

Maturation

5th grade girls

Becoming a Young Woman



EXCELSIOR
CHARTER SCHOOL
ACADEMY

Maturation

So...

what does this big long word mean?

This is a period of growing, developing, and changing

Feelings about maturation

It is normal to feel:

- Uncomfortable
- Confused
- Embarrassed

Parents, family, and other trusted adults are very important to have as a support system.

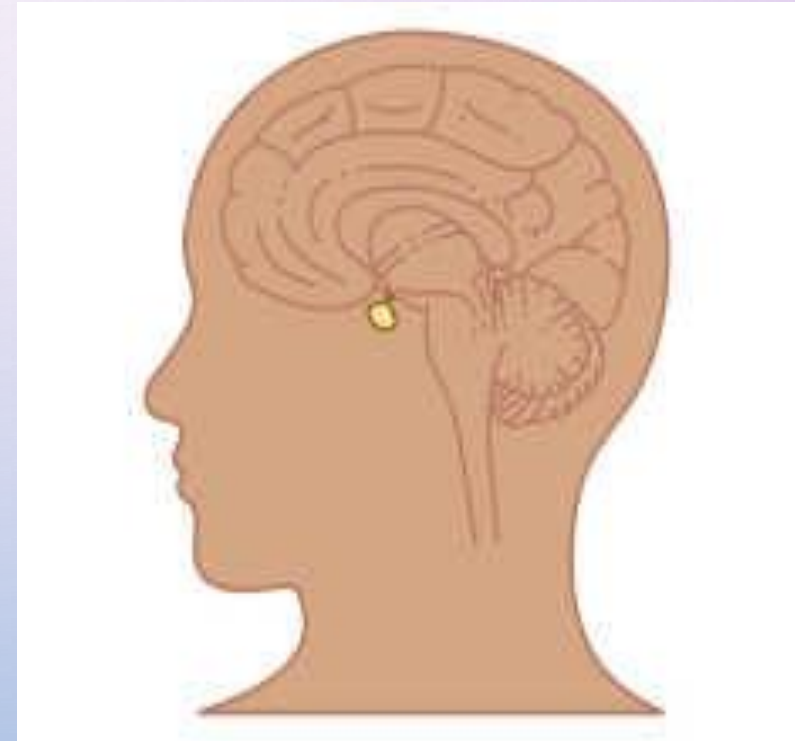


What is puberty?

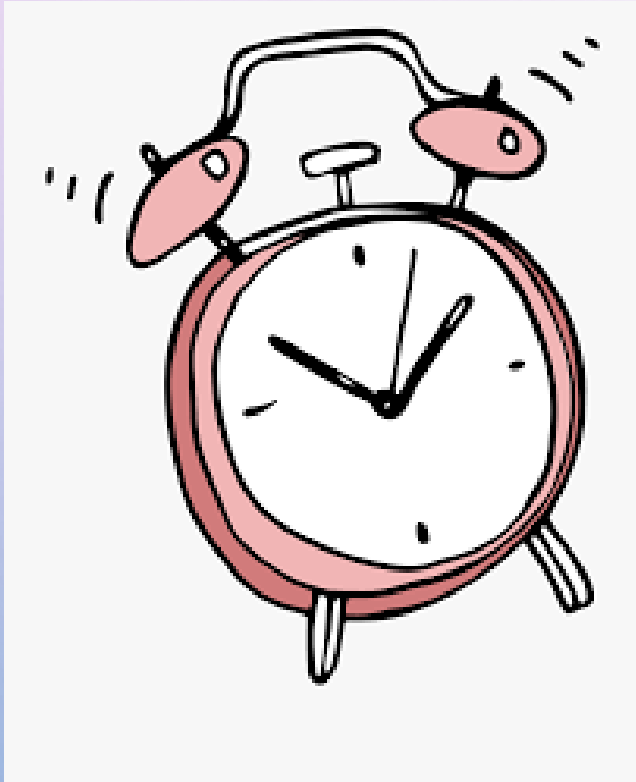
- Puberty is the stage in life when girls start taking on womanlike characteristics
- This occurs between ages 9 and 16
- During this time many changes will occur in your body
- Girls are usually 2 years ahead of boys

What causes these changes?

