

# GROWING AND CHANGING

## 5<sup>th</sup> Grade Maturation



WCSD Health Services  
Last updated November 2022



# WHAT IS MATURATION?

**So... What does this big long word mean?**

*Maturation is the process of maturing.*

# WHAT IS PUBERTY?

Puberty is the stage in life in which girls start taking on womanlike characteristics

This usually occurs between ages 9 and 16

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

Girls are usually 2 years ahead of boys





WE ARE ALL UNIQUE

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As you grow up, your  
body changes in how you  
look and feel.

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Each girl grows at her  
own pace.

Respect and celebrate  
differences.

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Respect your body that is  
uniquely yours.

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Being female  
is **AMAZING!**



# FEELINGS ABOUT MATURATION



It is **NORMAL** to feel  
Uncomfortable, Confused, Silly or  
embarrassed.

It is very important to have as a support  
system.

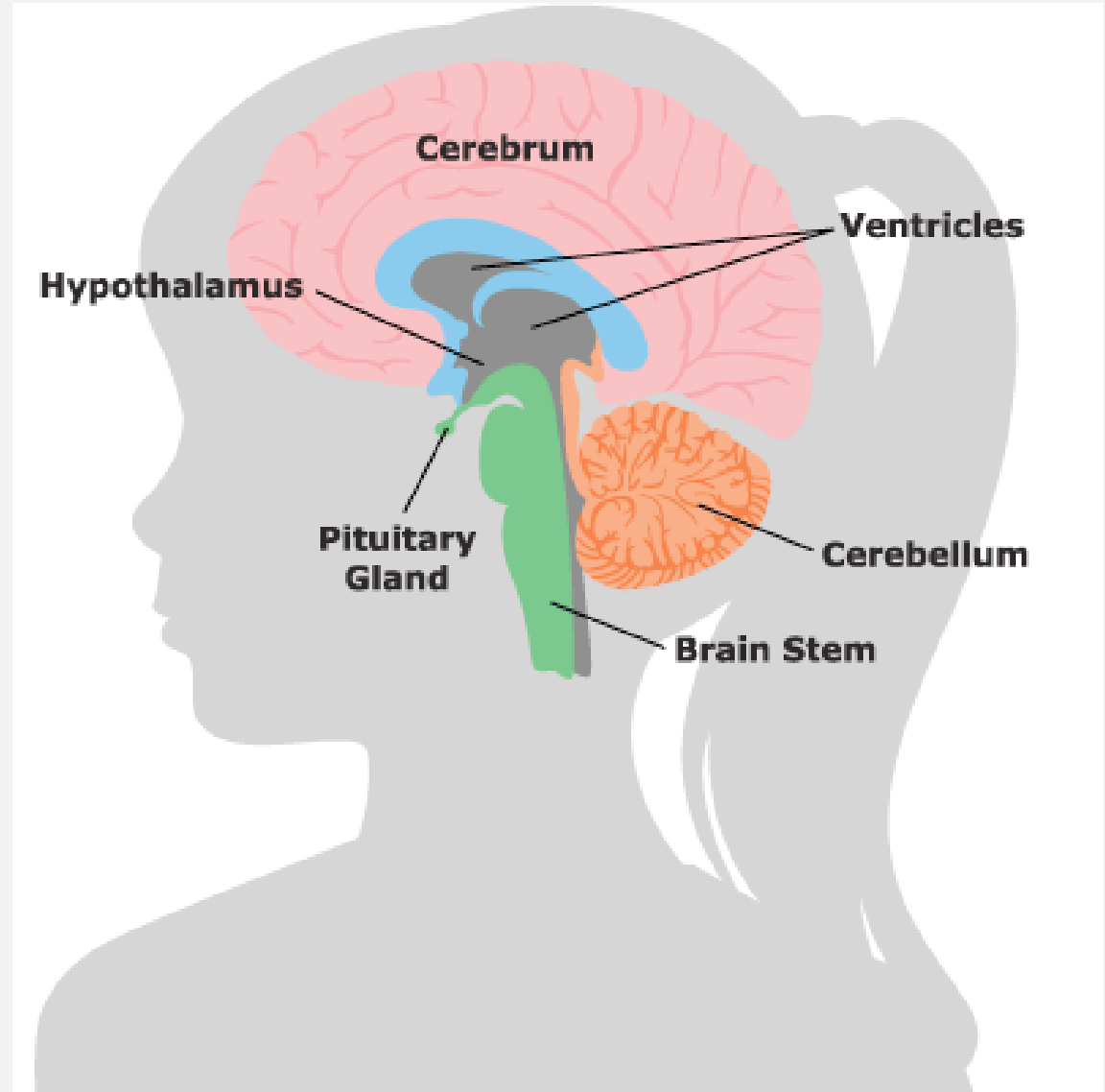
**PROTECT YOURSELF**

# WHAT IS HAPPENING DURING PUBERTY?

- There is a gland in your brain called the pituitary gland. It sends messages to your body using hormones.
- Females and males have the same hormones, but their production sites, concentrations (amount), and interactions with the body are different.
- The hormones that are driving the female changes in puberty are estrogen and progesterone. They are produced by the ovaries.
- The male primary sex hormone is testosterone, and it is produced by the testes.

(We will discuss those internal body parts.)

- There are signs to tell you that puberty has begun.





# DO I SMELL?



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

Sweat by itself does not really have a bad odor.

