

Just Around the Corner For 4th Grade Girls

Introduction: School Nurse - Mrs. Larscheidt

Support: moms, step mom, grandmother and yes dads can be a good source of information and can answer questions that you may have as you are growing up.

Giggle Time: During this presentation you may feel like you want to giggle and that's okay but please make sure you are able to listen.

You should all have an index card – if you have a question and don't want to ask-write it down.

Today We are going to discuss how your body changes as you get older. Some of you may already have noticed those changes. These changes are known as puberty.

Puberty: Is the time when your body begins to change from a child's body into an adult woman's body.

It is nothing to be afraid of - everyone girl and boy will go through changes. Myself, your moms and even your teachers have gone through puberty and we all survived.

Watch Video: Just around the Corner

Review: As you grow it is important to make sure you take care of yourself.

Shower or bathe daily

Start using deodorant/antiperspirant.

Wear Clean clothes every day

Eat Healthy (fruits and vegetables)

Get physical Exercise

Get plenty of rest.

Menstruation 755 (Period or friend) happens to girls and is a normal part of Life.

A egg from the ovary will travel to the uterus through the fallopian tubes. Once in the uterus the lining will be shed as the egg is not needed to produce a baby at this time. This shedding is call menstruation.

Know the signs, clear or white vaginal discharge. Breast tenderness or growth, maybe a stomachache.

What to do if you start: Keep clean and continue to bath or shower daily
Remember to change your pad every 4 -6 hours.
Dispose of pads/tampons properly
Have an emergency pack – Pads and extra underwear.

Questions:

Always Changing for 5th Grade Girls

Introduction: School Nurse - Mrs. Larscheidt

Support: Look around, a few moms are here but even if not here your mom, step mom, grandmother and yes dads can be a good source of information and can answer questions that you may have as you grow.

Giggle Time: During this presentation you may feel like you want to giggle and that's okay but please make sure you are able to listen. Maybe we can all get the giggles out now so we are able to hear this important information.

We are going to discuss how your body may already have started or will start to change. This change is called puberty.

Puberty: Is the time when your body begins to change from a child's body into an adult woman's body. It is nothing to be afraid of - everyone girl and boy will go through changes.

I know who received some information in 4th grade, this year should be a review and a chance for you to ask questions.

Watch the Video: Always Changing

Review: Everybody goes through puberty – and everyone survives

As you grow it is important to make sure you are clean (Shower or bathe daily), Eat Healthy (fruits and vegetables), Get physical Exercise and Get plenty of rest.

Menstruation (Period or friend) happens to girls and is a normal part of Life.

A egg from the ovary will travel to the uterus through the fallopian tubes. Once in the uterus the lining will be shed as the egg is not needed to produce a baby at this time. This shedding is call menstruation.

3 openings (holes) – Urethra_ Urine,

Rectum/Anus - Bowel Movement

Vagina – Menstrual Flow

Know the signs, clear or white vaginal discharge. Breast tenderness, maybe a stomachache.

What to do if you start: Keep clean and continue to bath or shower daily
Remember to change your pad every 4 -6 hours.
Dispose of pads/tampons properly
Have an emergency pack – Pads and extra underwear.

As you get more comfortable with managing your periods – you may choose to use a tampon. You will need to ask your mom about how to use the tampon and remember they must be changed every 4 – 6 hours.

Emotions: Big part of puberty – your feelings may feel like they are playing tricks on you. One minute your happy, then sad, then mad. These emotional changes are normal due to hormone changes in your body. If you have any questions about how you are feeling make sure you talk with an adult – parents are always the first choice. Remember to make good decisions

Yes this is the time you will start to notice different feelings towards boys and boys will have different feelings towards you.

Always remember just because your body is maturing into an adult body does not mean you are ready for adult things.

Questions: