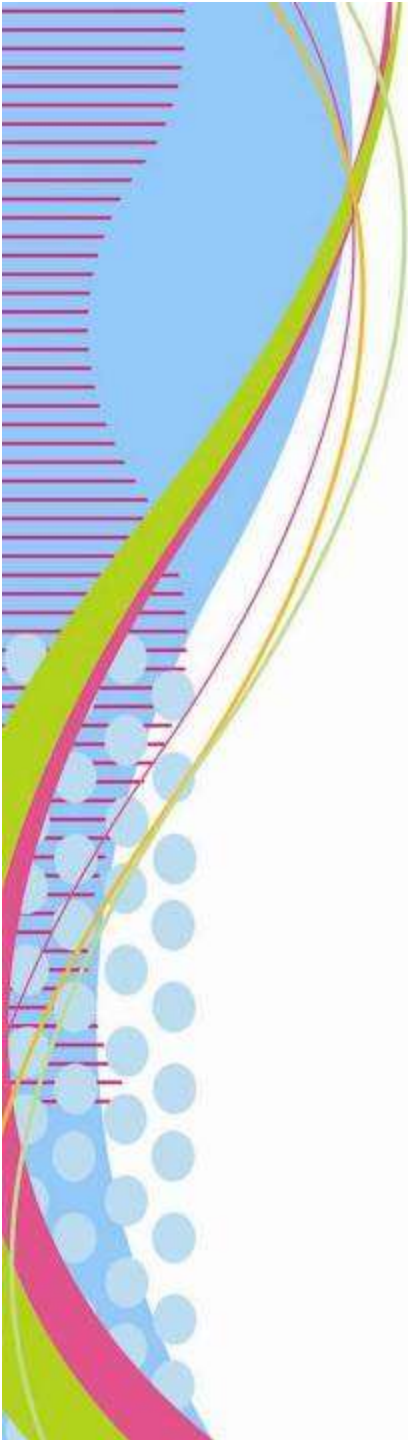


Always Changing

4th Grade Boys Puberty Program



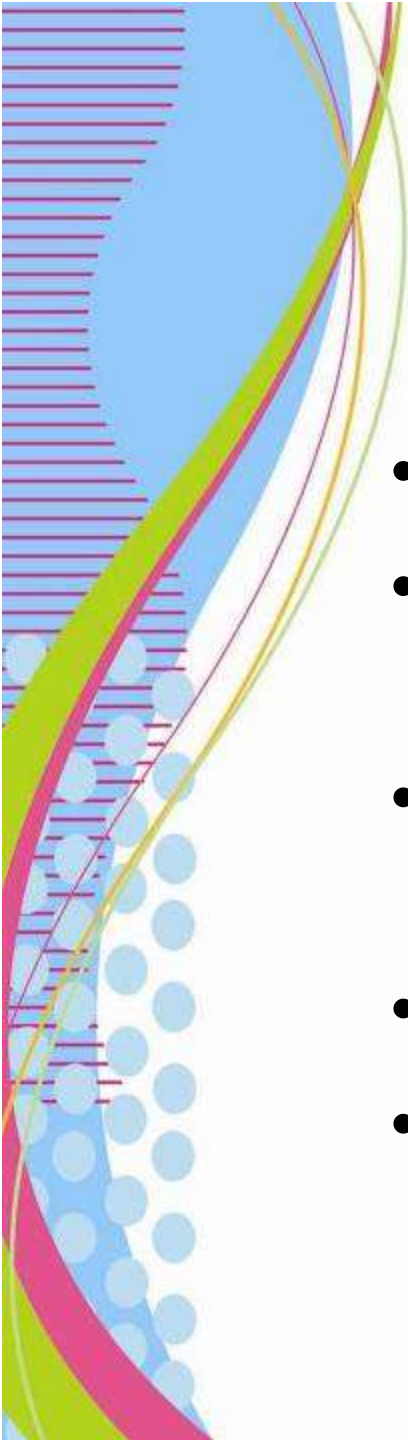
Approved by the
ECISD B.O.E. on
January 2023



Class Overview



- As you grow up, your body changes
- Changes in how you look and feel are gradual (not all at once)
- Timing is different for everyone – from 9-14 years old
- Each boy grows at his own pace
- Girls are usually 2 years ahead of boys