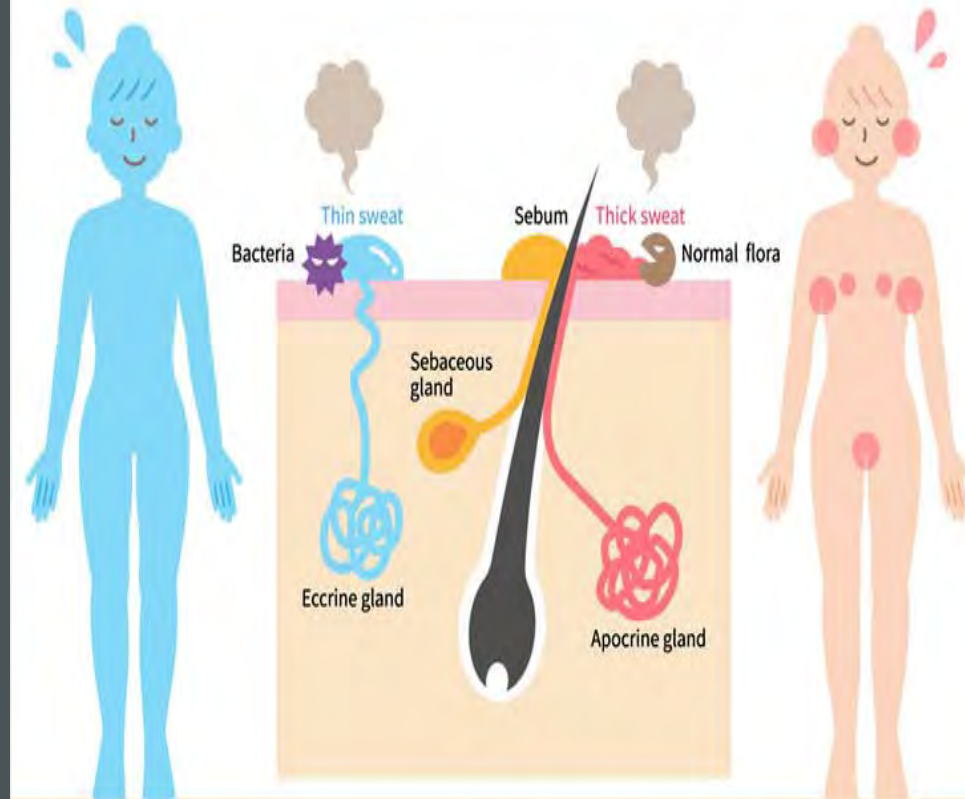
A Combination of sweat, dirt and bacteria causes body odor (sometimes called BO)

You sweat in warm, dark areas. These are important to clean with soap and water **DAILY**.

Deodorant is **NOT** a replacement for a shower.

Odor will remain on clothes. Wash regularly.

## What Causes Body Odor?



Sweating and body odor are caused by sweat glands in the human body

# GIRL, WASH YOUR FACE

During puberty, oil glands on your face become more active, which could lead to acne.



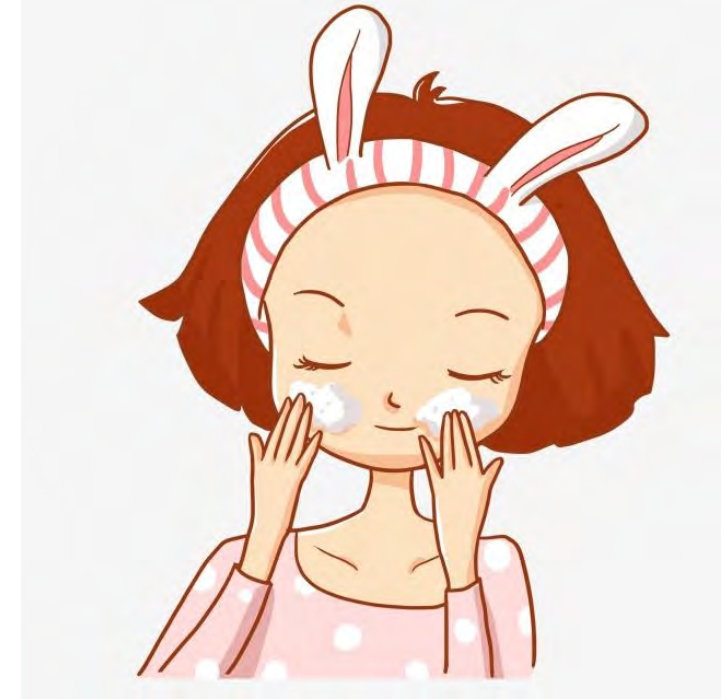
Wash your face at least daily and use moisturizer.



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



Most young people get acne at some point in time, so don't be alarmed or feel like you are the only





# EMOTIONAL CHANGES

These changes occur because of the fluctuating levels of Estrogen being produced.

Emotions may go up and down (mood swings).

You may not be able to easily control them or understand why you are feeling certain feelings.

Don't worry, it's all part of growing up! Nothing is wrong with you. Ask for help.

It is important to find ways to manage these feelings. Give yourself a time out.

Make healthy habits.



# GET PLENTY OF SLEEP

AVERAGE  
9-10  
HOURS A  
NIGHT

Makes you  
healthier and  
more alert

The body  
grows while  
you sleep





# ANYTIME vs. SOMETIMES FOODS

Some foods can be eaten anytime because they are healthy.

- » Fruits and Vegetables
- » Whole grains
- » Low fat or fat free milk
- » Lean meats



Other foods might be tasty, but they should only be eaten sometimes. These foods that have sugar and/or high fat.

- Cookies
- Candy
- Chips





## PHYSICAL EXERCISE

- » Children need 60 minutes of physical activity daily.
- » The American Academy of Pediatrics recommends limiting video games, TV, and screentime to 1-2 hours a day.
- » Get outside.
- » Find activities that you enjoy.





## DRINK WATER

The healthiest substance on the planet

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

Helps prevent headaches.

If you feel thirsty, you are already dehydrated.

Lack of water could make menstrual cramps worse.

# AVOID UNHEALTHY SUBSTANCES



ALCOHOL



DRUGS



TOBACCO



# PHYSICAL CHANGES

Sweat and oil glands become more active

Nipples changes and breast development

Hips broaden

Hair on legs grows thicker, longer, and sometimes darker; pubic hair grows.

