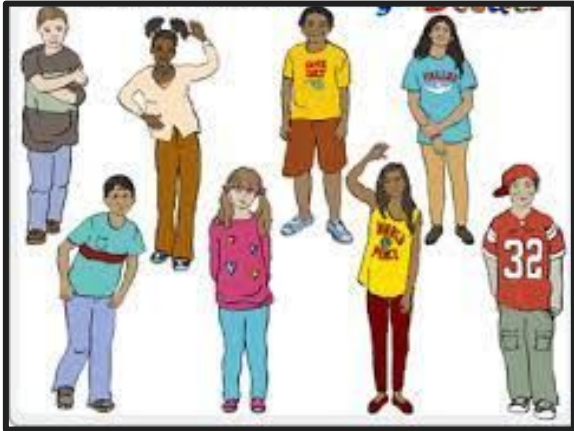


PUBERTY: WHAT YOU NEED TO KNOW

Created by Ms. Davis

PUBERTY EDUCATION

We are talking about puberty today, so you have information about what you are, or will be experiencing. Our goal is for you to be more aware and prepared.



Puberty: The process of physical changes through which a child's body matures into an adult body capable of sexual reproduction. It is initiated by hormonal signals from the brain to parts of your body.

- Girls: starts between ages 8-13
- Boys: starts between ages 9-15

This wide range in ages may help explain why some of your friends still look like young kids, and some look more adult-like.



You will be able to ask questions after the video.

You can write your question on a post-it note or ask it out loud.

Questions need to be appropriate and not asked just to make people laugh.

GIRLS

4th & 5th grade GIRLS
13:42 mins

♥ 6th grade ♥

6th grade GIRLS 5:04 mins

Videos



6th grade
BOTH GIRLS & BOYS
4:26 mins
(Watch first)

Boys

4th & 5th grade BOYS
11:05 mins

6TH
→
GRADE

6th grade
BOTH GIRLS & BOYS
(Watch this one second) 5:48 mins

GENDER SPECIFIC CONCERNS: GIRLS

- Pads
- Tampons
- Bras
- Shaving
- Deodorant



What questions do you have?

GENDER SPECIFIC CONCERNS: BOYS

- Deodorant
- Shaving
- Erections
- Voice Changing



What questions do you have?

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If you have other questions...

- Talk with a trusted adult.
- Ask a nurse or doctor.



4th & 5th grade girls:

<https://www.youtube.com/watch?v=zbcYNuGYGq0>

4th & 5th grade boys:

<https://www.youtube.com/watch?v=z8qcV6cid5U>

6th grade girls:

<https://youtu.be/HnHwDKcHZoU>

<https://www.youtube.com/watch?v=10slm-0q2PQ&t=12s>

<https://www.youtube.com/watch?v=Spez7GWvjkI>

6th grade boys:

<https://youtu.be/HnHwDKcHZoU>

<https://www.youtube.com/watch?v=Spez7GWvjkI>