

5th Grade Girls:

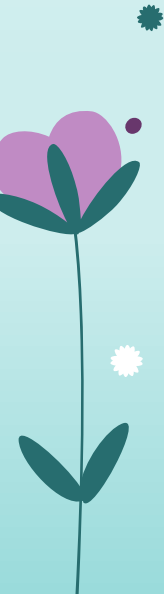
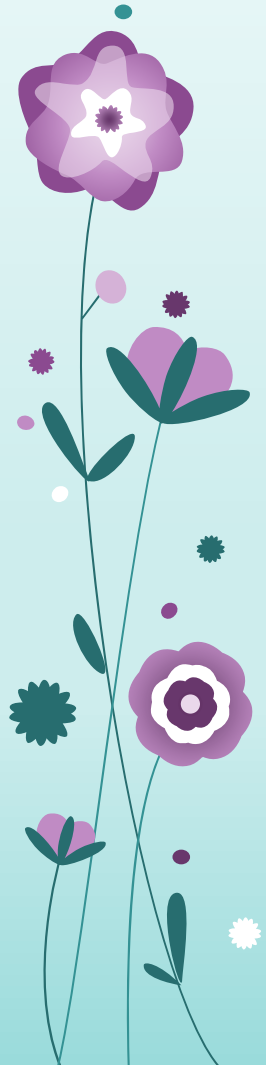
Puberty

The mission of Polk County Public Schools is to provide a high-quality education to all students.



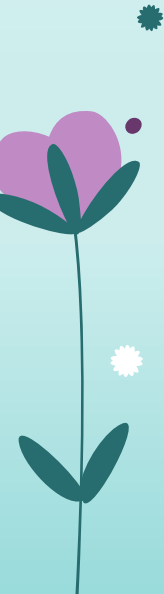
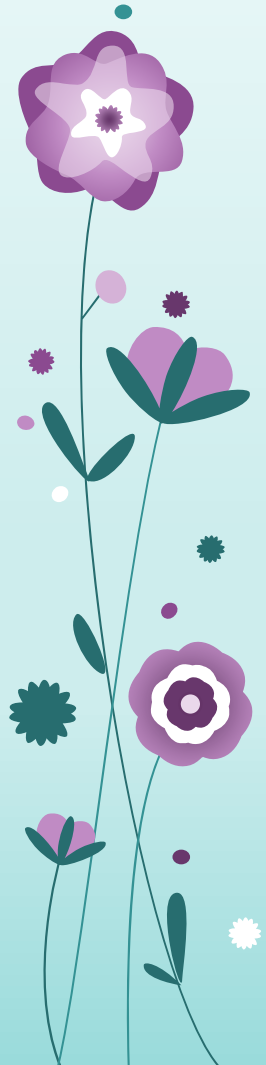
(Health Services Team Member Name and Title)

1. Raise your hand and wait to be called on quietly.
2. Be respectful of what others have to say.
3. Ask questions!
4. Allow the nurse to answer the questions.
5. Remember: this is private information.



Lesson Objectives:

- Understand what puberty is and changes that happen during puberty
- Understand basic concepts of menstruation



