Puberty

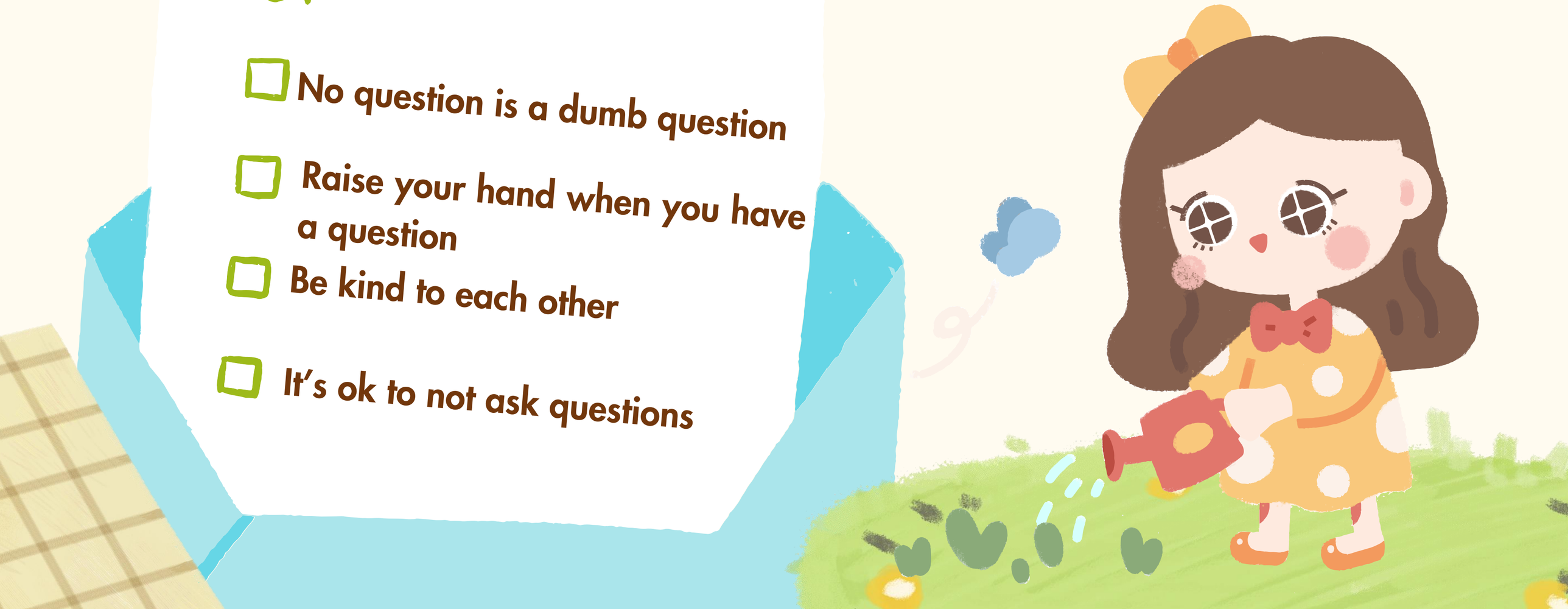


South Central
Public Health District
Prevent. Promote. Protect.

Rules:

List

- [ ] No question is a dumb question
- [ ] Raise your hand when you have a question
- [ ] Be kind to each other
- [ ] It’s ok to not ask questions



What is PUBERTY?

Puberty is
Growing up.



What happens when we grow up?

Our bodies change.



PHYSICAL CHANGES IN GIRLS DURING PUBERTY

♥ Every girl grows at her own pace! ♥

GROWTH SPURT
You may grow several inches in a short time.

BREAST DEVELOPMENT
Breasts begin to develop and continue to grow.

HIPS WIDEN
Hips get wider to help support future childbearing.

BODY FAT INCREASES
More body fat develops, giving a curvier shape.

MENSTRUATION BEGINS
Periods usually start 2–3 years after breast development begins.

1. EARLY PUBERTY
8–11 YEARS



The body starts to change.

