Growth and Development

6th Grade Girls
Broken Arrow
Public Schools

Sources:
- Tulsa Health Department – https://www.tulsa-health.org/
- American Academy of Pediatrics - https://www.healthychildren.org/English/Pages/default.aspx
- Nemours Children’s Health – https://kidshealth.org/
- Participate seriously
- Use appropriate medical terms
- Difficult topic for some students; please be respectful of differing comfort levels
- Notecards - Don’t be afraid to ask appropriate questions related to the topics that are covered
Together, we’ll learn about...

- Puberty and the changes that occur to our bodies
- Menstruation and how to care for ourselves when it occurs
- Importance of good hygiene practices and nutrition
- Human Immunodeficiency Virus (HIV) and Acquired Immunodeficiency Syndrome (AIDS)
Always
Changing &
Growing Up

https://www.youtube.com/watch?v=gv21b3ZpSLg
What is puberty?

- Time in life when hormones are produced which cause our bodies to transition into sexual maturity
- Process usually occurs between ages 8 and 14 for girls
- Causes physical and emotional changes
What common changes do girls experience during puberty?

- Height, weight, shape
- Breast development
- Body hair
- Vaginal discharge can occur
- Menstruation begins
- Other Changes
  - Body sweats more leading to possible body odor
  - Body produces more oil which can lead to pimples/acne
  - May experience wider range of emotions - anxiety, irritability, sadness
What is the female reproductive system?

Reproduction is the process by which organisms make more organisms like themselves.

External Parts:
- Vulva
  - Covers the opening to the vagina and other reproductive organs inside the body

Internal Parts:
- Vagina
- Uterus
- Fallopian tubes
- Ovaries
What is menstruation and how is it related to reproduction?

- At birth, ovaries contain hundreds of thousands of eggs - ova/ovum
- Toward end of puberty, girls begin to release eggs as part of monthly period called the menstrual cycle
- Once a month, an ovary sends tiny egg into one fallopian tube
- If egg isn’t fertilized, it leaves body about two weeks later through uterus - this is menstruation (aka “Your Period”)
  - Blood and tissues from inner lining of uterus combine to form menstrual flow
Common Questions About Periods…

- At what age will most girls experience their first period?
- How often will my period occur?
- How long will bleeding last?
- How much bleeding will I experience?
- Will it hurt?
- Will others know when I have my period?
A Few More Common Questions About Periods…

- Are there any signals that my period is about to begin each month?
- What are some ways that I can track my periods so I’m prepared when it happens?
- What if I start my period while I’m away from home?
Period Product Options…

- There are different products you can use during your period
  - Pads/Panty Liners
  - Tampons

- Talk to your mom, older sister, school nurse or other trusted adult who can help you choose the right option for you.
Period Product Care…

- **Proper Product Use:**
  - Wash hands BEFORE and AFTER changing product
  - Change product every 3 – 4 hours or sooner if needed
  - Wipe and clean pubic area from front to back
  - Pads can not be used when swimming

- **Proper Product Disposal:**
  - Wrap product in paper towel, toilet paper or original wrapper
  - Dispose of product in a trash can – not the toilet (special cans in ladies’ restrooms)
Personal Hygiene During Puberty…

- **Sweating/Body Odor**
  - Your body will begin to produce more sweat = **BODY ODOR**
  - Bathe/shower daily using soap on all areas of the body
  - Brush your hair daily AND shampoo it as often as needed for your hair type
  - Use deodorant or antiperspirant
  - Wear clean clothes and socks every day
  - Remember to brush your teeth twice a day

- **Skin Care**
  - Oil glands in your skin will become more active
  - Build of oil and dead skin cells can lead to acne
  - Cleanse your skin twice a day
  - Acne is a normal part of growing up… Don’t worry!
Fueling Your Body Through Puberty…

- Get at least 8 hours of sleep every night
- Be physically active every day for at least 60 minutes
- Eat three meals a day – DON’T SKIP BREAKFAST
  - Choose healthy foods that help your body grow (Nuts, fruits, vegetables, lean protein, yogurt, cheese, milk)
  - Make sure snacks are healthy and limited to only twice a day
- Minimize the amount of food you eat this is high in unhealthy fat and sugar
- See your doctor and dentist regularly
A Few Words About HIV and AIDS…
What is HIV?

*Human Immunodeficiency Syndrome*

- Virus that attacks the body’s immune system causing it to become weaker and making it harder to fight off infections and some kinds of cancers
- Spread through bodily fluids
- If not treated, can lead to AIDS (acquired immunodeficiency syndrome)
- Currently no effective cure - once people get HIV, have it for life
Questions?