Maturation

A time of CHANGE
What is Puberty?...

Process of changing from child to an adult

- The changes that you and your body go through are a NORMAL part of growing up
- Usually begins anytime between the ages of 9-16
- Usually starts earlier in girls than boys
The Pituitary Gland
“Natures Alarm Clock”
OUTSIDE BODY CHANGES

Start Growing…

- Taller…
- Breasts…
- Hips…
- Hair Growth…
Inside Body Changes

- Menstruation/Period
- Female Reproductive System
Inside Body: Female Reproductive Organs

- **Uterus-**
  - Muscular organ-size/shape of upside down pear

- **Vagina-**
  - Passage way

- **Fallopian Tubes-**
  - Width of a straw

- **Ovaries-**
  - Holds 1000s of tiny eggs
Protection worn OUTSIDE your body

- Maxi Pad (with wings)
- Panty Liner

- Pads must be changed every 4-6 hours.
- Throw away in trash.....NEVER Flush in toilet.
- Wash hands before and after changing
- Many choices.
Protection worn INSIDE your body

Tampons

- Convenient when swimming and participating in sports.
- Must be changed every 2-4 hours.
- Should NOT sleep with a tampon-use a pad
- Only use when you're having a period
- Better to NOT flush
- Check with parent before use.
Toxic Shock Syndrome

SYMPTOMS USUALLY APPEAR QUICKLY!

Risk Factors

❖ Under the age of 30.
❖ Wearing a tampon too long.
❖ Wearing higher absorbency tampons.
Toxic Shock Syndrome

SYMPTOMS USUALLY APPEAR QUICKLY!

Symptoms

- Sudden high fever
- Vomiting/Diarrhea
- Sunburn like rash covering body—especially on hands and feet
- Dizziness/Fainting
- Muscle Aches
- Fatigue (feeling tired)
- Headache
HELP!! ..... What if I start my period at school !!!
Who can I talk to?

- Parent
- Trusted Adult
- Teacher
- Nurse
- Doctor
Does it HURT to have my Period?

Possible Discomforts

- Cramps
- Backache
- Headache
- Bloating
Ways to deal with discomfort

- Exercise
- Heat-bath/water bottle/rice pack
- Massage
- Pain Reliever (with adult permission)
Personal Health

Your Developing Body...

Good Nutrition  Exercise  Get plenty of rest
And MORE...

Your Developing Body

What stinks?.....ME???
New Cleaning Instructions…

Deodorant  Soap  Shampoo  Clean Clothes  Brush/Floss
ACNE
Dreaded ZITS

DAILY

- Wash your face with soap and water
- Keep your hair clean
- Keep from touching your face a lot with your hands!
- Keep Cell phones clean
- Cleansers and medicine can help or see a doctor
Emotional Changes

- Sensitive
- Irritable
- Mood Swings/Crying
- Need for Privacy