

Human Growth & Development

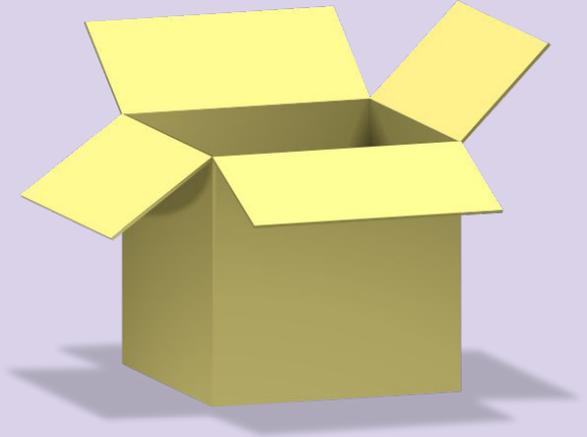


Ground Rules

- Use proper terminology. (Do not use slang.)
- Participate seriously.
- Share today's information with your parents. (Do not share this information with younger students...it's not their time.)
- Human growth and development can be a difficult topic for some students. We need to show respect for our differing comfort levels.

The Question Box

- This is anonymous!
- Write down any question you may have about topics we discuss



Read the following story called,
“Introducing Terry.”

As you read, look for changes that Terry is going through while growing up.

Are there any of these thoughts or events you can relate to now?



Activity Sheet 1

Introducing Terry

Hi! I'm Terry. Do you ever feel like I do? Like your whole body's changing. Sometimes, I think an alien has taken over mine. It seems every day brings a new change.

One of the things I notice is that none of my clothes seem to fit for very long. My jeans are too short (or my legs are too long.) My T-shirts are too tight. Even my feet seem to grow a size every six months. I kind of like being bigger though. My parents say I'll be taller than they are.

I'm not sure how I feel about some of the changes. For example, I have hair in places I've never had hair in before. And there's someone in my class that I really like. Whenever we're close, I get kind of nervous, and then I start to blush. What a klutz!

ALWAYS CHANGING

Some of the changes are just embarrassing. I worry about body odour, even though I shower and use deodorant everyday. And then, there's the subject of pimples. Well, we all know about them. Just when you're getting ready to go someplace special, and you know that "someone" will be there, a pimple appears. It's like magic.

Sometimes I wonder what will happen next. I realize I'm becoming an adult, and I do feel more grown up than I did two years ago. Everyone seems to survive puberty. I guess I will too. In fact, I'm kind of looking forward to seeing what will happen next.



Puberty: An important time of your life!

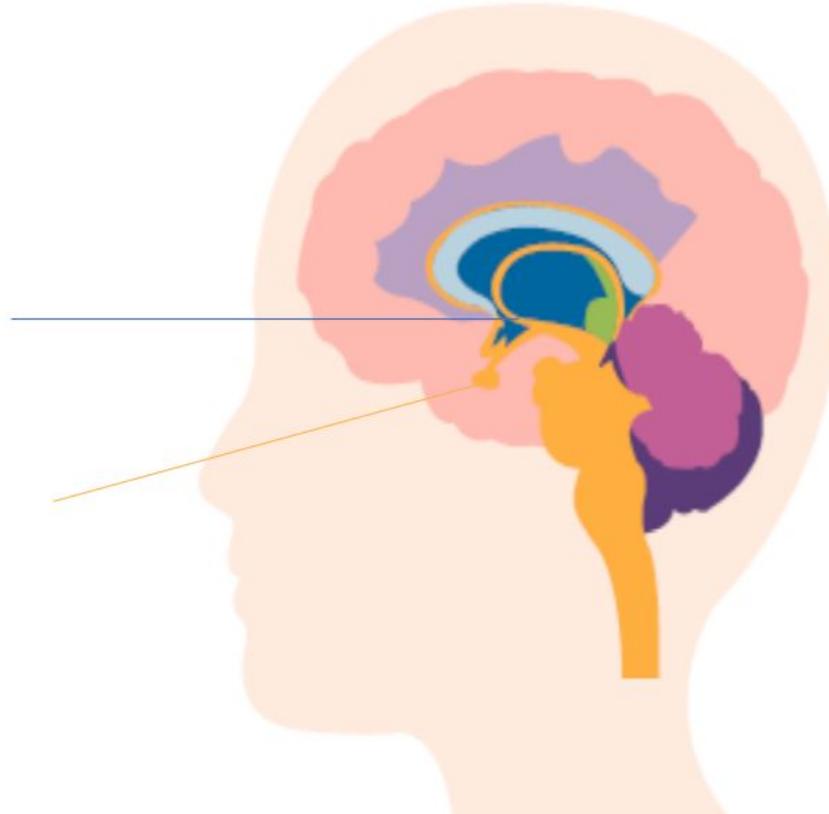
Girls start: ages 7-12

Boys start: ages 9-14

Changes Start Happening in Your Brain

Hypothalamus

Pituitary gland



[Brainpop](#)

CHANGE	HAPPENS TO GIRLS	HAPPENS TO BOYS

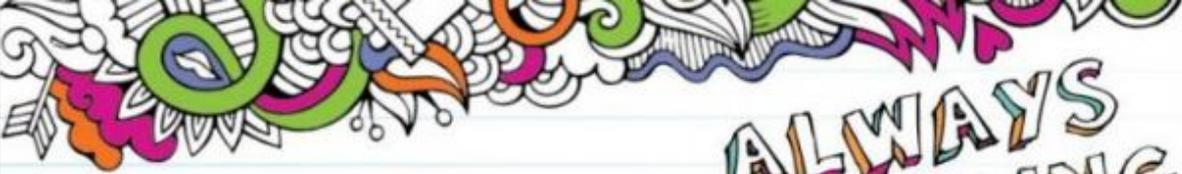
What changes did you read about in the story?

What changes do you know happen as we grow?

CHANGE	HAPPENS TO GIRLS	HAPPENS TO BOYS
Breasts develop		
Hips widen		
Hair grows on pubic area and underarms		
Voice changes		
Growth spurts		
Acne		
Menstruation (period) begins		
Body odor increases		

Here are some changes that happen to us as we grow.

Do these changes happen to just girls, just boys, or both?



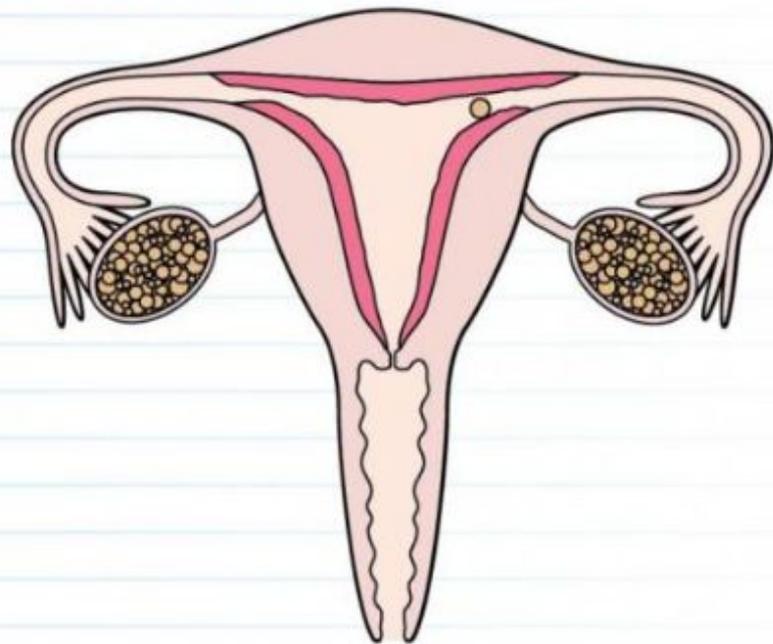
ALWAYS
CHANGING

Activity Sheet 2

Facts about the Female
Reproductive System

Use the words below to label the diagram. Then write each word next to its definition.

