

Always Changing

4th Grade Girls

Puberty Education



Approved by the
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Class Overview



- Your body may be changing
- Timing is different for everyone – from 9-14 years old
- Girls are usually 2 years ahead of boys
- Each girl grows at her own pace

Class Guidelines



- Don't be afraid to ask questions
- Be respectful of your peers
- No personal stories
- Use appropriate medical terms

Class Agenda

- **Puberty**
 - Physical Changes
 - Menstruation
 - Feminine Protection/Cramps
 - Emotional Changes
- **Questions**
- **Personal Hygiene**
- **Nutrition**
- **Personal Safety**
- **FAQ**

Puberty:

What Happens First?

- Breast buds appear
- Pubic hair in private places
- Height and weight increase rapidly

Puberty: Then What?

- Hips widen
- Vaginal discharge
- Menstruation may occur

Puberty:

What Is Menstruation?

- Menstruation is part of the female reproductive process
- Average 28-day cycle, but different for everyone
- Your period is when at the end of the 28 day cycle you have discharge from your vagina (colors range from dark brown to bright red blood)

Puberty:

Periods

- Usually last 3-7 days
- Might not be regular at first
- Only lose about 7 teaspoons of blood
- Some girls have no pain at all while others will experience very mild tummy cramping that will go away on its own
- If you experience a lot of pain have a parent take you to see your pediatrician

Puberty: Cramps

- **What are they?**
 - Pains in the lower abdomen or inner thighs
- **What can I do to relieve cramps?**
 - Take a warm bath
 - Hold a heating pad on your lower stomach
 - Exercise
 - Check with an adult before taking medication

Puberty:

Emotional Changes

- Feelings may change from day to day
- Caused by hormones
- Don't worry; it's all part of growing up!



Questions

- Write question on a notecard, fold it, and place it in the Question Box
- Everyone must write something on the notecard
- All questions are good

Personal Hygiene

Sweating

- Your body produces more sweat, resulting in body odor

Controlling Body Odor

- Bathe/shower daily with soap
- Use deodorant or antiperspirant
- Put on clean clothes and socks, especially after gym class or sports practice



Personal Hygiene

Skin Care

- Oil glands in your skin become more active
- Oil and dead skin cells lead to acne
- Cleanse skin twice a day
- Don't worry; acne is a normal part of puberty

Nutrition is Important!

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Eatwell Guide

Check the label on packaged foods

Each serving contains

Energy 1046kJ 250kcal	Fat 5g	Saturates 1.3g	Sugars 34g	Salt 0.9g
12.5%	LOW	LOW	HIGH	MED
7%	6.5%	38%	15%	

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Frozen peas

Raisins

Chopped tomatoes

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes

Whole grain cereal
Cous Cous

Porridge

Whole wheat pasta

Bagels

Spaghetti

Rice

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Lentils

Beans lower salt and sugar

Tuna

Plain nuts

Chick peas

Lean mince

Low fat soft cheese

Semi skimmed milk

Soya drink

Plain Low fat yoghurt

Oil & spreads

Choose unsaturated oils and use in small amounts

Vegetable oil

Lower fat spread



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Nutrition

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My Plate Planner

A Healthy Meal Tastes Great



The plate method is a simple way to learn healthy portion sizes.

Just split the plate into 3 parts, the largest part for vegetables.

Note to adults planning meals for smaller children: Remember to use a smaller plate or serve smaller portions if you don't have different plate sizes.



Your hand can help you measure the right amount of food to eat. Use your hand to measure out portions.

-  Palm of Hand Amount of Lean Meat
-  A Fist Amount of Rice, Cooked Pasta, or Cereal
-  A Thumb Amount of Cheese
-  Thumb Tip Amount of Peanut Butter

Note to adults preparing meals for children: Use your child's hand to measure portion sizes.

Nutrition and Hydration

work together to make the body healthy

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8oz



16oz



12oz

Personal Safety

- Dealing with uncomfortable situations
- Protective gear for injury prevention
- Staying safe
- No means NO!