

# Always Changing Girls and Puberty

Middle School Girls



# Class Guidelines

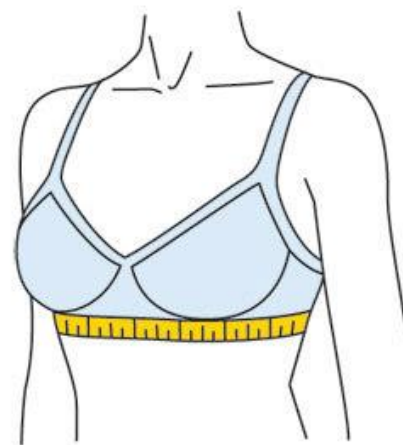
- ▶ Don't be afraid to ask questions
  - ▶ Raise your hand
  - ▶ Leave a question in the question box
  - ▶ Email Nurse Katie at [kmilligan@artsk12.org](mailto:kmilligan@artsk12.org)
- ▶ I will use appropriate medical terms

# FEMALE PUBERTY

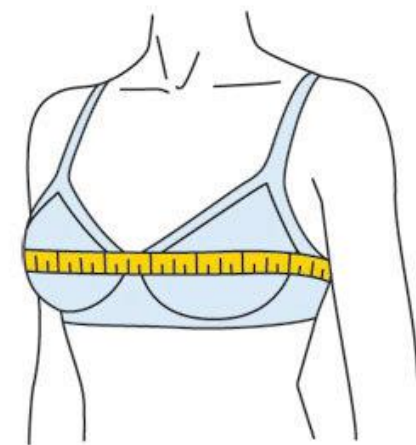
- ▶ Most girls begin puberty between age 9 and 13, but can start a little later
- ▶ Your body produces more of a hormone called estrogen. This causes changes like:
  - ▶ More skin breakouts (zits/pimples)
  - ▶ More sweat production
  - ▶ Getting taller
  - ▶ Menstruation begins (you start your period)
  - ▶ Breast growth
  - ▶ Body hair growth

# Puberty: Female Reproductive System BREASTS

- ▶ Breast development begins from age 8 to 13, but can happen even later.
- ▶ Some girls develop quickly, while others develop more slowly.
- ▶ Because TV, movies, and magazines place so much importance on large breasts, some girls worry their breasts will be too small.
- ▶ Your self worth has nothing to do with how big your breasts are!
- ▶ Bra size is found by measuring around the ribcage and around the breast.



band



cup

## BRA SIZING

BUST		32	33.5	35	36.5	38	39.5
UNDERBUST	27.5	32AB	32BC	32CD			
	29.5		34AB	34BC	34CD		
	31.5			36AB	36BC	36CD	
	33.5				38AB	38BC	38CD

Measurements in inches.

BUST: The widest point around the bust.

UNDERBUST: The widest point just below the breasts, around the ribcage.

# Puberty:

## Female Reproductive System

### BREAST SELF-EXAM

- ▶ Examine each breast monthly.
- ▶ Become familiar with how your body feels. That way if something changes you will know.
- ▶ If something feels different, tell your doctor.



