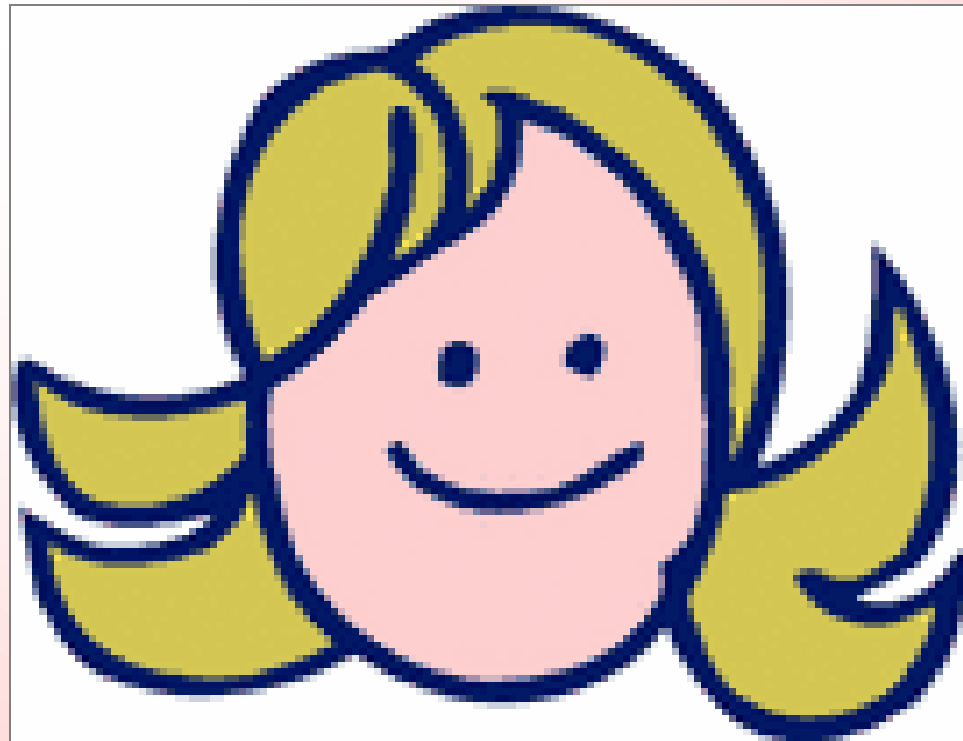


???

Why???



What is Puberty

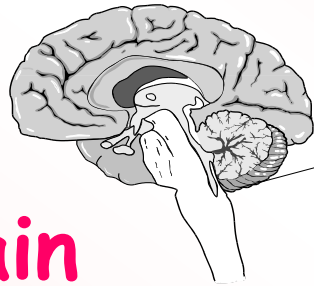
??????

- The changes that you and your body go through that are a normal part of growing up
- Usually begins anytime between the ages of 9-16 years old
- Usually starts earlier in girls than in boys

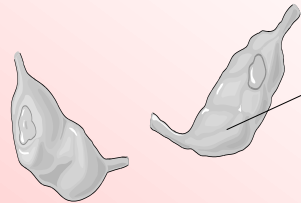
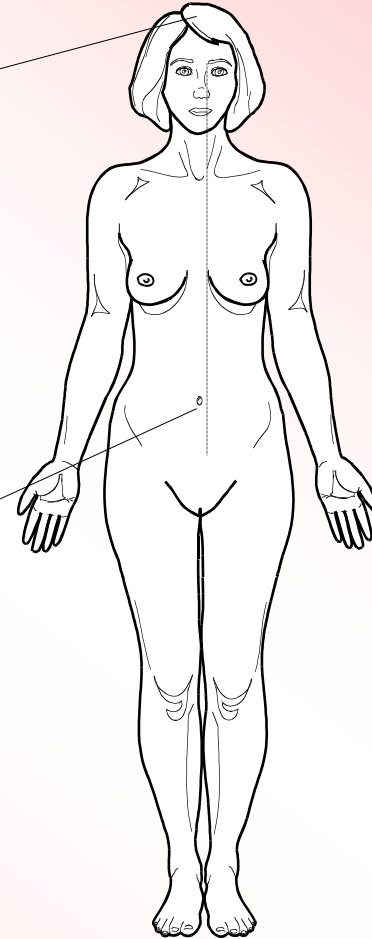