Growth spurt - Rapid increase in height, generally feet grow first

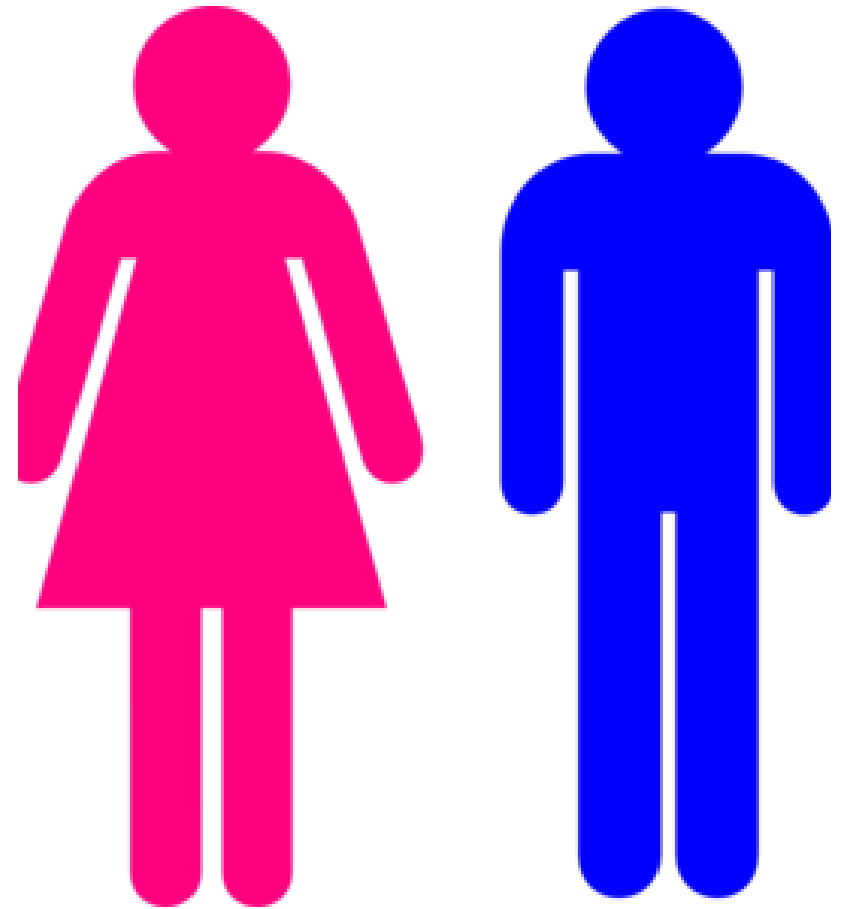
Onset of vaginal discharge and start of menstruation

# USE CORRECT TERMS

## Anatomy (Body Parts)

We will talk about female anatomy and male Anatomy.

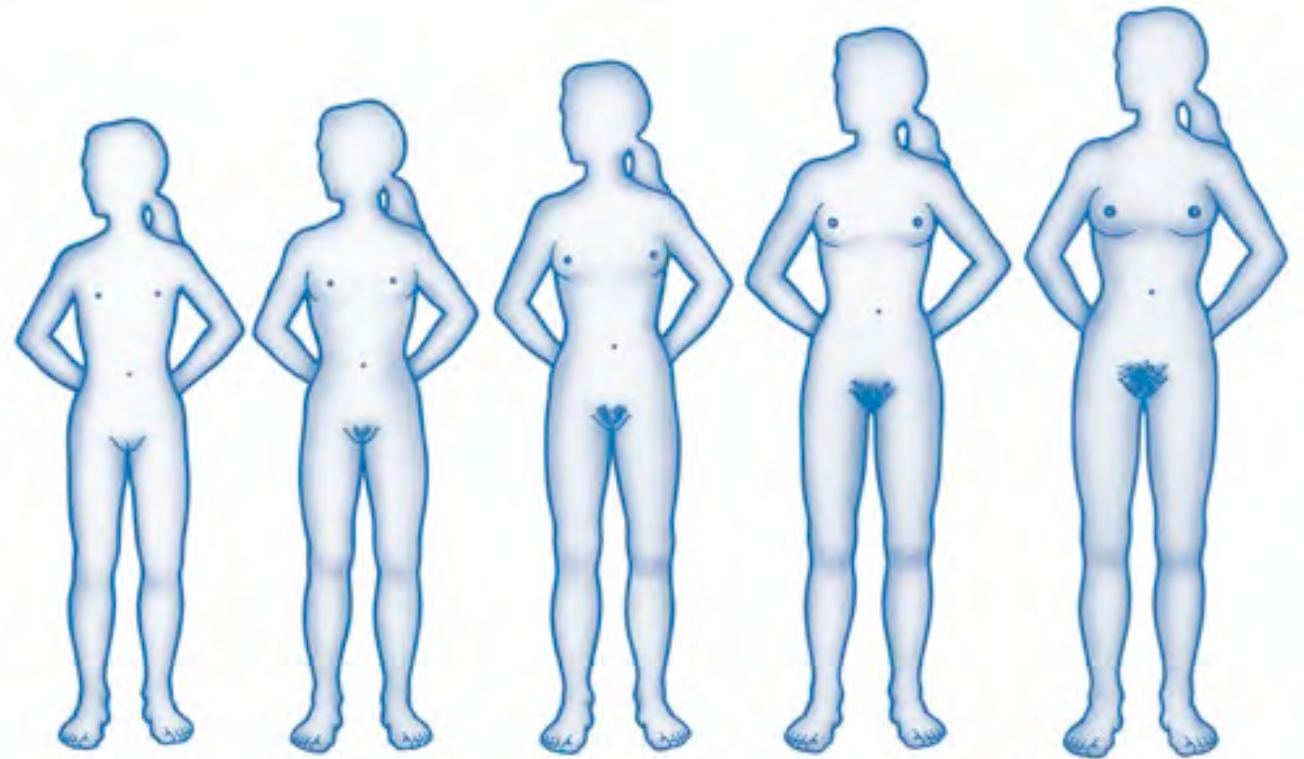
It is important to not make up names.



## STAGES OF FEMALE DEVELOPMENT

We will now discuss  
the different stages  
of female  
development.

This looks different  
for every girl.





## **PHYSICAL CHANGES- STAGE ONE**

Childhood stage

There are no visible  
signs of puberty.



# PHYSICAL CHANGES- STAGE TWO

## Stage Two (may begin ages 8-14)

Height and weight increase quickly.

Your nipples will change first: stick out, change shape, become tender. This might be time for a bra.

Breast buds come next. Fat tissue deposits behind the nipples.

Hair will become thicker and grow in new places.

You may want to shave. DO NOT try alone.  
Respect other girl's choices.