Pick a way to self-check



Swirl

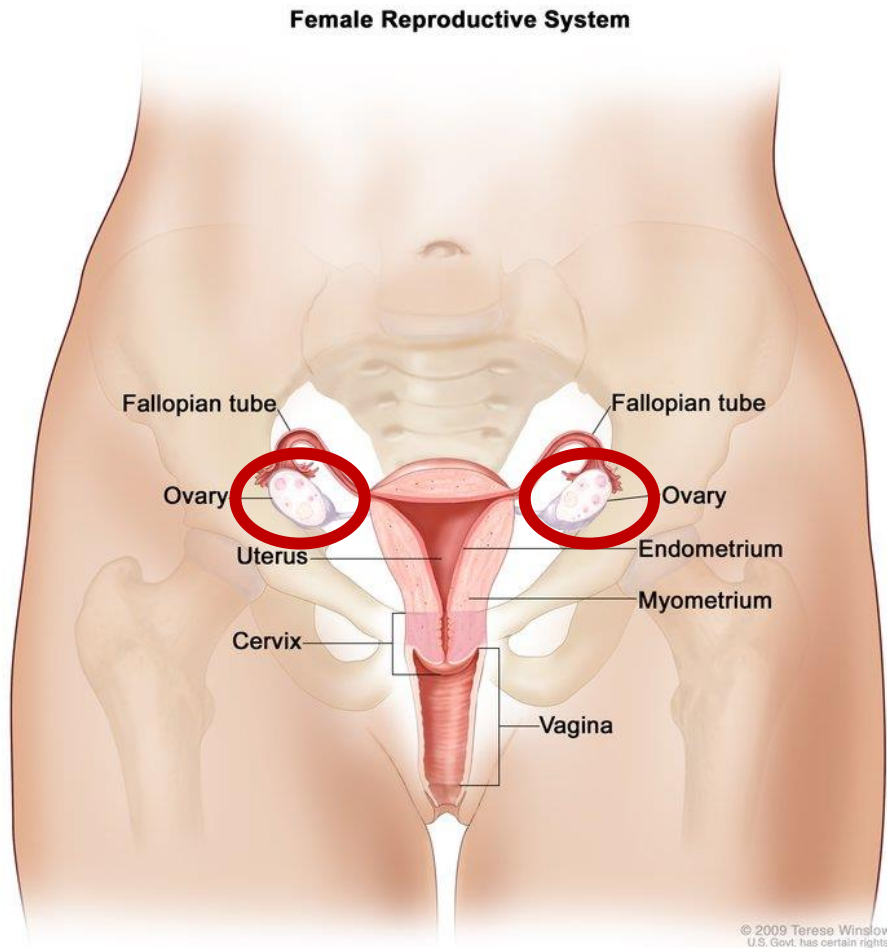


Straight up  
and down



Compass

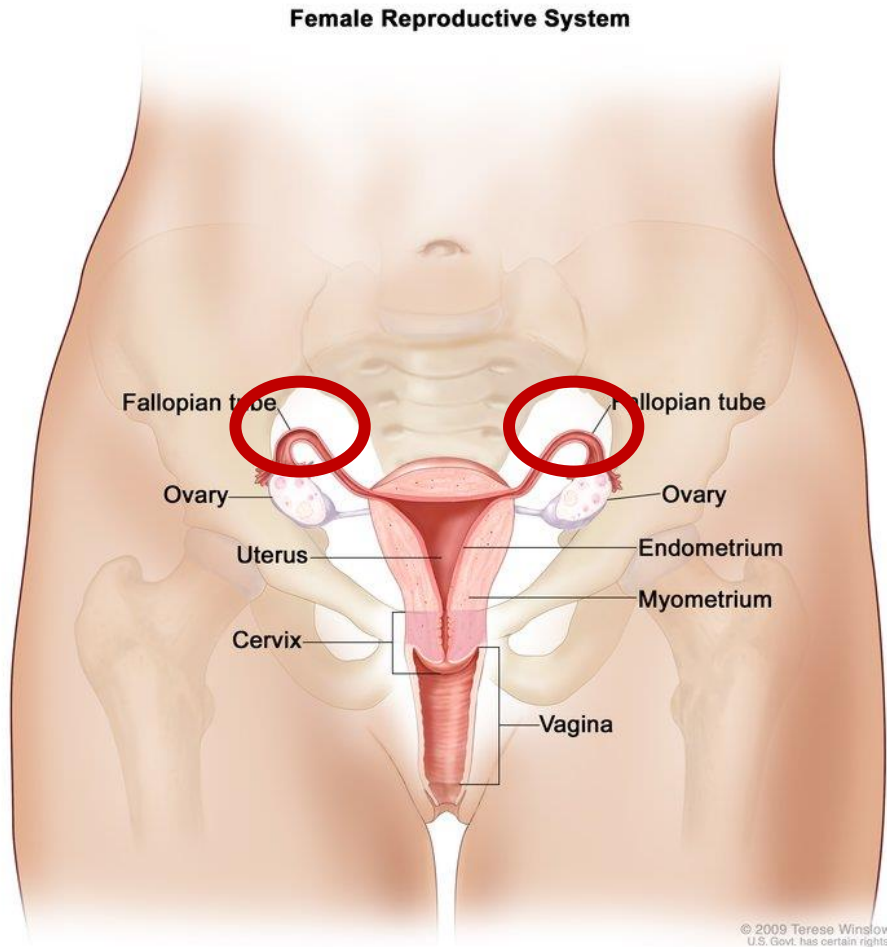
# Female Reproductive System



## Basic Anatomy

- **Ovary** – holds eggs
- Fallopian tube – carries egg to uterus
- Uterus – sheds a lining once a month (period)
- Cervix – opening to uterus
- Vagina – tube from cervix to external genitals

