

# GIRLS' FIFTH GRADE MATURATION



**Growing from a Girl  
into a Woman**

**Presenter: Jaime Dean, RN**

# What is Puberty?

**Puberty is the stage in life where girls start taking on womanlike characteristics.**

**This occurs between the ages of 9 and 16.**

**During this time many “changes” will occur in your body.**



# **We are all Unique.**

**These changes occur differently for everyone.**

**Each girl grows at her own pace.**

**Girls are usually 2 years ahead of boys.**



# What changes happen to girls?

- Oil glands become more active, hair and skin may be more oily, pimples may develop.
- Breast development, breasts may be tender. One breast may grow faster or larger than the other.
- Growth spurt. Rapid increase in height, generally feet grow first.
- Hair on legs grows thicker, longer, and sometimes darker; pubic hair grows.
- Hips broaden.
- Onset of vaginal discharge; start of menstruation.



# When we talk about these things it is **NORMAL** to feel

- **Embarrassed**
- **Curious**
- **Uncomfortable**



**So who would be best to talk to about these things?**

# What causes these changes?

The pituitary gland, deep inside your brain, gets things started. It sends out hormones.

It is the hormones Testosterone and Estrogen that cause the changes.



Boys and girls have different amounts of these hormones.

# Your emotions may go Up and Down

This is because of the fluctuating levels of Estrogen being produced.



# What causes body odor?

**Perspiration comes out of your skin when your body gets hot.**

**Sweat by itself is not really smelly.**

**When it comes in contact with the bacteria on your skin (which everyone has) it causes body odor (sometimes called BO).**





# To control body odor

**The 1<sup>st</sup> step is to bathe regularly with soap and water.**

**The 2<sup>nd</sup> step is to use deodorant/antiperspirant.**

**Body odor can be held by the clothes you wear, so always put on clean clothes after bathing, especially underwear and socks.**



# Is proper hand washing important?

**One out of three Americans skips hand washing after going to the bathroom.**

**Kids who wash their hands at least four times a day experience 24% fewer sick days from colds, and 51% fewer sick days due to stomach ailments.**

American Journal Epidemiology, 2002

**When you can't wash your hands – use hand sanitizer or wipes.**

**So, when should you wash your hands?**



# Good dental hygiene

**Our teeth are important because they help us talk, eat, and give us beautiful smiles!**

**Brush at least two times a day.**

**Flossing at least one time a day adds four years to your life.**



# Acne or pimples

**During puberty, oil glands on your face become more active.**

**This may lead to pimples or acne.**

**To help prevent acne, cleanse your face twice a day with warm water and soap or medicated acne cleanser.**

**Most young people get acne at some point in time.**

**To prevent scarring, don't squeeze or pick at pimples, and be patient, don't expect acne to disappear overnight.**



# **Why do you want to look good and smell good?**



**This will help you feel good.**

# Private and Public

**What do these two words mean?**

**Private = You are alone.**

**Public = People are around.**

**In your home, which rooms are private  
and which are public?**

**Bathroom and bedroom**

# Your body has private parts

These are the parts that are covered by your bathing suit or underwear.

They are the pubic area and the bottom for boys and men.

They are the breasts, pubic area, and bottom for girls and women.



**If a person makes you feel afraid or scared because they are touching your private parts or for any other reason what can you do?**

