

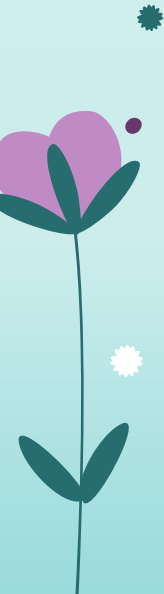
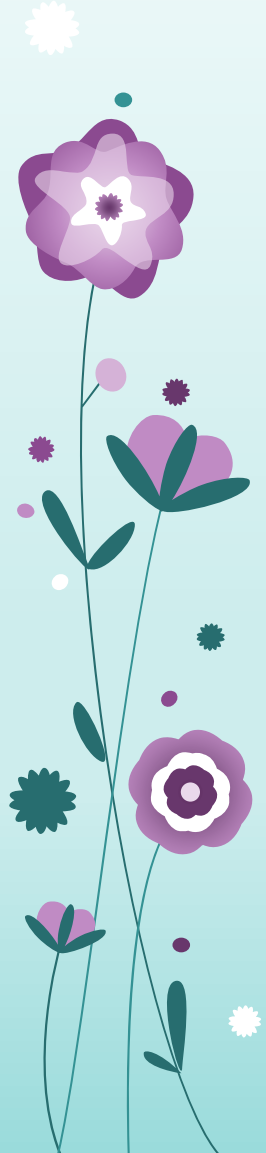
# 4<sup>th</sup> Grade Girls: Being Healthy & Puberty

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



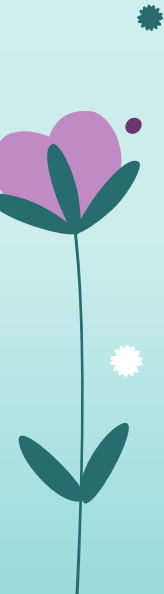
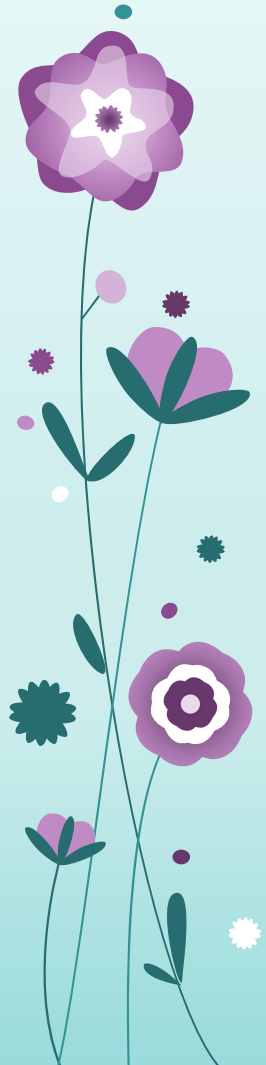
## (Health Services Team Member Name and Title)

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.

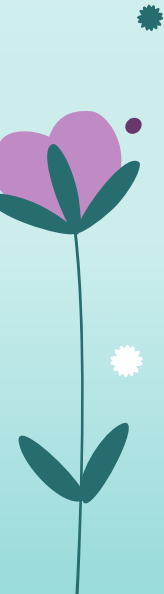
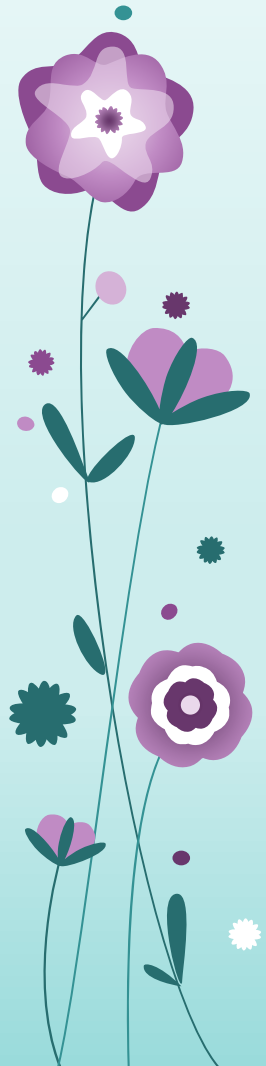