# PHYSICAL CHANGES-STAGE THREE

Stage Three  
(may begin  
ages 9-15)

Height  
continues to  
increase

Breasts -  
rounder and  
fuller

Pubic hair -  
darker and  
thicker

Hips widen

Vaginal  
discharge

Menstruation  
for some girls





## PHYSICAL CHANGES- STAGE FOUR

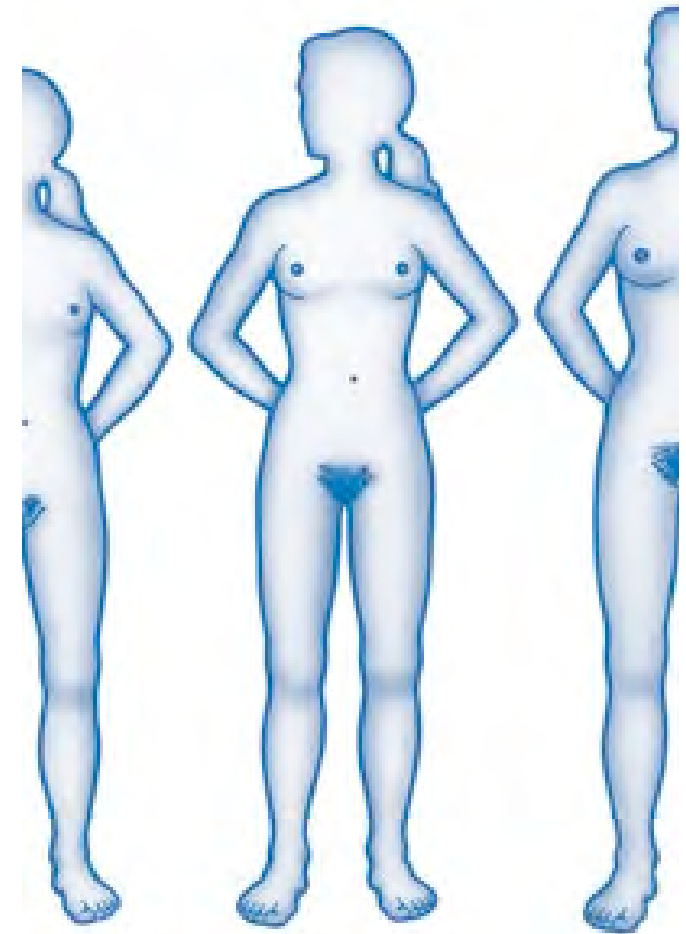
Stage Four may begin ages 10-16

Underarm hair

Nipple and areola more prominent

Pubic hair continues to grow

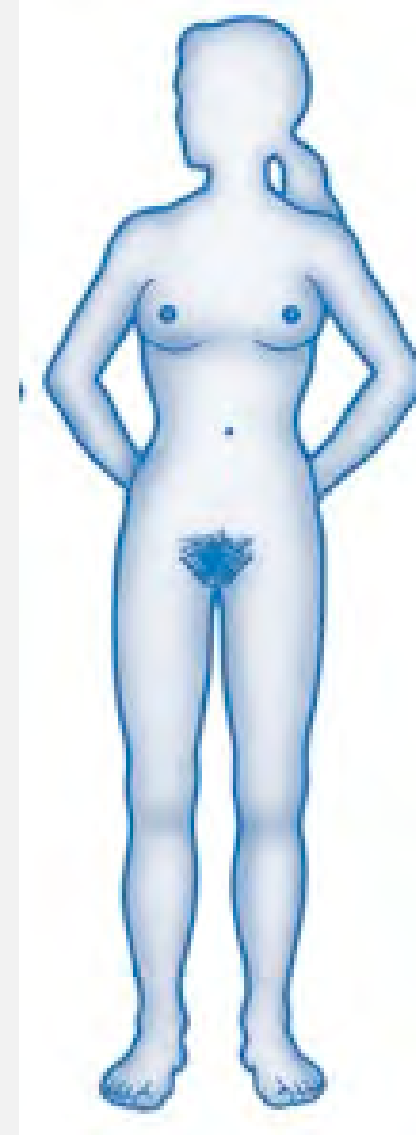
Menstruation for many girls



# PHYSICAL CHANGES- STAGE FIVE

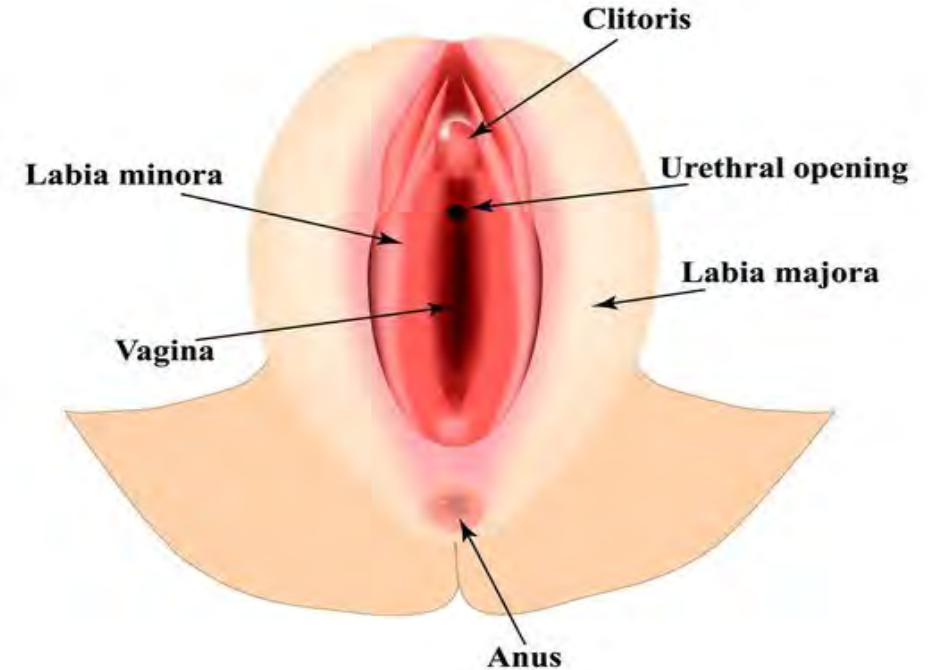
- **Stage Five may begin ages 12-19**
- Breast development complete
- Pubic hair continues to grow thicker
- Adult height probably reached
- Menstruation occurs regularly

