

Puberty

Why the rush to grow up?



What is Puberty?

- Puberty is a time during everyone's life when you go through a series of changes.
- You will experience hormonal changes which causes emotional and physical changes.
 - These changes can cause you to feel differently about who you are and who you are friends with

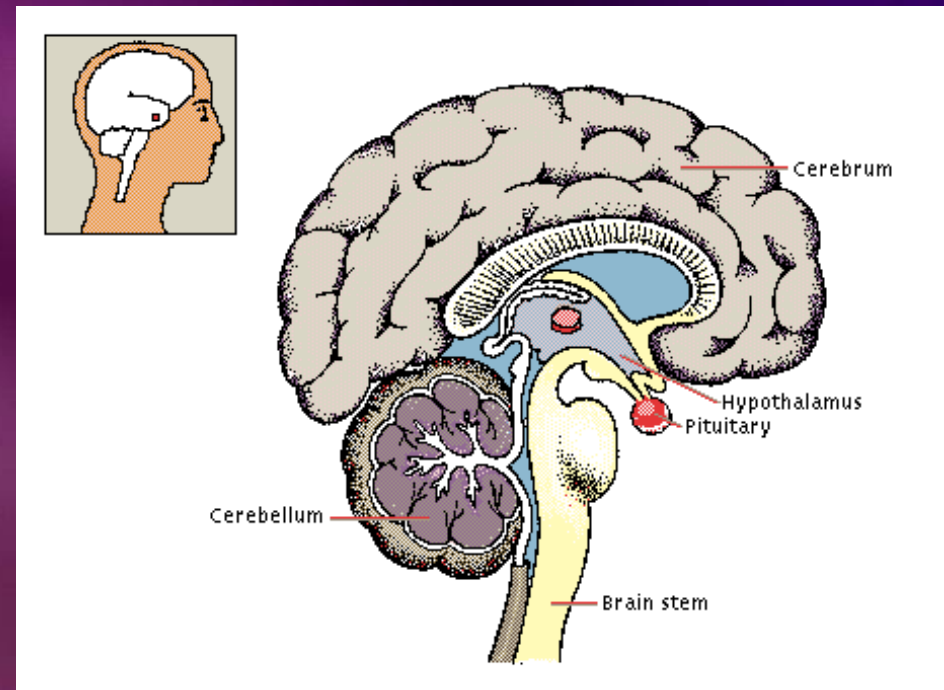
Remember you are not the only one going through these changes, many of your classmates are too.



The timing may be different for each person.

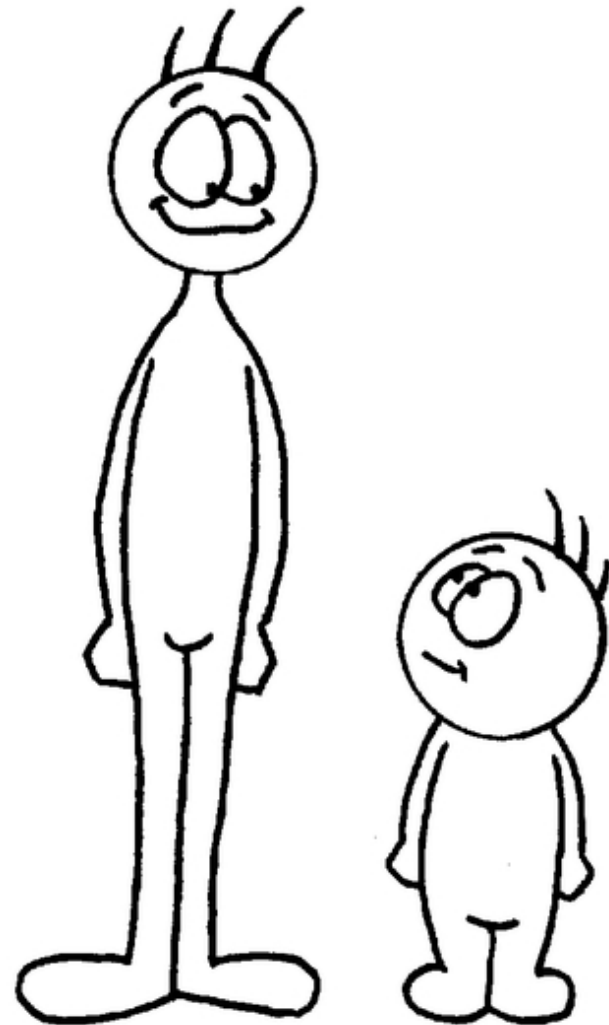
What happens during Puberty?

