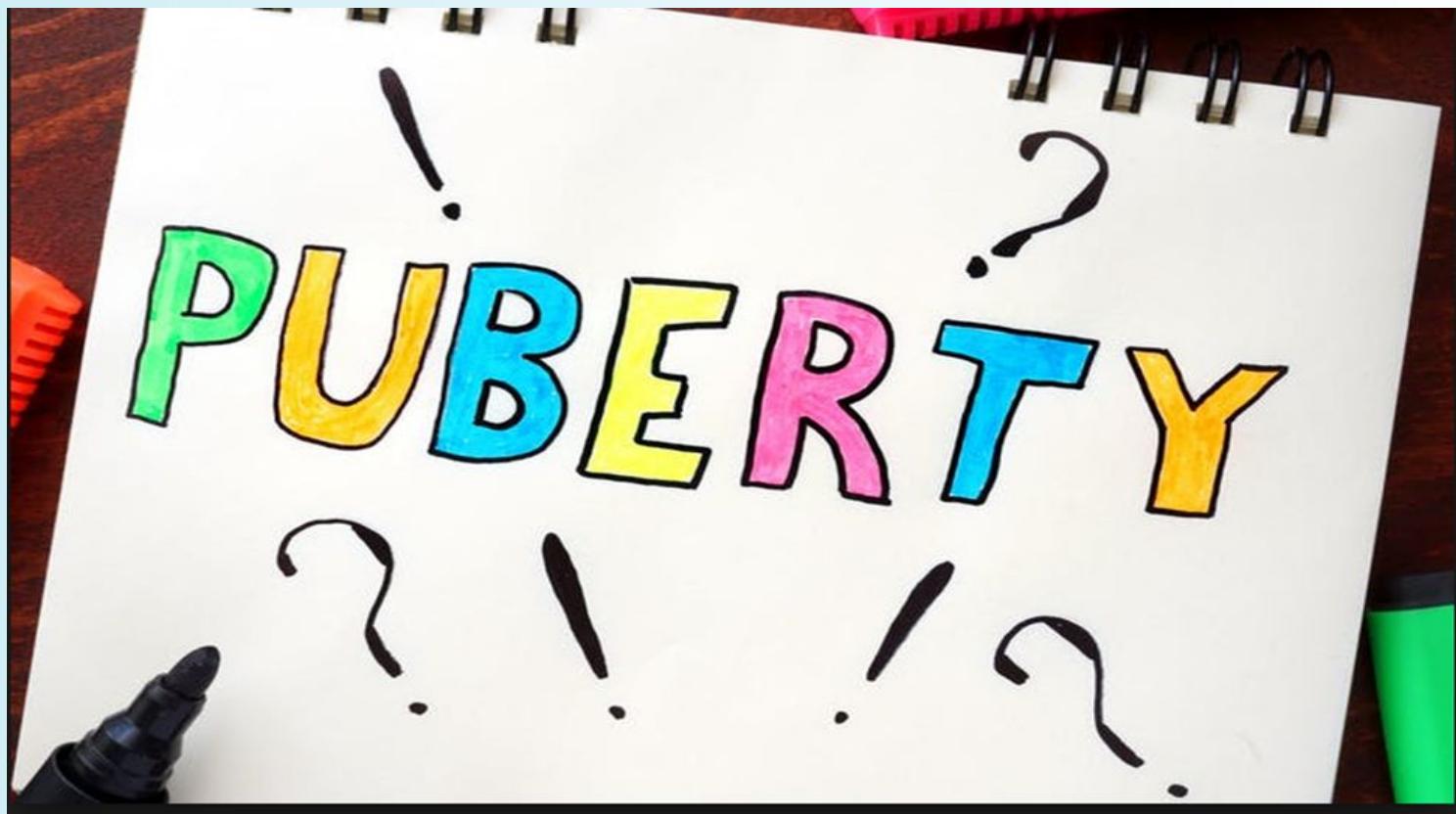


# ADOLESCENT EDUCATION-Growing up



# Ground Rules

- Act mature
- Listen & be respectful
- No question is a “dumb question”
- No teasing about anything we talk about today  
~ or ever
- Use proper terms for body parts & functions in an appropriate manner
- Talk to your parents or a trusted adult

# Class Objectives

- Learn accurate information about your bodies and the changes that occur during puberty
- Be excited about growing up
- Feel comfortable talking about your body with parents, doctors, and/or other trusted adults
- Realize the human body is an amazing thing
- Choose to respect yourself & everyone else

# The Question Box

- The question box is an opportunity for you to submit questions anonymously
- If you don't have a question, then just write down a note. For example: Hi! I can't wait for the weekend.
- I will collect them after this PowerPoint presentation and then do my best to answer your questions.

**JUST  
BE   
KIND®**

Treat everyone how you want to be treated!