- The pituitary gland, deep inside your brain, gets things started.
- It sends out signals to make hormones to cause changes.
- Girls and boys have different hormones
 - Estrogen
 - Testosterone



We are all unique



As you grow up your
body changes
in how you
look and feel.

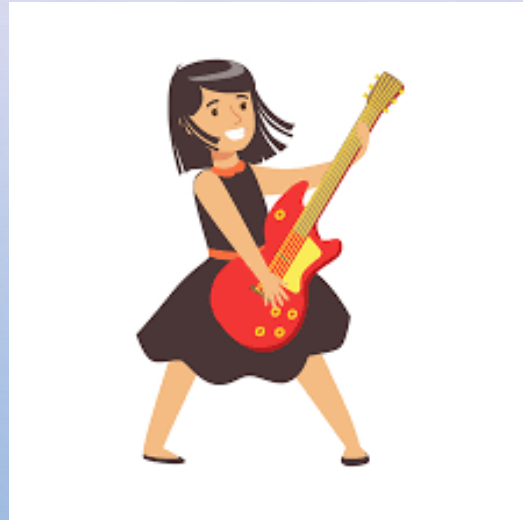
Each girl grows at her
own pace.

Emotional changes

- This is because of the fluctuating levels of estrogen being produced.
- Emotions may go up and down.
- Don't worry, it's all part of growing up!



Think of some healthy things you can do

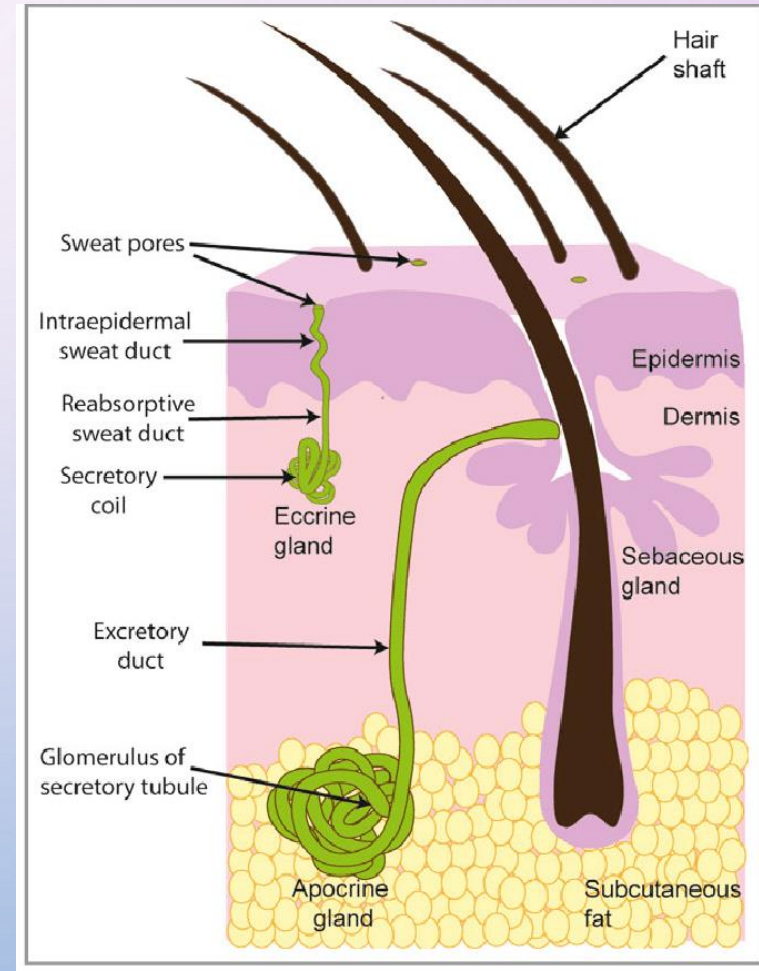


Physical changes

- Sweat and oil glands become more active
- Breast development
- Hips broaden
- Hair on legs grows thicker, longer, and sometimes darker
- Pubic hair grows
- Growth spurt. Rapid increase in height, generally feet grow first
- Onset of vaginal discharge and start of menstruation

Do I smell?

