

4th Grade Girls Puberty Syllabus

Presented by the Elkhart County Health Department

- I. Watch “Just Around the Corner” presented by Marsh Media
 - a. Description of video:

This reassuring presentation includes a cheerful theme song and clearly illustrated biology, enhanced with new narration and photography to help prepare your younger elementary-level girls for all of the changes ahead. Topics covered in the lively program include: when to expect the onset of puberty, the physical and emotional changes of puberty, the maturation of the reproductive system, menstruation, the importance of good hygiene, healthy habits, and sleep, and maintaining health through good nutrition and exercise.
- II. Hygiene
 - a. Daily shower
 - b. Using hygiene products
 - i. Shampoo
 - ii. Conditioner
 - iii. Body soap
 - iv. Washing hands
 - v. Brushing/flossing teeth
 - vi. Deodorant
 - c. Period hygiene
 - i. Changing pad/tampon every 2-5 hours depending on blood flow
 - ii. Washing hands prior to and after changing feminine hygiene products
 - iii. Correctly dispensing of feminine hygiene products
- III. Discussion of Menstrual Cycle
 - a. When to expect your period
 - b. How often a period occurs
 - c. Creating a “period kit”
 - i. Pads or tampons
 - ii. Deodorant
 - iii. Extra Underwear
 - iv. Toothbrush
 - v. Small toothpaste
 - d. What do in certain situations such as:
 - i. If I get my period at school
 - ii. If I leak through my underwear or pants
- IV. Female Physical/Emotional Changes
 - a. Hormones affecting mood
 - b. Breast enlargement
 - c. Pubic Hair
 - d. Weight gain
- V. Question and Answer Session