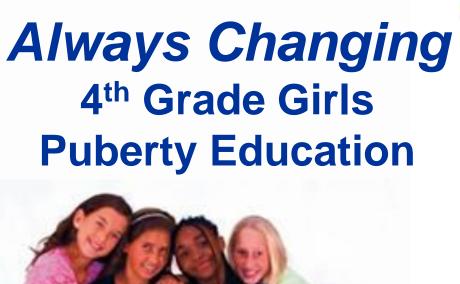


# 4th Grade Girls



Approved by the ECISD B.O.E. on January 2023





- 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





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





- **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



- Hips widen
- Vaginal discharge
- Menstruation may occur





- 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





#### 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







- 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!





### **Nutrition**

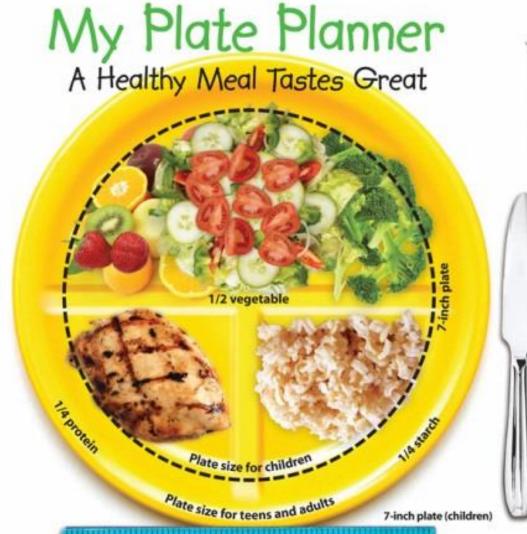




The plate method is a simple way to learn healthy portion sizes.

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.









Thumb Tip

Amount of

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

Peanut Butter

## Nutrition and Hydration work together to make the body healthy

















80Z









16oz











12oz



## **Personal Safety**

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