- 1 FALLOPIAN TUBES
- 2 OVARY
- 3 UTERUS
- 4 CERVIX
- 5 VAGINA
- 6 ENDOMETRIUM

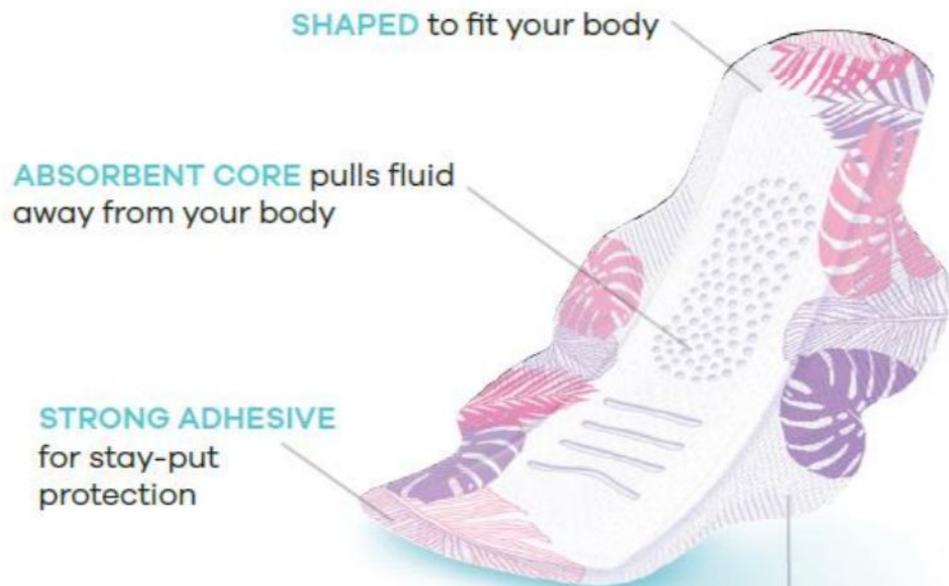


Period Frequently Asked Questions - FAQs

- How long does a period last?
- I haven't started my period, am I late?
- Why and how to keep track of my cycle?
- What if my period is irregular?
- How much blood will I shed?
- Will my period hurt?



All You Need to Know About Pads



SHAPED to fit your body

ABSORBENT CORE pulls fluid away from your body

STRONG ADHESIVE for stay-put protection

WINGS help your pad stay in place and prevent side leaks, enabling you to move freely



Change your pad every 4 to 8 hours, or more often if your flow is heavy. Don't forget to use clean underwear every day; change them if they

How to use a pad?



1. Wash hands with soap and water before changing your pad.



2. Open the wrapper of your pad.



3. Detach the pad from its wrapper and remove the paper strip that covers the wings.



4. Attach the sticky part securely to the inside center of your underwear. Wrap the wings around it. When done, wash your hands with soap and water.



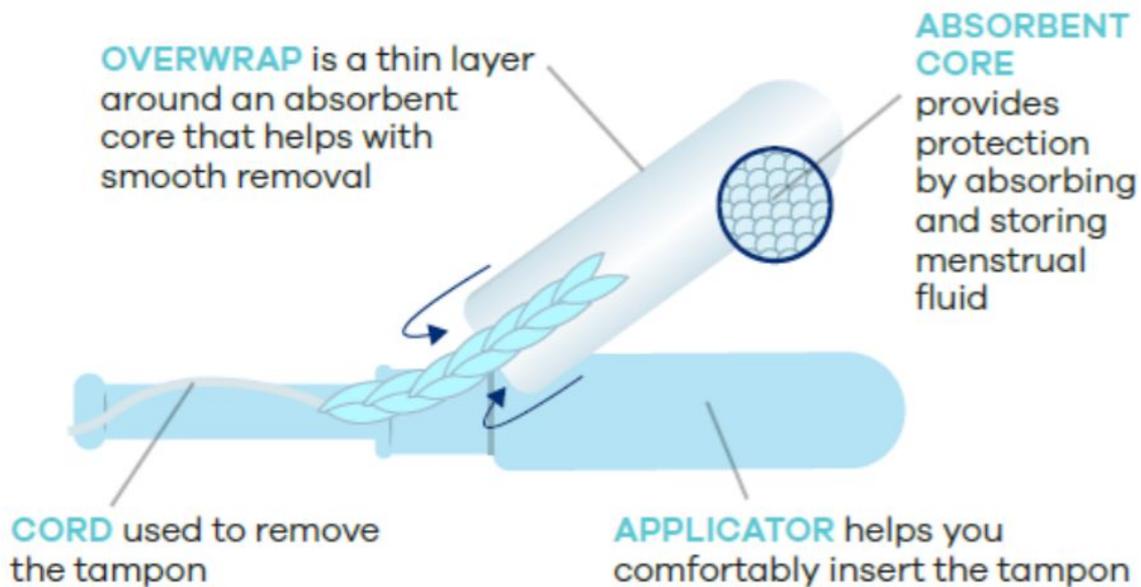
Bin it – Don't flush it!