- Perspiration comes out of your skin when your body gets hot.
- Sweat by itself is not really smelly but when combined with sweat, dirt and bacteria causes body odor (sometimes called BO).



Controlling perspiration odor

- Bathe/shower regularly **with soap** and water
- Shampoo for hair
- Use deodorant/antiperspirant
- Body odor can be held by the clothes you wear, so always put on clean clothes after bathing
 - This includes underwear and socks
- If you are in sports, it is especially important to bathe, use deodorant, and change clothes after a practice or game.

Remember to brush and floss

- Take care of your teeth
- Brush at least two times a day
- Floss at least one time a day



Washing your face

- During puberty, oil glands on your face become more active, which could lead to acne.
- To prevent scarring, don't squeeze or pick at pimples, and be patient, don't expect acne to disappear overnight.
- Most young people get acne at some point in time, so don't be alarmed or feel like you are the only one.
- Wash your face twice a day and use moisturizer.



Hand washing

- One out of three Americans skips hand washing after going to the bathroom.
- Kids who wash their hands at least four times a day experience 24% fewer sick days from colds, and 51% fewer sick days due to stomach ailments
- Use hand sanitizer or wipes when you can't wash your hands
- When should you wash your hands?

American Journal Epidemiology, 2002



Get plenty of sleep

- Makes you healthier and more alert
- Average 9-10 hours a night
- The body grows while you are asleep



Physical exercise

- Children need 60 minutes of play daily.
- The American Academy of Pediatrics recommends limiting video games, TV and screen time to 1-2 hours a day.



Anytime vs. Sometimes foods

Some foods can be eaten anytime because they are healthy

- Fruits and vegetables
- Whole grains
- Low fat or fat free milk
- Lean meats



Other foods might taste good, but should only be eaten sometimes.

- Cookies
- Candy
- Chips



HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



Healthy foods and water help bones grow, muscles get strong, and skin to look nice.

Water

- The healthiest substance on the planet
- Lack of water is the #1 trigger of daytime fatigue
- Helps prevent headaches.
- If you feel thirsty, you are already dehydrated



Avoid unhealthy substances



Alcohol



Drugs



Tobacco

Medical examinations

These are important to help determine that you are staying fit and healthy

Scoliosis checks

7th grade vaccinations



Use correct terms

- Anatomy (body parts)
 - Boys
 - Girls
- Don't make up names
- Don't make fun
- Show respect

Female stages of development

- » There are 5 stages

Physical changes

Stage one (up to ages 8-12):

- Childhood stage; no visible signs of puberty



Physical changes

Stage two (may begin ages 8-14):

- Height and weight increase rapidly
- Breast buds
- Pubic hair



Physical changes

Stage three (may begin ages 9-15):

- Height continues to increase
- Breasts - rounder and fuller
- Pubic hair - darker and thicker
- Hips widen
- Vaginal discharge
- Menstruation for some girls



Physical changes

Stage four (may begin ages 10-16):

- Underarm hair
- Nipple and areola more prominent
- Pubic hair continues to grow
- Menstruation for many girls



Physical changes

Stage five (may begin ages 12-19):