Child
11-13

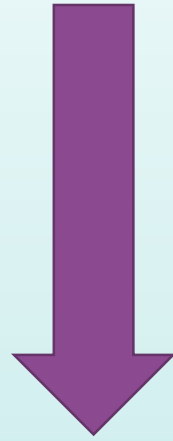


Adult
18-21

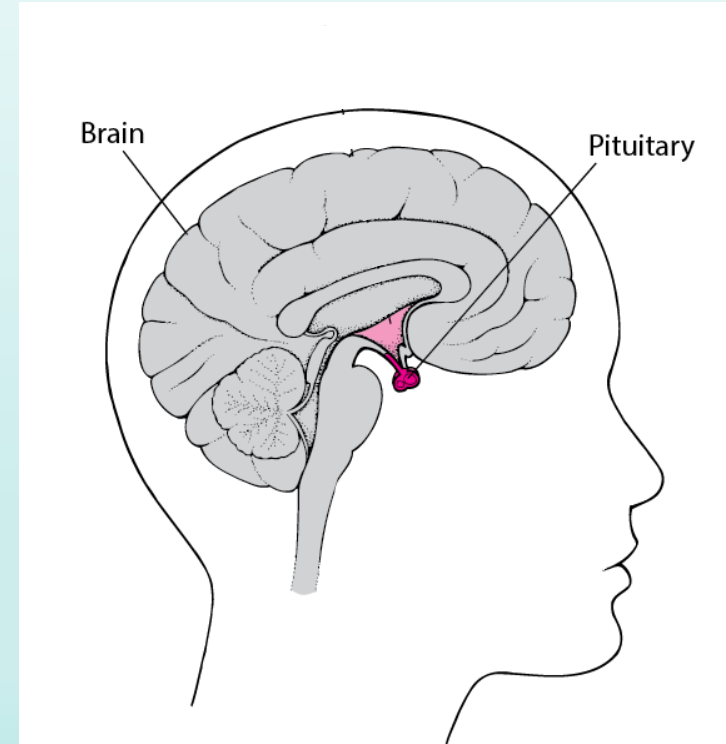


Ages: 9-14

Pituitary Gland



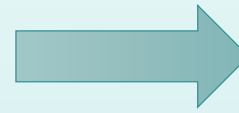
**Growth
Spurt**



Pituitary Gland



Ovaries



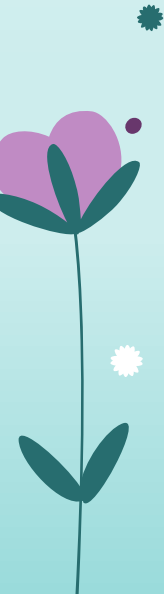
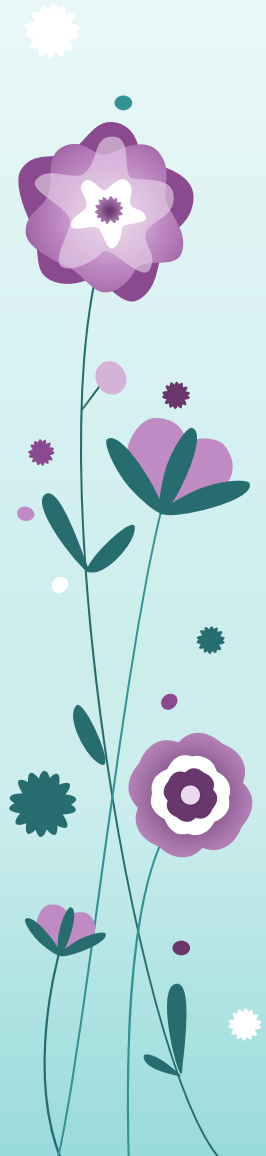
**Release
Egg Cells**