Class Guidelines

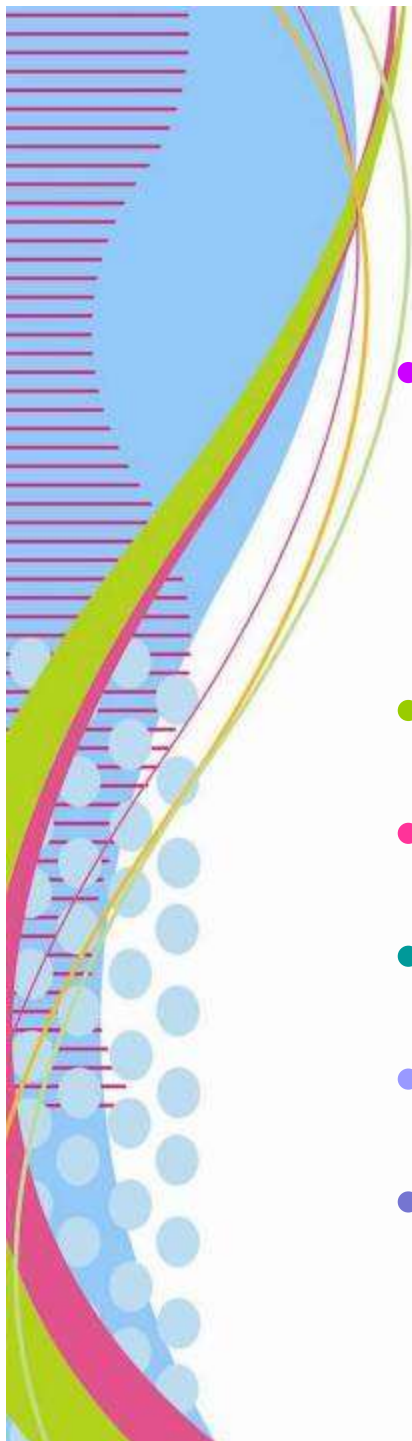


- Don't be afraid to ask questions
- Be respectful of your peers
- No personal stories
- Use correct names for all body parts



Class Agenda

- **Puberty**
 - Physical Changes
 - Emotional Changes
- **Questions**
- **Personal Hygiene**
- **Nutrition**
- **Personal Safety**
- **FAQ**



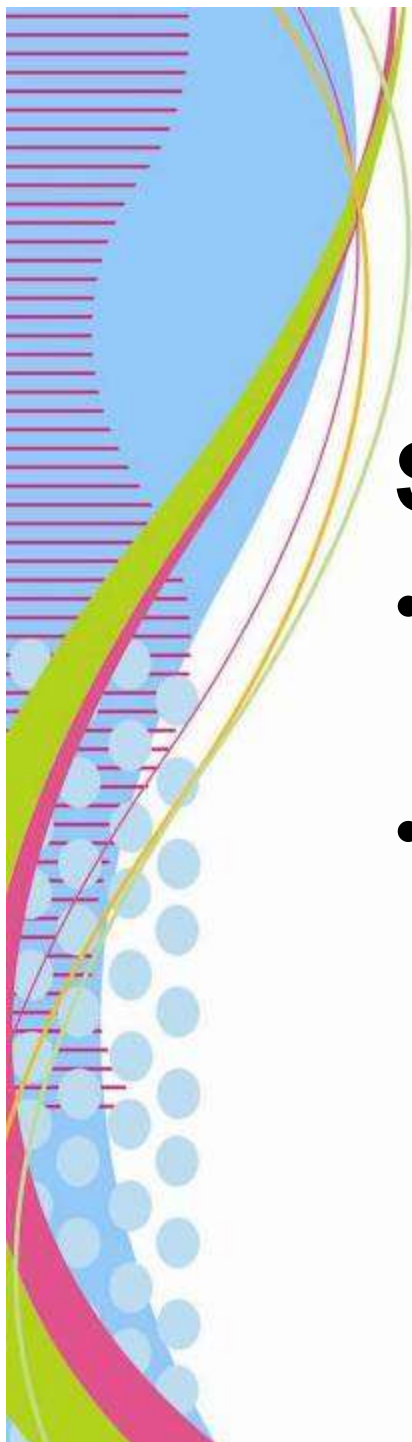


Puberty:

Physical Changes

Stage Four:

- Signs of hair in the armpits and on the face.
- Voice becomes even deeper.





