

ALL ABOUT PUBERTY



**South Central
Public Health District**
Prevent. Promote. Protect.



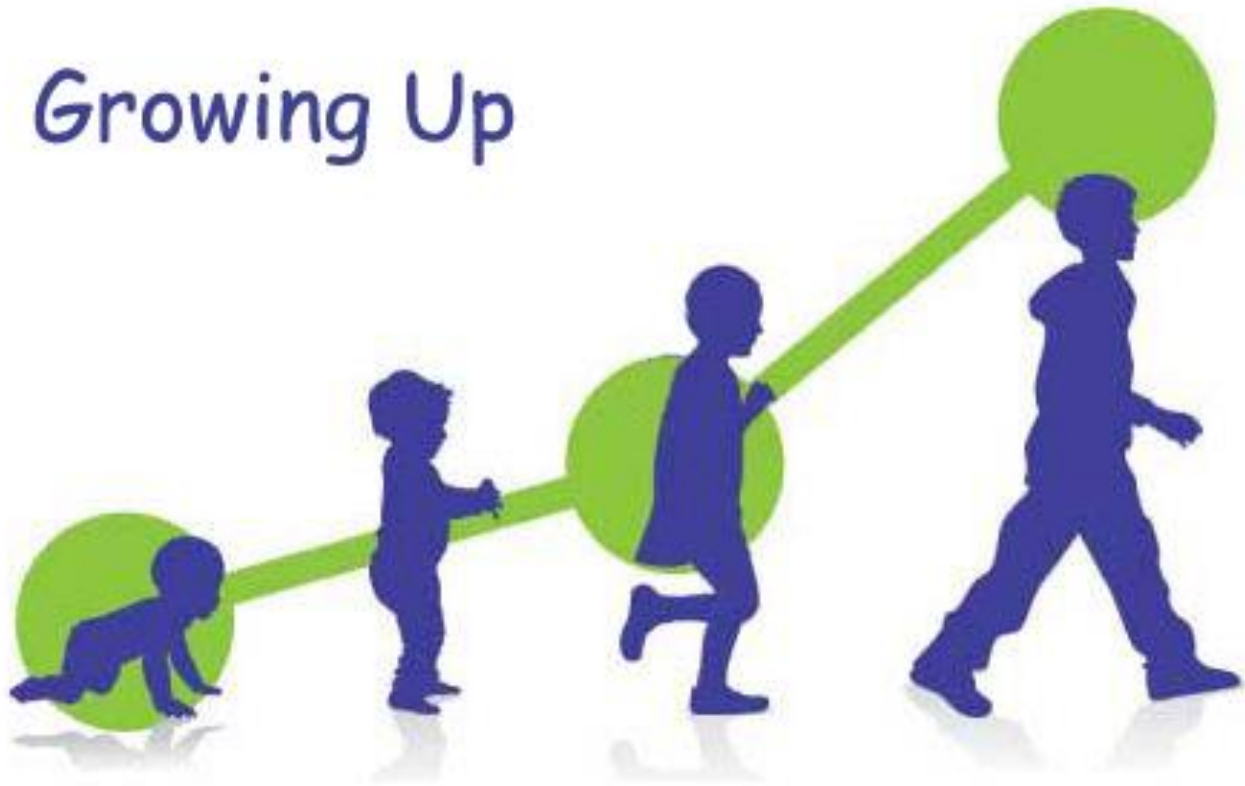
GROUND RULES

- No question is a dumb question
- Raise your hand for questions
- Be courteous to one another
- It's okay not to ask questions



WHAT IS PUBERTY???