EXTERNAL ANATOMY ON  
NEXT SLIDE



# EXTERNAL FEMALE ANATOMY (VULVA)

## ANATOMY OF THE FEMALE EXTERNAL GENITALIA





# INTERNAL FEMALE REPRODUCTIVE ANATOMY

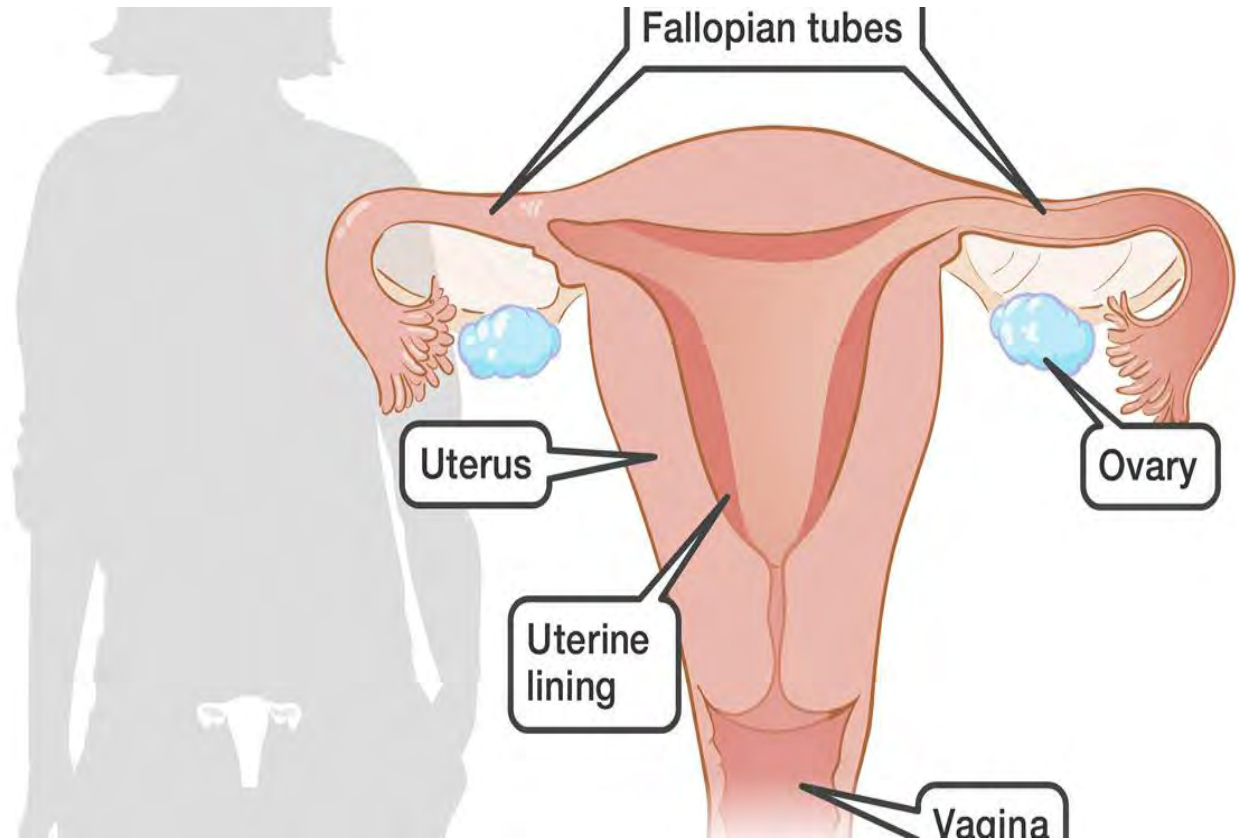
**Ovaries** - House millions of eggs. Size of a pea.

**Fallopian tubes** - Bridges from ovaries to uterus.

**Uterus** - Where the egg travels every month. This is where a baby would grow.

**Cervix** - Closes when pregnant and dilates when in labor.

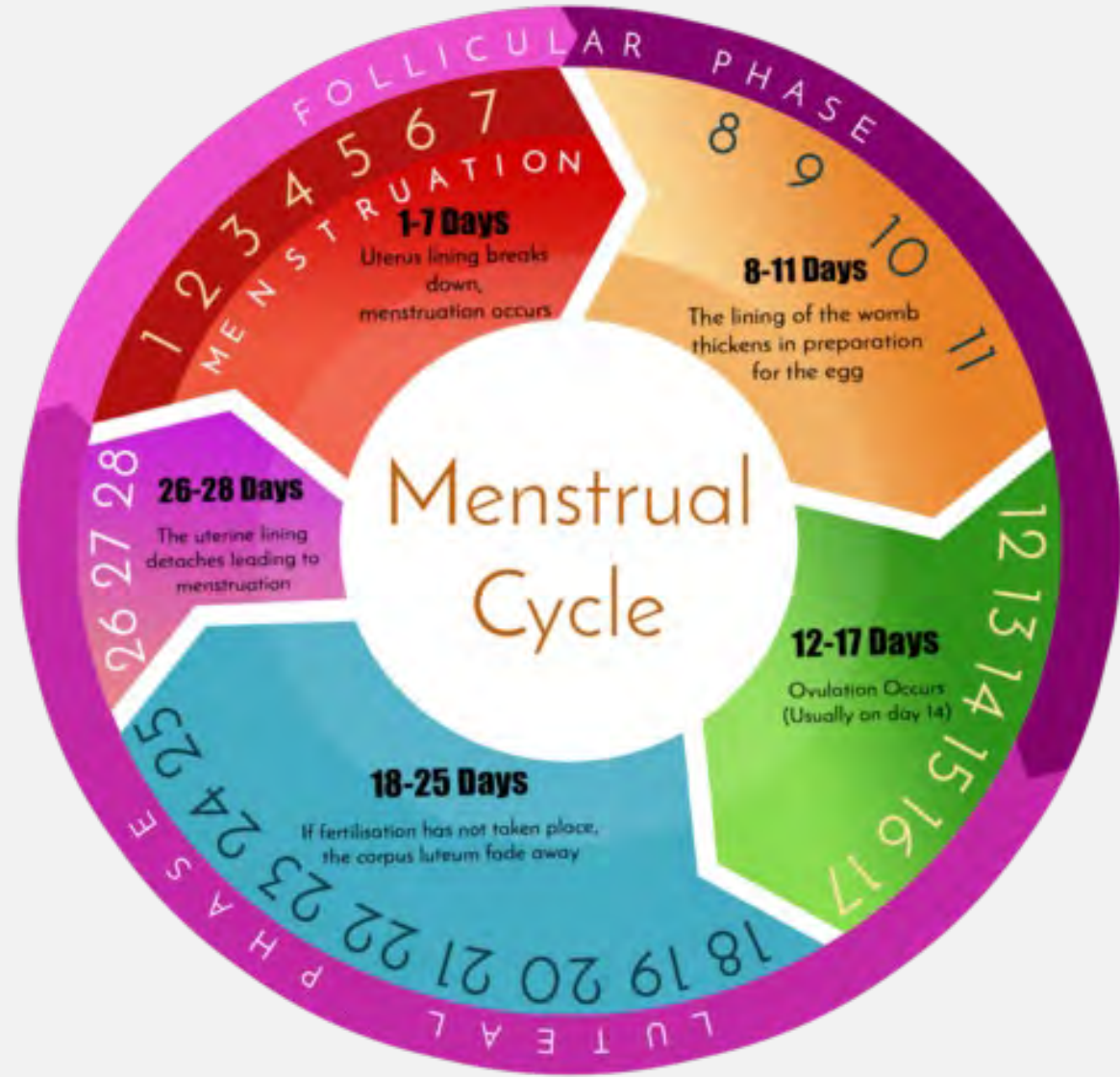
**Vagina** - Pathway to outside of body. Where baby comes out (if not a C-Section)