# Female Reproductive System

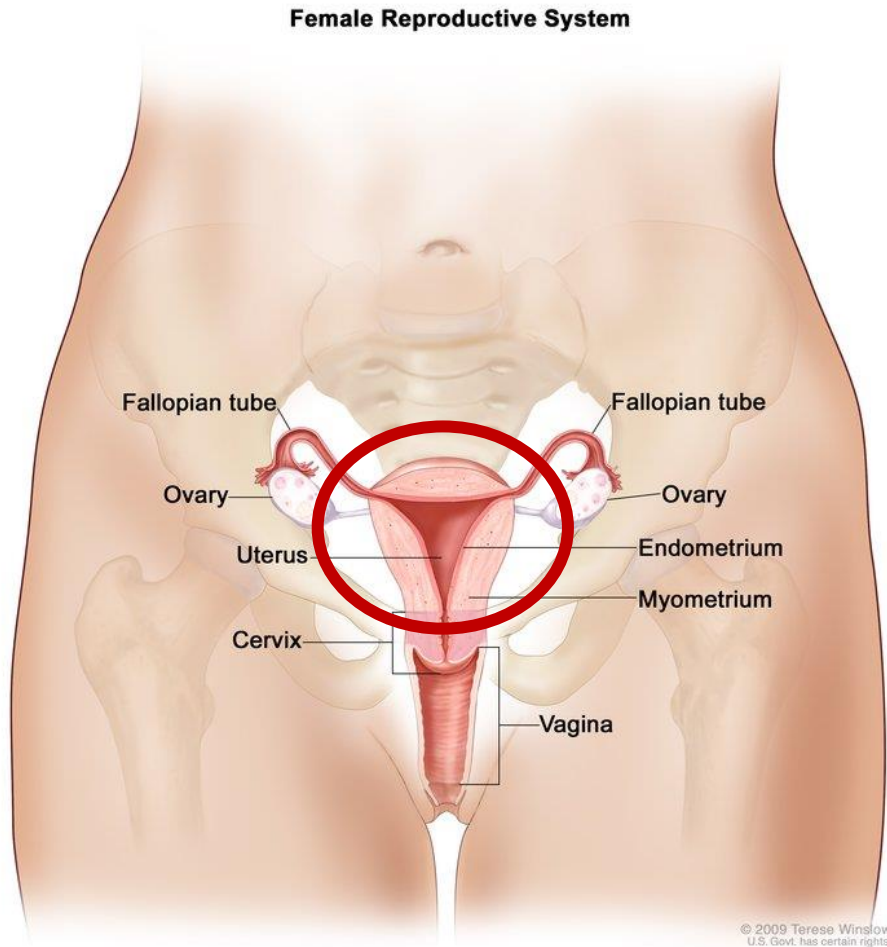


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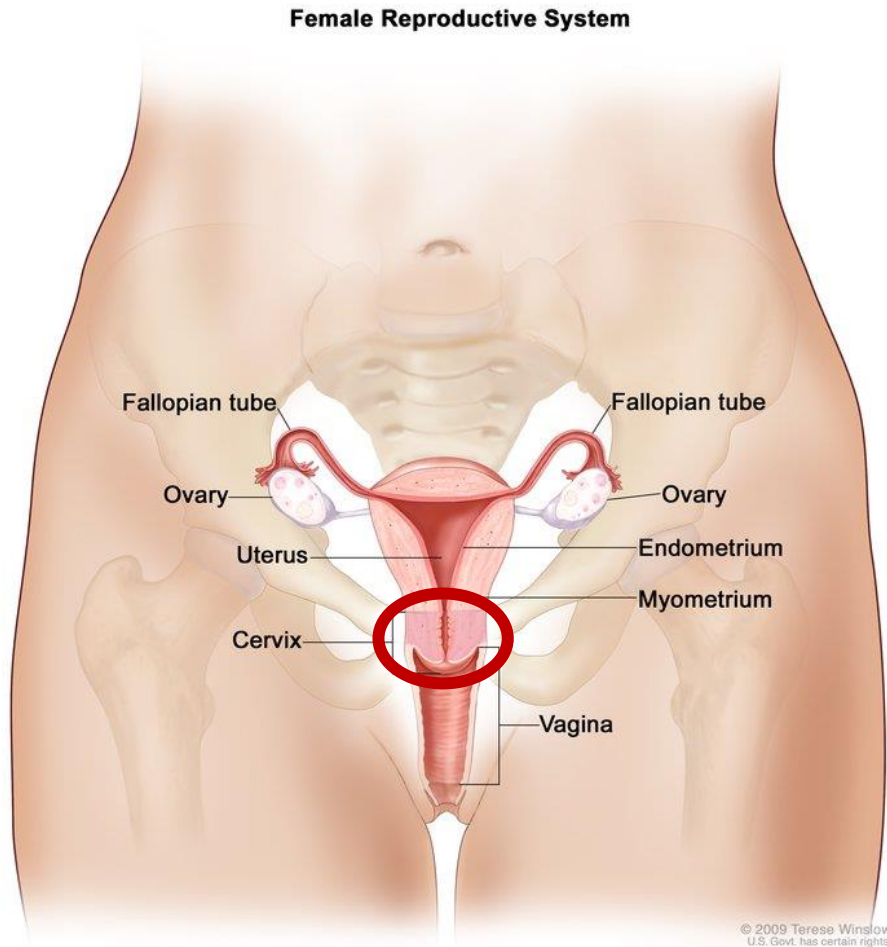