# What is puberty ?

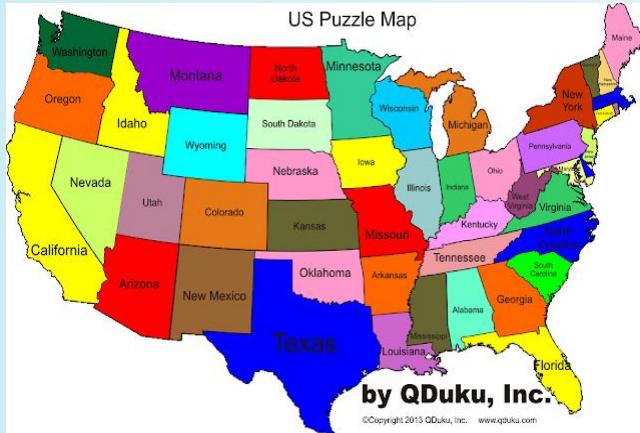
Developing from a **CHILD** into an **ADULT**

## Fun Facts

- Girls usually start puberty before boys (on average about 1-2 yrs)
- Puberty happens gradually over the course of 4-5 years.
- During Puberty, your body will grow faster than at any other time in your life, except when you were a baby.



# Everyone Goes Through It



Parent  
Mom  
Dad  
Grandparent  
Aunt/Uncle



# Why are all these things happening to me?

Hormones, that's why!

Hormones are chemicals that help your body function and grow.

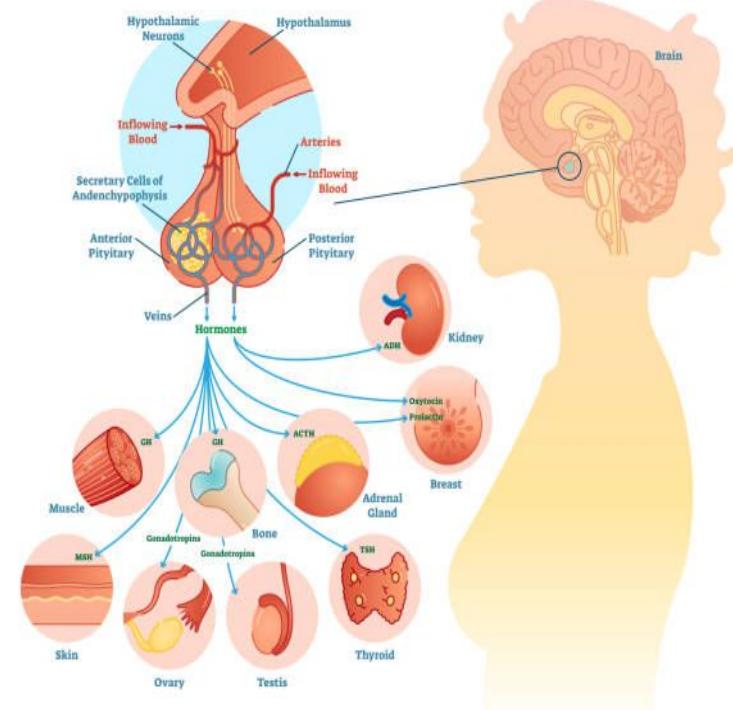
The pituitary, is a pea-sized gland at the base of the brain. It produces a number of hormones. Each of these hormones affects a specific part of the body.

It sends a message to the body that it is time to start the changes from being a child, and to start becoming an adult.

**Puberty usually begins:**

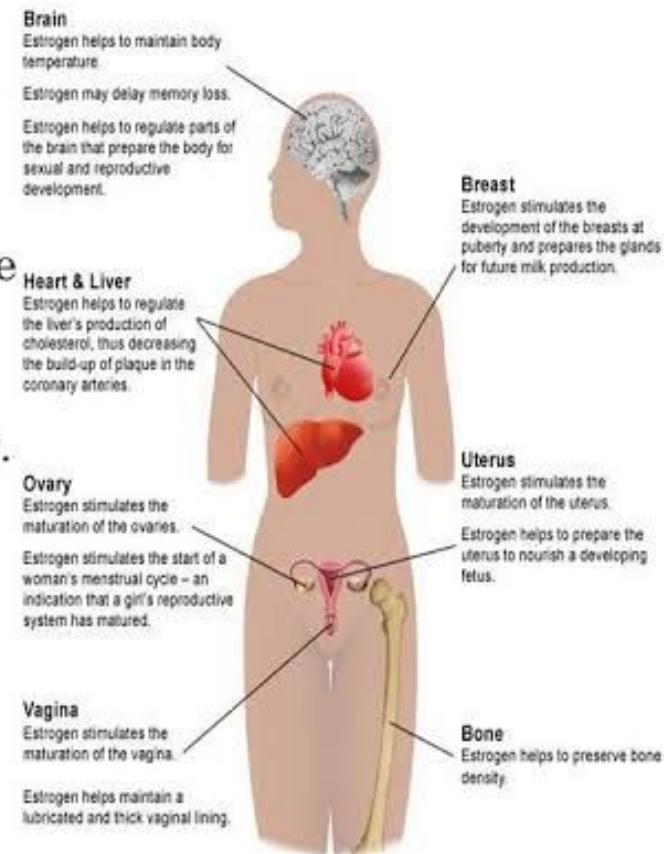
- For boys between the ages of 10-17
- For girls between the ages of 8-13