The Pituitary Gland

"Nature's Alarm Clock"



Brain



Ovaries

External Changes

- Breast Development
- Hips
- Hair Growth
- Vaginal Discharge



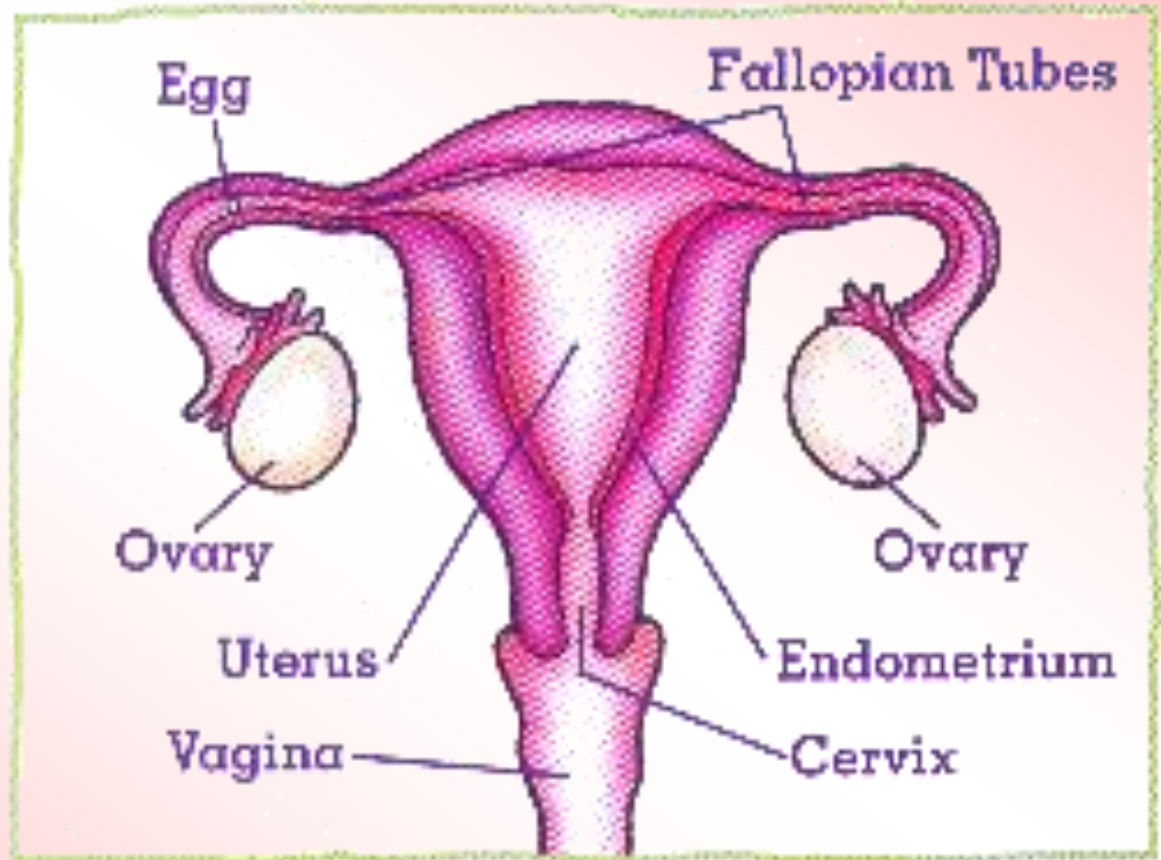
Internal Changes

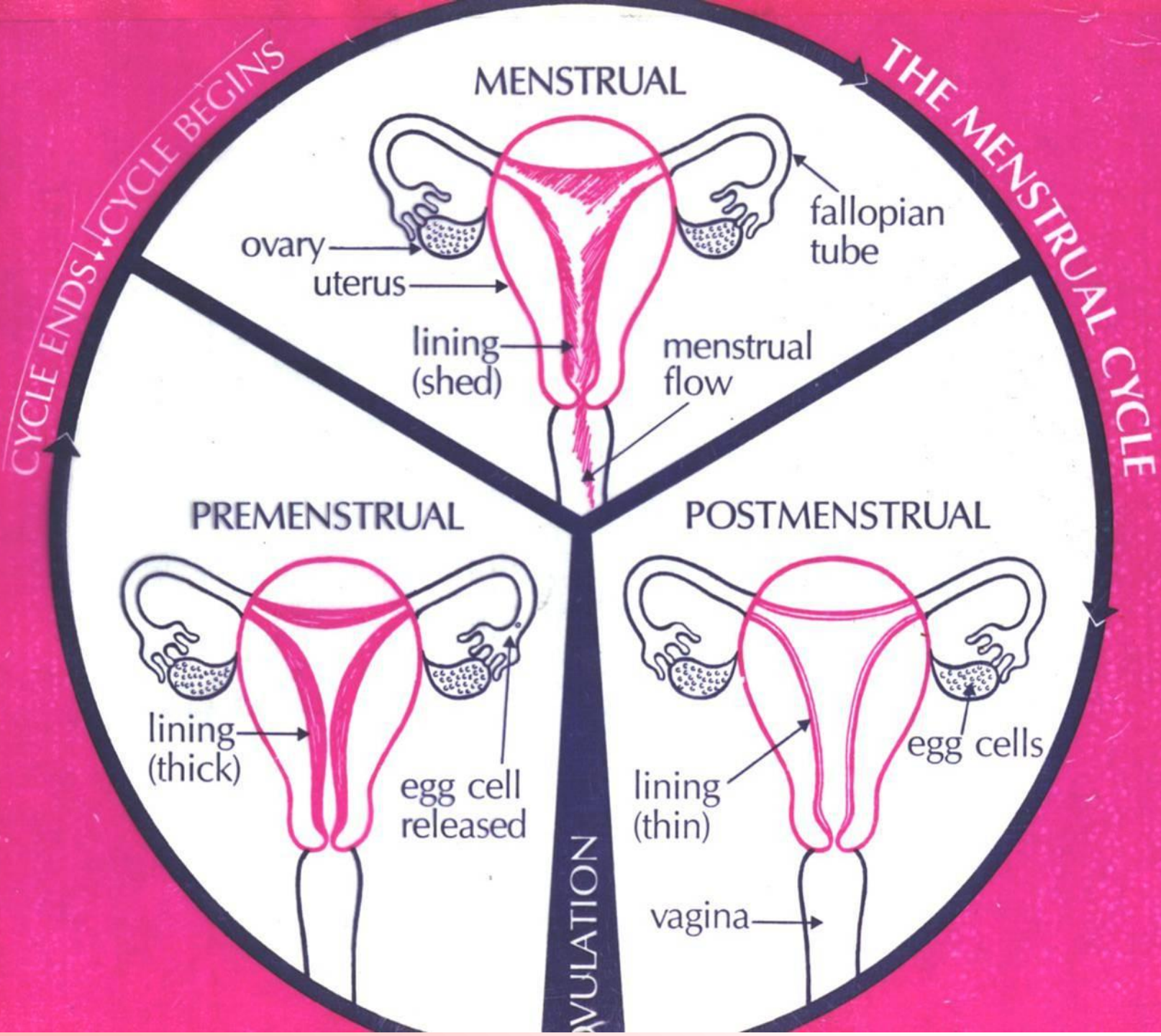
- Menstruation
- Female
Reproductive
System



Internal Female Reproductive Anatomy

- Uterus
- Vagina
- Fallopian Tubes
- Ovaries
- Eggs





How To Keep Track of Your Period

A hand-drawn calendar grid on yellow paper with a green border, used for tracking a menstrual period. The grid consists of 5 rows and 6 columns. The days of the month are numbered in red ink. Key events and notes are written in black and blue ink. A blue soccer ball icon is drawn on day 3. A purple flower icon is drawn on day 30. A heart icon is drawn on day 26.