**Tell them NO.**

**Yell and make a lot of noise.**

**Run away from them.**

**Tell a trusted adult.**





# It is important to be comfortable using the correct words

## Anatomy (Body Parts)

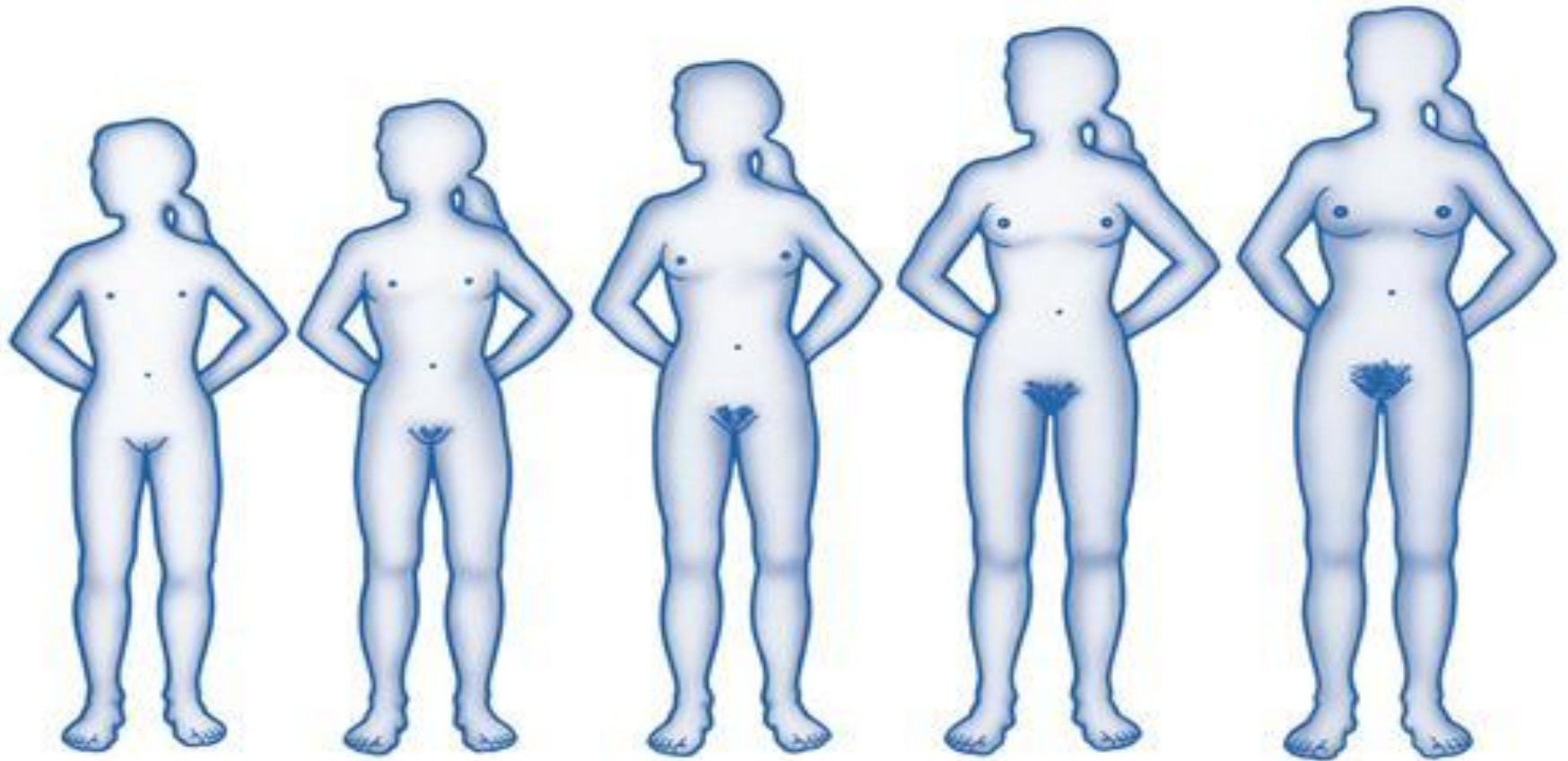
> Boys

> Girls

Show respect.



# Female Stages of Development



## **Stage One (up to ages 8-12):**

- **Childhood stage.**
- **Puberty changes are just beginning.**



## Stage Two (Ages 8-14):

- Height and weight increase.
- Breast buds start.
- Pubic Hair appears.



## **Stage Three (Ages 9-15):**

- **Height continues to increase.**
- **Breasts - rounder and fuller.**
- **Hips widen.**
- **Vaginal discharge.**
- **Pubic hair - darker and thicker.**
- **Menstruation (often called “Period”) starts for some girls.**



## Stage Four (Ages 10-16):

- Underarm hair appears.
- Nipples and areola become more prominent.
- Pubic hair starts to form a triangular patch.
- Menstruation (“Period”) for most girls.



