

Date

L.O: to explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.



SRE Ground Rules

How does a girl's body change during puberty?



Puberty: What Happens to Girls?



They get taller and heavier.



Their bones grow bigger and heavier.



Hair grows under their armpits and around their genitals/private parts (pubic hair).



Their face changes shape.



Their voice gets a little deeper.



Their hips get wider and more curvy.



Girls start their periods.

Partner Talk – What examples can you think of?

Puberty: What Happens to Girls?



Their body sweats more.



Their breasts and nipples get larger.



A girl's private parts change.



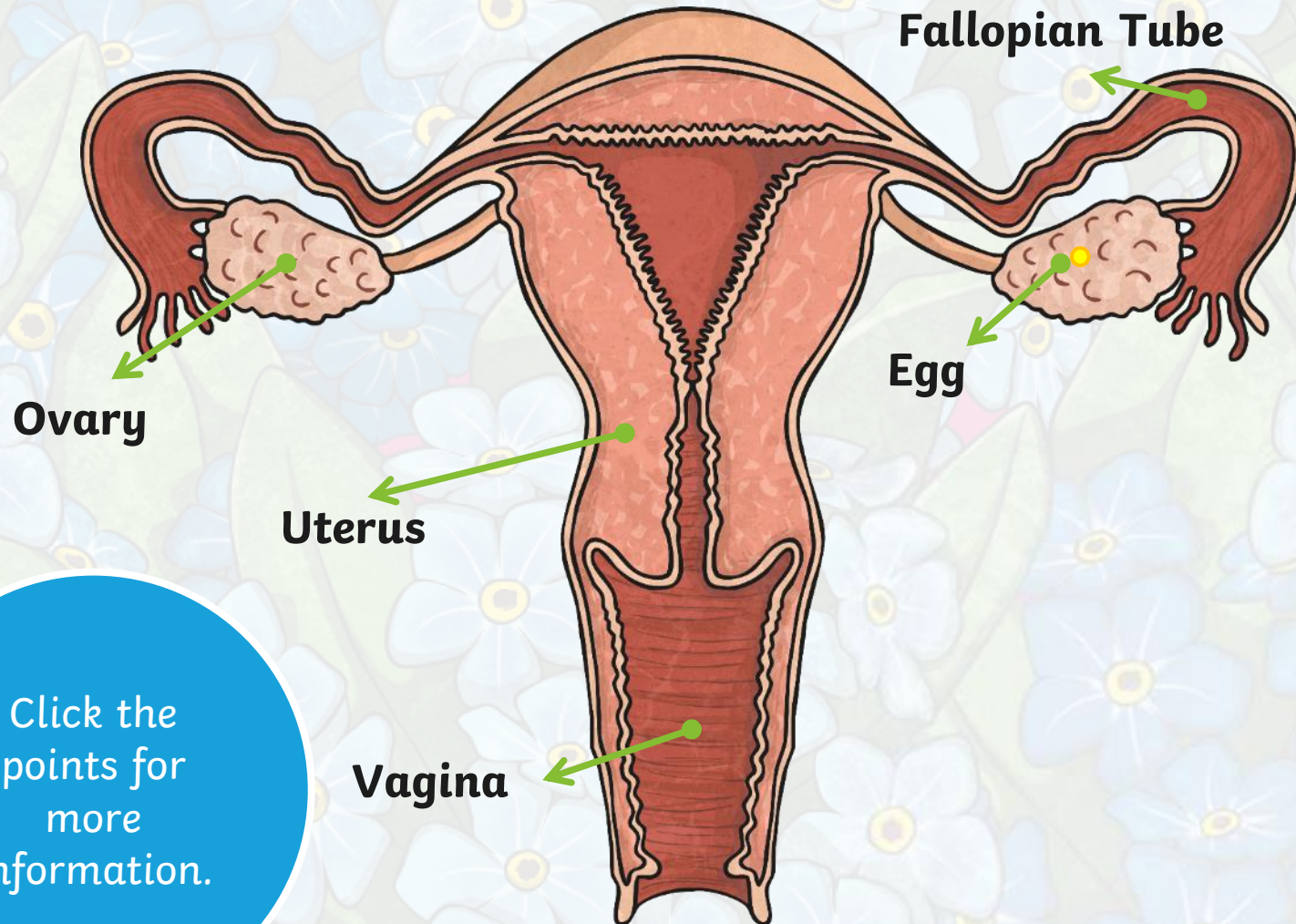
Girls may have mood swings.