- The pea size gland in your brain, called the Pituitary Gland, will send hormones and signals that tell your body to make hormones.
- Hormones tell your body what to do and how to change.

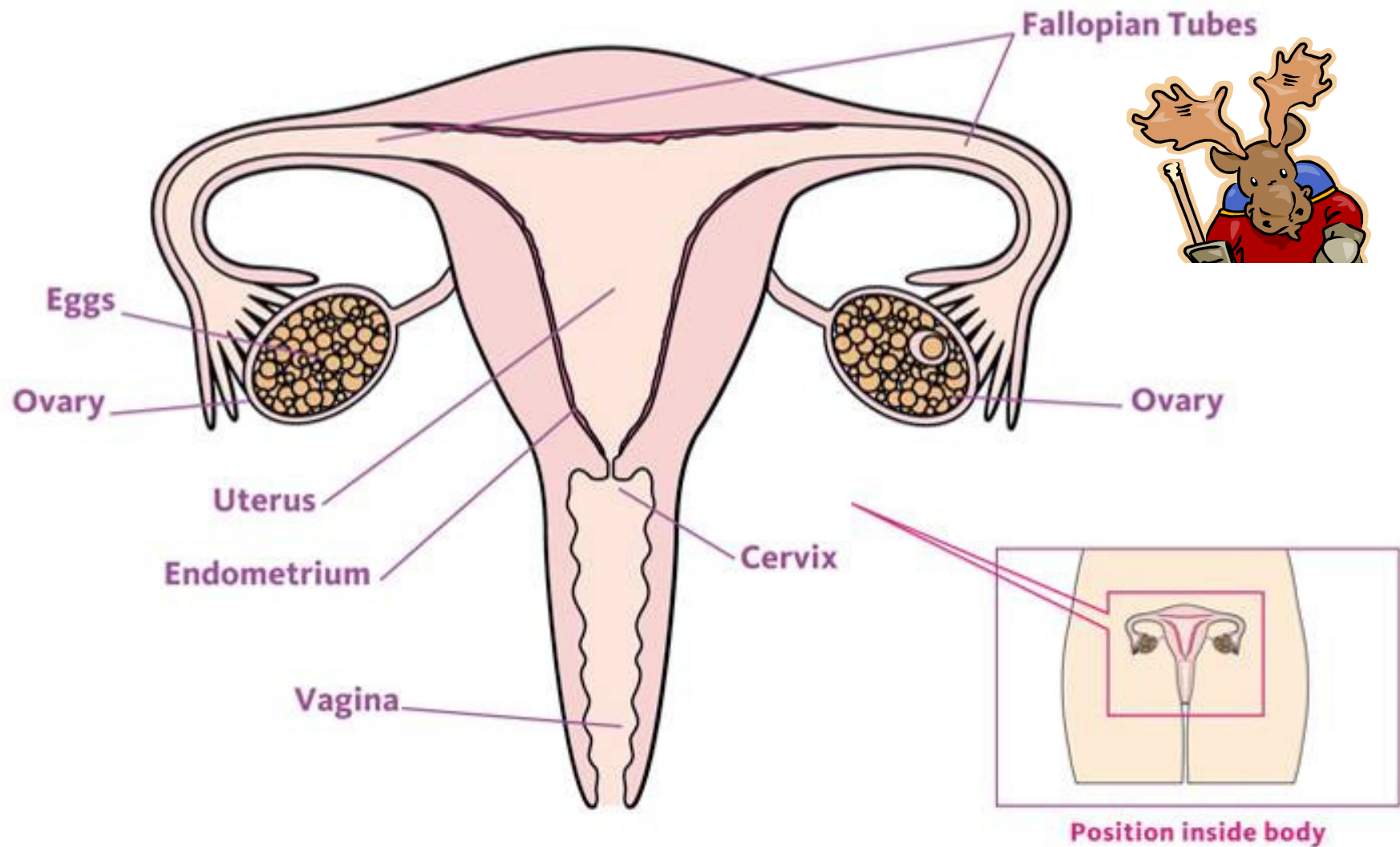


When does it happen?

- Everyone is an individual; therefore, each person experiences puberty at a different age.
- It usually happens somewhere between 8 and 16 years old.
- On average, boys enter puberty 2 years later than girls.



Female System



Stages...

- There are 5 stages of physical growth you will go through.
- Remember that not everyone will go through these stages at the same time!!