## Stage Five (Ages 12-19):

- **Breast development complete.**
- **Pubic hair forms thick triangular patch.**
- **Adult height probably reached.**
- **Menstruation occurs regularly.**  
Monthly or About every 28 days

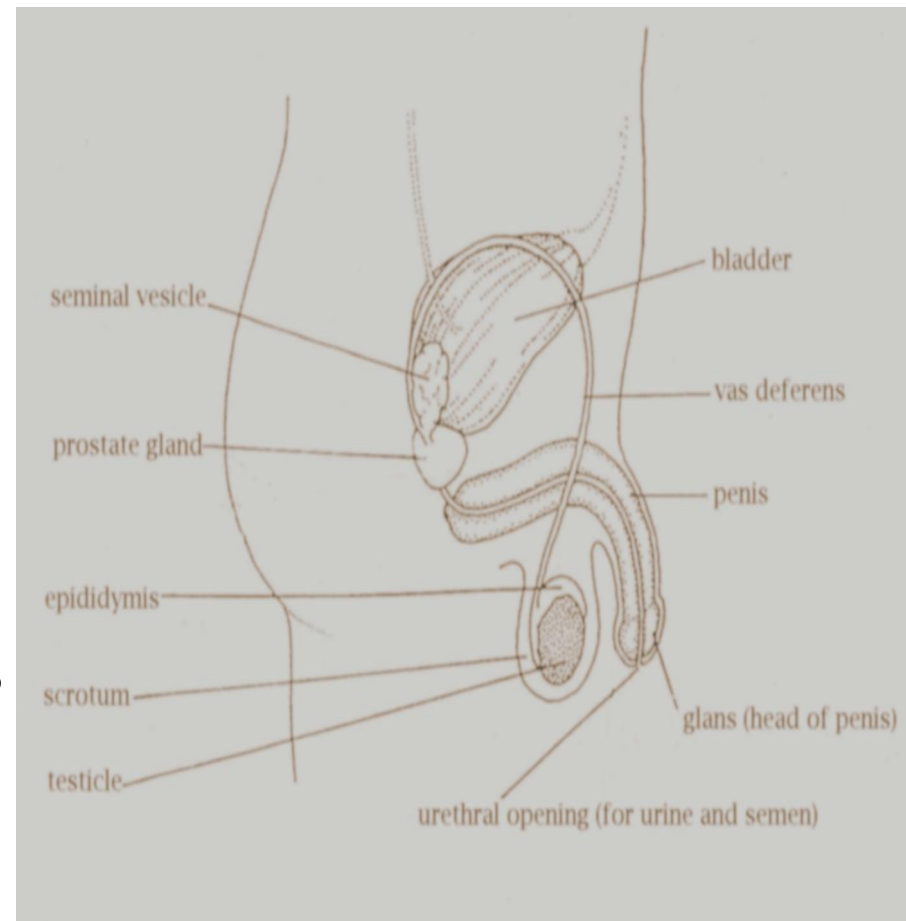


# Male Reproductive System

The penis, scrotum and two testicles.

The scrotum is the sac-like pouch that holds the two testicles.

Testicles produce the sperm.





