

Puberty Education – Female

Community Health Center of Southeast Kansas School Health Program | 2022/2023

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What are we talking about today?



- What is puberty
- What are the changes I can see?
- What are the reproductive organs and how do they work?
- How do I take care of my changing body?

Class Guidelines



- Be Respectful
- Zero Tolerance for Bullying
- Use Correct Medical Terminology
- Don't be Afraid to Ask Questions
 - Chances are someone else has the same one!

What is Puberty?



Developmental time when our body changes and prepares to be an adult and be reproductively mature, approximately between ages 9 and 15.



What Changes Will You See?



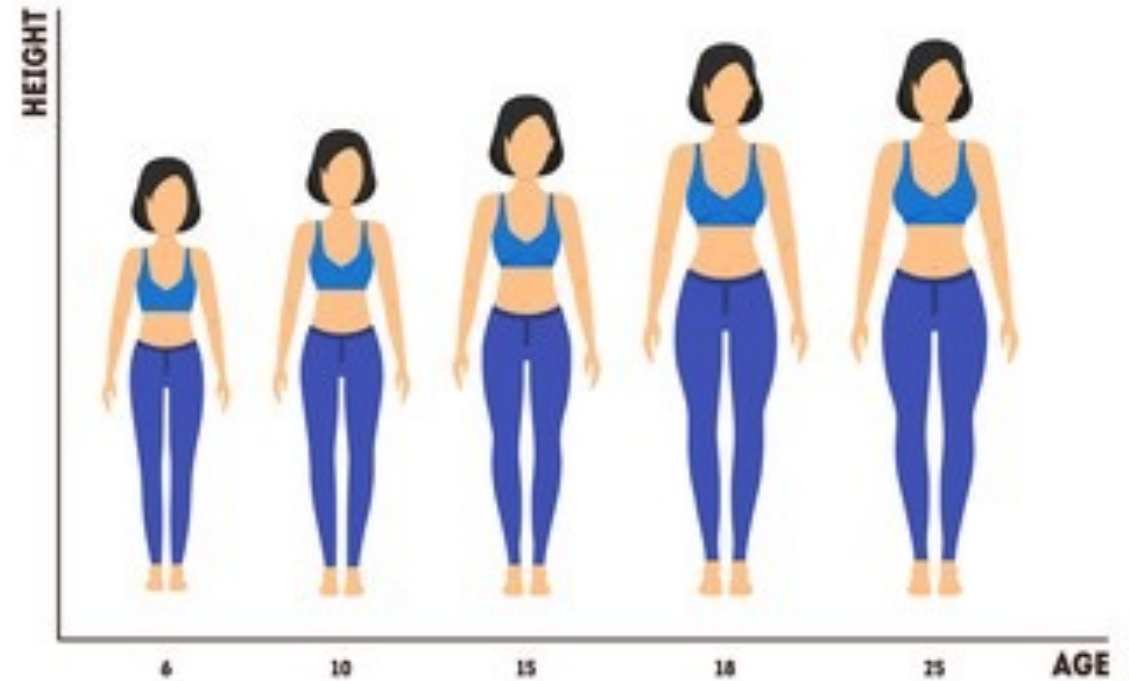
- Your body grows taller and broader
- Voice gets a little deeper.
- You begin to grow hair under your arms and in your pubic area
- Your body may sweat more and you may develop body odor
- Your skin may become oilier and you may get pimples
- Your breasts will begin to grow
- Vaginal discharge begins
- Your period will start.



Growth – Musculoskeletal



- This typically occurs over time and in some spurts, this can lead to some clumsiness and awkwardness
- Increase in height and sometimes weight
- Muscle Growth
- Males develop muscle and growth changes a year or two later than girls



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Breast Changes



- Hormonal changes cause fluid to build up in your breasts, this can make them sore. Soreness in your breasts is also common before you get your period
- Breasts should usually feel soft and not hurt at other times during the month
- Breast growth can take 3-5 years and in some cases 10 years for full development
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- Your skin may itch or show stretch marks. These are signs of the skin stretching as your breasts grow
- Breasts come in all shapes and sizes.