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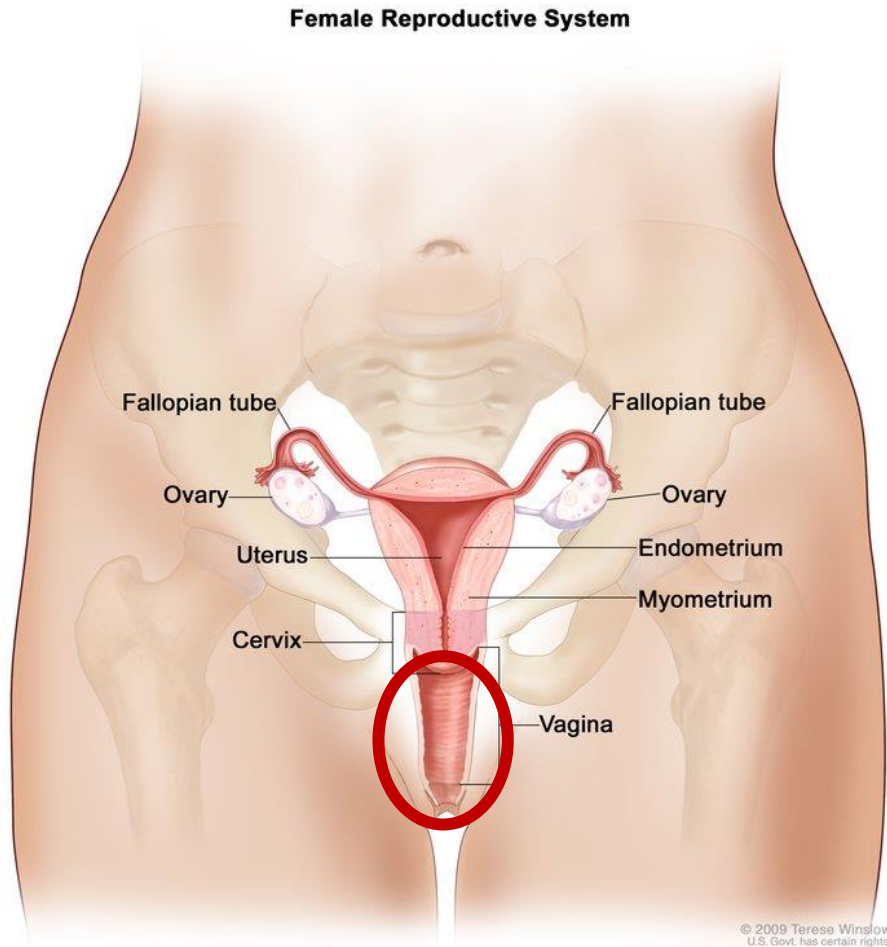
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# Menstruation

- ▶ Also called a “period”
- ▶ Vaginal bleeding that occurs every 28 days or so
- ▶ Your first period (called menarche), can occur between age 9-16
- ▶ Each menstrual cycle begins with a few days of flow
- ▶ Lasts about 1-7 days every month