Their hair on their arms and legs grows darker.



The Female Reproductive System



Click the points for more information.

What Are Periods?

Periods (menstruation) happen due to the hormones changing in a girl's body.

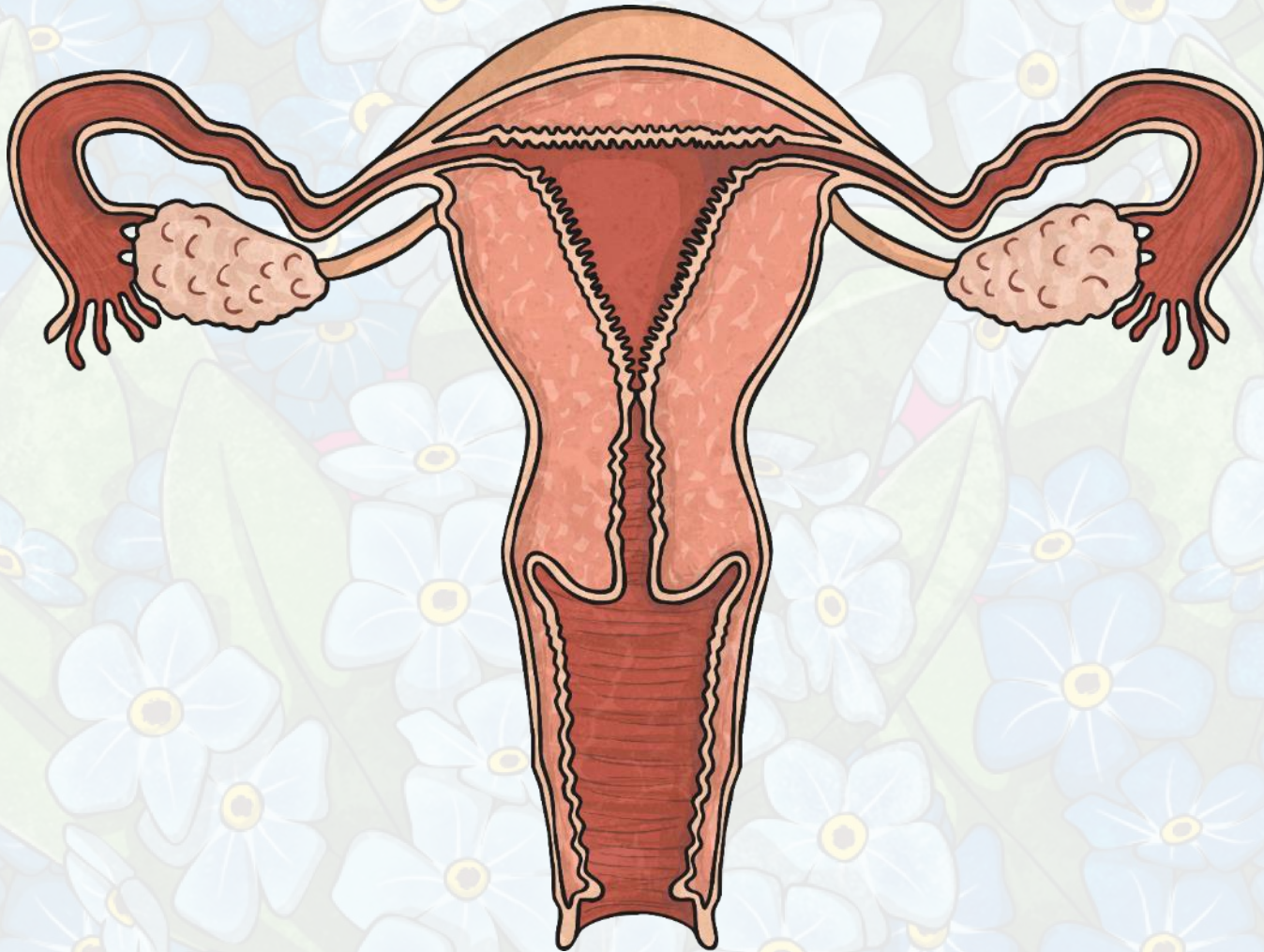
When puberty is reached, an egg is released each month from her ovaries and this leads to a period.

The egg moves from the ovary and along the fallopian tube and down into the uterus (womb).