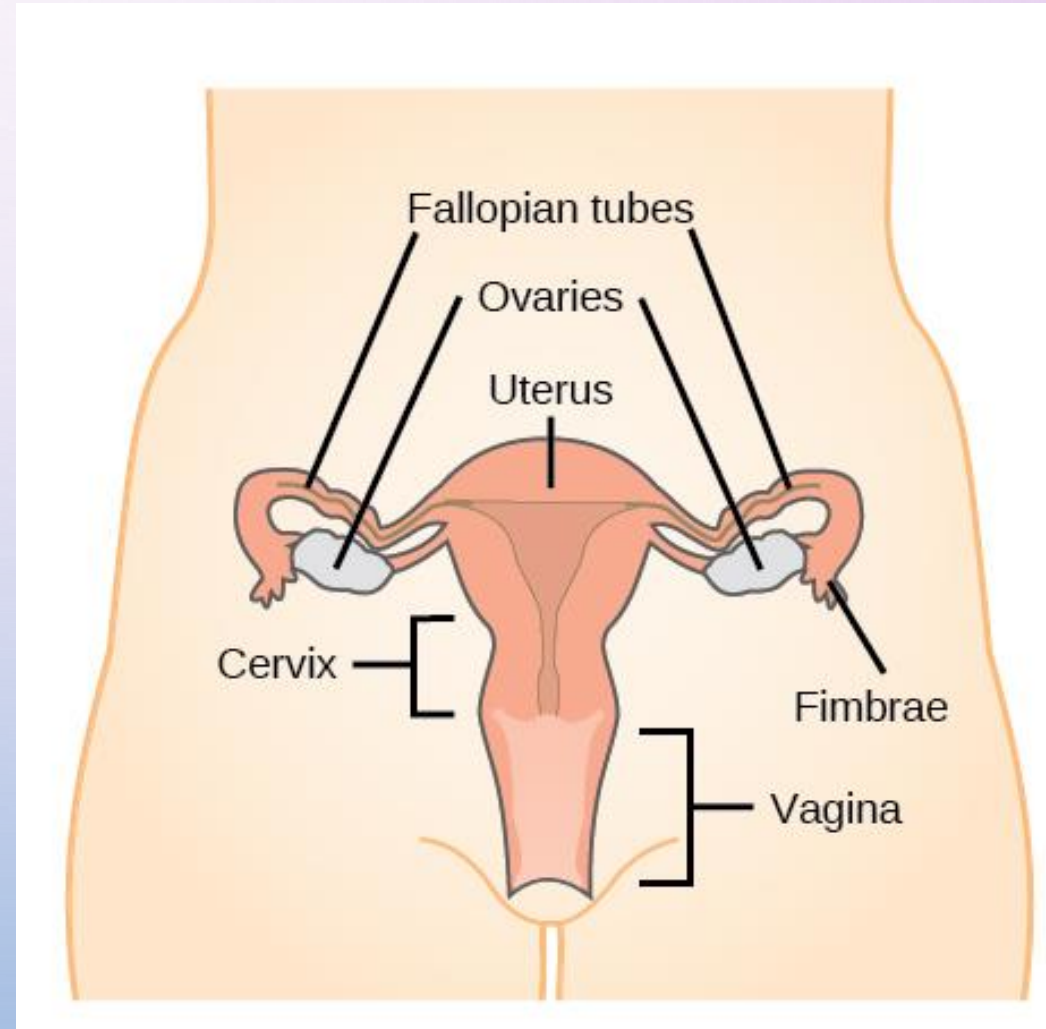
- Breast development complete
- Pubic hair continues to grow thicker
- Adult height probably reached
- Menstruation occurs regularly