# MENSTRUAL CYCLE

**Menstruation is part of the female reproductive process.**

- Average 28-day cycle, but different for everyone
- Menstruation is also called a period. (5-7 days)
- Might not be regular at first
- Only lose about ½ cup of blood over several days



# WHEN DOES MY PERIOD 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





# 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 and  
stretch

Drink water

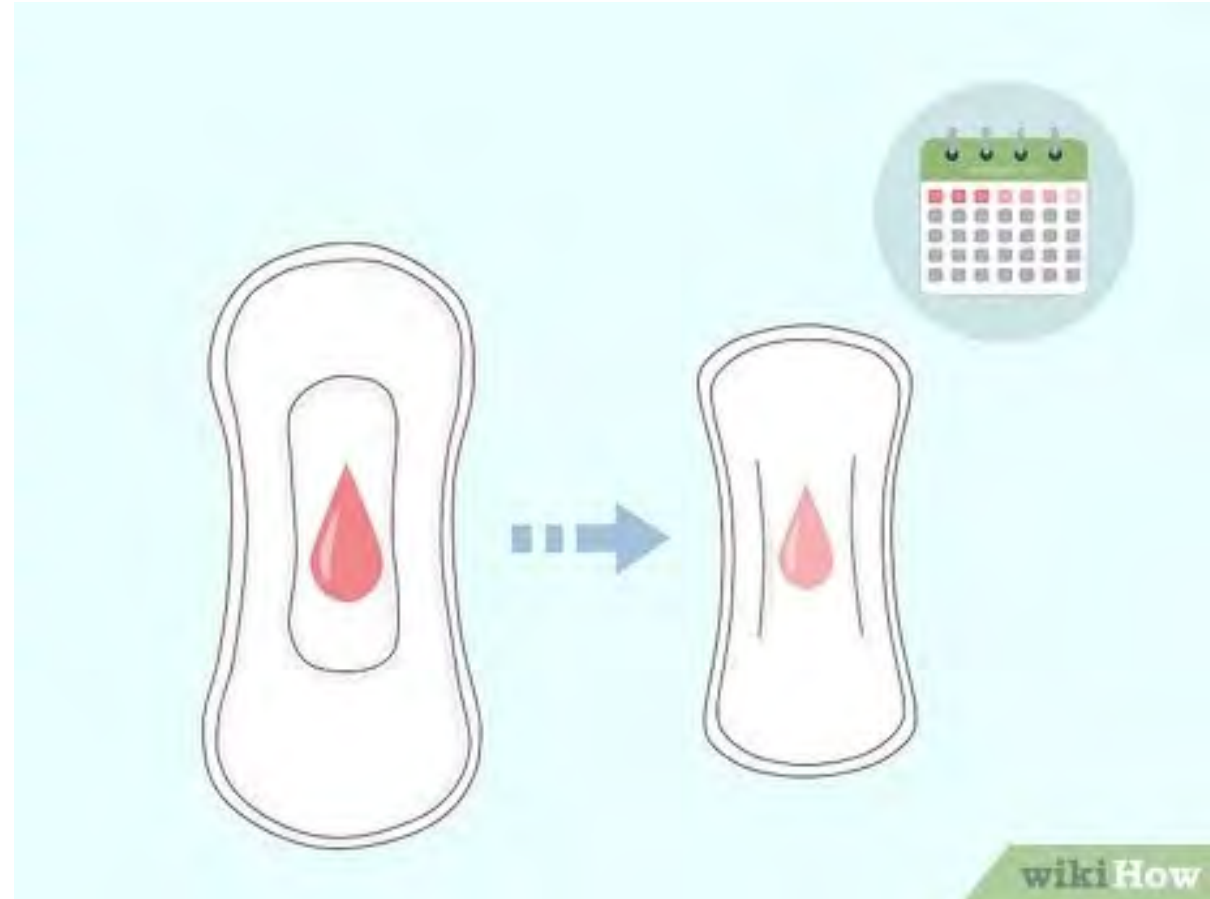
Check with an  
adult before taking  
medication



# PERIOD TRACKING

Track your period on a  
calendar or an app

It will be irregular at first.