2. MID PUBERTY
11–14 YEARS



Changes become more noticeable.

3. LATE PUBERTY
14–18 YEARS



The body reaches maturity.

UNDERARM & PUBIC HAIR

Hair grows under the arms and in the pubic area.

ACNE & OILY SKIN

Oil glands become more active, which may cause acne.

SWEATING & BODY ODOR

Sweating increases and body odor may develop.

VOICE CHANGES

Voice may become slightly deeper, but usually not as much as boys.

MOOD & ENERGY CHANGES

Hormones can cause mood swings, tiredness, or changes in energy.

These changes are normal and happen to every girl, but not at the same time.

Eat healthy, stay active, get enough sleep and talk to someone you trust.

If you have questions or feel worried, that's okay—ask for help!



THE FEMALE REPRODUCTIVE SYSTEM

Your Body. Your Health. Your Power!

Your reproductive system is amazing! It helps your body grow, change during puberty, and one day could help you have a baby.



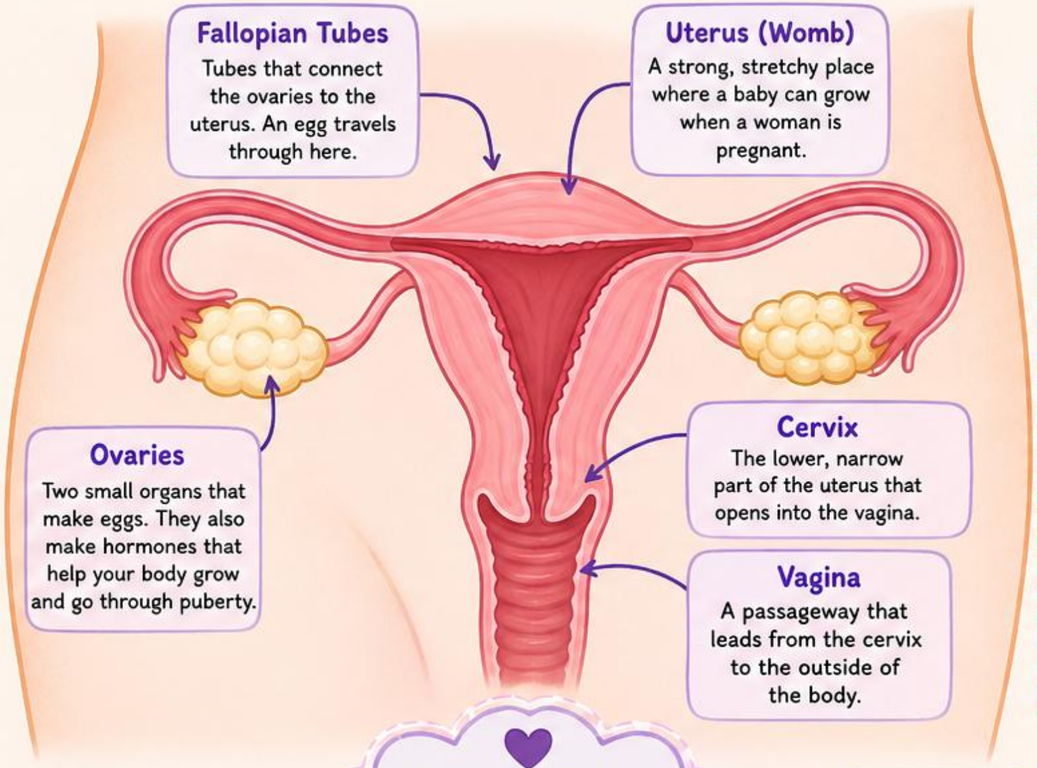
WHAT DOES IT DO?

Makes Eggs
Each month, an ovary releases an egg.

Hormones
Ovaries make hormones that help with mood, growth, and periods.

Pregnancy
If a sperm and egg join, and a woman wants to have a baby, the uterus is where the baby grows.

Periods
If no egg and sperm join, the body sheds the lining of the uterus. This is a period (menstrual cycle).



Fallopian Tubes
Tubes that connect the ovaries to the uterus. An egg travels through here.