Growing Up



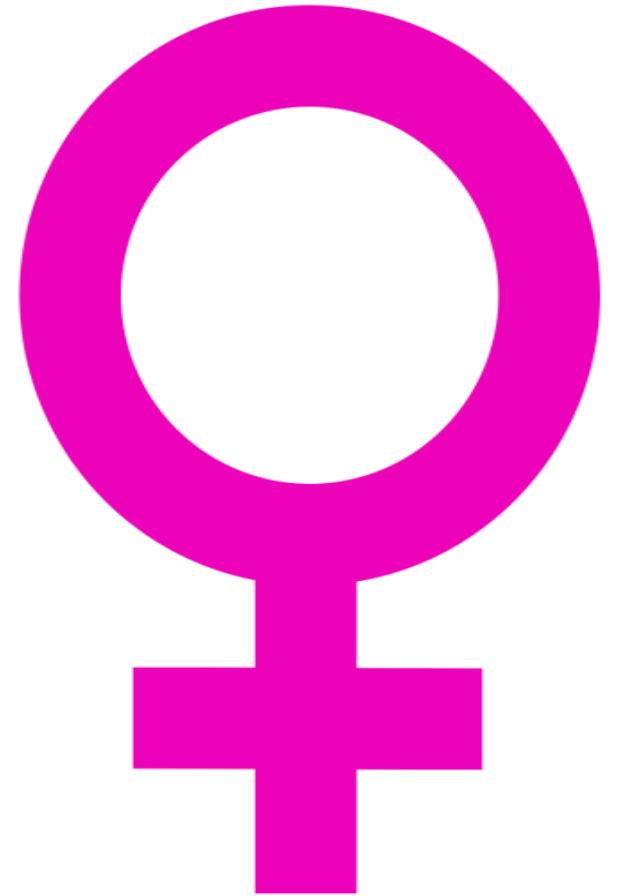
PHYSICAL CHANGES - FEMALE

- Growth
- Breast and Hips
- Hair
- Sweat production (BO)
- Oil production (Acne)