# Lesson Objectives:

- Understand what being healthy means and how to stay healthy
- Understand what puberty is and changes that happen during puberty
- Understand basic concepts of menstruation



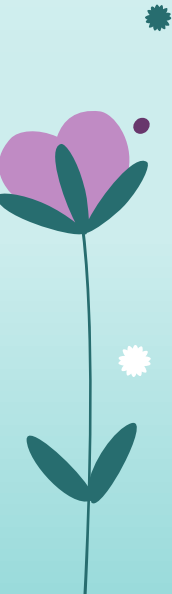
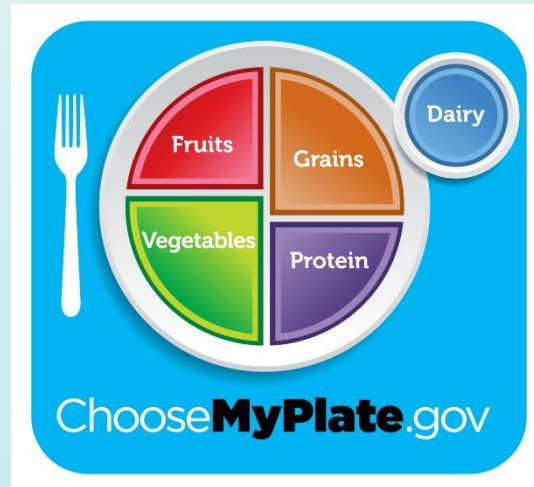
# What does it mean to be healthy?





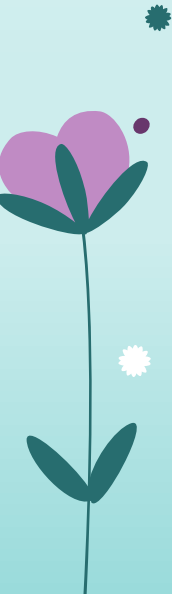
# What are some ways to stay healthy?

- Get regular check-ups from your doctor & dentist
- Exercise daily
- Eat a well-balanced diet
- Get plenty of sleep

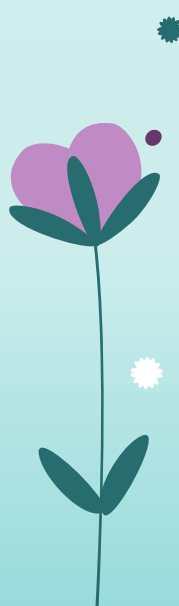
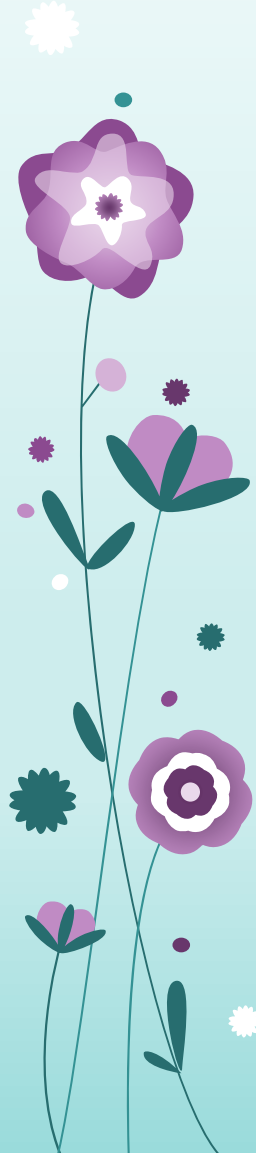


