

**The 5<sup>th</sup> Grade Girls  
Always Changing and Growing Up  
by  
P & G School Program  
and the  
Morgan County Lead School Nurse**

# Growing Up

## What does Puberty mean?

- Puberty is an important stage of normal growth and development for every child when their bodies gradually change to one of an adult.
- Each of us is unique and it is difficult to predict exactly when puberty will begin.
- Usually the earliest changes will begin sometime after the age of ten for girls and eleven or twelve for boys.
- Frequently children are not prepared for the radical changes that take place during puberty, which can be confusing and frightening.
- This program is limited to the changes associated with puberty only.

# Growing up Happens so lets talk about it!

This is the perfect time to find that adult that you feel safe talking to and can go to with questions, for information, or even help as you grow into a young adult. Don't be afraid to reach out to your mom, stepmom, grandmother, older sister, cousin or yes, even your dad. They have all been there or know how this all works.

- The following video provides information about the changes that are or will be occurring in your body as you go through puberty.
- It happens to everyone, just not always at the same time.
- After the video if you have questions, please find a trusted adult and ask to talk about what you have learned or may have questions about.
- School nurses or trusted school adults are also available to answer questions.

# Always Changing and Growing Up Boys Puberty Education

<https://www.youtube.com/watch?v=OR1XJZ0xRS0>



**Wow,  
you did it!**  
You took your first steps  
into the growing up and  
changing years!

Remember to take this time to ask questions and talk to a parent or trusted adult. I guarantee you will have a lot more questions as the years go by. Remember we are all in this together and there is no questions that is silly or stupid. If you need the answer, then ask.



Remember the School Nurses are always available for questions or concerns. We look forward to seeing everyone healthy and back together in the fall. Have a safe summer!