Puberty:

Emotional Changes

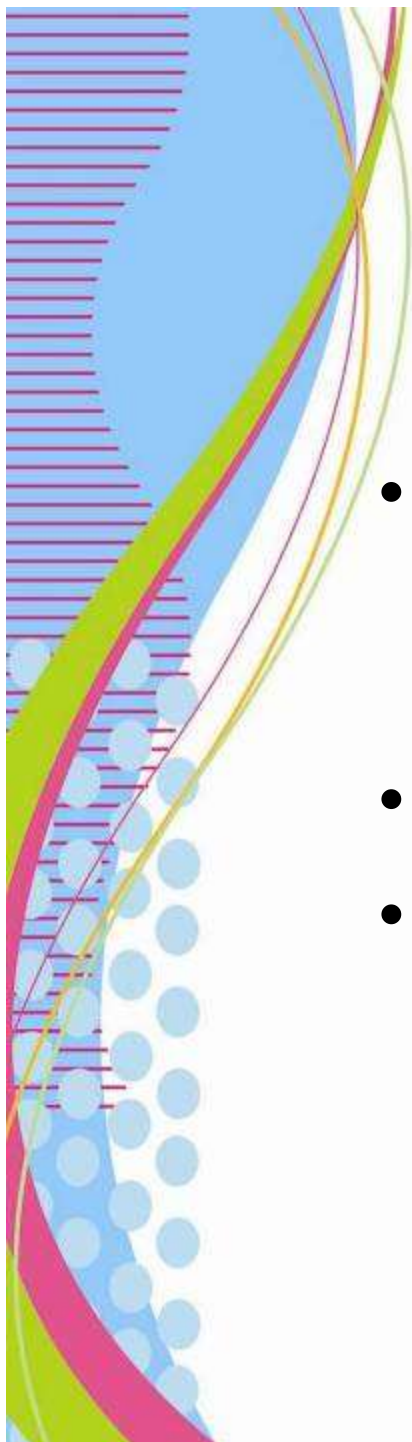
- Feelings may change from day to day (Mood swings = happy then sad)
- Caused by hormones (testosterone)
- Don't worry; it's all part of growing up!





Who to Talk To

- Family member: Your mom, dad, uncle, grandpa, or other trusted adult etc.
- Teacher, school nurse, counselor
- Doctor





Questions

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

Personal Hygiene

Sweating

- Body produces more sweat; body odor
- Bathe/shower daily with soap
- Shampoo hair regularly
- Control underarm odor and wetness with deodorant or antiperspirant
- Change sweaty clothes