## PITUITARY GLAND



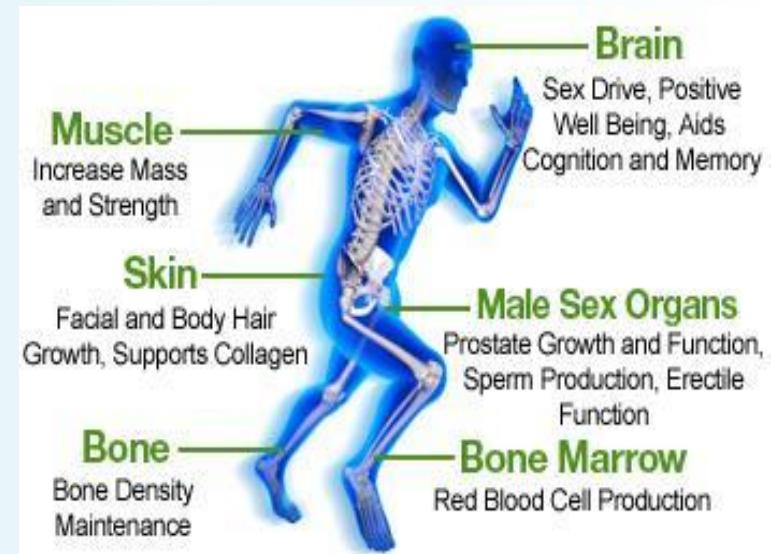
# FEMALE HORMONES

- **Estrogen:** Development & maintenance of female reproductive structures. Stimulates growth of uterine lining.
- **Progesterone:** Maintains uterine lining for pregnancy.
- **Follicle Stimulating Hormone:** Regulates egg production in the ovaries.
- **Luteinizing Hormone:** Induces ovulation.



# TESTOSTERONE

## Primary Male Hormone



# Changes of Puberty

## Physical

Change in the body  
and reproductive  
organs



## Mental

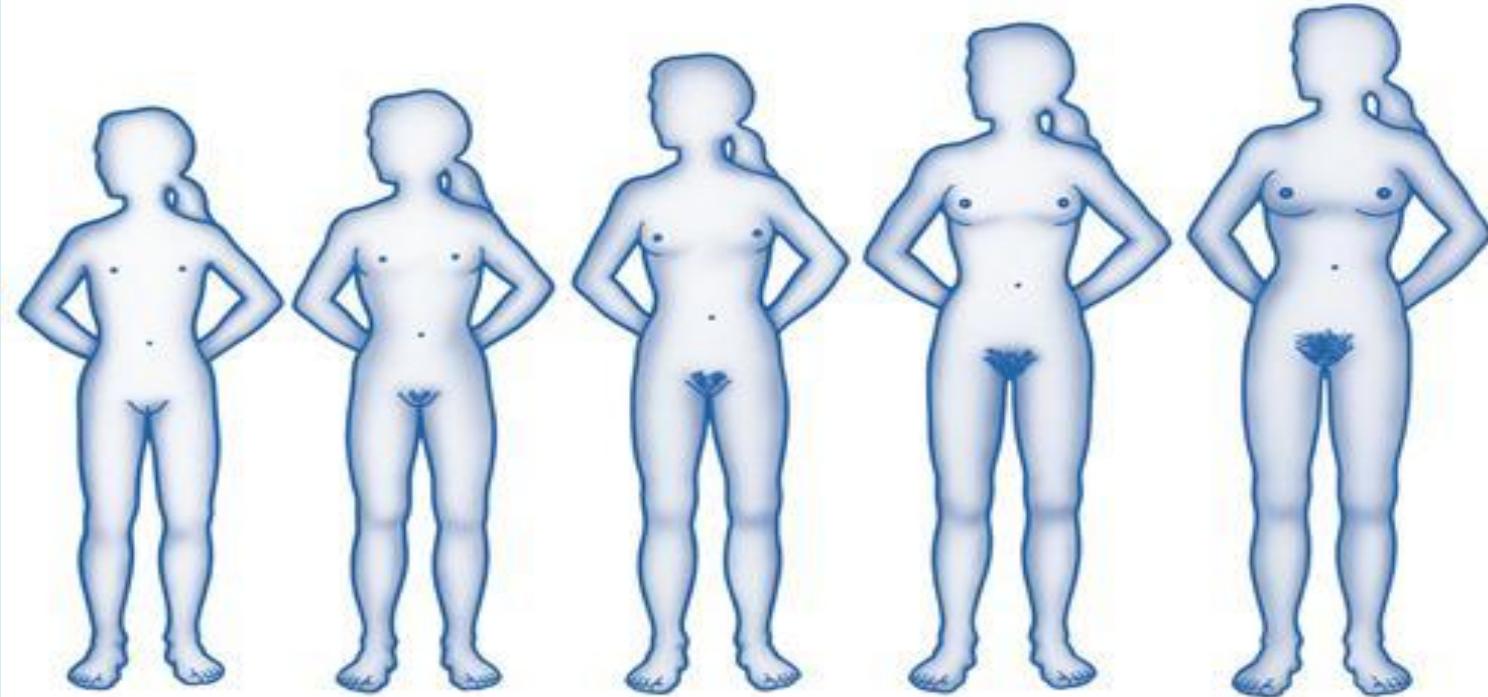
Increased awareness  
of self, peers &  
community