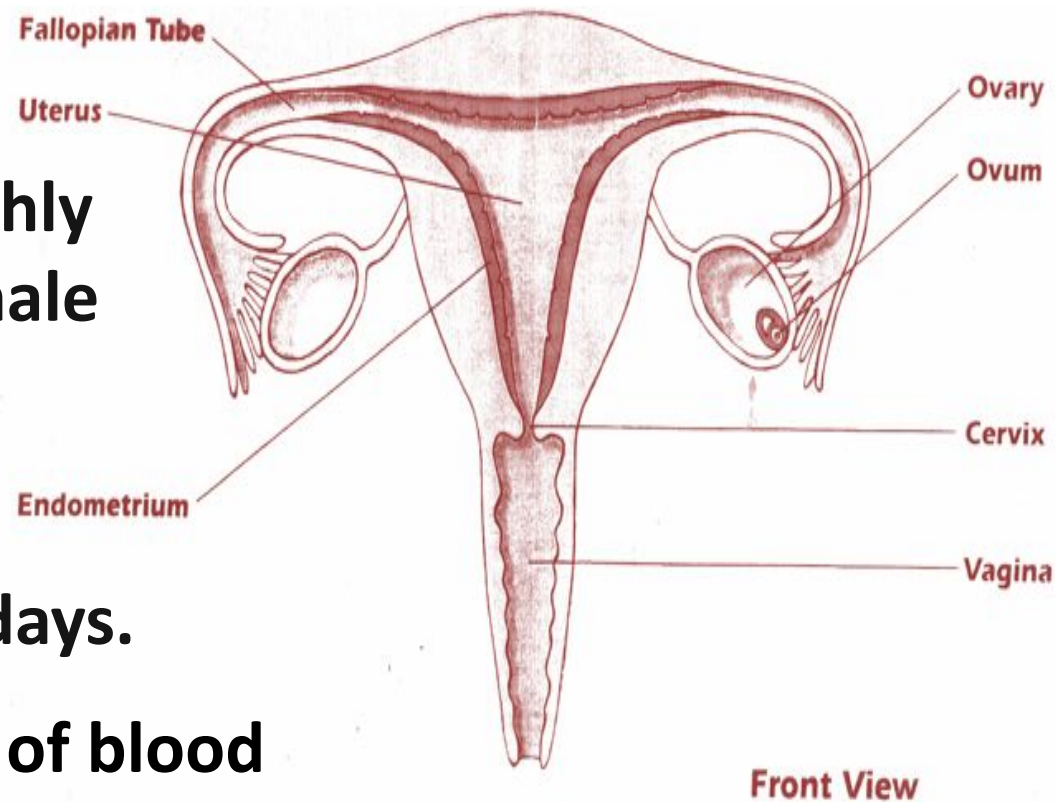
# Female Reproductive System

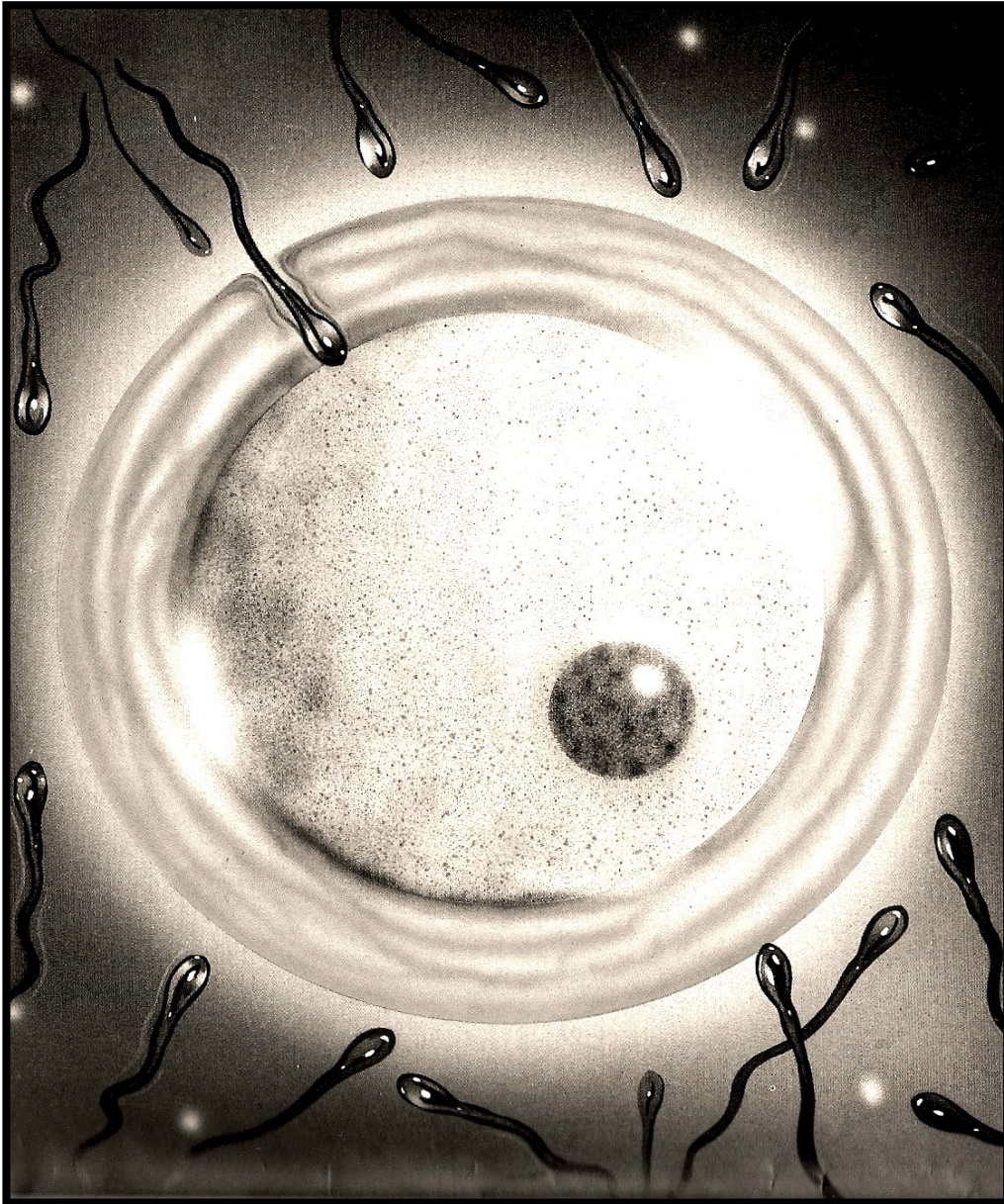
The ovaries release an egg once a month.