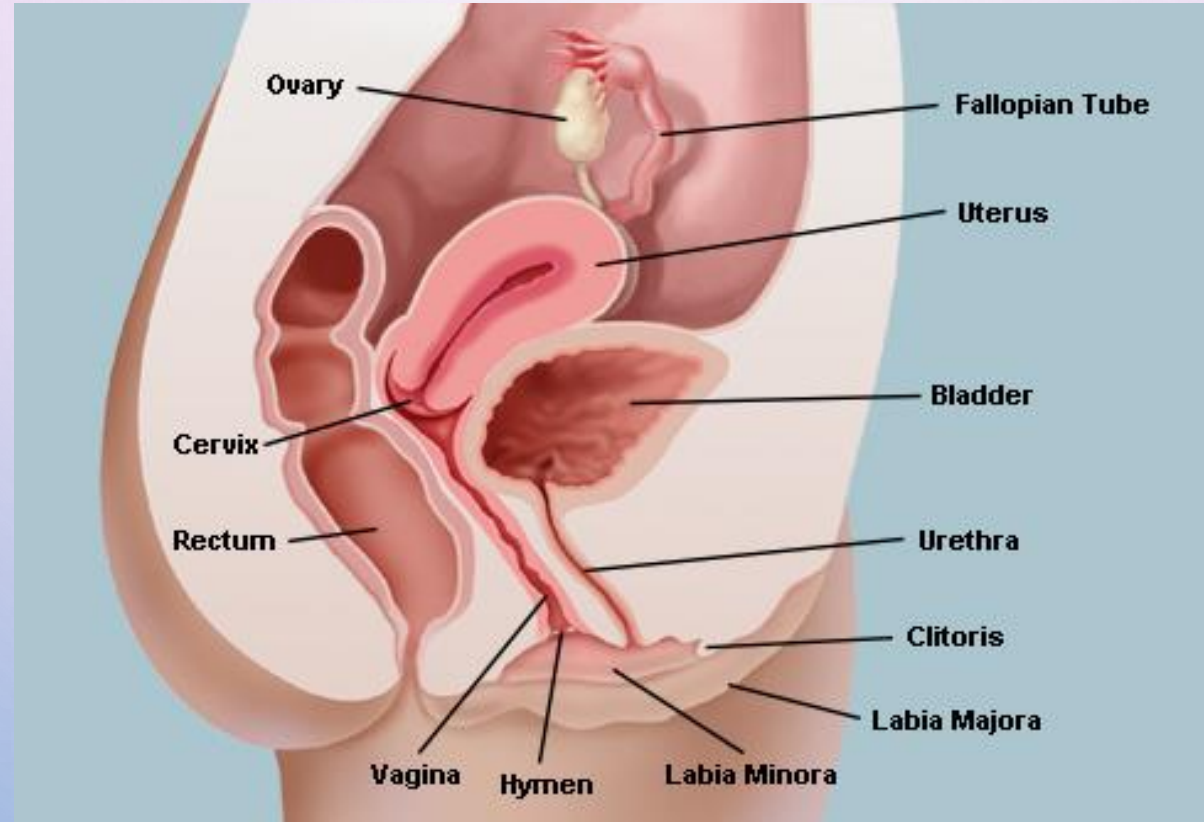
Female reproductive system

Female anatomy

This is where female organs are located inside the body



Female reproductive system (side view)



Menstruation (period)

- Menstruation is part of the female reproductive process
- Average 28-day cycle, but different for everyone
- A period is when you lose fluid at end of the cycle

When does my period start?

- Usually between 10-16 years old
- About 2 years after your breasts begin to develop
- Soon after you grow pubic hair
- After you start to notice vaginal discharge

Periods

- Usually lasts 3-7 days
- Might not be regular at first
- Only lose about $\frac{1}{2}$ cup of blood over several days