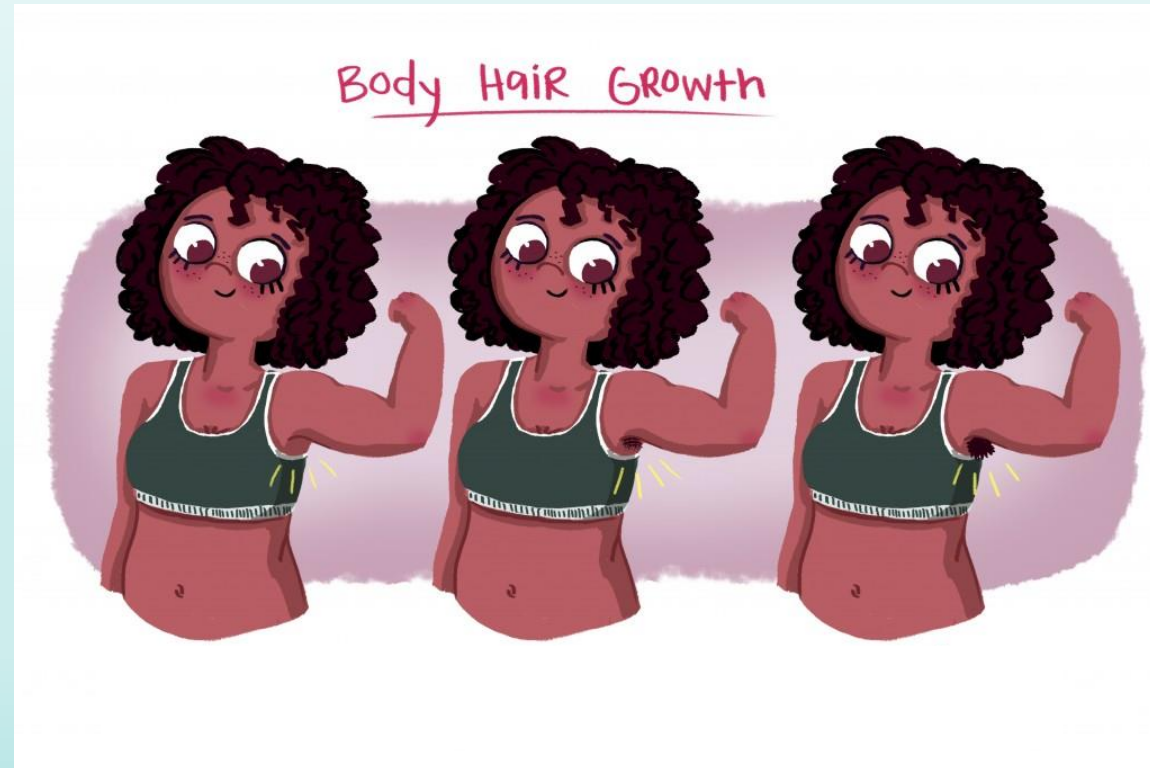
**Hormones
(Estrogen)**



Body Changes



Body Hair



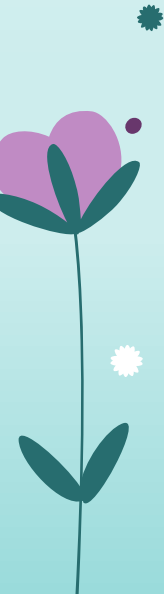
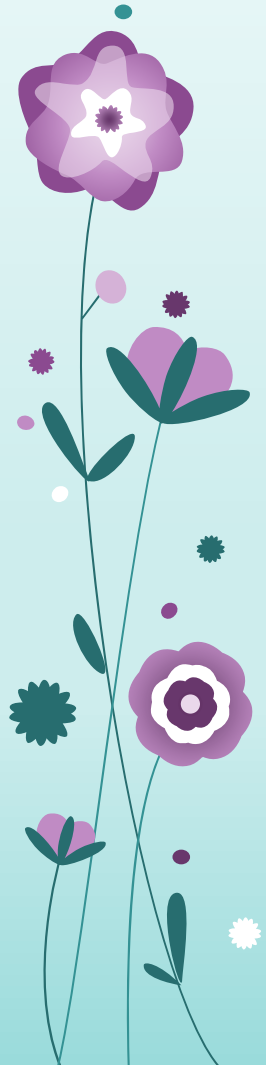
Breast Growth



Increased Sweat and Oil Gland Activity



Wider Hips



TAKING CARE OF YOURSELF

Sleep

Early to bed,
early to rise
Plenty of sleep
helps you
concentrate.



Nails

Trim nails weekly.
Keep nails
short
and
clean.



Exercise

Play outside
as much as
possible. Don't
sit and play on
the computer or
watch TV too often.



Homework

Take care
with homework
and always
do it before
going out
to play.



Teeth

Brush teeth every morning
and night to keep them
shining and
bright.
Visit your dentist
regularly.



Hair

Wash your
hair often.
Keep it neat
by styling
and brushing.



Hygiene

Bath or shower
and change underwear
daily. Wash hands
after visiting
the toilet and
before eating.