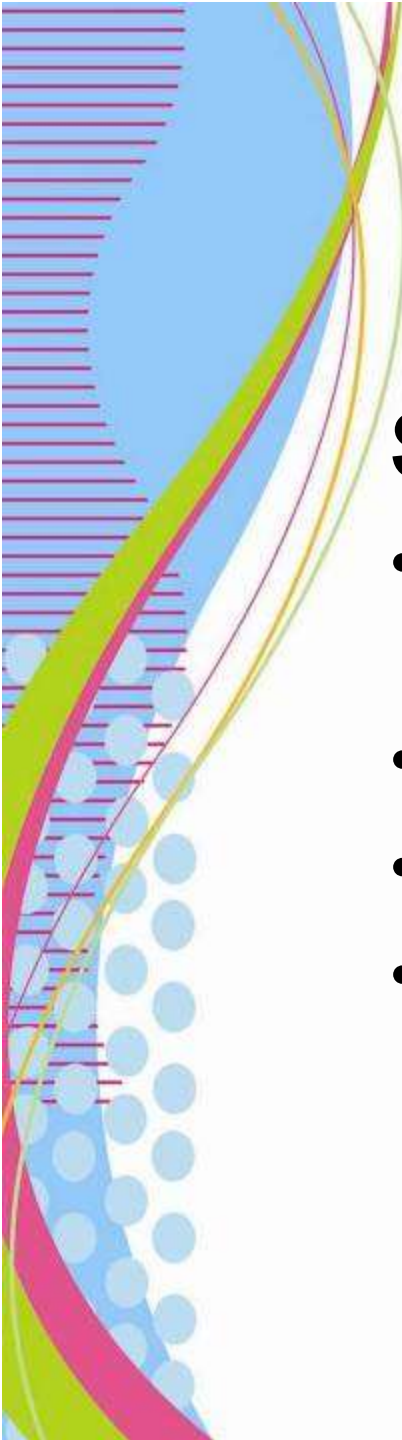




Personal Hygiene

Skin Care

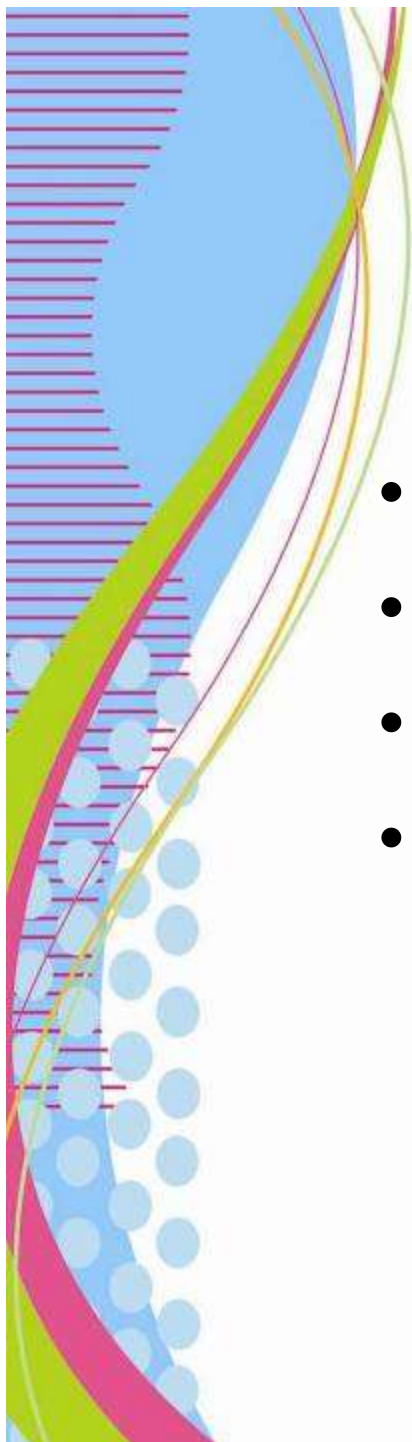
- Oil glands in your skin become more active
- Oil and dead skin cells lead to acne
- Cleanse skin twice a day
- Don't worry; acne is a normal part of puberty, and steps can be taken to reduce it





Healthy Bodies

- Stay active – exercise!
- Eat nutritious foods
- Regular bathing and dental care
- Personal safety



Nutrition is Important!

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Eatwell Guide

Check the label on packaged foods

Each serving contains

Energy 1046kJ 250kcal	Fat 5g	Saturated 1.3g	Sugars 34g	Salt 0.9g
	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.

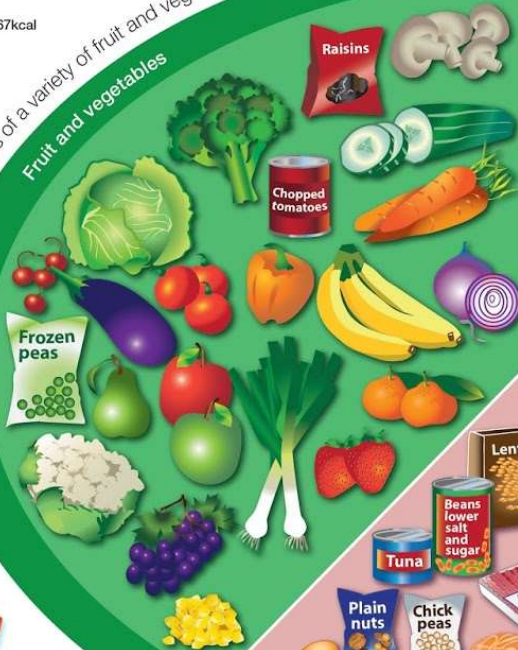


Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

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

Fruit and vegetables



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

Potatoes, bread, rice, pasta and other starchy carbohydrates



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



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

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

Nutrition

Always Changing

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!