	1	2	3	4	5
			practice 6:00		
6	7 started period	8	9	10 practice 6:00	11 finished period
13	14	15 7:30 team tryouts	16	17 practice 6:00	18
20	21 BOOK REPORT DUE	22	23	24 practice 6:00	25
27	28	29	30	reminder: may start period on the 4th	26 Birth day

Sanitary Protection

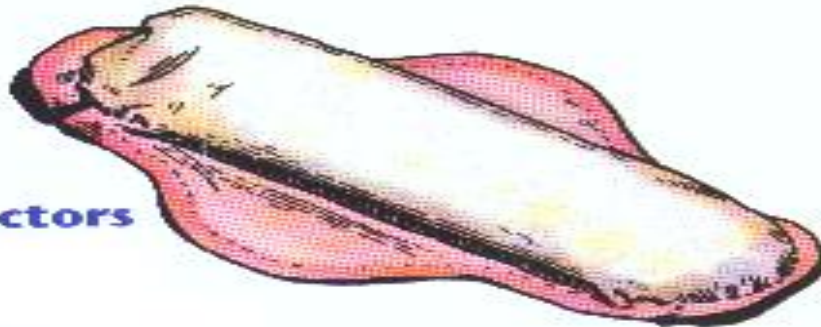
External Protection



**Maxi-Pads
or Super Pads—**



**Thin Maxi-Pads,
Thin Super Pads
or Mini-Pads—**

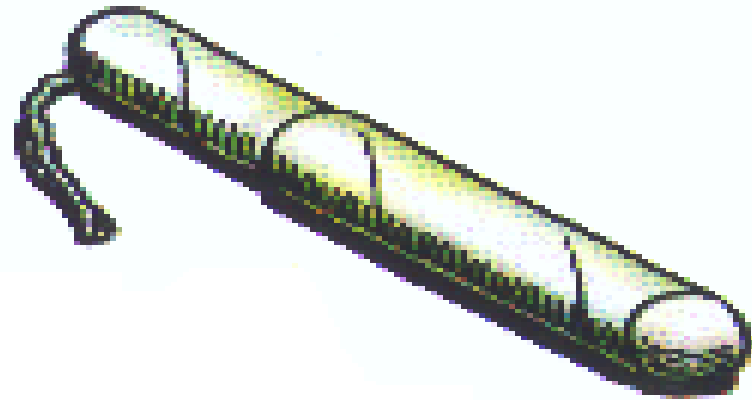


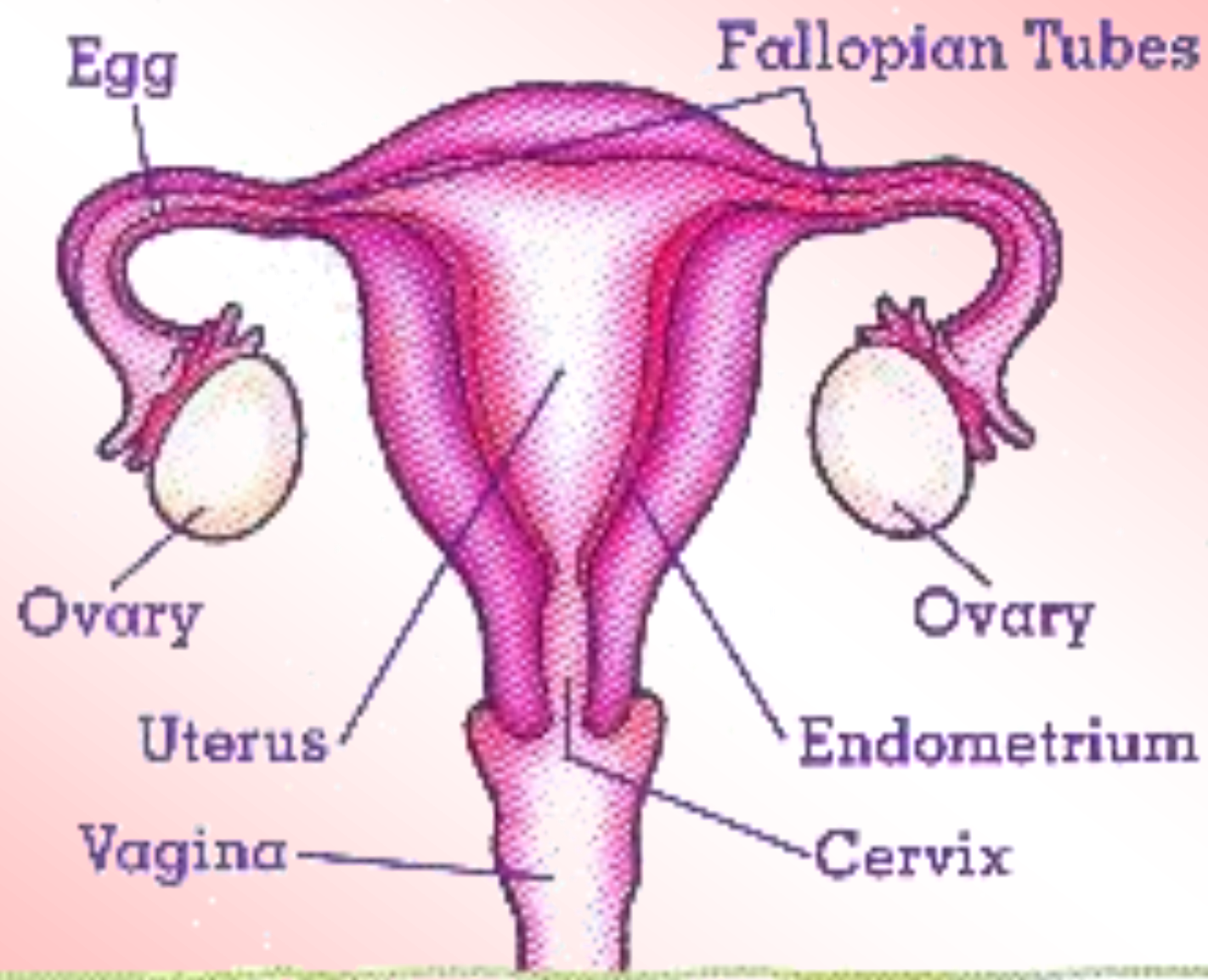
Pads with Panty Protectors

Sanitary Protection

Internal Protection

Tampons





Toxic Shock Syndrome

• RISK FACTORS

- Young girls and women under 30 years old who use tampons
- Higher absorbency tampons
- Wearing a tampon for an extended period of time

• SYMPTOMS

- Sudden high fever
- Vomiting/Diarrhea
- Sunburn like rash especially on palms of hands and soles of feet
- Dizziness and Fainting
- Muscle Aches
- Fatigue/Headache
- Confusion/Seizures
- Redness in eyes, mouth and throat

???Puberty???

- What if I start my period at school?
HELP!!
- Why am I different than my friends?
We're all individuals!!
Don't compare!!
- Who can I talk to?