Menstruation or a monthly period is part of the female reproductive process.

During the period, bleeding occurs for 3-7 days.

Only about 7 teaspoons of blood are discharged.





## **Life begins**

**It takes sperm  
from a man and  
an egg from a  
woman to  
make a baby.**

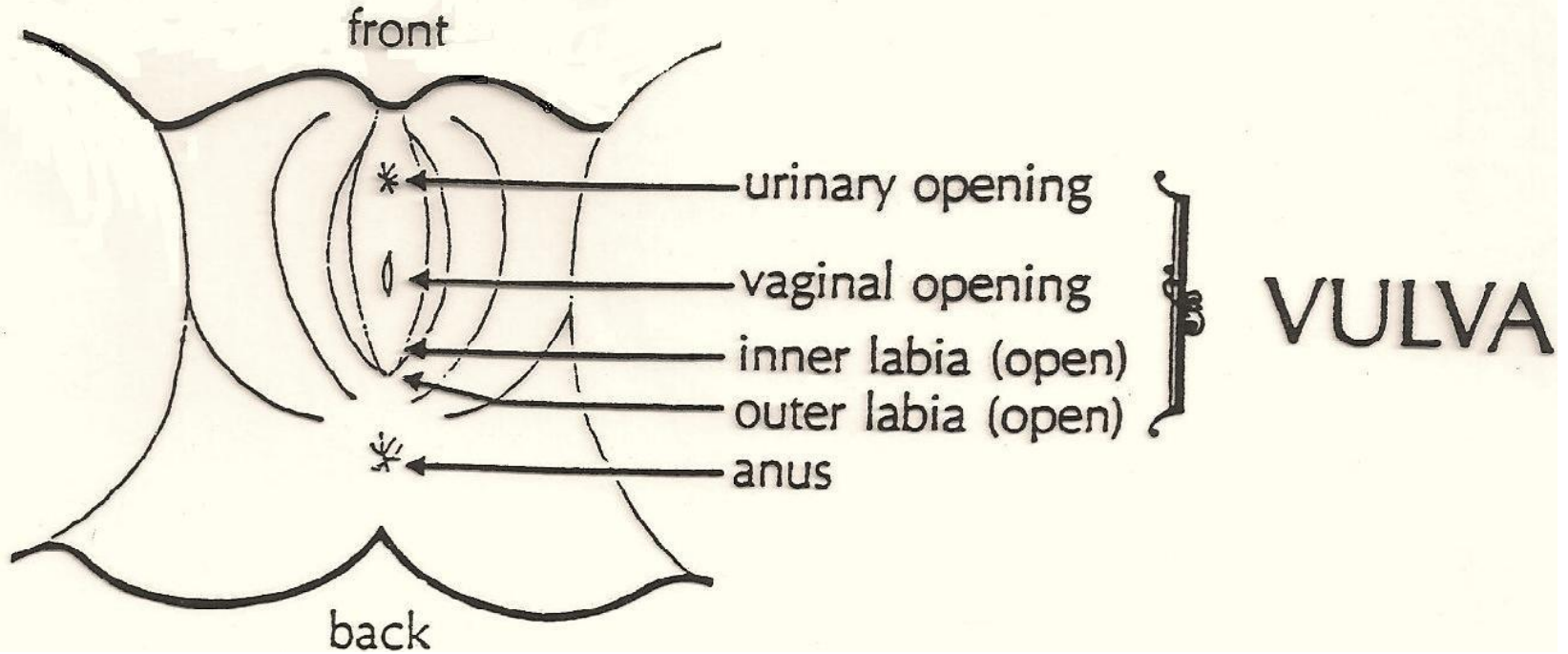


# Questions?

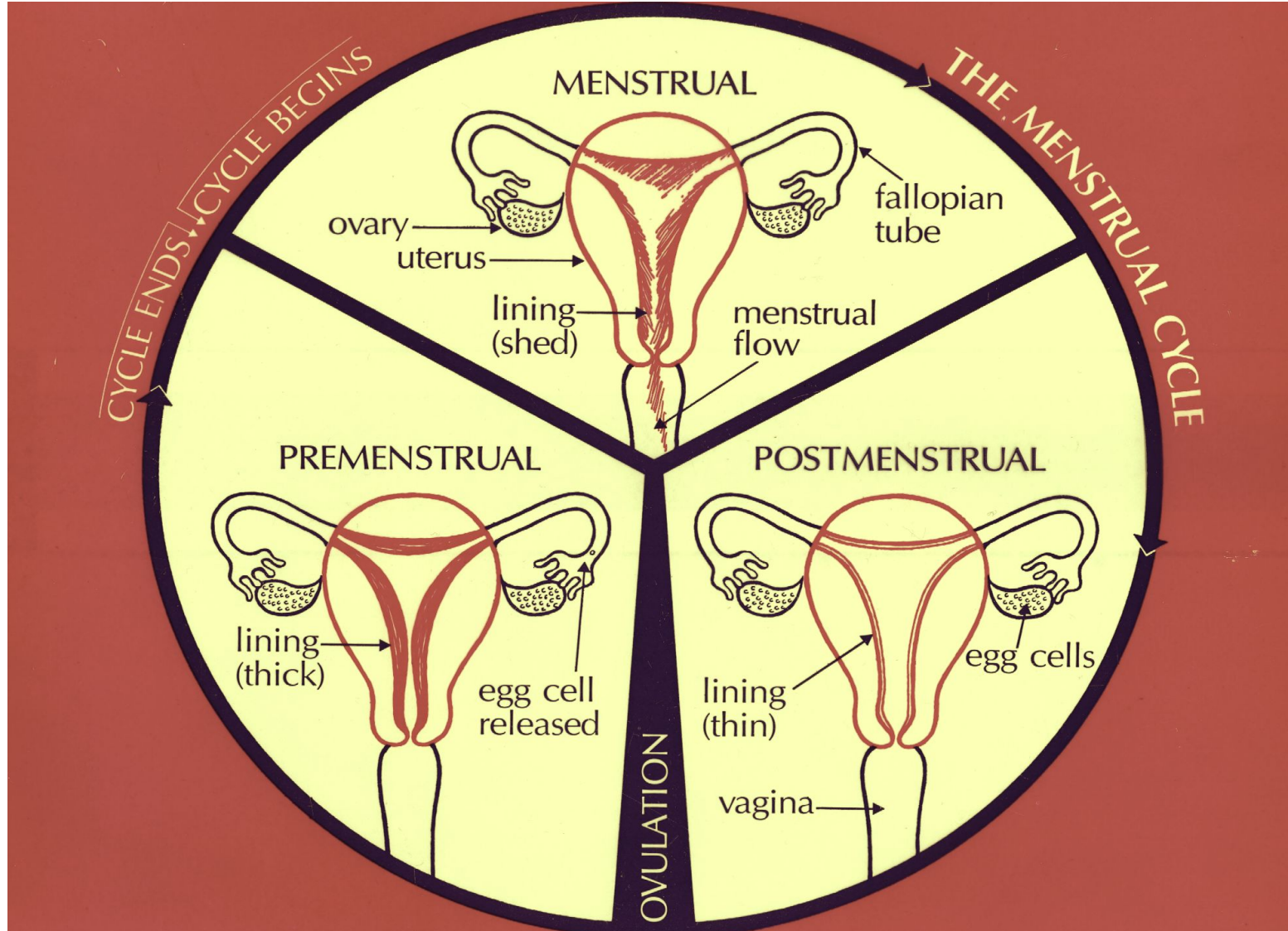
**If you have more questions, talk with a trusted adult.**

