

# 5th Grade Girls Maturation Program





# Welcome

Thank you girls and parents for coming to learn together today.

I am excited to teach you all about puberty and the changes your body will go through as you grow.

I know the thought of puberty might make you feel a little nervous. That's why we are here today. We want to learn about our changing bodies so that we can feel more prepared for the changes our bodies go through. The changes we go through during puberty are all expected changes that mean you are healthy and growing just like you should be.



## So....What is Puberty?

Puberty is when your body starts to have physical and emotional changes that mean your body is transitioning into adulthood.

Puberty happens at different times for all girls. Everyone grows and changes at a different pace. Most changes happen between the ages of 8-13 but can happen sooner or later.

Let's watch this video to help explain what puberty is.

[https://youtu.be/MOuel0\\_e9pU](https://youtu.be/MOuel0_e9pU)



# Let's Review-Physical and Emotional Changes

The video discussed some changes we will go through. Can any one help me remember some of them?

- Wider Hips
- Growing Breasts
- Hair Growth: Armpits, leg, pubic area
- Vaginal Discharge
- Period
- Emotional changes
- Oily Skin and Hair
- Cramps
- Body odor



# How can we take care of our bodies as they change?

**Eating nutritious foods:** It is important as our bodies grow to make sure we are fueling them correctly. We should have a balance of proteins, complex carbohydrates, healthy fats, and plenty of fruits and veggies.

**Hydrate:** Drinking plenty of water to stay hydrated. Your body needs water to function properly. Drinking at least 8 cups of water per day and more if you are active can help you to stay hydrated.

**Get enough sleep:** You need 9-12 hours of sleep. Getting enough sleep helps our bodies and minds to rest and repair.

**Exercise:** Getting 60 minutes of moderate physical activity is recommended for children ages 6-12. Find some type of movement you enjoy and try your best to move your body daily.

**Take care of your mental health:** Yoga, rest, journaling, deep breathing, spending time outdoors, spend time doing things you enjoy, spending time with family and friends, screen time breaks.



## Taking care of our bodies continued...

**Shower:** Showering daily and washing your hair with shampoo at least two times per week can help with odor and oily hair. When washing hair be sure to apply conditioner to help keep it from drying out. You can also add a small amount of hair oil to the dry ends of your hair.

**Wash your face:** Washing your face day and night with a gentle cleanser can help with acne that comes with puberty. Using a facial moisturizer can help to keep skin hydrated.

**Wear deodorant:** Deodorant helps us to stay smelling fresh and clean. Apply it under your armpits each morning or after a shower to help with the odor changes that come with puberty.

**Shave:** You can also shave to help with all the new hair growth. Please talk with a trusted adult before shaving. They can help to give you tips and tricks to prevent cuts and sores.



# The Phases of Menstruation

**Menstrual:** This phase begins on the first day of your period. This is the day you start bleeding to the day you stop. Usually 3-5 days but can be longer or shorter.

**Follicular:** This phase begins on the day you get your period and ends at ovulation. During this time, the level of the hormone estrogen rises, which causes the lining of your uterus to grow and thicken. In addition, another hormone (follicle stimulating hormone) causes follicles in your ovaries to grow. During days 10 to 14, one of the developing follicles will form a fully mature egg.

**Ovulation:** This phase occurs roughly at about day 14 in a 28-day menstrual cycle. A sudden increase in another hormone, (luteinizing hormone) causes your ovary to release its egg. This event is ovulation.

**Luteal:** This phase lasts from about day 15 to day 28. Your egg leaves your ovary and begins to travel through your fallopian tubes to your uterus. The level of the hormone progesterone rises to help prepare your uterine lining for pregnancy. If the egg becomes fertilized by sperm and attaches itself to your uterine wall (implantation), you become pregnant. If pregnancy doesn't occur, estrogen and progesterone levels drop and the thick lining of your uterus sheds when your next period begins.



# Different Period Products

- Pads
- Panty Liners
- Tampons(different sizes)
- Menstrual Cups
- Menstrual Disc
- Period Underwear