# Who is responsible for your health?

1. YOU!
2. Your parents or guardians
3. Healthcare professionals  
(doctors, dentists, & nurses)



# What does it mean to stay safe?



# 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.





**Child**  
**11-13**

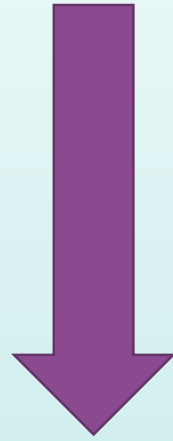


**Adult**  
**18-21**

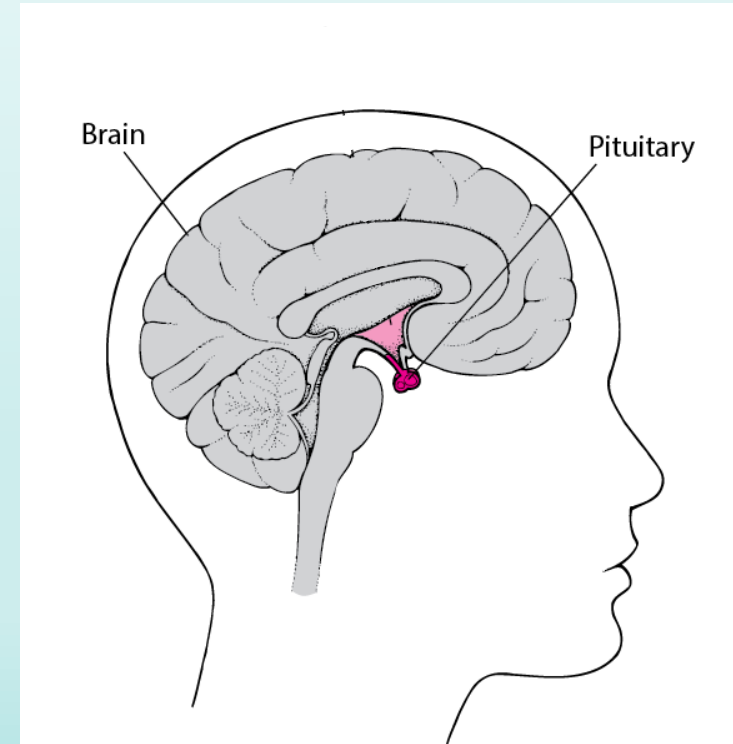


**Ages: 9-14**

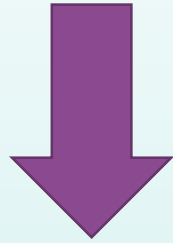
# Pituitary Gland



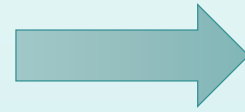
**Growth  
Spurt**



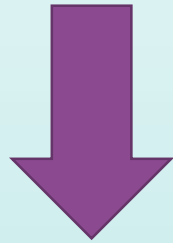
# Pituitary Gland



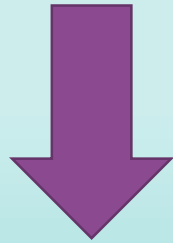
**Ovaries**



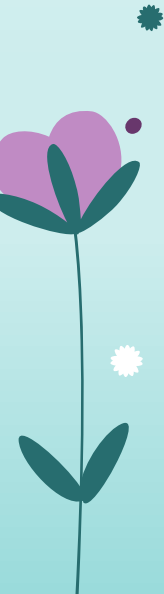
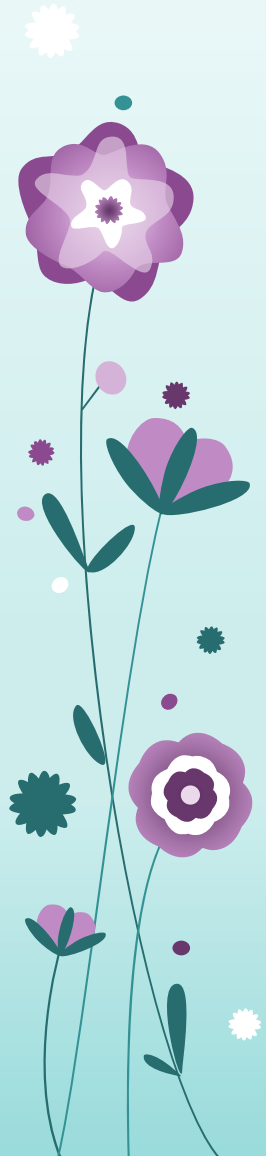
**Release  
Egg Cells**