**You will learn more about this in the 8<sup>th</sup> grade**

# Female Anatomy



# Menstrual Cycle



# Signs when a Period may start?

- Usually between 10-16 years old.
- About 2 years after your breasts begin to develop.
- Soon after you grow pubic hair.
- After you start to notice vaginal discharge.



# Calendar

**Track your  
period  
on a calendar.**

**It is generally a  
28-day cycle.**



# Cramps

## What are they?

- Aches or cramps in the lower abdomen or along the inner thighs.

## What can I do?

- Take a warm bath.
- Hold a heating pad on lower stomach.
- Exercise.
- Check with an adult before taking medication.





# Feminine Protection

- **Pantliners**
- **Pads**
- **Tampons**



# Pantliners

- **Worn outside your body, in your underwear.**
- **Use:**
  - **When period is light.**
  - **As a back-up for tampons.**
  - **In between periods to absorb discharge and help keep you fresh every day.**



# Pads

- **Worn outside your body, in your underwear.**
- **Many different kinds depending on heaviness of period and body size.**
- **Wings provide extra protection.**
- **Change frequently to keep fresh and dry.**



# Tampons

Worn inside your body, in your vagina, to absorb menstrual flow.

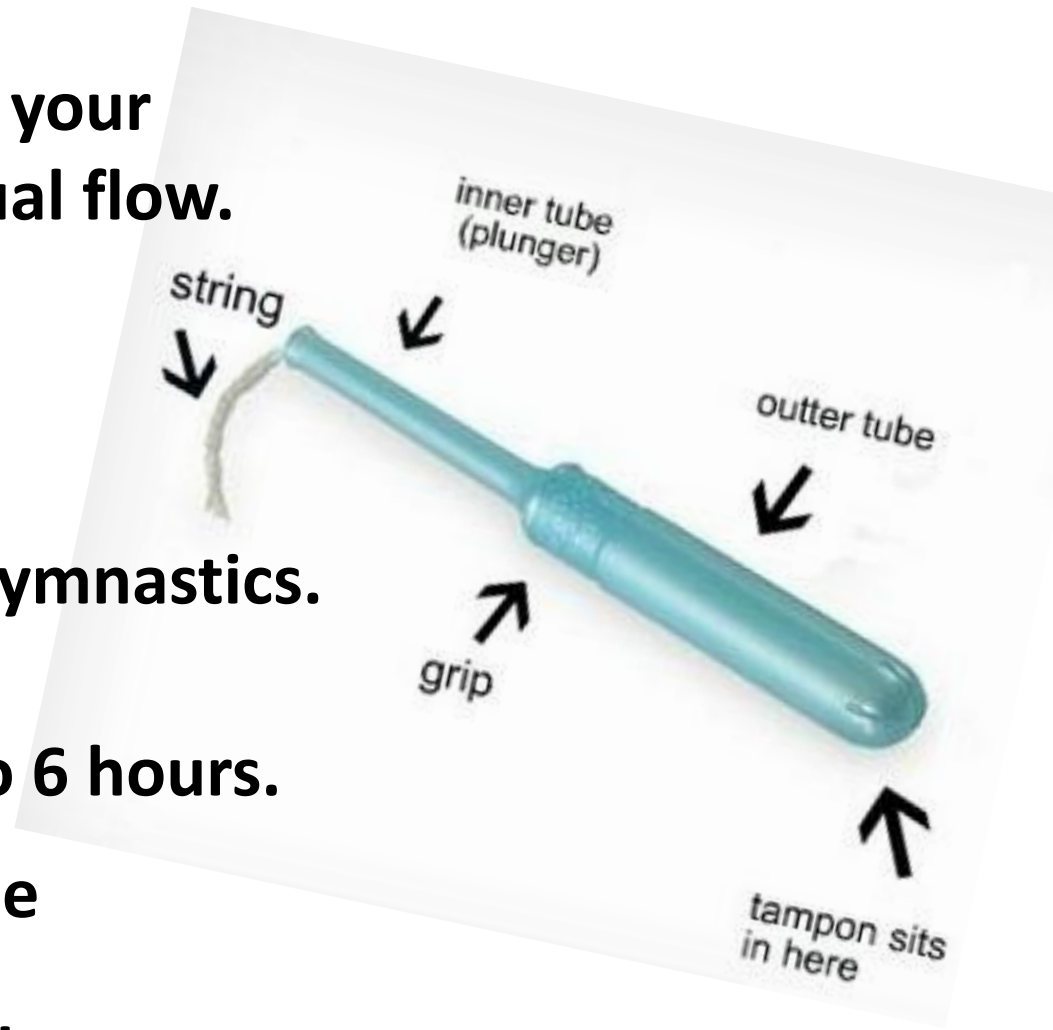
Range of absorbencies.