Uterus (Womb)
A strong, stretchy place where a baby can grow when a woman is pregnant.

Ovaries
Two small organs that make eggs. They also make hormones that help your body grow and go through puberty.

Cervix
The lower, narrow part of the uterus that opens into the vagina.

Vagina
A passageway that leads from the cervix to the outside of the body.

FUN FACTS!

- You are born with all the eggs you will ever have!
- Puberty is when your body changes and prepares you to become an adult.
- Everyone's body is different and unique—there is no "perfect"!
- Taking care of your body, eating healthy foods, getting sleep, and talking to a trusted adult helps you stay strong and healthy.

TAKING CARE OF YOU!

- Eat healthy foods
- Drink plenty of water
- Get enough sleep
- Talk to a trusted adult if you have questions or feel worried

Your body is incredible!

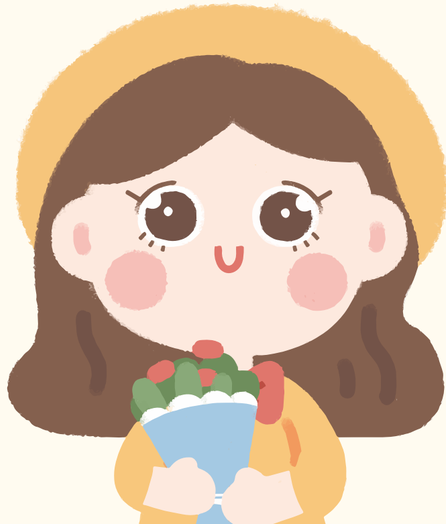
Be proud of who you are and take care of yourself every day.

REMEMBER

- ✓ Every girl's body changes in its own time.
- ✓ It's OK to have questions.
- ✓ You can always talk to a parent, trusted adult, or school nurse.



Everyone deserves respect. Use correct names for body parts and treat others kindly.





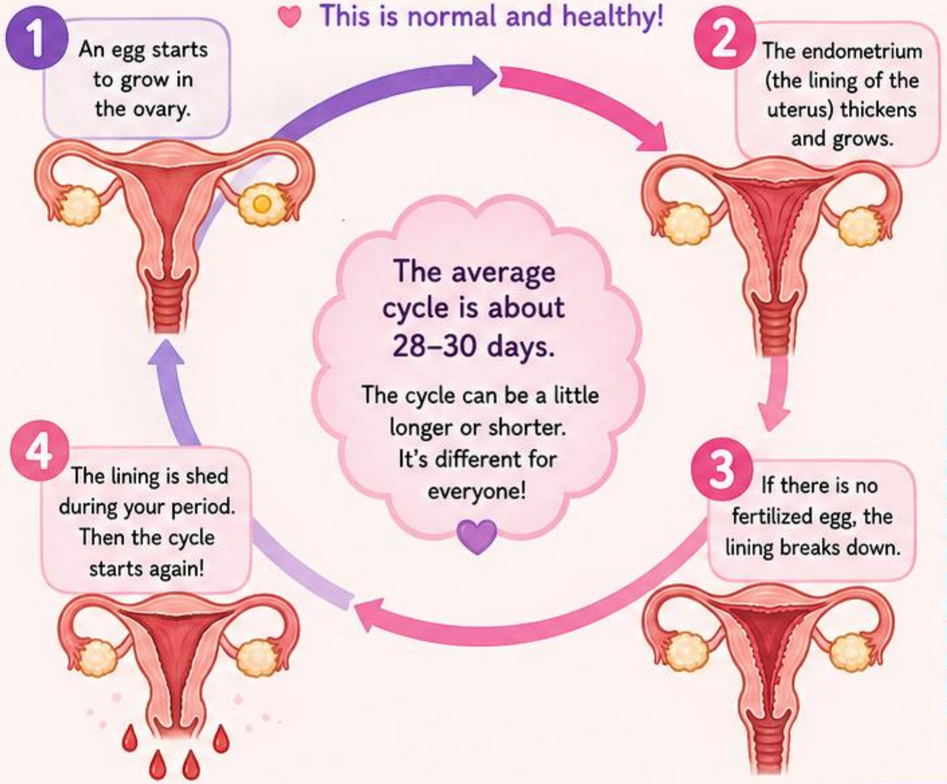
Let's learn about your monthly cycle!