## Social

Changes in  
friendships & groups  
of friends

## Emotional

Changes in mood,  
increased intensity of  
feelings & romantic  
attraction



**stage 1**

ages 8- 12

**stage 2**

ages 8-14

**stage 3**

ages 9-15

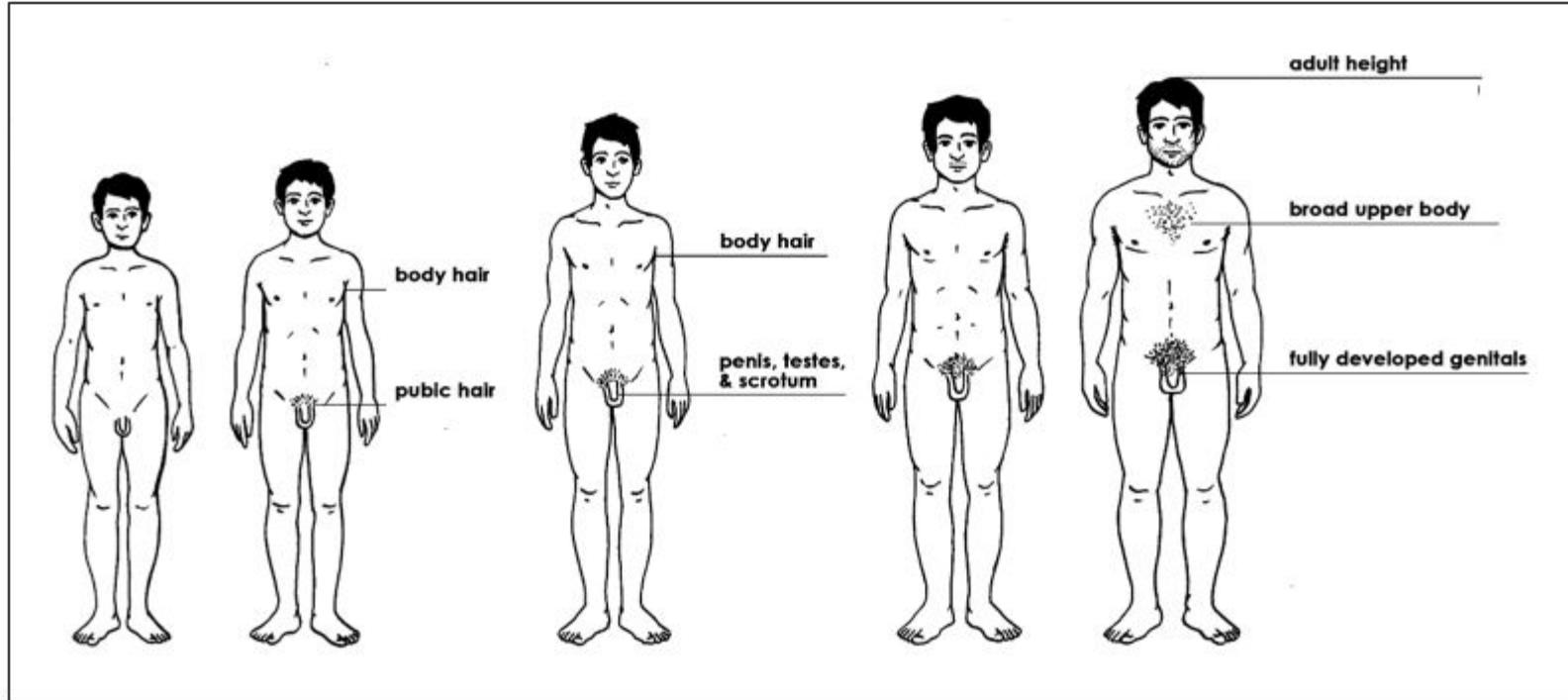
**stage 4**

ages 10-16

**stage 5**

ages 12-19

## THE FEMALE PHYSICAL CHANGES OF PUBERTY



stage 1

stage 2

stage 3

stage 4

stage 5

## THE MALE PHYSICAL CHANGES OF PUBERTY

# Physical Changes-Female

- Growth spurts
- Breasts develop
- Hips widen
- Genitals enlarge & vaginal discharge
- Menstruation begins
- Underarm, leg and pubic hair growth
- Sweat production/body odor increases
- Oil production/acne may occur



# Physical Changes - Male

- Growth Spurts
- Voice deepens
- Shoulders broaden
- Hips narrow
- Facial, chest & pubic hair growth
- Penis & testicles grow
- Oil production increases /acne may develop
- Sweat production/Body odor increases



# Growth

During puberty, your body will change and continue to grow. Sometimes the growth happens quickly. This is called a “growth spurt.”

During this time, you can grow as much as 4 inches in a year. Growth spurts usually start between ages 9-11. Most people reach their full adult height by 18. But just like everything else in puberty, you might grow faster or slower than this.