Communicate with a trusted adult: parent, teacher, religious leader!!



Experiencing Discomforts

- Cramps
- Bloating
- Backache
- Headache



Ways to help DISCOMFORTS

- Exercise
- Heat/Warm Bath
- Massage
- Pain Reliever



Developing Body...

New Cleaning Instructions!

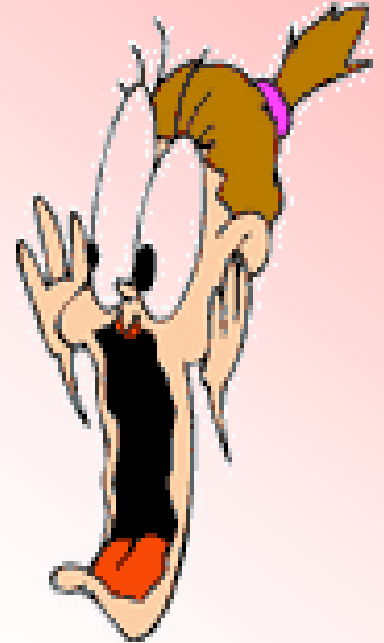
- What stinks? ME???
- BODY ODOR!!!
- Bathe or shower
- Soap!!!
- Deodorant
- Clean clothes
- Shampoo
- Oral Health: Brush and Floss



Dreaded Zits!!!

- Remember Everyday To:

- Wash Your Face daily with soap or cleanser and water!!
- Keep your hair clean!!
- Be careful with hairspray!!
- Keep from touching your face a lot with your hands!!
- Over-the-counter products can help or see a dermatologist!!



Developing Body...

More New Instructions!

- Good Nutrition
- Plenty of Exercise
- Get enough Sleep
- Avoid Alcohol, Drugs, and Tobacco



Experiencing Emotional Changes

- Irritable
- Sensitive
- Mood Swings/Crying
- Need for Privacy
- Boys become interesting!!!



Be glad you're a girl!!!

- You can choose to be happy or you can choose to be sad
- You can choose to be yourself or you can let others choose for you
- CHOOSE to be happy
- CHOOSE for yourself
- IT'S NEAT TO BE A GIRL!!!