Female Growth Stages

Stage 1 between ages 8 and 11

- Ovaries are enlarging
- Begin to produce hormones
- Probably will not notice any physical change

Stage 2 between ages 8 and 14

- Breast growth begins
- Growth in height and in weight
- Hips may start to get wider
- Body hair starts to grow

Stage 3 between ages 9 and 15

- Breasts continue to grow
- Body hair continues to grow
- Internal self-cleaning process begins
- May get first menstrual period

Stage 4 between ages 10 and 16

- Underarm hair starts to grow
- Most females will get their first menstrual period during this stage

Stage 5 between ages 12 and 19

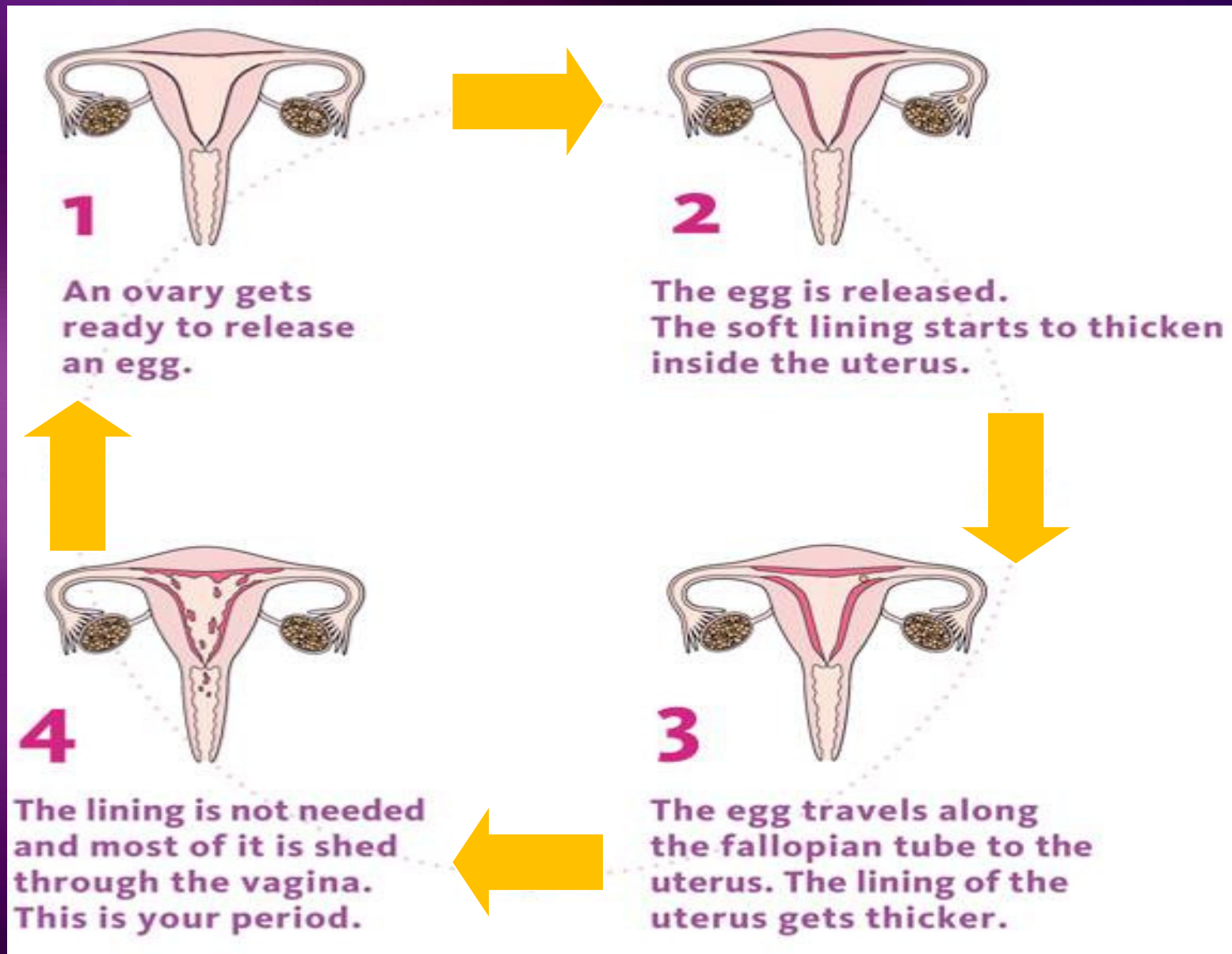
- Females are now physically an adult
- Breast and hair growth is complete
- Menstrual cycle is well established and ovulation happens monthly

What is Menstruation?