YOUR MONTHLY CYCLE

Your body has a natural rhythm!

Each month, your body goes through a cycle to prepare for a possible baby.

This is normal and healthy!



HOW IT WORKS

This process of an egg growing and the endometrium (the lining of the uterus) thickening and growing happens every month.

- An egg grows in one of the ovaries.
- The endometrium thickens to prepare for a fertilized egg.

If there is no fertilized egg, the lining is shed during your period.

MENSTRUATION (YOUR PERIOD)

The menstruation process lasts about 4–7 days on average.

Sometimes longer or shorter.

The amount of blood and tissue that comes out over that time is about 6–12 teaspoons.

Everyone's experience is different! That's OK.

KEEP TRACK – IT HELPS!



Keeping a calendar of when your period starts and then counting from the 1st day of your cycle can give you an estimate of when your next period might start.

IRREGULAR IS NORMAL AT FIRST!



The first year to two can be irregular while your body gets it worked out. → Your periods might come earlier or later, or you might skip a month. → That's totally normal! Your body is learning and growing.

REMEMBER

- ✓ Your body is amazing!
- ✓ Be kind to yourself.
- ✓ If you ever have questions or feel worried, talk to a trusted adult like a parent, guardian, or school nurse.



PERIOD PROTECTION

Be prepared, feel confident, and take care of YOU!



There are different ways to protect yourself during your period. Let's learn about them!

KEY THINGS TO KNOW

- Pads and panty liners vary in size, length, and absorbency depending on your menstrual flow needs.
- Change every 4–6 hours or more depending on your flow.
- Dispose properly and never flush in toilet!



BE PREPARED!

It's a great idea to have a backpack kit with:





- Pad
- Panty liner
- Clean underwear/ panties

TYPES OF PERIOD PROTECTION

PADS

Pads stick to your underwear.
They come in different sizes and shapes.



LIGHT FLOW (short)	REGULAR (medium)	HEAVY FLOW (long)	OVERNIGHT (extra long)

Longer ones are great for nighttime because they help protect you while you sleep.

PANTY LINERS

Panty liners are thinner and smaller.
They help with light flow or at the beginning or end of your period.



Great for everyday comfort and extra protection!

Everyone's body is different.
Use what feels right for you and stay comfortable!



Remember: You're not alone! It's normal to have questions. Talk to a trusted adult if you need help.

PREMENSTRUAL SYMPTOMS (PMS)



Everyone's body is different! You may have some, all, or none of these symptoms.

These are feelings or changes some girls have about **1 week** before their period starts.



1 Abdominal pain



2 Headache



3 Migraine pain



4 Abdominal swelling



5 Backache



6 Sweat



7 Irritability



8 Hip pain



9 Muscle pain



10 Vomit



11 Fatigue



12 Stomach upset



OTHERS:



Acne



Breast tenderness



Craving for sugar

Helpful Tips



Drink water



Move your body



Rest and be kind to yourself

These feelings are normal and will go away once your period starts.



Remember: You're not alone! Talk to a trusted adult if you have questions or need help.



How to help PMS symptoms:

- Regular Exercise
- Get 8 hours of sleep per night
- Eat a well-balanced diet
- Drink plenty of water
- Use a heating pad or take a warm bath





Growing up is a big adventure! You are not alone.

EMOTIONAL / SOCIAL CHANGES

It's normal to have lots of feelings!

As your body changes, your emotions and social life can change too. That's OK!



1 MOOD SWINGS

Your mood can change quickly for no reason. You might feel happy one minute and grumpy the next.



2 SELF-CONSCIOUSNESS

You may care more about what you look like and worry about what others think. Remember, you are amazing just the way you are!



3 "CRUSHES"

Having a crush on someone can be exciting and make you feel shy or silly. It's a normal part of growing up!