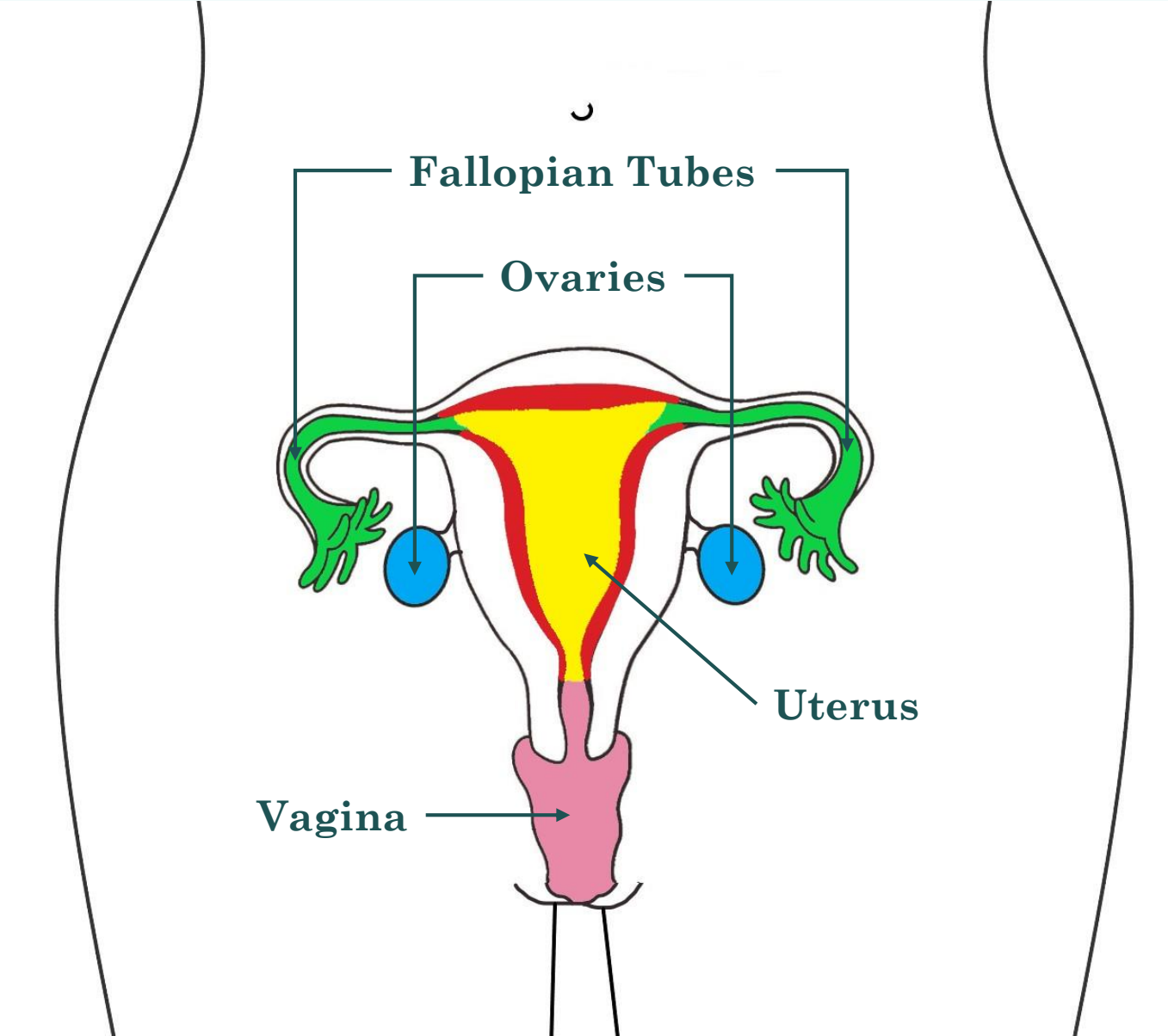
Diet

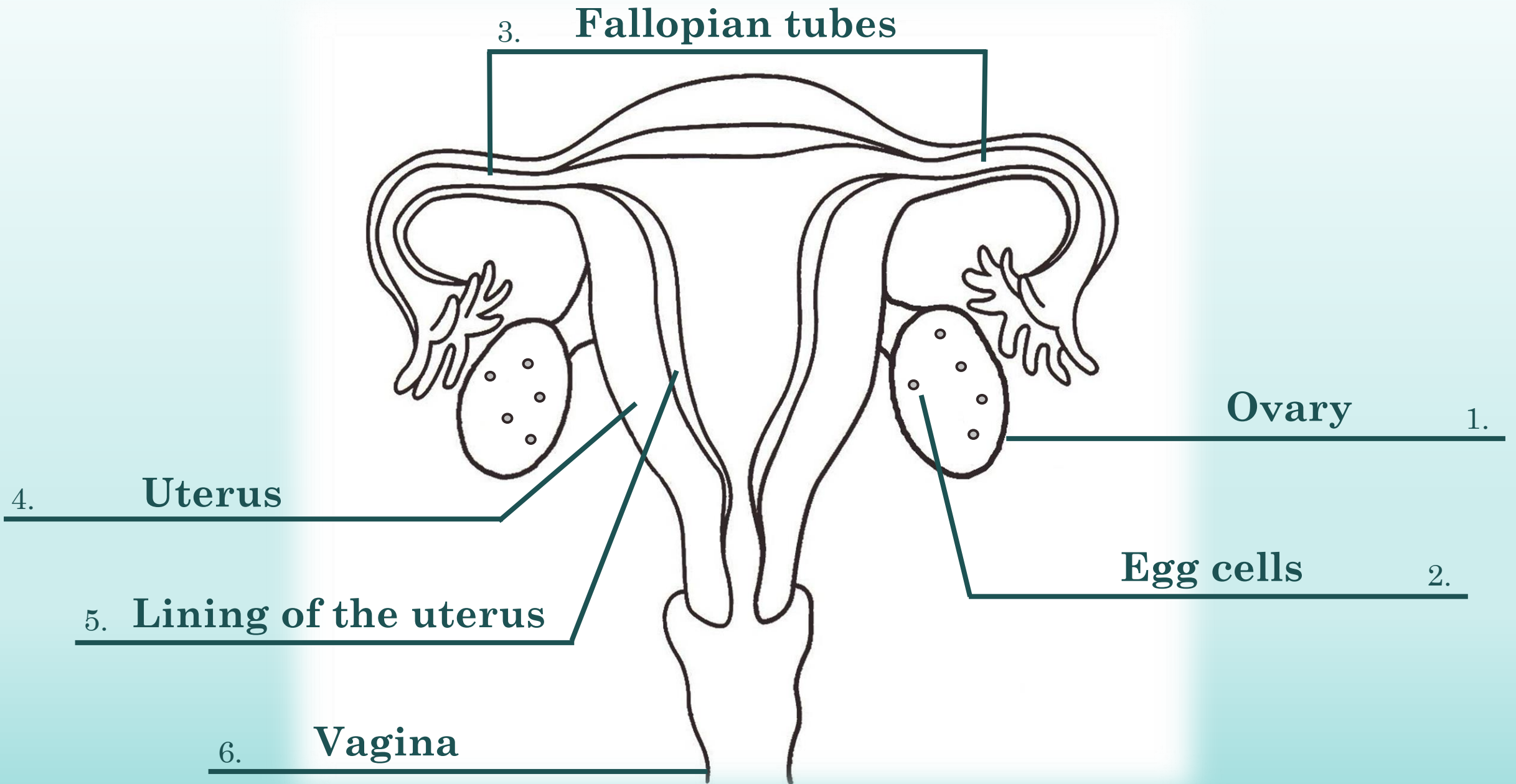
Eat a healthy and
balanced diet. Choose
healthy snacks such as
fruit instead of sweets.
Avoid sweet, fuzzy drinks.
Drink water, milk or fresh juice.