• What's the deal with the new body hair?

WHY?



### Underarm, leg & pubic hair grows

You may have noticed hair growing in places you never had it before—like under your arms, on your legs, and around your pubic area. It usually starts out light and fine, and gets thicker and darker.

# Breasts Develop

Breast growth is usually the first sign of puberty. You may notice small lumps form behind your nipples. They can be sore & sensitive to touch, but the pain goes away as your breast develop.

- Tip: If you don't want to wear a bra yet, but your parents say it's time, listen to them! They're looking out for you -& probably trying to save you from embarrassment.



# Genitals enlarge & you will start to notice vaginal discharge

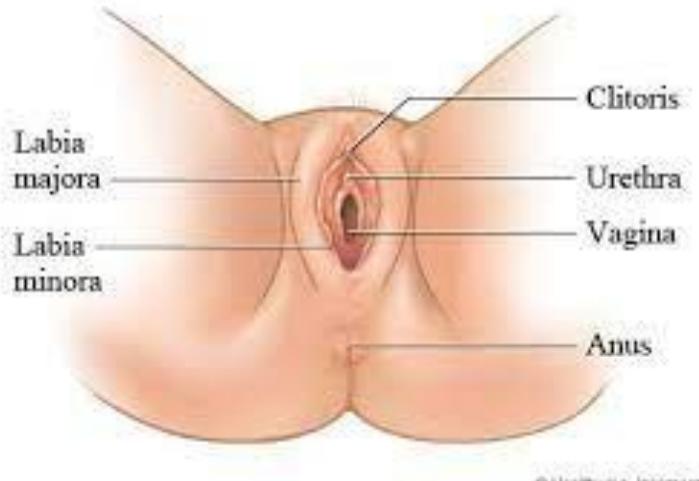
- Girls vulva (The whole area around the vagina) get bigger during puberty.
- When puberty starts, most girls will begin to notice a vaginal discharge. It's normal to see white or yellow stains in your underpants. This fluid helps keep your vagina clean and moist.
- This is one of the first signs that your body is getting ready for Menstruation-your period.

# Your Body

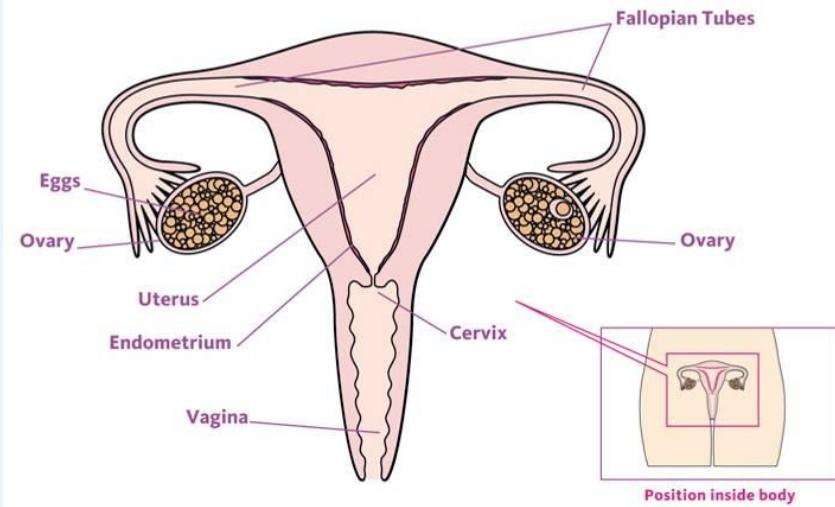
Before you can understand menstruation-your period, you need to know about your anatomy.