Good for swimming and gymnastics.

Change tampon every 4 to 6 hours.

- Toxic Shock Syndrome

Safety information inside box.



# How to Use a Pad

1. Pull off paper strip or wrapper.
2. Attach sticky part securely to center of underwear.
3. For wings, peel off paper strips and wrap around sides of underwear.



# How to dispose of a pad or a tampon

1. **Fold it up.**
2. **Wrap in tissue or toilet paper.**
3. **Put in trash (special cans in ladies room).**
4. **Don't flush down toilet – they clog it!**
5. **Wash your hands.**



# Good hygiene summary

**Bathe/shower daily with soap.**

**Shampoo hair regularly.**

**Control underarm odor and wetness with deodorant or antiperspirant.**

**Change sweaty clothes.**



# Get plenty of sleep



**Makes you  
healthier and  
more alert.**

**The body grows  
while you are  
asleep.**



# Physical exercise

**When you get moving, you're more likely to:**

- **Feel less stress.**
- **Feel more ready to learn in school.**
- **Feel better about yourself.**
- **Keep a healthy weight.**
- **Build and keep healthy bones, muscles and joints.**
- **Sleep better at night.**



# Be active

**This is an important ingredient in developing a strong body.**

**Children need 60 minutes of play every day.**

**The American Academy of Pediatrics recommends limiting TV time to only one or two hours a day.**



# Eating healthy



**Healthy foods help bones grow, muscles get strong,  
and skin look nice.**

# Anytime vs. Sometimes foods

Some foods can be eaten anytime because they are healthy: Fruits, vegetables, whole grains, low-fat or fat-free milk and yogurt, and lean meats.



Other foods might taste good but should only be eaten sometimes because they have more sugar or fat. Foods like cookies, candy and chips.



# **Water – The healthiest substance on the planet.**

**Lack of water is the #1 trigger of daytime fatigue.**

**Only a 2% drop in body water can trigger short-term memory loss (the brain is 95% water).**

**Even mild dehydration will slow the metabolism by 3%.**

**Drinking eight glasses of water daily can decrease the risk of:**

- > Colon cancer by 45%**
- > Bladder cancer by 50%**
- > And death from heart attack for women by 41% and men by 54%**

**CDC, 2007**



# Just the beginning

**After this class, you  
may have questions.**

**Please ask an adult  
who you can trust, like  
your parent, a nurse or  
a doctor.**

**Thank you**