1. Fold the pad up & wrap it in the wrapper from your new pad or in toilet paper if you don't have a wrapper available.

2. Put the wrapped up pad in the waste bin and ensure the lid is closed once the product has been disposed.



All You Need to Know About Tampons



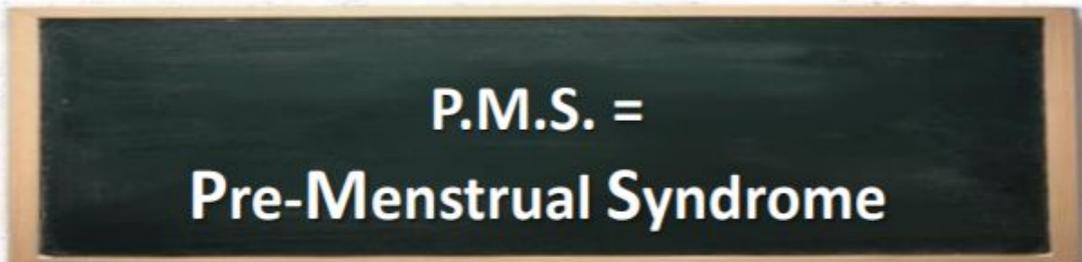
Keep in mind: Tampons go in your vagina (not your urethra). That means you can still pee while wearing a tampon, as the tampon does not go in the same hole as where your pee comes from.

Tampon Frequently Asked Questions - FAQs

- Can I use a tampon at night?
- Do tampons hurt?
- Can I use tampons when I play sports or go swimming?
- Are tampons easy to take out?
- Am I old enough to use tampons?
- Can a tampon get lost inside me?



What is PMS?



P.M.S. =
Pre-Menstrual Syndrome

Common PMS Symptoms

- Feeling swollen or bloated
- Change in appetite
- Breast tenderness
- Abdominal cramps and feeling queasy
- Acne or skin rash
- Mood changes: feeling sad, tearful, tired or irritable
- Headaches

Be Prepared

- Keep a pad or tampon in your purse, schoolbag, or locker for yourself or a friend.
- Start **using a pantyliner** a few days before you expect your period to start. It will help protect your underwear from discharge and light period flow.
- If you don't have period protection available, or simply can't afford it, you can ask a friend, teachers or school nurse, or use rolled up toilet paper until you get a pad.



Our family and friends can help us get through tough times.
Let's brainstorm some characteristics of a good friend.

Finding Friendships

Characteristics of yourself: What kind of person are you?

What makes a good friend?

Our family and friends can help us get through tough times.
Let's brainstorm some characteristics of a good friend.

How would you rate yourself as a friend, and why?

What are 2-3 things you can keep in mind to be a great friend?

Positive friendships give you...

Someone to turn to

Someone to ask questions

Someone to encourage you

Someone who knows you well

Someone to listen to you

Like our friends, our **family** can be another support system for us!

- Group of people you share information with
 - Thoughts
 - Feelings
 - Positive
 - Negative
 - Day-to-day activities
 - Memories
- Support system
 - Praise you
 - Encourage you
 - Listen to you
 - Make you feel important
 - Love you

Like our friends, our **family** can be another support system for us!

- **Help establish a base for friendships**
 - Building self-confidence with family helps you feel good about yourself with others
 - Family environment
 - Family values
 - Family guidelines
- **Family environment**
 - Ways family members treat each other
 - Stressors you and your family experience
 - Ways your family solves problems
 - A healthful family environment is friendly and loving
- **Family Values**
 - Beliefs a person feels are important in life
- **Family Guidelines**
 - Rules that help you know how to act

**Self
confidence**

**Time to
relax and
unwind**

**Exercise and
move your
body**

**Our Social-Emotional
health is also important!**

**Have fun
doing things
you like**

Healthy eating

**Stay connected
with family and
friends**

Let's watch a video to learn more
and to review what we've learned
so far!