Menstruation







How to Use a Pad





Common Period Questions

Q: When will I know my period is coming?

A: Before your first period, you will notice some of the body changes of puberty.

Q: Is it painful?

A: Not the period itself. You may have cramping. Exercise, a heating pad, or over the counter pain medication may help. Talk with your parents before using a heating pad or medication.

Q: What happens if I start my period at school?

A: If you have a pad with you, take it to the bathroom discreetly to use it. If you do not have a pad with you, ask your teacher if you can go to the clinic. The school nurse has pads available.

MENSTRUAL CALENDAR

This is a calendar you can use to practice keeping track of your menstrual periods, when they start. Circle the day of the month that you start to menstruate. Then draw a line through the days that you menstruate. If you keep track of your menstrual periods in this way, you will begin to see a pattern as to how long you menstruate and how many days there are between each period. This can help you predict when your next period might begin so you can be prepared.

April				1	2	3
4	5	6	7	8	9	10

APRIL

SUN	MON	TUES	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MAY

SUN	MON	TUES	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JUNE

SUN	MON	TUES	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Pack Your Bag

You are going on a trip with your friends away from home.

What are some things you may want to pack to keep healthy and have good hygiene?



Soap

Washcloth

Shampoo/Conditioner

Deodorant

Hairbrush

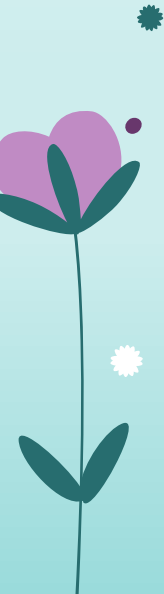
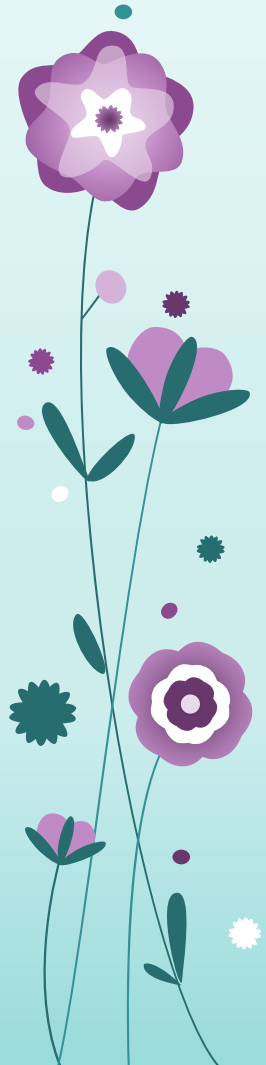
Toothbrush/Toothpaste

Clean Clothes

Pads

Review:

- **Puberty** is the time of life when boys and girls begin to physically mature.
- **Body changes** that occur during puberty include: growth spurt, body hair, breast growth, increased sweat, pimples, wider hips, and menstruation (periods).
- **Hygiene** is very important as you grow up. Be sure to take a bath or shower daily, wash your hair, use deodorant, clean clothes, brush your teeth, and wash your hands.



But I have more questions!

You can talk to an adult you trust,
like your **parent/guardian** or the school health
nurse.