# PMS (Premenstrual Syndrome)

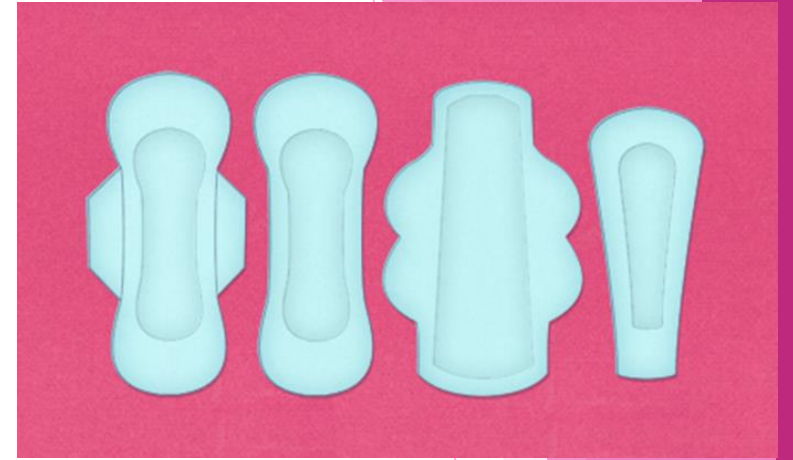
- ▶ Happens days or weeks before your period starts
- ▶ Being cranky or easily frustrated
- ▶ Tearful
- ▶ Tired
- ▶ Cramping
- ▶ Feeling full, fat, or bloated

# FLOW?

- ▶ Your uterus begins to shed its lining
- ▶ This is what causes the vaginal bleeding
- ▶ Time between cycles is approximately 24-28 days
- ▶ How much flow is normal? More than 4 soaked pads in a day is considered heavy.

# PADS:

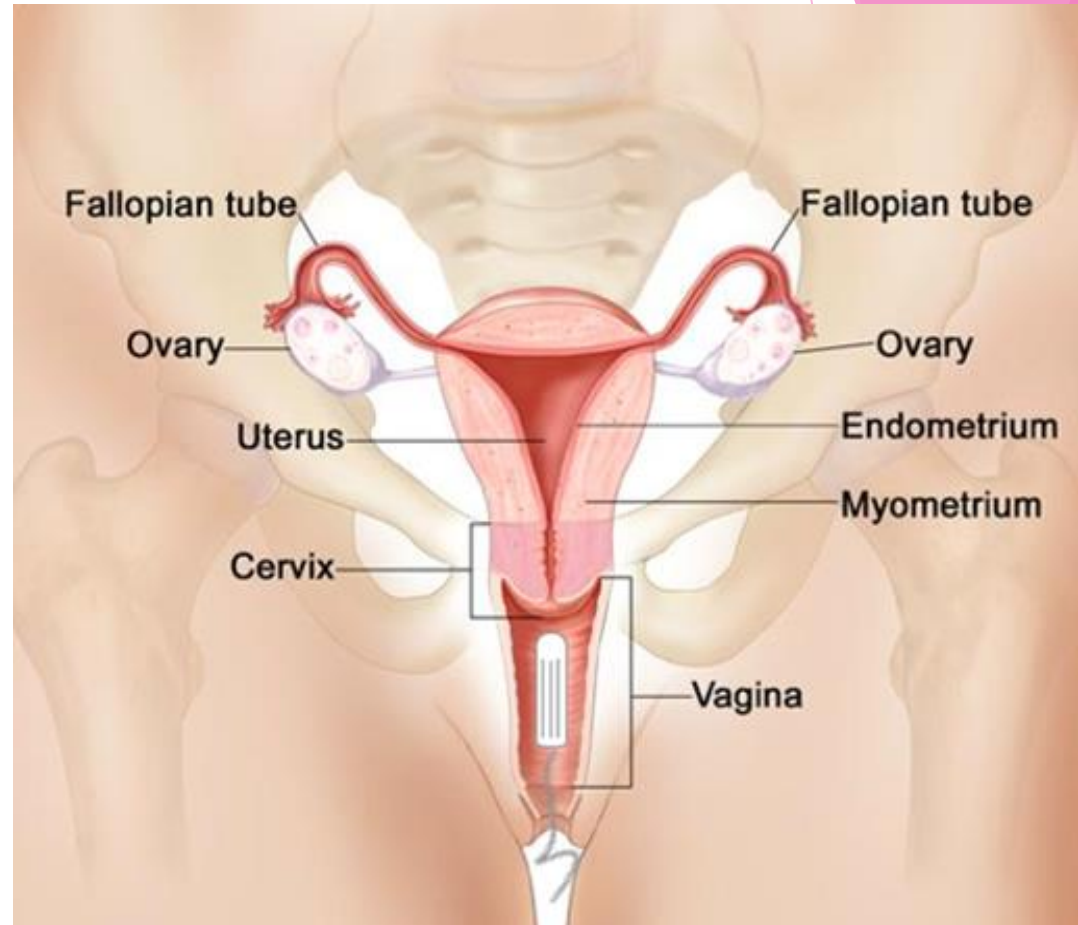
- ▶ Pads have a sticky back and line your underwear
- ▶ Change pads whenever you go to the bathroom to promote good hygiene. Old pads stink! You should also change them before if they are soaked so you don't bleed on your underwear.
- ▶ Roll the pad up when you throw it in the trash.
- ▶ NEVER FLUSH!