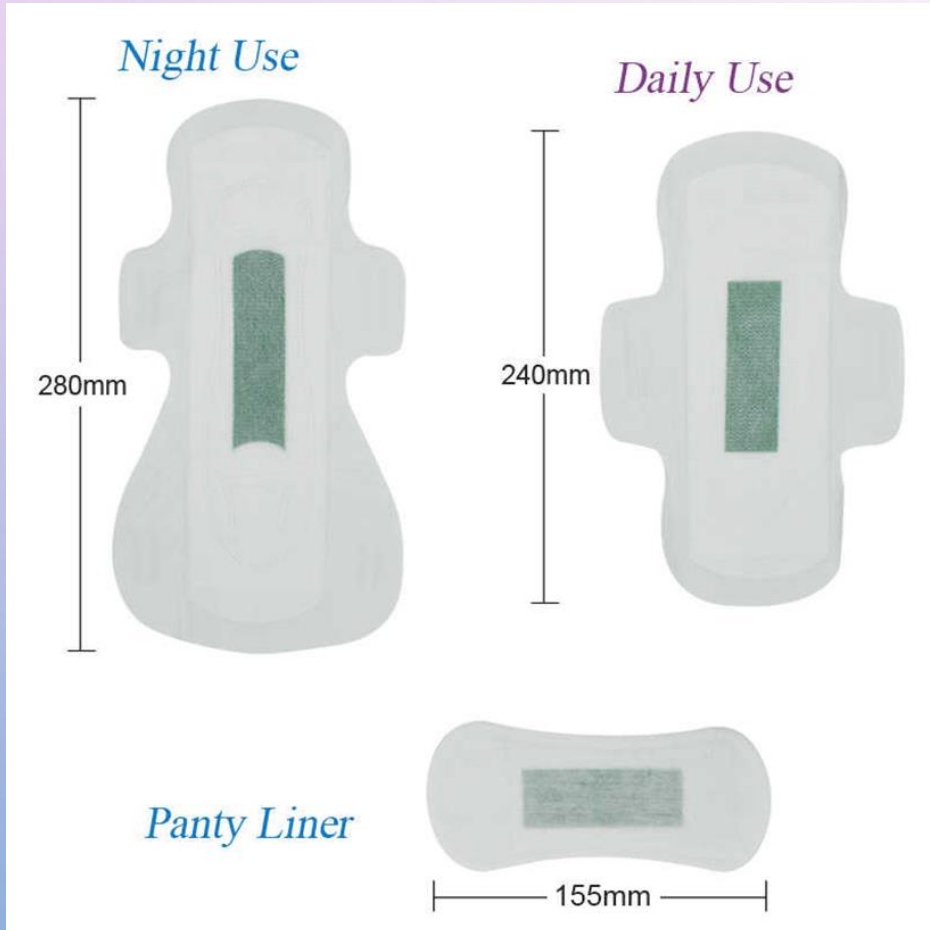
Period tracking

Track your period on a calendar or an app

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 x	2 x	3 x	4 x	5 x	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 x	31 x			

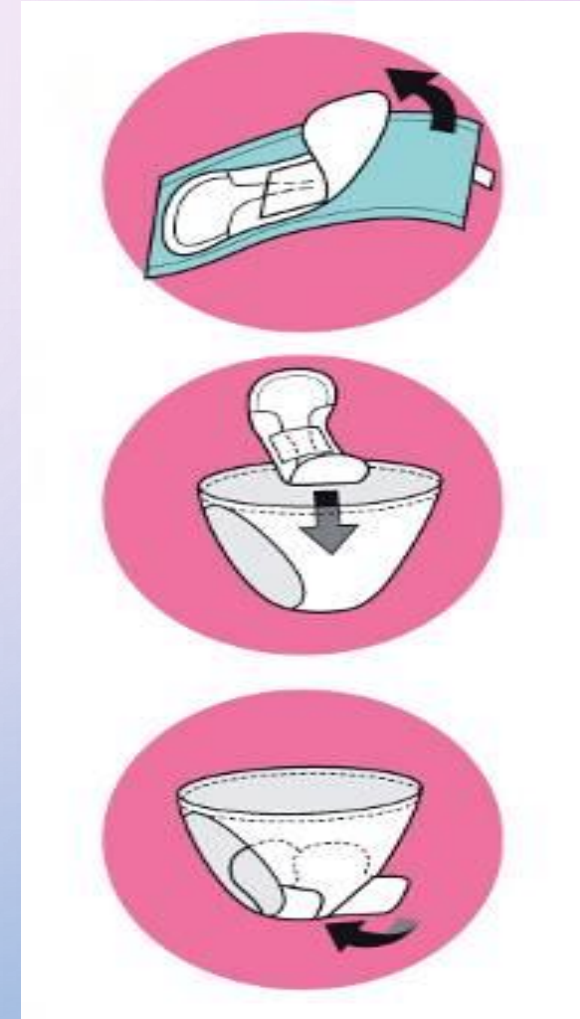
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28 x	29 x	30 x	

Feminine protection



How to use a pad

- Pull off paper strip or wrapper
- Attach sticky part securely to center of underwear
- For wings, peel off paper strips and wrap around sides of underwear