[Play Video Here](#)

## You on the Outside



## You on the Inside



# All about Menstruation

[Play Video Here](#)

- The menstrual cycle is part of the female reproductive process and usually occurs every 28 to 35 days, but it may be different for everyone.
- A period, or menstrual flow, is the tissue, fluid and blood that is shed from the uterus and flows through the vagina at the end of each cycle. Usually less than  $\frac{1}{4}$  cup of blood is shed over 3-7 days. Some girls experience discomfort and others do not.

# First Period

- Periods happen when your body is ready, and every girl is on her own schedule.
- For a few days right before your period, you might be a little uncomfortable-many girls get headaches, stomachaches, sore breasts, or cramps in their lower abdomen.
- A heat pad or warm baths helps to relax your muscles. Staying hydrated with water helps to flush extra body fluid out and gets rid of feeling bloated. An anti-inflammatory like ibuprofen can help with cramps. Exercise also helps to make period symptoms less painful.
- Most-but not all- girls only bleed for 3-5 days, and only bleed heavily for a couple of those days.

# Emergency Period Kit

Take control and be prepared! Keep an “emergency period kit” in your backpack or locker at all times. Throw in a couple of pads/tampons and a clean pair of underwear. You will feel much more calm if you’re in control!!



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# Feminine Hygiene Products

**“External items”**



**“Internal items”**



# Choose what is right for you.....

[Play Video Here](#)

## Pads

- **Pads:** A pad is just a cotton-like material that sticks to your underwear and soaks up the blood. They come in different sizes-thinner ones for days when you're bleeding less, and thicker ones for when you are bleeding more.

## Tampons

- **Tampons:** A tampon is a bit of cotton-like material that you insert into your vagina to soak up the blood. Think of it as a tiny pad that goes inside of you instead of being attached to your underwear. They are great for swimming & for sports like gymnastics or dance.

**DO NOT FLUSH PADS OR  
TAMPONS!**

**Always wash your hands!**

Did you Know-Before pads were invented, women wore towels with belts attached to them. At least you don't have to deal with that! Thank goodness for modern technology!



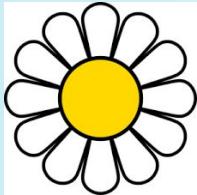
# Use a Calendar-create your own secret code to keep track of your period!



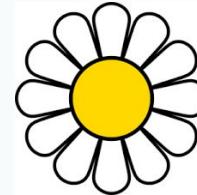
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



SUN	MON	TUE	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	



# Dealing With Your Period



- Periods come with a lot of complicated emotions. Talk to a parent or trusted adult.
- Remember, any woman you ask has had to deal with what you're going through, and she'll have answers for all your toughest questions.

# Social, Emotional, & Mental Changes

- Feelings may change from day to day or second to second
- You may have mood swings
- You might have a “Crush”
- You may have a new group of friends
- You may have new freedoms
- You will experience more decision making

Don't worry it is all part of growing up!



# You might feel like this:

- “I feel more emotional and get annoyed by little things, and then, bam, the following day, everything goes back to normal.”
- “I feel very tired & get upset very easily over things that are no big deal. Even silly things, like what I should eat for an after-school snack.”
- “I get really moody and cry for no reason.”
- “I get angry at my friends, who normally never make me mad.”

# Managing Your Emotions

## NEGATIVE

- “I can’t believe I missed that soccer goal. I’m so upset. Maybe they don’t think I’m good and I won’t get to play in the next game.”

## POSITIVE

- “I’m so upset that I missed that soccer goal. I had a bad day today, but I know I did my best. I’ll keep practicing, and I’ll do better next time.”

# Great Ways to Manage Your Mood

1. Move your body-Exercise one hour per day
2. Talk about it-Don't hold in all those feelings until you are ready to explode!
3. Laugh-a lot!! And also SMILE!
4. Say you're sorry-Just take a deep breath and apologize.
5. Recharge-Take a bubble bath, listen to music, read a good book
6. Cry-It's Okay!
7. Get Creative-Draw, write, sing, dance
8. Sleep- Get at least 8 hours of sleep per night
9. Nutrition- Eat healthy- Foods fuel your body
10. Have good Hygiene-Take a daily shower, wash your hair, brush your teeth 2x daily, wear clean clothes

# What Is Personal Hygiene?

Things we do on a  
regular/daily basis  
that help us be  
**CLEAN & HEALTHY**

Shows **RESPECT** for  
ourselves & others





## Why am I sweating so much?

If you've noticed you're starting to sweat more, you're not alone. During puberty your 2-4 million sweat glands suddenly become more active. So you will sweat-especially under your arms-when you are feeling nervous as well as when you are hot. Everyone sweats as it helps regulate your body temperature. This kind of sweat has a strong smell.