# PERIOD PRODUCTS



**Panty liners-fragrance can sometimes cause irritation. Use for light flow.**

**Pads-Change every 2 hours. Put in trash can.They come in different sizes.**

**Tampons-Do not use until older.**

**Menstrual Cup-Disposable or reusable. Can wear for longer.**

**Period underwear/bathing suits/shorts- Pulls wetness away.**





# 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 the body, inside the vagina, to absorb menstrual flow

DO NOT use until older (different sizes)

Good for swimming and gymnastics

Range of absorbencies

Change every 4-6 hours

Toxic shock syndrome

Safety information inside box



# DO NOT FLUSH!

Liners, pads and tampons  
should go into a trash can.

Wrap in tissue or toilet  
paper

Don't flush down toilet –  
they clog it!

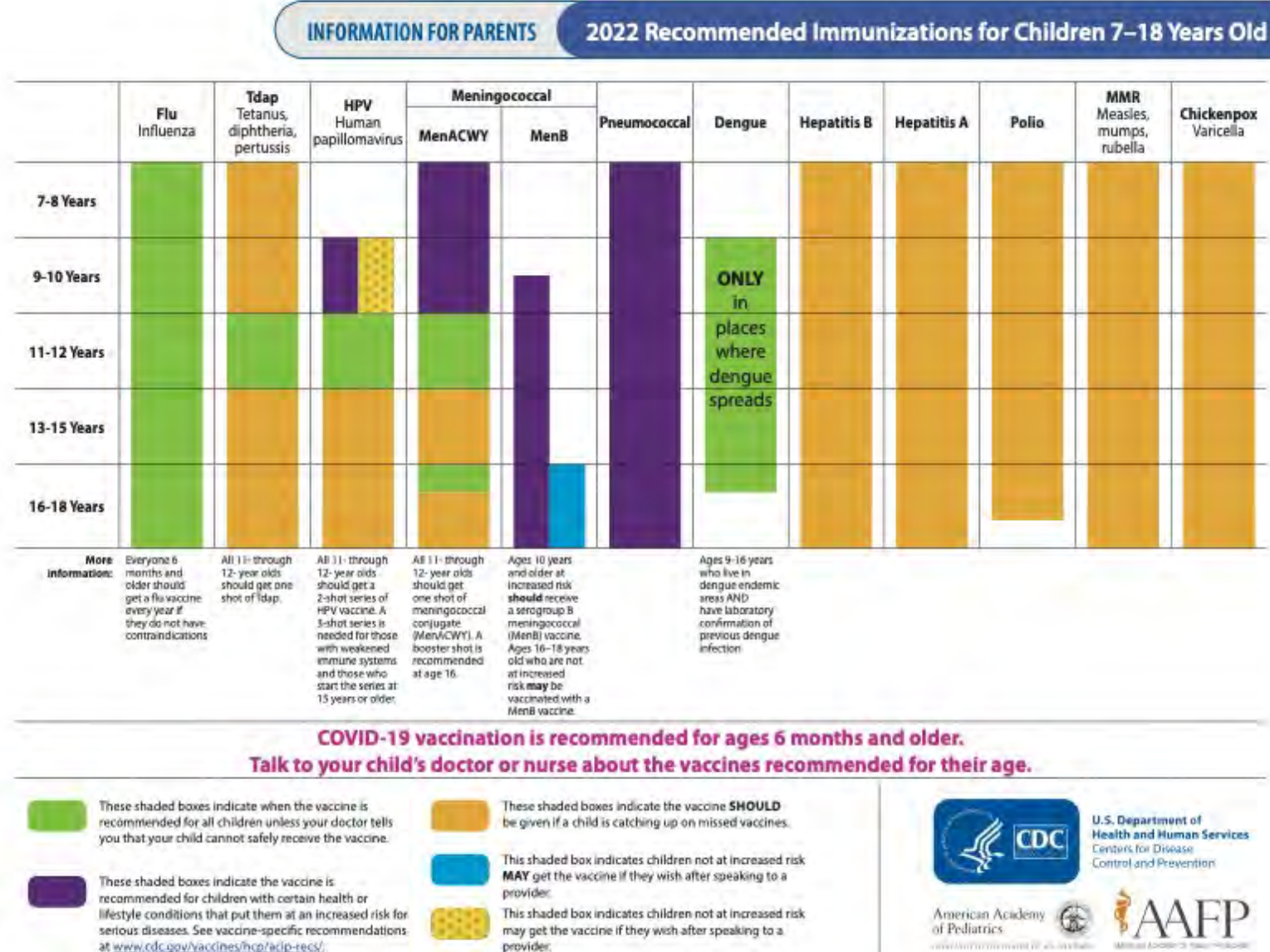
Wash your hands



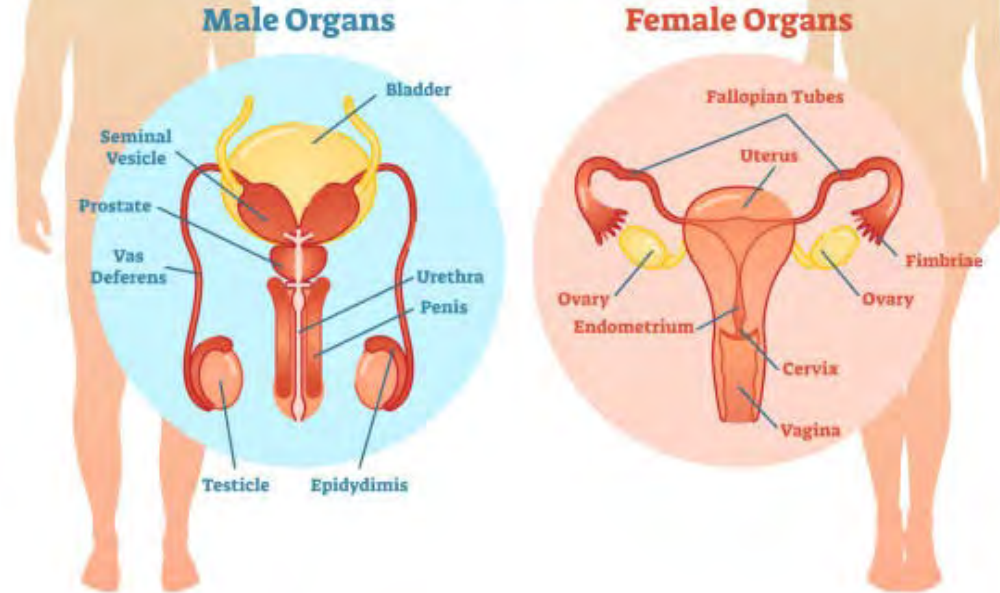


# MEDICAL EXAMINATIONS

- The following are important to help determine that you are staying fit and healthy.
  - Scoliosis Checks
  - Recommended vaccinations
  - Well child physical