4 FRIENDS

Friends become very important. You may want to hang out more with friends and build stronger relationships outside your family.



5 PARENTS AND FAMILY

Your parents and family are important. Families come in many different ways, but they all love you, support you and keep you safe.



6 FREEDOM

You may want more freedom and independence. It's a step toward becoming your own person!



7 DECISION MAKING

You need to be responsible and make good choices. Think about what is best for you and follow your values.



REMEMBER!

These changes are normal. They do not make you weird or alone. You are growing, learning, and becoming an **awesome YOU!**

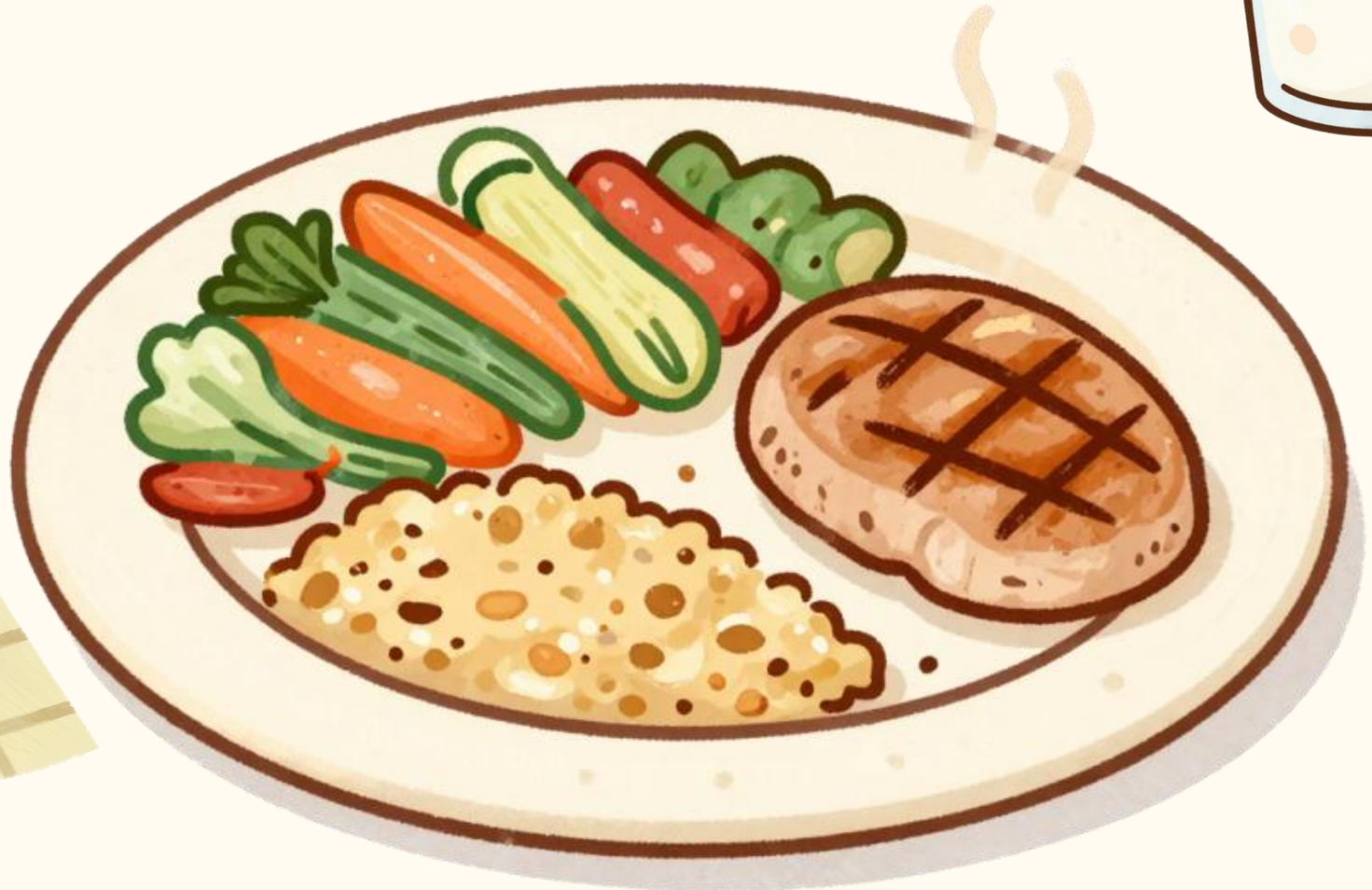
You are strong, smart, and enough!