- Menstruation, from the Latin word for “month”, is part of the female reproductive process
- Average 28-day cycle, but different for everyone
- Your “Period” is when you loose fluid at end of the cycle



Menstruation Cycle



Puberty: Periods

- Usually lasts 3-7 days
- Might not be regular at first
- Only lose about 7 teaspoons of fluid
- It doesn't hurt!

Puberty: Cramps

What are they?

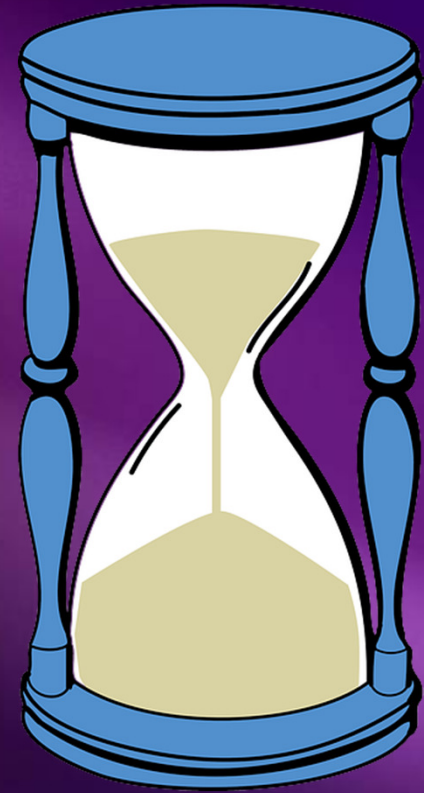
- Ache or cramp in the lower abdomen or along the inner thighs

What can I do?

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

When will my period start?

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



Feminine Hygiene Products

- There are many types of feminine hygiene products. Tampons are not recommended until later on in teenage years, unless directed by your parent/guardian or doctor.



Puberty: Calendar

YEAR: 20____	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
January																															
February																												X	X	X	
March																															
April																															X
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November																															X
December																															

- Visit Beinggirl.com for an online Period Predictor

Remember

- **As your cycle becomes more regular you will be able to plan ahead to make sure you have the products you need**
- **It may be a good idea to keep a change of underwear, a couple products, cleansing cloths, deodorant, and other things you need in a small bag you can keep in your locker or backpack**

What about my friends?

- Adolescence is also the time in life when we start to learn about who we are, who we care about and who we want to be friends with. This can lead to tension between us and our parents and friends.
- Please remember that words and actions can hurt others, and to be respectful of your classmates whether you are friends with them or not.
- If you want to be respected you have to give respect first.

How you treat others says more about you than it does about them...

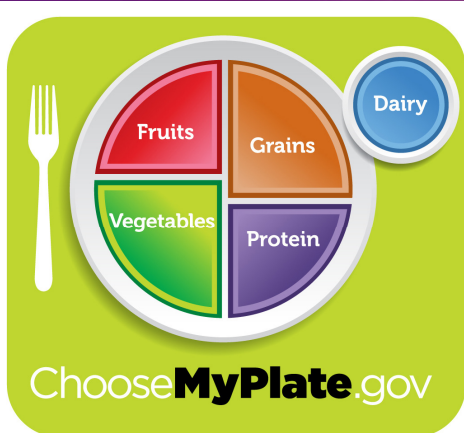
Hygiene Includes

Hygiene keeps your body clean, fresh, and healthy!

Eat well balanced meals

Get plenty of sleep

Accept your body





- Turn on water
- Put soap in hands; Antibacterial soap is good, but any soap will do.
- Rub hands together and lather soap for at least 15 to 20 seconds. Be sure to get all fingers and fingernails
- Rinse from the wrist down.
- Dry hands well with a clean towel or paper towel.
- Use paper towels to turn off the water and open doors after washing if possible.

When to wash hands

Germ Farm



Scrub'em!

www.1st-in-handwashing.com

- Wash hands after:
 - After using restroom
 - Before eating or cooking
 - After sneezing or coughing
 - After petting animals
 - After touching anything dirty

Hair Washing

- Wash your hair regularly
- Use shampoo
- Use conditioner as needed



Bathing / Showering

- You should take a bath or shower **DAILY!**
 - If you are not allowed to take a bath or shower daily then you can use a wet, clean face cloth with soap to wash yourself.
- Wash your whole body with soap.
- Be sure to wash your feet, genitals, and armpits well.
This will keep them from smelling bad.
- Don't forget your face (should wash your face first before the rest of your body).
- Rinse well
- Use a clean dry towel
- Make sure to dry every part (like between toes)



Take good care of your feet

- Do not wear wet shoes
- Keep your toenails clipped
- Wear clean socks
- Wear shoes that fit you
- Wear shoes with good arch support