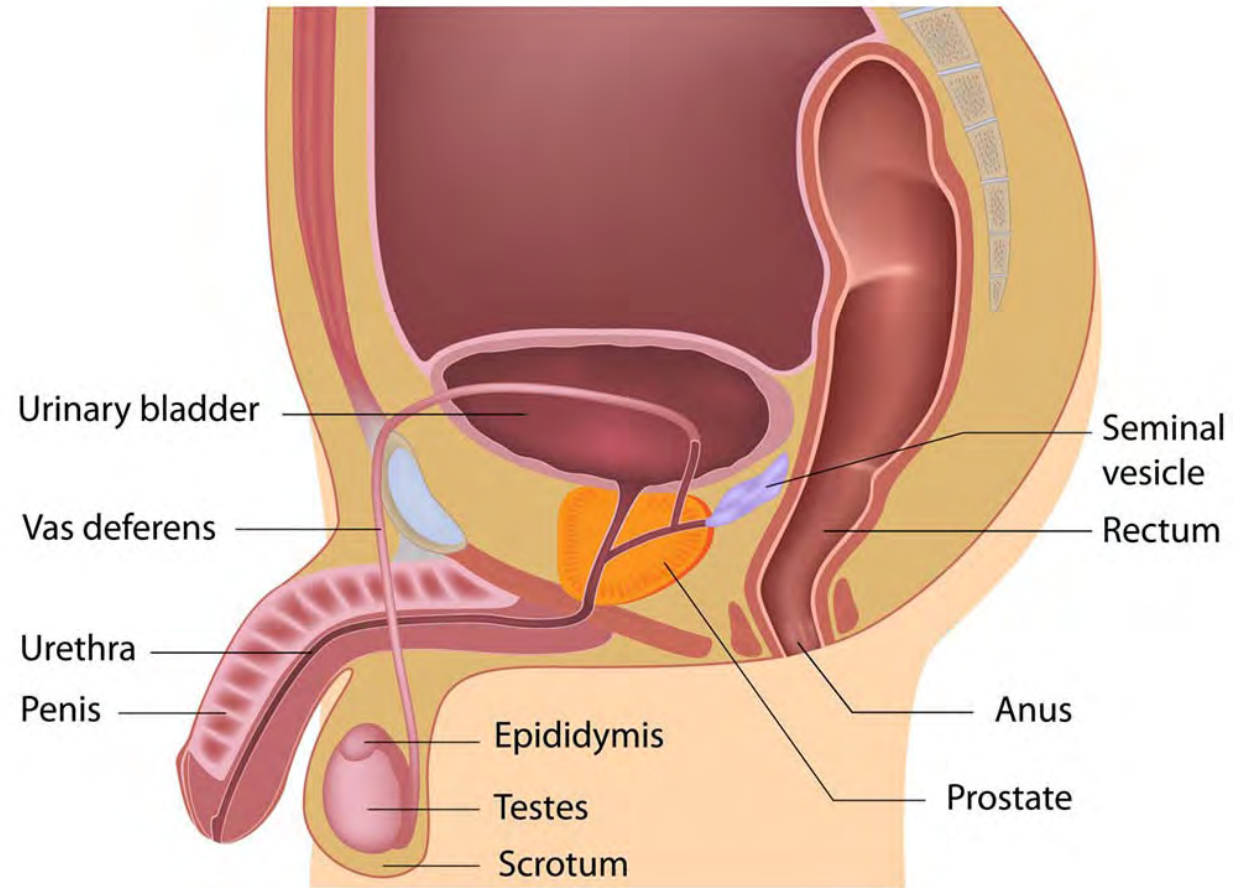
## HUMAN REPRODUCTIVE SYSTEM



## MALE VS. FEMALE ANATOMY

- Males and females have different reproductive organs.
- These are the interior sex organs.
- The next slide will be a photo of the male external reproductive organs.

# MALE EXTERNAL REPRODUCTIVE ORGANS





# PRIVATE AND PUBLIC

- **What do these two words mean?**
- *In your home, which rooms are private and which are public?*
- *What parts of your body are private?*
- *NOBODY should be talking about your body parts, taking photos of you,*





# PROTECT YOURSELF

- Know your safe adults. Being your relatives or friends does not automatically make them safe.
- If you feel strange in a situation, listen to your intuition.  
**LEAVE!**
- Be a kind and polite person, unless it involves **YOUR** body.
- **Your body is your own, you are in charge.**
- If an adult, teenager, or a kid your age touches your private parts or tells a you to touch theirs, it is Sexual Abuse.
- The abuser might tell you that this touching is a secret and that you can't tell anyone. **ADULTS SHOULD NEVER ASK KIDS TO KEEP SECRETS.**
- **DO NOT** keep this secret. If your friends tell you that they have been abused, tell a trusted adult.
- Tell a trusted adult, or more than one, until someone takes action.



## WHAT TO DO

IF A PERSON TRIES TO TOUCH YOUR PRIVATE PARTS...

**TELL THEM NO!!!**

YELL AND MAKE LOTS OF NOISE

RUN AWAY FROM THEM

TELL AN ADULT





# RESPECT YOURSELF

Remember that your body is unique.

Your body is your own and you need to protect it.

Take care of your heart.

BE YOU. BE CONFIDENT.

Respect others as well.

Things are about to change in  
your life.



# JUST THE BEGINNING

*BE KIND TO YOURSELVES*

*ASK QUESTIONS*

*HAVE FUN*





# REFERENCES

- *American Journal Epidemiology*. (2002) 155 (9): 827-833. doi: 10.1093/aje/155.9.827
- *Gender in Endocrine Diseases: Role of Sex Gonadal Hormones*. (2018)  
<https://www.ncbi.nlm.nih.gov/articles/PMC6215564> . 1.2. Gender-Related Differences in the Endocrine System
- “Maturation Lady” Presentation.