Always Changing
Puberty Education for 4th Graders
Class Overview

• Your body may be changing
• Timing is different for everyone – from 9-14 years old
• Girls are usually 2 years ahead of boys
• Each girl grows at her own pace
Class Guidelines

• Don’t be afraid to ask questions
• Be respectful of your peers
• No personal stories
• Use appropriate medical terms
Class Agenda

• **Puberty**
  – Physical Changes
  – Menstruation
  – Feminine Protection/Cramps
  – Emotional Changes

• **Personal Hygiene**

• **Nutrition**

• **Personal Safety**

• **Questions**
Puberty: What Happens First?

• Breast buds appear
• Pubic hair in private places
• Height and weight increase rapidly
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
- It doesn’t hurt!
Puberty: Periods

- Feminine Protection Options
  - Pads
  - Pantiliners
  - 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.
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
  - Check with an adult before taking medication
Puberty:

Emotional Changes

- Feelings may change from day to day
- Caused by hormones
- Don’t worry; it’s all part of growing up!
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
Personal Hygiene

Skin Care

- Oil glands in your skin become more active
- Oil and dead skin cells lead to acne
- Cleanse skin twice a day
- Don’t worry; acne is a normal part of puberty
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 1,800 calories
Nutrition

• The USDA recommends the following servings from each food group per day:
  - 6 oz of grains
  - 2.5 cups of vegetables
  - 1.5 cups of fruit
  - 3 cups of milk or other dairy products
  - 5 oz of meat and beans
• Minimize fats, oils and sweets
• Stay active and exercise!
Personal Safety

• Dealing with uncomfortable situations
• Protective gear for injury prevention
• Staying safe
Questions

• Write question on a notecard, fold it, and place it in the Question Box
• Everyone must write something on the notecard
• All questions are good
Frequently Asked Questions

• What is the white stuff in my underwear?
• What can I do about cramps?
• How can I prevent leaks when my flow is irregular?
• Why is my cycle irregular?
• What are the chunks of blood mixed in with my regular period?
• Is it normal to have such a heavy flow?