# Oil Production Increases



- Oils build up on skin can cause bacterial growth and clogged pores
- Acne may appear on face, neck, chest or back
- Increases in stress and monthly hormonal changes may affect acne
- Topical ointments to treat acne breakouts
- Consult your physician with acne concerns

# Acne

## What makes acne worse?

- Squeezing or picking at blemishes can prolong the healing and can cause permanent scarring
- Putting hands on face
- Hair on face

## Who gets acne?

- Boys and girls both can get acne with the hormone changes of puberty
- Boys frequently produce more skin oil
- Family history, if parents had acne as teens



# Baths & Showers

- Bathe or shower daily
- Put “clean clothes” on your “clean body”

## Tips for Controlling Body Odor



Bathe daily



Shower after sweating



Wash all parts of your body



Wear clean underwear, socks and clothes daily



Sport loose-fitting cotton clothing



Watch for dietary causes of body odor, like garlic

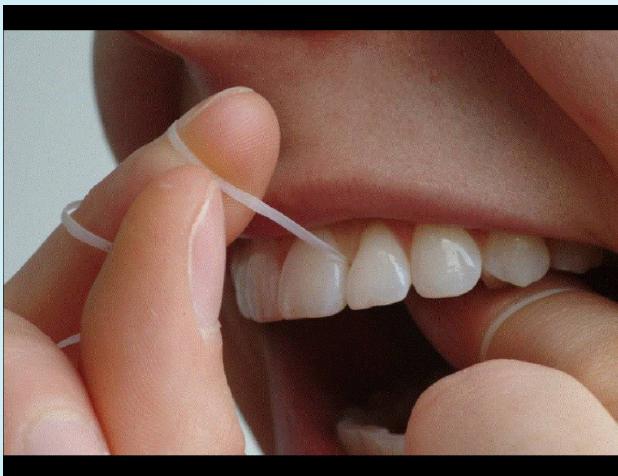
# Hair



- Wash your hair regularly
- Use an appropriate shampoo for your hair type
- Brushing cleans and stimulates your hair and scalp
- Do not share hats, jackets, combs or brushes
- Let someone know immediately if your head itches/see a bug

# Proper Brushing

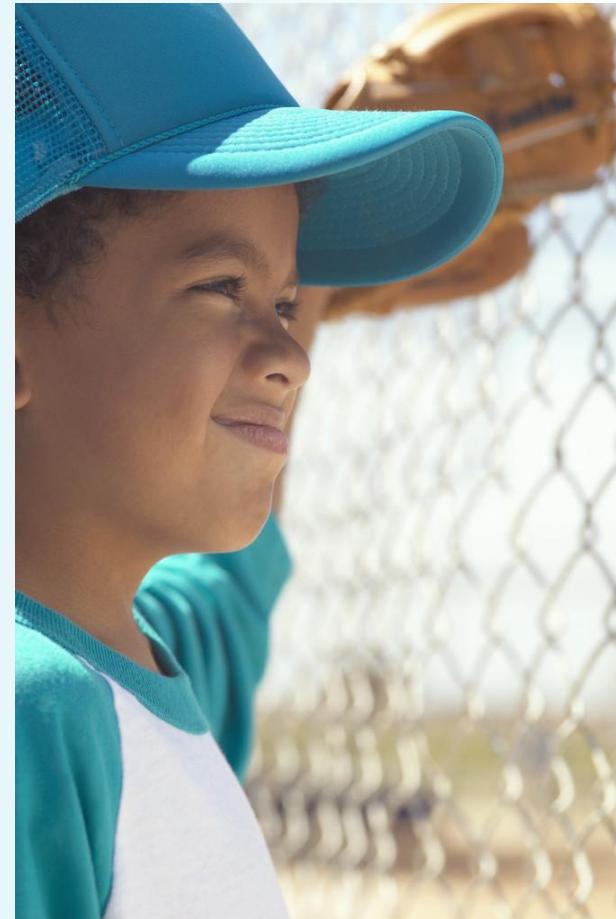
- Brush your teeth 2-3 times a day
- Gently brush ALL the surfaces of your teeth, gums, and tongue
- Floss your teeth daily to remove plaque from between your teeth
- See your dentist regularly



# Exercise

Be active!

Exercise at least one  
hour  
a day to stay  
healthy and strong



# Sleep

You need  
at least  
8 hours  
every night



# Diet and Nutrition

Your diet includes all the food you eat each day, whether the food is healthy or not.

