

Health and Development

4th Grade

**Objective: I can discuss the changes
in my body with a trusted adult**



Today we are going to talk about how your body changes as you get older, and what you can do to prepare for this process!



You are going to have lots of questions, and that is GREAT! Please ask questions! Every woman you know has experienced the same thing!!



Agenda

🌸 **video** 🌸

🌸 **vocabulary** 🌸

🌸 **game** 🌸

🌸 **Q&A** 🌸

🌸 **Classroom Assignment** 🌸



Video

**While you watch the video,
think of questions you have or
new things that you have
learned!**



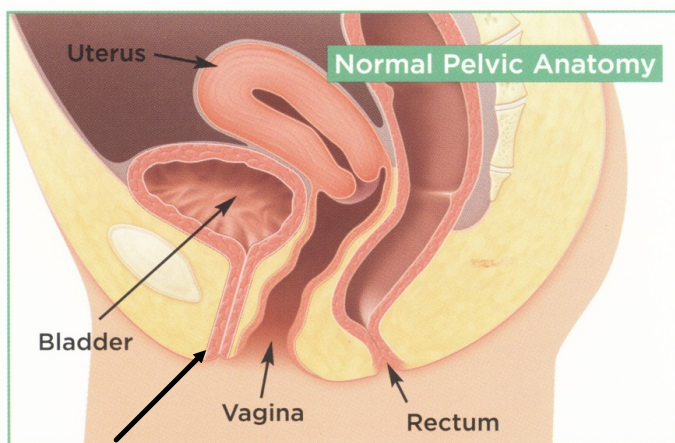
Click here to view video:

[http://m.kidshealth.org/en/kids/puberty-normal-video.html?
WT.ac=](http://m.kidshealth.org/en/kids/puberty-normal-video.html?WT.ac=)



Vocabulary

*** Let's talk about some basic vocabulary.**



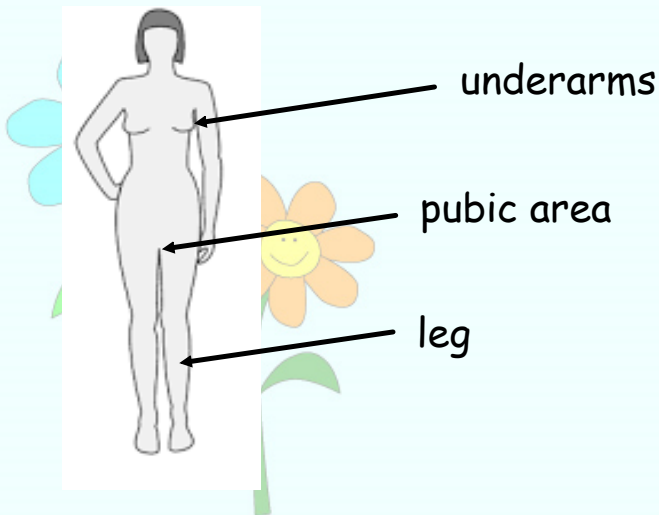
urethra

urethra - liquid waste
vagina - menstrual flow
rectum - solid waste

* Always wipe from front to back to prevent bacteria from entering your body!

Vocabulary

*** hair - You will grow hair in your underarms, pubic area, and legs.**

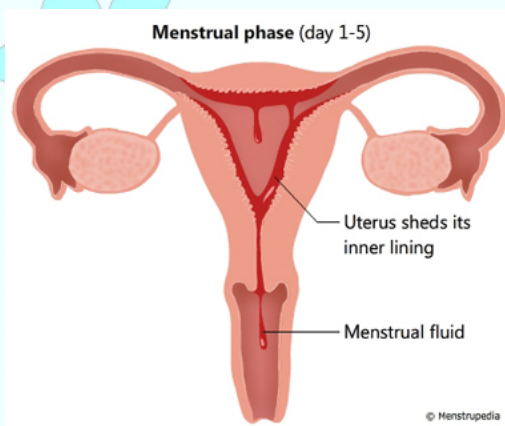


* You and the adults at home can discuss options and the right time to start shaving!