Self Care During Puberty



- Use deodorant or anti-perspirant on the underarms
- Wash face daily to help prevent acne
- Brush teeth twice a day
- Use shampoo on your hair to prevent oiliness
- Shower daily
- Eat a well balanced diet
- Get plenty of exercise
- Get enough sleep

Tips for Controlling Body Odor

The infographic features six illustrations on a light orange background, each with a corresponding tip below it. The tips are: 1. A person in a bathtub with bubbles, labeled 'Bathe daily'. 2. A person in a blue jersey with the number 8 holding a soccer ball, labeled 'Shower after sweating'. 3. A person with soap suds on their arms and torso, labeled 'Wash all parts of your body'. 4. A pair of blue and white polka-dot underwear and socks, labeled 'Wear clean underwear, socks and clothes daily'. 5. A person in a red long-sleeved shirt and blue pants with arms raised, labeled 'Sport loose-fitting cotton clothing'. 6. A white onion with steam rising from it, labeled 'Watch for dietary causes of body odor, like garlic'. The 'verywell' logo is in the bottom left corner.

Bathe daily

Shower after sweating

Wash all parts of your body

Wear clean underwear, socks and clothes daily

Sport loose-fitting cotton clothing

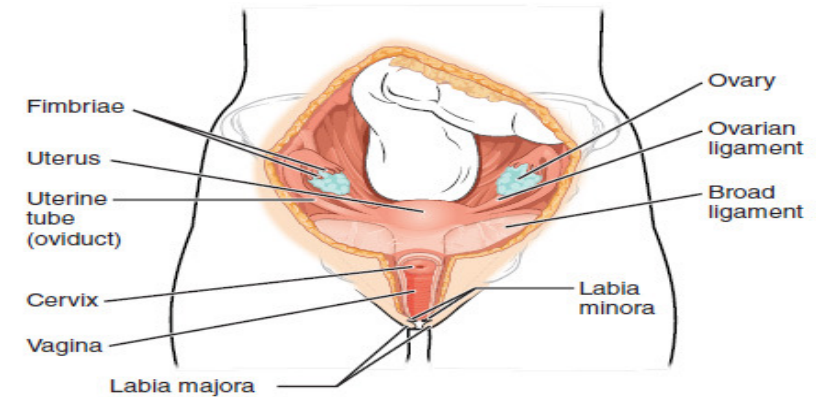
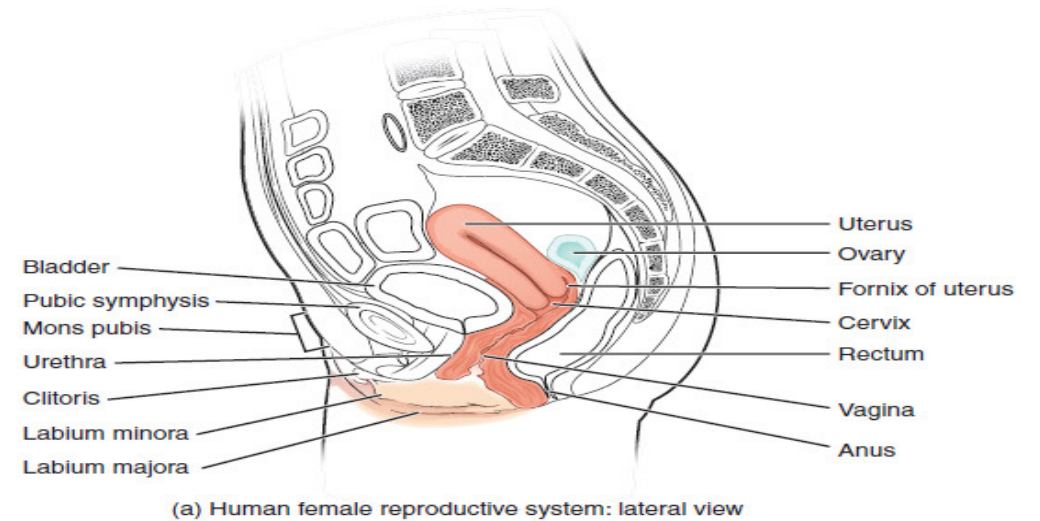
Watch for dietary causes of body odor, like garlic

