

Growth and Development Outline – Girls

NC SCOS (North Carolina Standard Course of Study for Healthful Living)

Grade 4: Competency Goal 2: The learner will develop knowledge and skills to enhance personal and consumer health.

NC SCOS 2.05: Summarize patterns of normal physical and emotional development during puberty.

Learning Objectives:

The student will be able to:

1. Identify the physical and emotional changes that occur during puberty.
2. Recognize that individuals experience puberty at different ages.
3. Explain the use of feminine hygiene products for menstruation.
4. Describe the personal hygiene skills needed for the adolescent years.

Program Outline:

I. Introduction of Topic

A. What is adolescence?

B. What is puberty?

Key points:

1. Each person is an individual; therefore, each person experiences puberty at a different age.
2. All girls go through the same basic stages of growth.

II. Emotional, Social and Physical Changes of Puberty

A. Emotional changes

With class participation, discuss changes in moods and feelings that occur during adolescence. Discuss healthy, mature ways of dealing with these moods and feelings.

B. Social changes

With class participation, discuss social changes of puberty, including increased independence, new interests and new friendships.

Key points:

1. These are normal changes that people experience during puberty.
2. It is important to learn mature and responsible ways to handle feelings and emotions.
3. It is important to maintain respect for others.

C. Physical changes

With class participation, list and discuss physical changes that happen to girls, such as size, body contours/breast development, sweat glands, hair growth, skin, and menstruation.

D. Personal hygiene

Discuss how sweat glands and oil-producing glands are more active during puberty. Describe the personal hygiene habits adolescents need to practice daily, such as bathing with soap and water, using deodorant and/or antiperspirant, and washing face and hair more often to remove excess oil. Emphasize the importance of a healthy diet, physical activity, and sleep to maintain health.

Key points:

1. Significant growth and physical changes happen during puberty.
2. It is important for adolescents to develop personal hygiene skills and behaviors to promote healthful living.

III. Video: “*Always Changing*”– Girls section

IV. Menstruation

A. Menstrual cycle

After viewing the video, answer questions and clarify information as needed.

B. Menstrual hygiene products

Show examples and explain how pads are used, how often to change pads, and proper disposal. Discuss how to be prepared and what to do if supplies are needed at school. Show girls how to track period using a calendar. Show a tampon and discuss how they are used. Encourage girls to talk with parent before using tampon. Inform girls about the need to change tampons regularly to prevent toxic shock syndrome.

V. Questions and Closing

Key point:

1. Talk with parent or guardian when you have questions.
2. The school counselor or nurse can help with information.