# Pads and Pantyliners

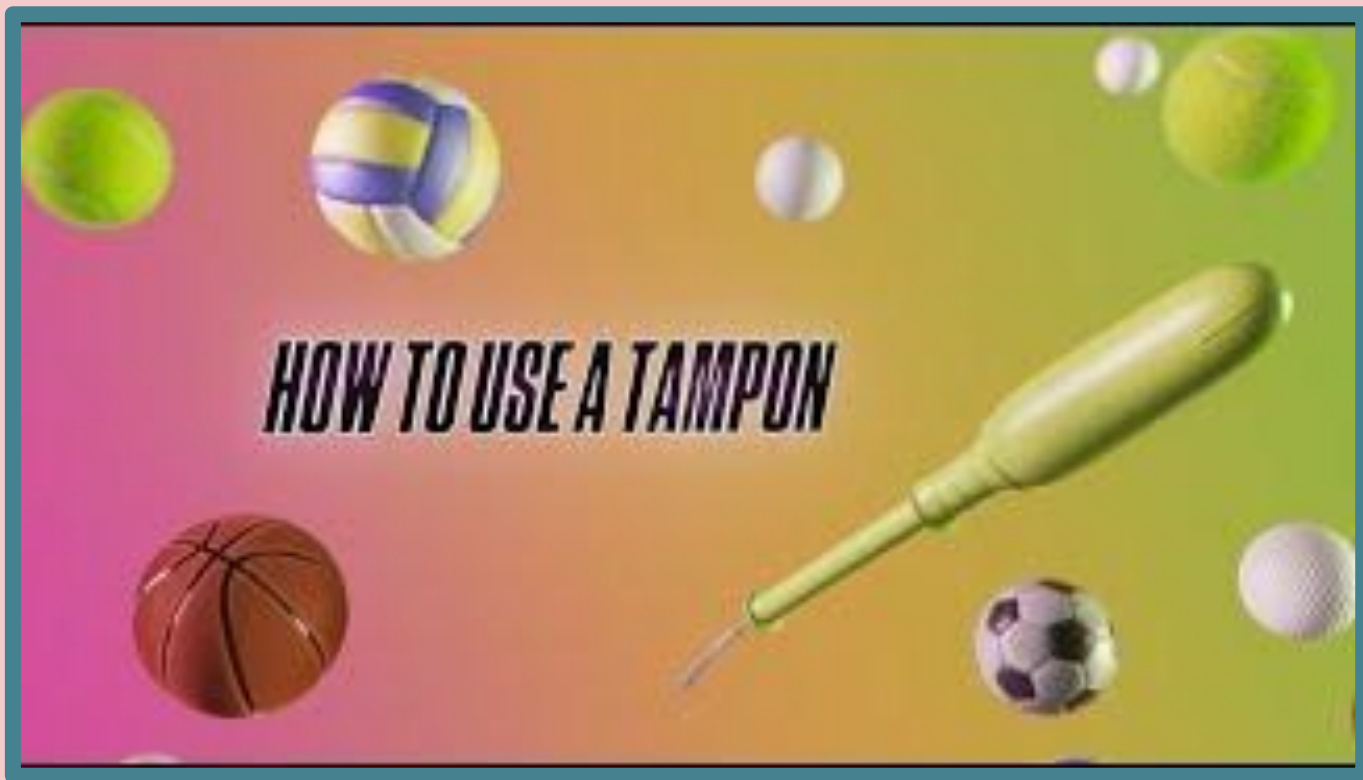
## Pads

- Pads sit at the bottom of your underwear and catch blood
- Some pads have wings. The wings fold over the bottom part of your underwear and keep it in place.

## Pantyliners

- Pantyliners are a thinner pad. They can be used when you think your period may be starting. When there is light period flow. Or as an extra layer of protection when using a tampon, menstrual disc, or menstrual cup. They can also be used to help with vaginal discharge.

# Tampons





# Menstrual Cup and Menstrual Disc

- Menstrual Cup
  - <https://youtu.be/o9fPUfm-uYE>
- Menstrual Disc
  - [https://youtu.be/v7kG\\_KwV4NI](https://youtu.be/v7kG_KwV4NI)



# Toxic Shock Syndrome

- What is it?
- Toxic shock syndrome: A rare life threatening complication of certain bacterial infections.
  - Symptoms
    - High fever
    - Low blood pressure
    - Vomiting and diarrhea
    - Rash on palms of hands and soles of feet
    - Confusion
    - Muscle aches
    - Headaches
    - Seizures
    - Redness of eyes, mouth throat.



# Who can I talk to about Puberty

Let's think of a trusted adult you can talk to about puberty.

- Mom
- Grandma
- Aunts
- School Counselor
- Nurse



# References

<https://my.clevelandclinic.org/health/articles/10132-menstrual-cycle>

[https://www.youtube.com/watch?v=MOuel0\\_e9pU](https://www.youtube.com/watch?v=MOuel0_e9pU)

[https://youtu.be/EaUqSs\\_wZiY](https://youtu.be/EaUqSs_wZiY)

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/talking-with-children-about-puberty>