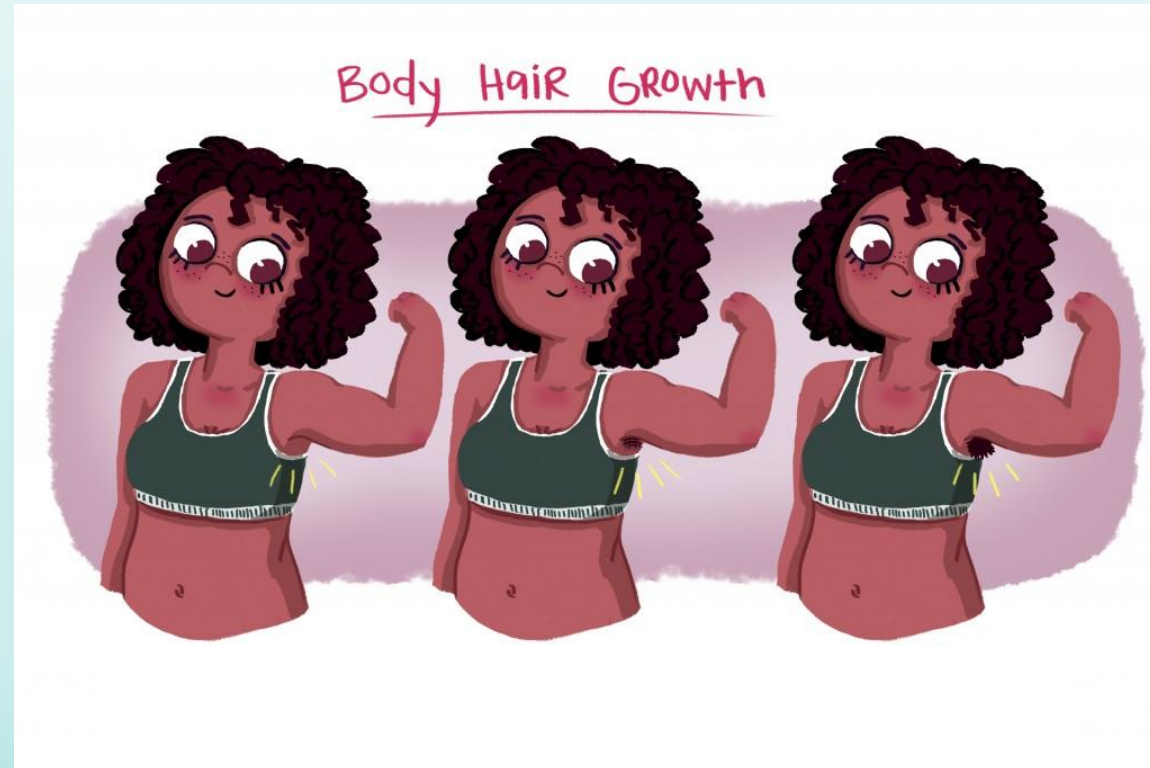
**Hormones**



**Body Changes**



# Body Hair



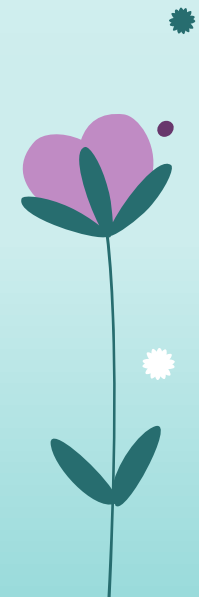
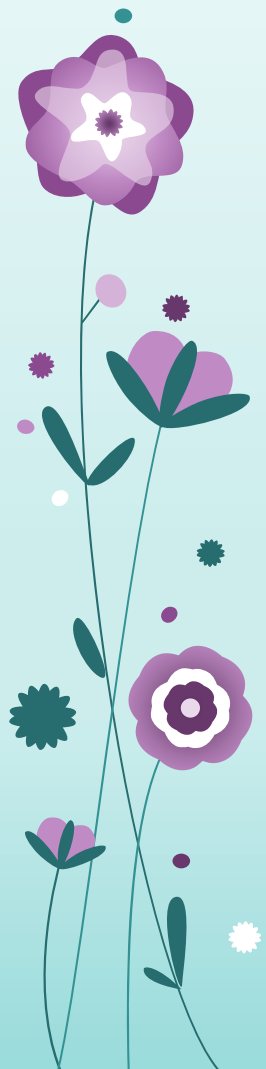
# Breast Growth