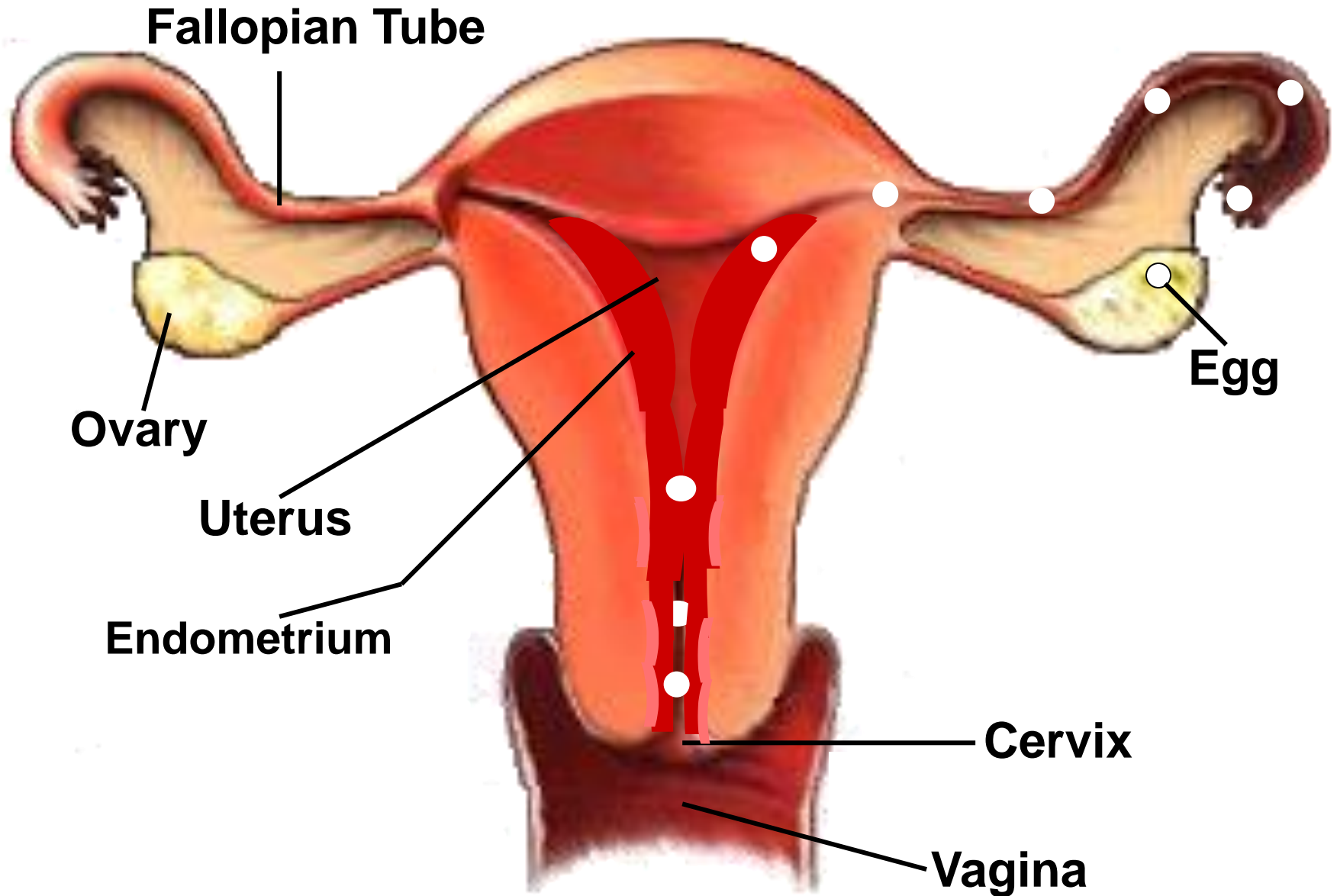


FEMALE REPRODUCTIVE SYSTEM

- Estrogen & Progesterone
- Ovulation
- Menstruation



FEMALE REPRODUCTIVE CYCLE



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Period Protection

- 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!



Premenstrual Symptoms (PMS)



Abdominal pain



Headache



Migraine pain



Abdominal swelling



Backache



Sweat



Irritability



Hip pain



Muscle pain



Vomit



Fatigue



Stomach upset

- Others: Acne, breast tenderness, craving for sugar

How to help PMS symptoms

- Regular exercise
- Get 8 hours of sleep
- Eat a well balanced diet and drink lots of water
- Heating pad or a warm bath

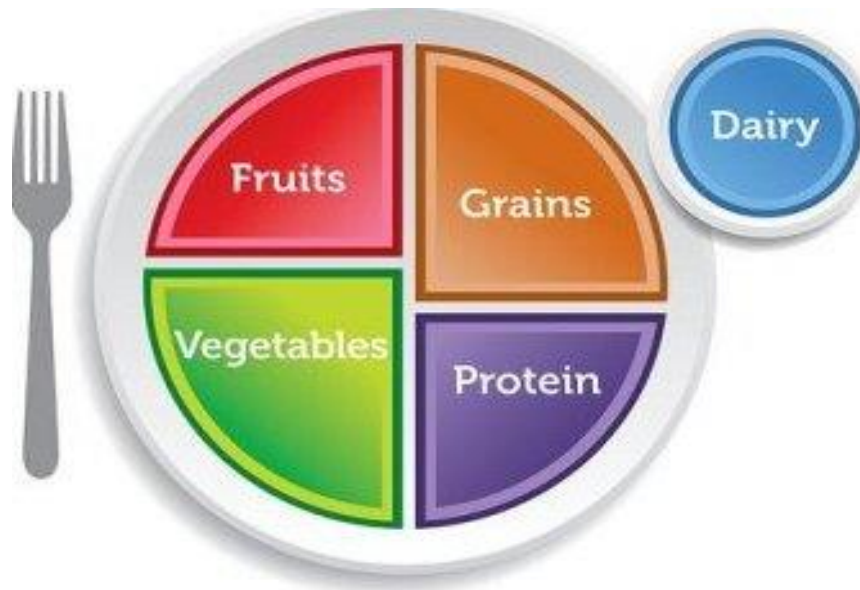


EMOTIONAL/SOCIAL CHANGES

- Mood swings
- Self-consciousness
- “Crushes”
- Friends
- Parents and family
- Freedom
- Decision making



