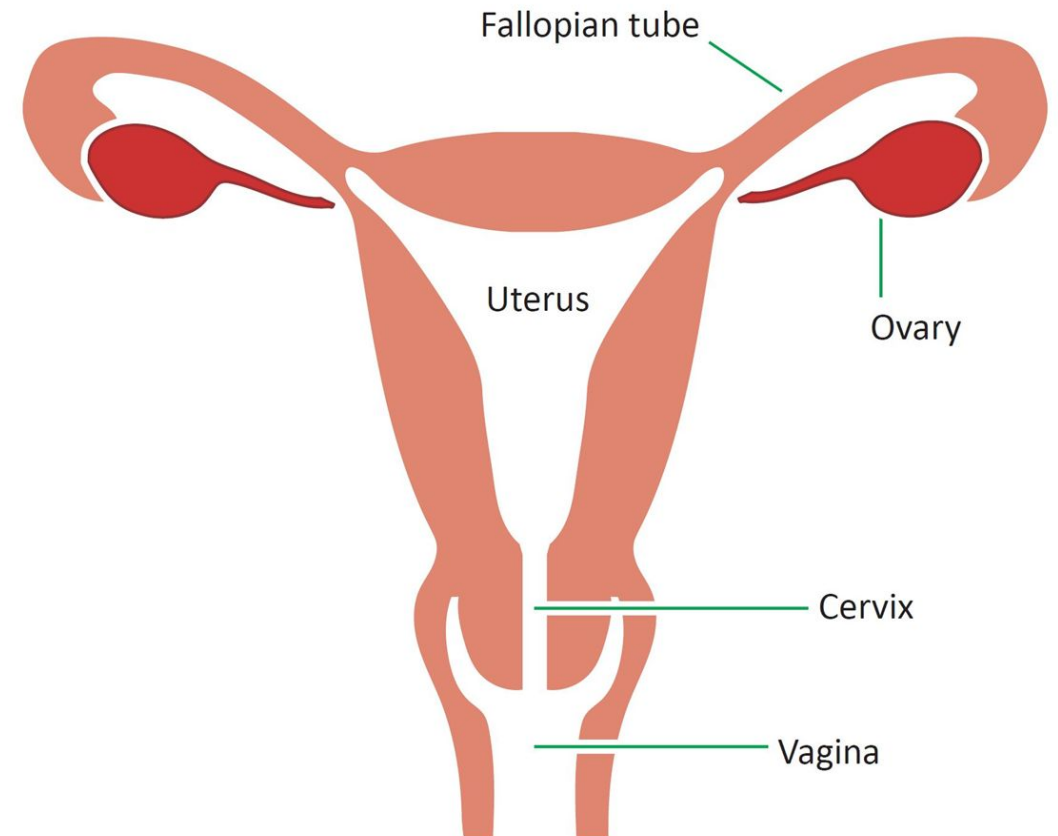
What common changes do girls experience during puberty?

- 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 menstruation?

- Often called 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.



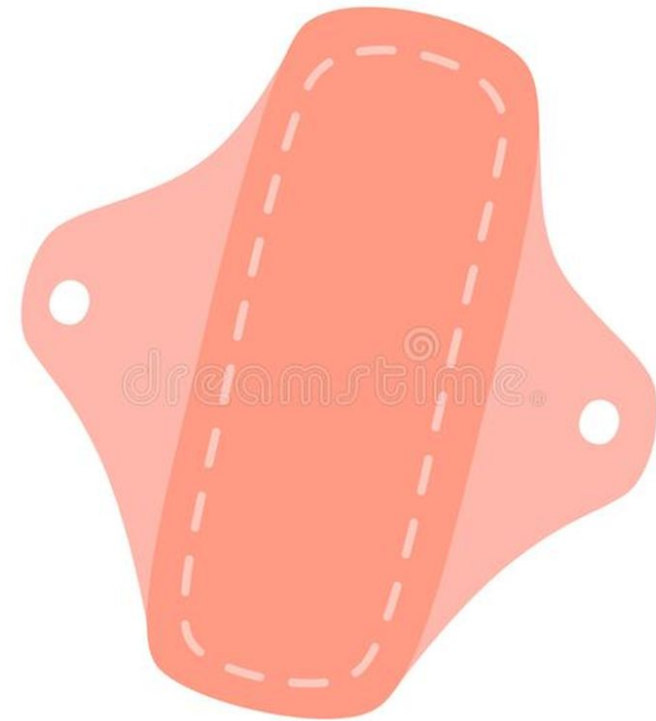
Common Questions About Periods...

- 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?



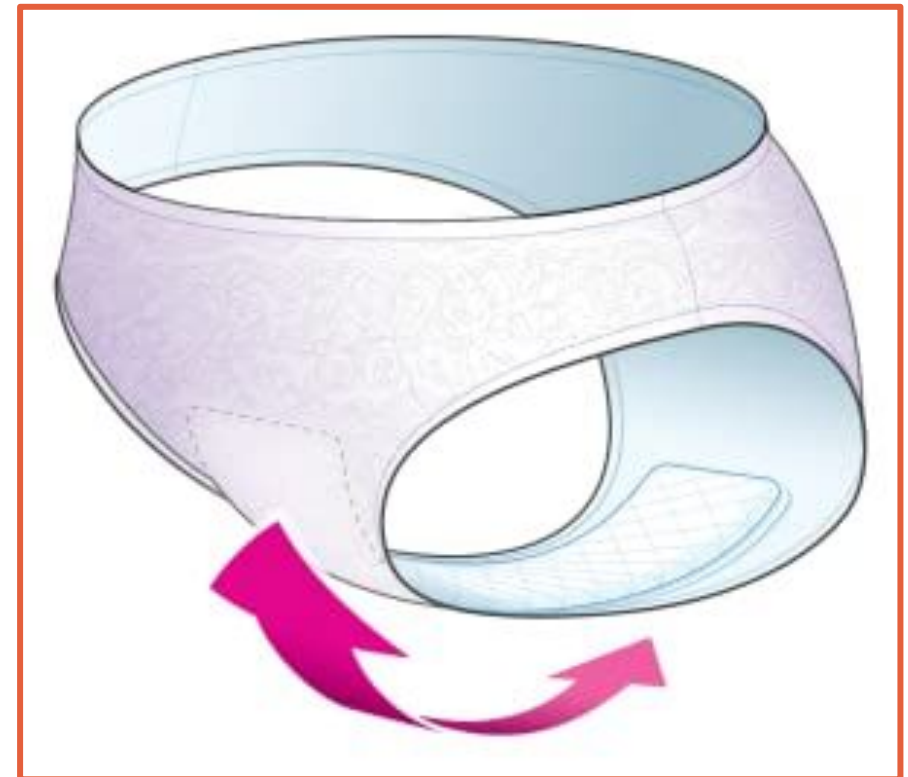
Period Products...

- There are different products you can use during your period
 - Pads
 - Panty Liners
- 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 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 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



Questions?