MILD

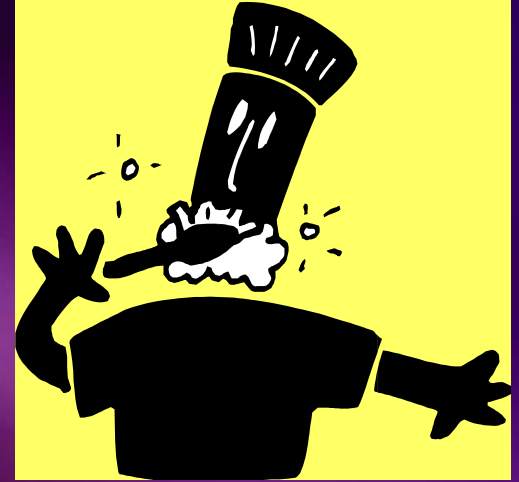
MODERATE

LARGE

SEVERE

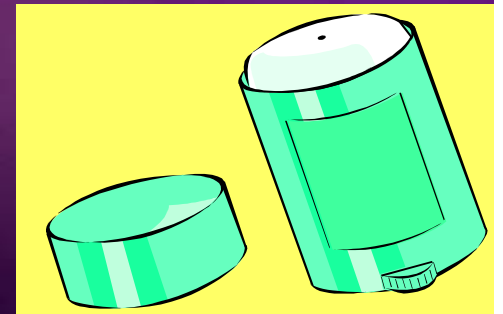
Teeth cleaning

- Brush teeth 2 times a day
- Use a soft bristle toothbrush
- Use fluoride tooth paste
- Brush tongue (helps prevent bad breath)
- Floss daily (this cleans between teeth where brushing can't reach)



Other Things to Remember

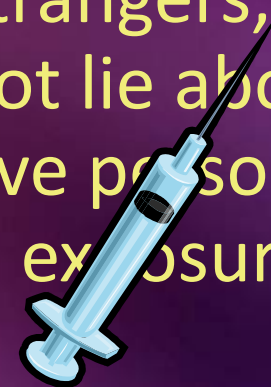
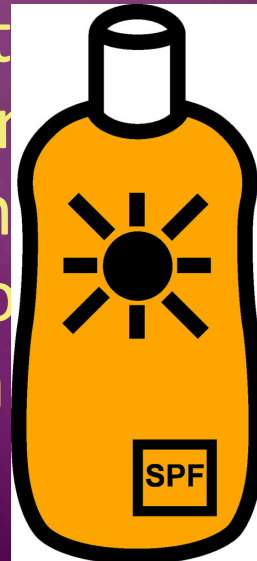
- Change underwear daily
- Wear clean clothes
- Wear deodorant and antiperspirant.
 - This keeps you from sweating and smelling bad under your arms.
- Keep nails (both fingers and toes) trimmed neatly



How to stay healthy

Remember to....

- Get enough of sleep, eat a balanced diet, no drugs (including prescription drugs), don't drink alcohol, don't drink alcohol in excess, see your doctor and dentist, but most importantly, if what is bothering you, protect yourself from dangers (strangers, bad influences, etc), not lie about your age online or on social media, don't give personal information to strangers, avoid exposure to the sun, etc.



How to help others who are choking

If a choking person is not coughing or is unable to speak, that's your cue to perform the Abdominal Thrust Maneuver immediately.

- 1 Ask the choking person to stand if he or she is sitting.
- 2 Place yourself slightly behind the standing victim.
- 3 Reassure the victim that you know the maneuver and are going to help.
- 4 Place your arms around the victim's waist.
- 5 Make a fist with one hand and place your thumb toward the victim, just above his or her belly button.
- 6 Grab your fist with your other hand.
- 7 Deliver five upward squeeze-thrusts into the abdomen.
- 8 Make each squeeze-thrust strong enough to dislodge a foreign body.
- 9 Understand that your thrusts make the diaphragm move air out of the victim's lungs, creating a kind of artificial cough.
- 10 Keep a firm grip on the victim, since he or she can lose consciousness and fall to the ground if the maneuver is not effective.
- 11 Repeat the maneuver until the foreign body is expelled.

Final Tips

- It's really important to remember that everybody goes through puberty.
- No matter where you live, whether you're a guy or a girl, or whether you like rap or country music, you will experience the changes that occur during puberty.
- No two people are exactly alike, but one thing all adults have in common is: they made it through puberty.

Any Questions?



- Talk to your parents/guardians, older sisters, cousins, other family