FOOD



My food plate

HYGIENE

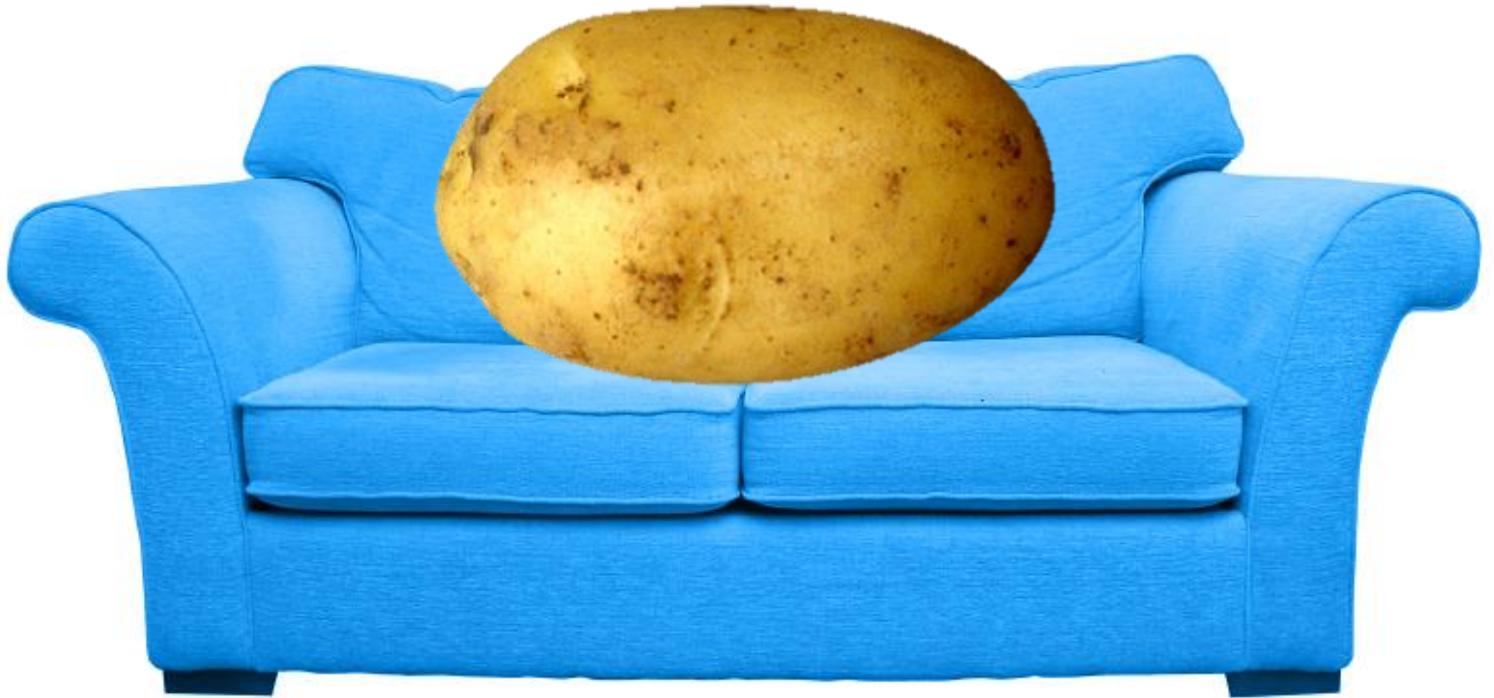
- Bathing
- Deodorant
- Clean clothes & socks
- Shampoo hair
- Brush teeth twice a day



EXERCISE



DON'T BE A COUCH POTATO!



NEED 8 HOURS OF SLEEP



Puberty!