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Female Anatomy



- **Vagina:** entrance to the reproductive system, where period/menstrual flow exits the body and the urethral opening is just in front of. Notice the space and how a tampon can fit .
- **Cervix:** lower part of the uterus, produces mucous to protect the reproductive system, menstrual flow passes through the cervix from the uterus.
- **Uterus:** Also called the “womb”, has an inner lining called endometrium- this is the part that becomes thick with blood each month and is released during your period if you are not pregnant.



(b) Human female reproductive system: anterior view

What is a Period?

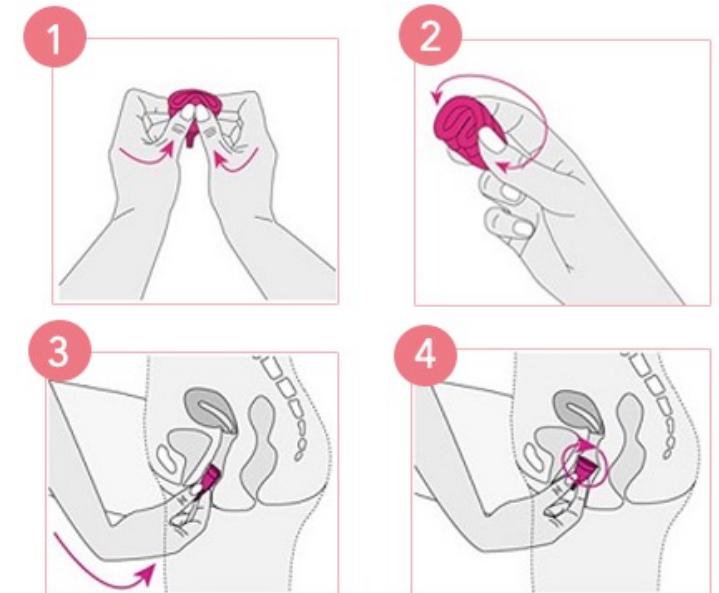


- A period is when females pass blood from the vagina for a few days each month.
- The scientific name for this is **menstruation**
- Periods can start at different ages for different people
- You get your period every month but in the beginning and for several months after starting your period it can be irregular.
- No one can tell you are on your period unless you tell them.
- Girls usually only bleed a few tablespoons each week on their periods.
- May experience cramping and more intense emotions before start of menstruation.

Menstrual Pads, Tampons and Cups



- Girls use pads, tampons and menstrual cups to catch the blood that comes from the vagina during menstruation
- Pads are a sticky strip of material that absorbs the blood. They are placed in the underwear and should be changed frequently.
- A tampon is a small plug of material that fits inside the vagina to absorb the blood. This should also be changed frequently.
- A menstrual cup is a small, flexible cup that is made of silicone or latex rubber. Instead of absorbing your flow, like a tampon or pad, it catches and collects the blood.



Premenstrual Syndrome (PMS)



- Symptoms brought on by hormone changes 1-14 days before menstruation begins.
- Symptoms include: breast tenderness, bloating, headaches, acne, constipation or diarrhea, cramps, feeling tired, feeling irritable and sad or down.
 - Not all women get PMS
 - Ways to help: exercise, healthy diet, reduce caffeine and sugar.

Toxic Shock Symptoms



- This is a rare but serious infection!!
- Can be caused by not using tampons properly and leaving them in too long!
- *Symptoms include:* Sudden fever-(102°F/38.8°C or higher), vomiting, diarrhea, sunburn-like rash, muscle aches, dizziness, near fainting or fainting.
- Seek medical help immediately if symptoms are noted

Be Respectful



- Remember to **ALWAYS** show respect to both boys and girls during this changing time!
- Change is hard
- Everyone is embarrassed
- Be kind
- **NEVER** tease about body changes, hygiene or emotions.