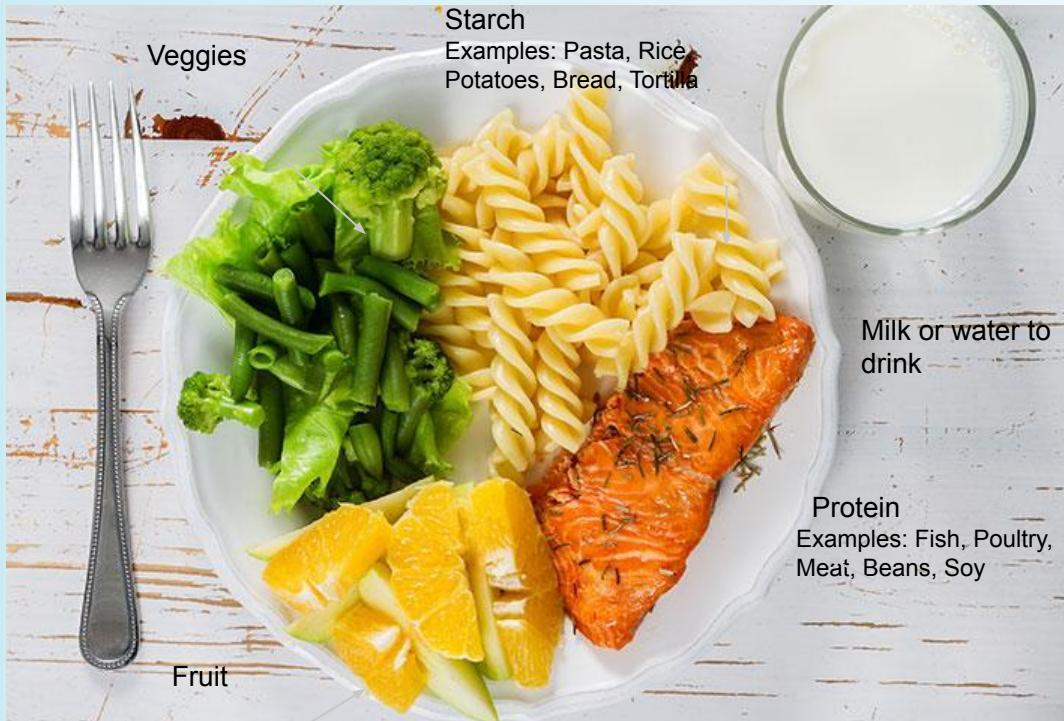
Food is fuel for your body!



# Healthy Eating During Puberty

- Puberty is a time of rapid GROWTH which means your nutrition needs are HIGHER!
- Not a good time to restrict calories or go on a “diet”
- Focus on eating balanced meals and snacks with protein
- Limit processed foods and sugar sweetened beverages (soda, Gatorade, sweet teas, coffees and energy drinks)
- Listen to your body! Eat when hungry – Stop eating when satisfied
- Healthy Eating can stabilize mood swings, improve energy, and help with acne prone skin

# Healthy Balanced Meal

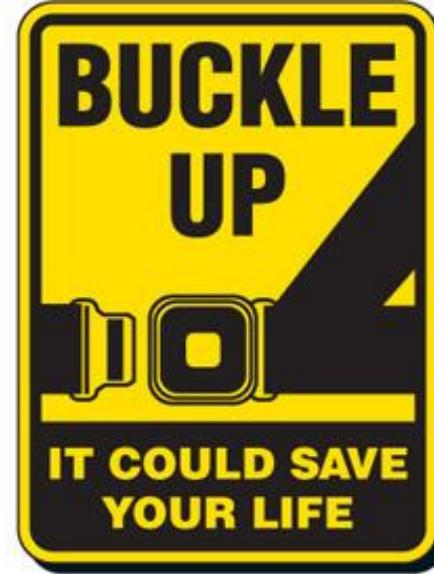


## Healthy snack ideas

- Almond Butter and Apples
- Cheese Stick and Grapes
- Carrots and Hummus
- Hardboiled Eggs
- Avocado toast
- ½ turkey sandwich
- Greek yogurt and berries
- Peanut Butter on celery
- Trail mix: nuts and dried fruit
- Cottage Cheese and tomatoes
- Tuna salad on crackers
- Snap peas and ranch yogurt dip

Produce + Protein!

# Safety Choices



# Avoid Risky Behavior



- You've got **one body** ....
- Take care of it.....
- It is meant to last a **lifetime!**

Most of All...

Be “kind” to yourself,  
everyone goes through puberty.



- \* **You're not alone** ~ everyone has to grow up
- \* Don't worry ~ everyone has their own **timetable**
- \* Both boys & girls are **self-conscious** about their changing bodies

### **\*\*\* DON'T TEASE\*\*\***

Be nice to everyone, so this can be a wonderful time in your life!



# Video

Coed Video:

[Play Video Here](#)



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