Talk to a trusted adult if you have questions or need help. They are here for you!

Healthy Eating











HYGIENE NEEDS DURING PUBERTY

Taking care of your body helps you feel fresh, confident, and healthy!

Good hygiene helps stop body odor, keeps you healthy, and helps you feel good about yourself!

1 BATHING



Shower or bathe every day.
Wash all parts of your body with soap and water.
This helps keep you clean and prevents body odor.

2 DEODORANT



Use deodorant every day.
It helps stop underarm odor caused by sweat.

3 CLEAN CLOTHES & SOCKS



Wear clean clothes and underwear every day.
Change your socks daily to keep your body fresh.

4 SHAMPOO HAIR



Wash your hair regularly with shampoo.
This keeps your scalp clean and your hair healthy.

5 BRUSH TEETH TWICE A DAY



Brush your teeth in the morning and before bed.
This keeps your teeth strong and your breath fresh.

6 EXTRA TIPS



Drink lots of water.



Keep your things (brushes, combs, towels) clean.



Keep your nails clean and short.



Use period products that work best for you and change them regularly.



REMEMBER: Everyone's body is different. It's OK to have questions!
Talk to a trusted adult if you need help.







Aim for at least **60 MINUTES** of physical activity every day!

MOVE YOUR BODY, FEEL AMAZING!

That's only 1 hour— spread out during the day or all at once!

60 MINUTES EVERY DAY

Moving your body helps you feel good, stay healthy, and have more energy!

EXERCISE HELPS YOU:

- Feel happier and less stressed
- Build strong bones and muscles
- Stay healthy and strong
- Sleep better
- Focus better in school

FUN WAYS TO MOVE YOUR BODY

WALK
Take a walk around your neighborhood or with a friend!



RIDE
Ride your bike, scooter, or skateboard!



DANCE
Put on your favorite music and dance like nobody's watching!



PLAY SPORTS
Play soccer, basketball, volleyball, or your favorite sport!



SWIM
Swimming is a great full-body workout and so much fun!



PLAY OUTSIDE
Run, jump, climb, play tag, or explore nature!



STRETCH & YOGA
Stretching and yoga help your body feel strong and calm.



TIPS FOR SUCCESS!

- Make it part of your daily routine.
- Find activities you enjoy!
- Move with friends or family.
- Drink water before, during, and after!
- Be proud of every minute you move!

You don't have to do it all at once! Every minute counts!



BE ACTIVE. HAVE FUN. FEEL GREAT! YOU'VE GOT THIS!




DON'T BE A
COUCH POTATO!
Too much sitting is boring and not good for you!
CHIPS
GET UP.
GET MOVING.
FEEL GREAT!

8 HOURS OF SLEEP EVERY NIGHT!

Aim for **8 HOURS** each night!

Sleep helps your body and mind so you can be your BEST every day!

SLEEP HELPS YOU:

- Think better and remember more.
- Feel happier and less stressed.
- Stay healthy and fight off sickness.
- Have more energy to play, learn, and have fun!



WHEN YOU SLEEP:

- Your body rests and grows.
- Your muscles get stronger.
- Your heart and body stay healthy.
- You do better in school.

GOOD SLEEP HABITS

- Go to bed and wake up at the same time each day.
- Turn off screens at least 1 hour before bed.
- Do a quiet activity like reading.
- Take a warm bath or shower.
- Keep your room cool, dark, and quiet.

GOOD SLEEP = ❤ A BETTER YOU!

SLEEP WELL TONIGHT, SHINE BRIGHT TOMORROW!

Any Questions?