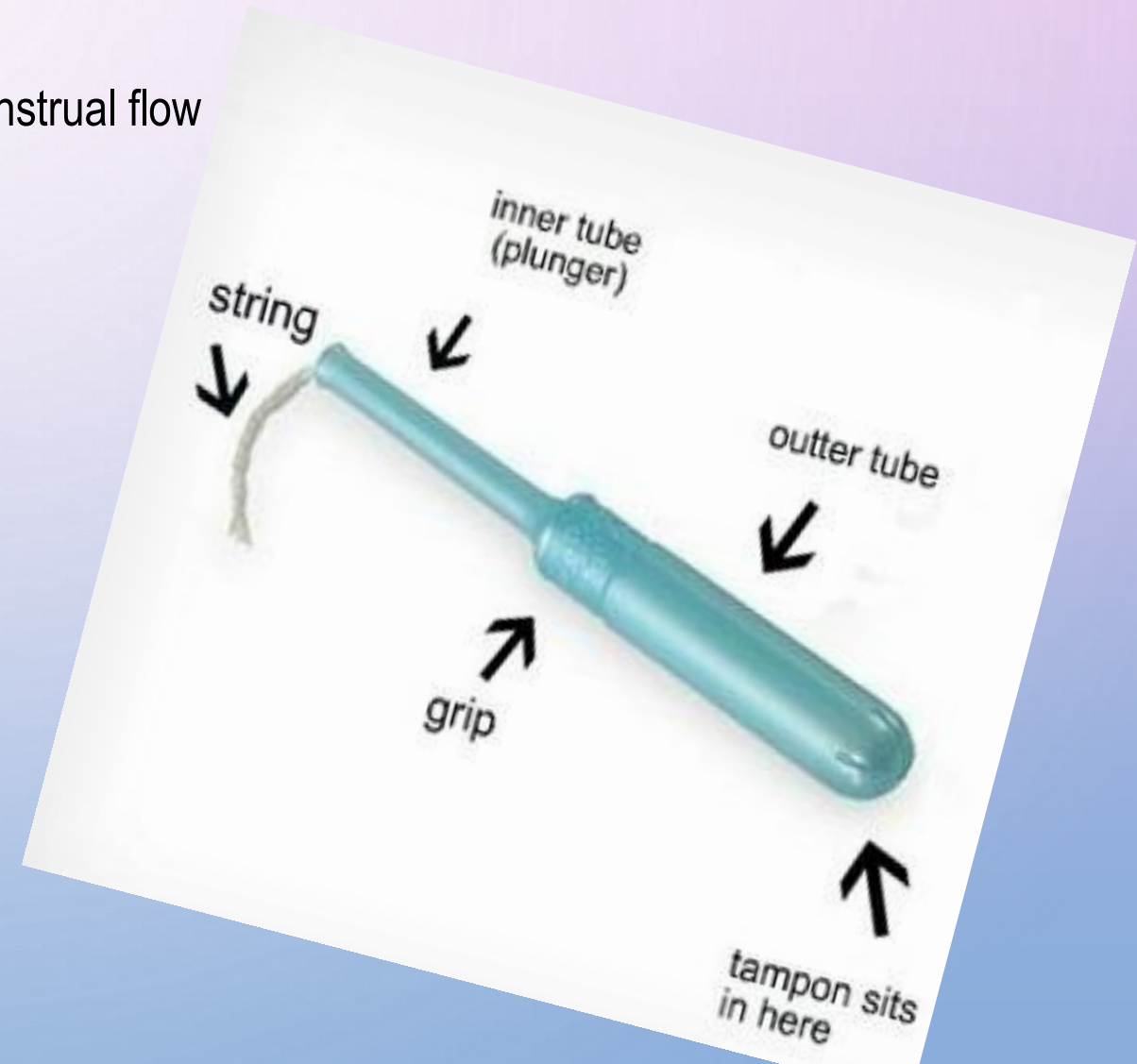


How to throw away pads

- Fold it up
- Wrap in tissue or toilet paper
- Put in trash (special cans in ladies room)
- Don't flush down toilet – they clog it!
- Wash your hands

Tampons

- Worn inside your body in your vagina to absorb menstrual flow
- Range of absorbencies
- Good for swimming and gymnastics
- Change tampon every 4 to 6 hours
 - Toxic shock syndrome- fever
- Safety information inside box



Cramps

What are they?