Vocabulary

*** menstrual cycle (period) -
This is the lining of the uterus
that leaves the body through
the vagina .**



- * happens every month
- * Lasts 2-5 days
- * cramps - feels like a stomach ache in the area below your bellybutton

Vocabulary

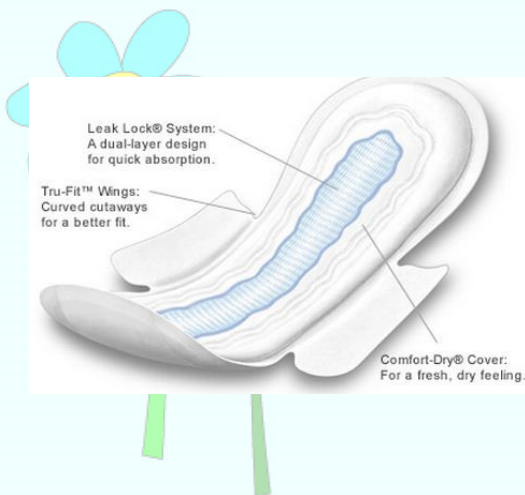
*** maxi pad - A maxi pad protects your underwear and clothes. They are soft on one side, and sticky on the other side.**

* Maxi pads come in different sizes to meet different needs.

* Change the pad every 4-6 hours, and shower everyday.

* If maxi pads do not work for you, talk to the adults at home! There are other options if you need it!

* There is even an option that allows you to be able to go swimming!!!!



Vocabulary

*** pimples - This is a pore that has been clogged by oil.**

*** acne - This is a collection of pimples, and can be on your face, back, and chest.**



* Wash your face daily to prevent pimples, and care for acne.

* Talk to your doctor if products from the store do not work!



Vocabulary

*** healthy - If you are healthy, you make good choices about food and exercise to take care of your body.**



* Eat fruits and vegetables that are fresh or cooked!

* Make your plate colorful with your food choices.



* You should walk, run, play sports, or play outside. Get your entire family involved!

Vocabulary

*** breasts - These are on your chest and develop during puberty. These come in all shapes and sizes!!**



* You will want to get a bra to cover and support your breasts!

* Bras are another reason for a girl to go shopping. Try lots of different bras to find the style and color you want!

Game

**Raise your hand if you have played
Charades?**

*** 3 people will be chosen at a time**

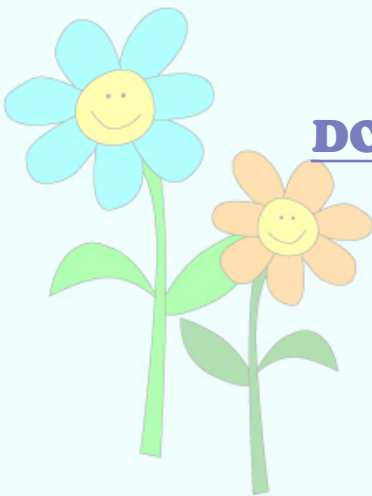
*** 1 person will act out the word/phrase**

2 people will guess the word/phrase



Q & A

- * This is the time for you to ask questions.**
- * Everyone is going to get a piece of scratch paper, and everyone is going to turn in a piece of paper.**
- * If you do not have a question, turn in the paper blank.**



DO NOT WRITE YOUR NAME

Classroom Assignment

*** After this lesson, your teacher will give you two pieces of paper to write two letters.**

*** These letters are going to adults that you trust, adults that you feel like you can talk to about puberty.**

*** Let them know what you learned, what you still want to know, or just that you may come to them in the future.**



A vertical red margin line is positioned on the left side of the page. To its right, there are 12 horizontal blue lines spaced evenly down the page, providing a writing area.

Thank You!

Thank you for allowing me to help you along this journey. If you need someone to talk to, I will always be here for you.



Our school nurse is also an excellent resource for questions about your body!

Review:

Objective: I can discuss the changes in my body with a trusted adult

Do you feel like you can discuss the changes in your body with a trusted adult?