# Increased Sweat and Oil Gland Activity



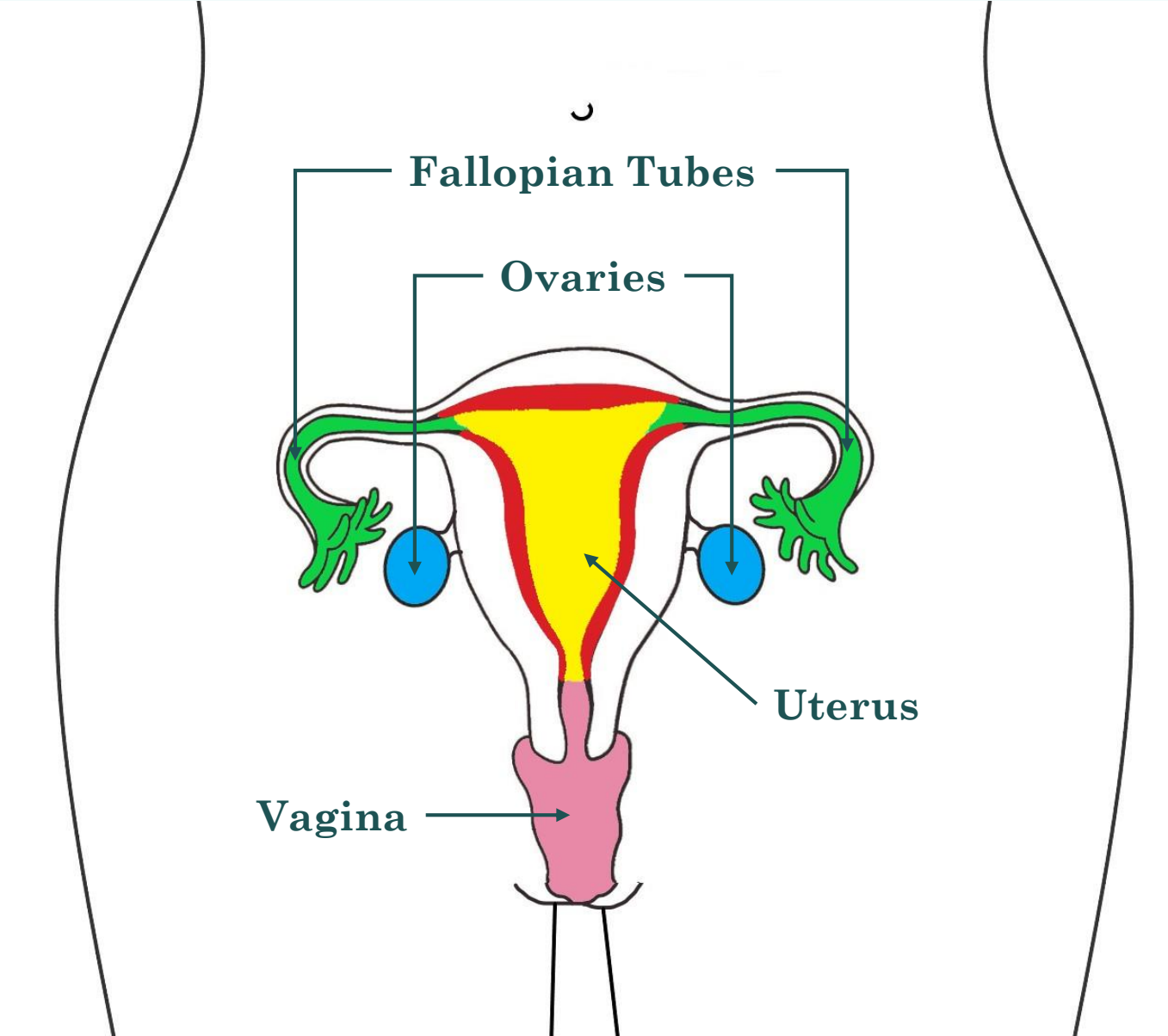
# Wider Hips

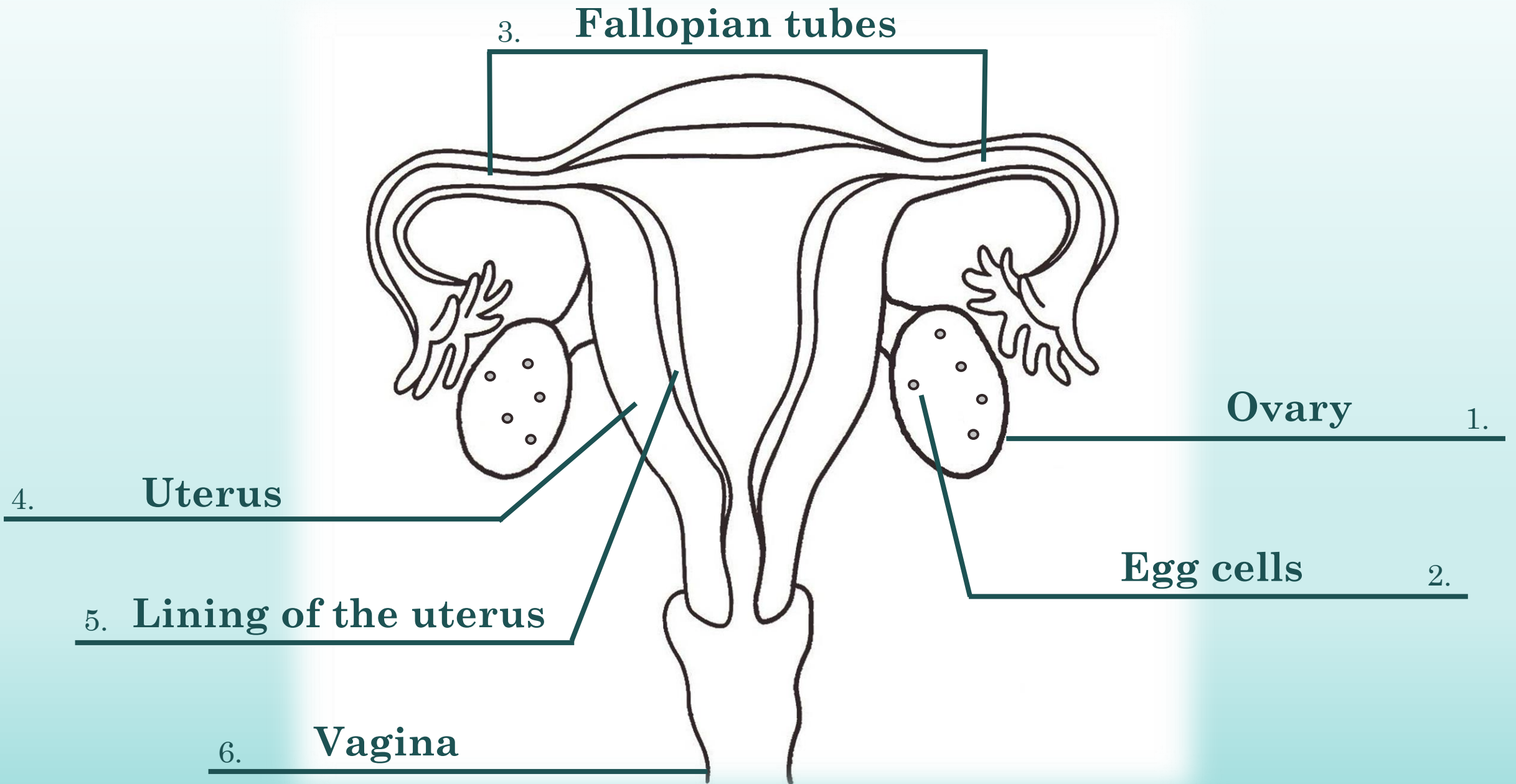


# Menstruation









# 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. 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.

# Activity 1: Backpack Grab Bag

Grab an item out of the backpack.



With your group, discuss the following questions to share:

1. **Who** should use this item?
2. **What** is this item used for?
3. **When** should this item be used?
4. **Where** should this item be used?
5. **Why** is this item used?
6. **How** is this item used?

# Activity 2: 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:

- **Health** is the state of your mind and body and how you get along with others.
- **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 nurse**.