# TAMPONS

- ▶ Tampons are inserted into your vagina and should be changed every 4-8 hours or more often as needed.
- ▶ **NEVER FLUSH!**



# Why is Personal Hygiene Important?

- ▶ You are less likely to get sick
- ▶ You will feel better about yourself
- ▶ Others will enjoy having you around

# Personal Hygiene

## Sweating

- ▶ Body produces more sweat; body odor. (2.6 million glands)
- ▶ Why you sweat:
  - ▶ Helps to regulate body temperature.
- ▶ Bathe/shower with soap daily (especially armpits, privates, and rear)
- ▶ Change sweaty clothes.
- ▶ Control underarm odor and wetness with deodorant or antiperspirant

# Personal Hygiene

## **Skin Care**

- ▶ Oil glands become more active
- ▶ Oil and dead skin cells lead to acne
- ▶ Cleanse twice a day
- ▶ Don't worry; acne is a normal part of puberty, and you can do things to reduce it.

# Personal Hygiene

## Shaving

- Puberty brings more body hair
- Some girls start shaving their legs and armpits around 12 and some don't need to shave until a few years later (some women don't shave at all)
- If you would like to start shaving:
  - Ask a trusted adult to show you how
  - Use a clean razor (electric or blade)
  - Do not share razors (prevents spread of infection)
  - Shaving after a warm shower makes the hairs softer and opens pores

# Personal Hygiene

## Healthy Hair

- ▶ Shampoo hair regularly (daily depending on activity level)
- ▶ Shampooing helps remove dirt, oil and styling products
- ▶ Massage conditioner into your hair
- ▶ If hair is cut short, use sunscreen on your scalp



# Personal Hygiene

## **Oral Health** (care of your teeth)

- ▶ Brush teeth and gums with a fluoride toothpaste at least twice a day
- ▶ Floss teeth daily
- ▶ See your dentist on a regular basis (Cleanings 2x per year)
- ▶ Drink fluoridated water (if available)

# Personal Hygiene

## Hand Washing

- ▶ The **One** thing **YOU** can do to prevent the spread of germs such as cold, flu, stomach bugs and more
- ▶ Keep your fingernails trimmed
- ▶ Wash hands for 20 seconds with SOAP and water:

### **WHEN???**

- ▶ Before and after eating
- ▶ After using the bathroom
- ▶ After sneezing or coughing
- ▶ After playing with an animal
- ▶ Anytime your hands are dirty

# Personal Hygiene

## Foot and Shoe Care

- ▶ Let your shoes air dry
- ▶ Wear socks to help absorb odor
- ▶ Use foot powder or spray for your feet and shoes (especially if you have athlete's foot)
- ▶ Keep your toenails trimmed and clean
- ▶ Inspect your feet when taking a shower or bath for cuts or abrasions (especially if you go barefoot)
- ▶ Always wear shower shoes or flip-flops in gym showers
- ▶ Keep shoes away from pets.

# Healthy Bodies

- ▶ Stay active
- ▶ Eat nutritious foods
- ▶ Good hygiene
- ▶ Personal Safety
- ▶ Plenty of sleep
- ▶ **Do not use drugs of any kind**, including tobacco, alcohol, street (illicit) drugs, over-the-counter medication or prescription drugs

# Who to Talk to

- ▶ Family member:

Mom, Dad, Grandma, Grandpa, Uncle, Aunt, etc.

(Just make sure it is someone old enough to give you good advice.)

- ▶ Teacher, school nurse, coach, counselor

- ▶ Doctor

- ▶ Any trusted adult

The background features abstract, overlapping geometric shapes in various shades of pink and magenta, primarily concentrated on the right side of the frame.

# Take PRIDE In Who You Are...

Nurse Katie loves you!!!



# Resources

Proctor and Gamble Always Changing  
and Growing Up Program