- Aches or cramps in the lower abdomen or along the inner thighs

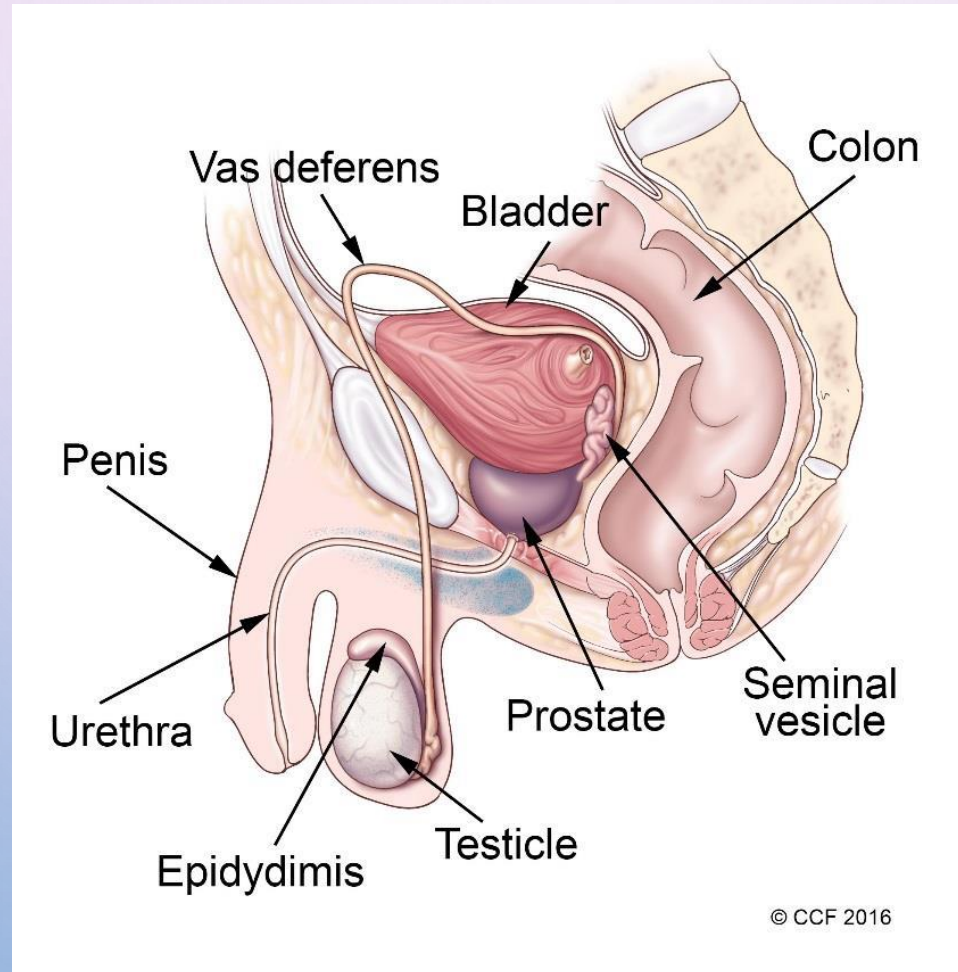
What can I do?

- Take a warm bath
- Hold a heating pad on lower stomach
- Exercise
- Check with an adult before taking medication

Puberty changes for boys

- Sweat and oil glands become more active and body odor changes
- Voice change and hair growth
- Acne can develop
- Height and weight increase
- Muscles become stronger
- Reproductive system begins to work

Male reproductive system



Your body has private parts

- These are the parts that are covered by your bathing suit or underwear and bra
- The breast, pubic area, and bottom for girls
- The pubic area and bottom for boys



Sexual abuse

- If an adult, teenager, or a kid your age touches your private parts or tells a you to touch theirs, it is sexual abuse
- The abuser might tell you that this touching is a secret and that you can't tell anyone
- Do not keep this secret
- Tell a trusted adult, or more than one, until someone takes action
- Your body is yours, you are in charge

What to do

If a person tries to touch your private parts...

- Tell them **NO**
- Yell and make a lot of noise
- Run away from them
- Tell an adult



Protect yourself

- Trust your feelings
 - Doesn't feel right
- Let someone know where you are
- Keep yourself safe from harm
- Follow the rules
 - Home
 - School
 - Other

*always changing[®]
and growing up*

Just the beginning

After this class, you may have questions.

Please ask a trusted adult.