Even before birth, a girl has 1-2 million tiny eggs (ovum) in her ovaries.

Each month, the lining of the uterus and the egg leaves a female's body through their vagina; this is called a 'period'.

What is a period?



Why Do Periods Start

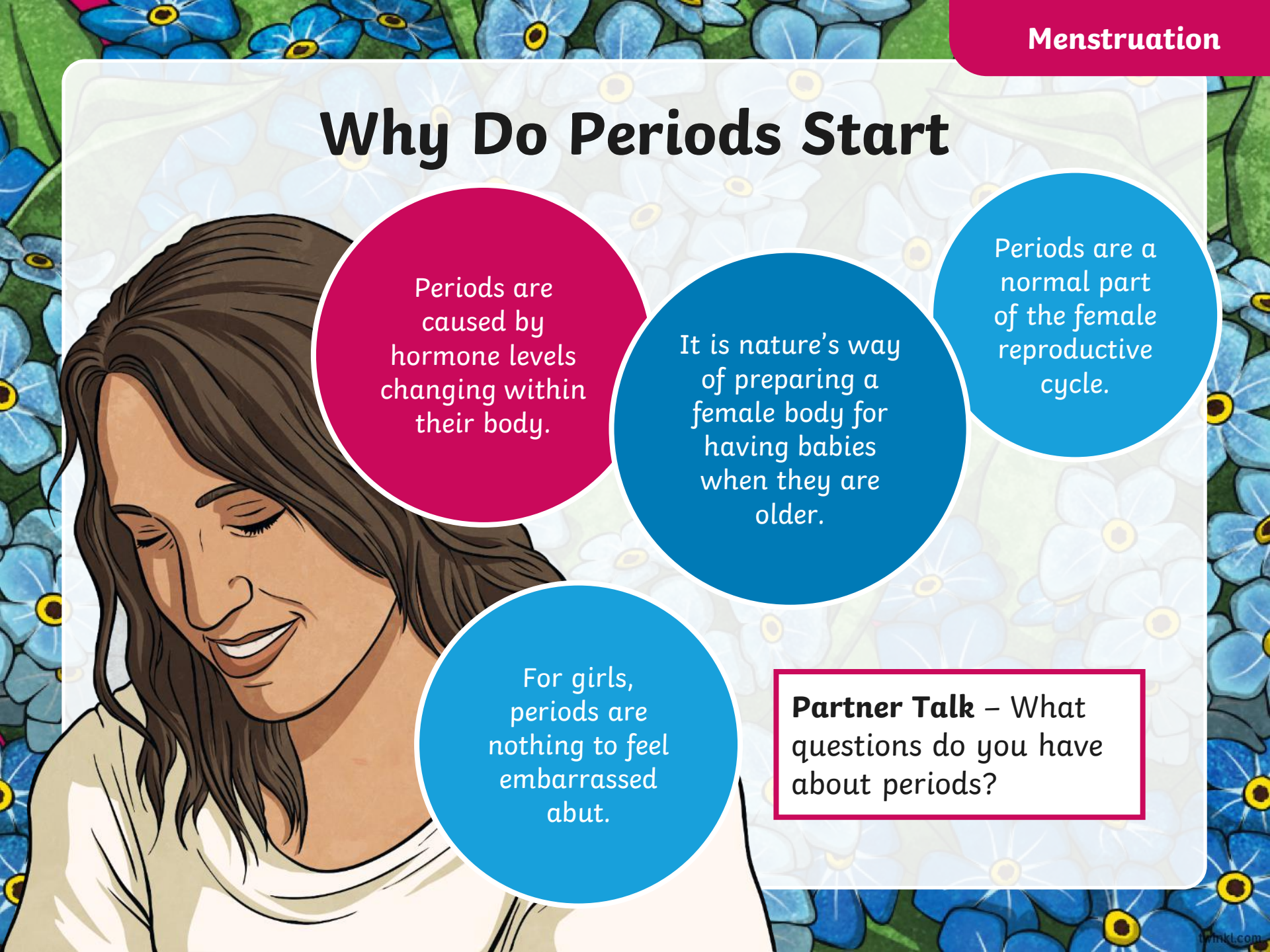
Periods are caused by hormone levels changing within their body.

It is nature's way of preparing a female body for having babies when they are older.

Periods are a normal part of the female reproductive cycle.

For girls, periods are nothing to feel embarrassed about.

Partner Talk – What questions do you have about periods?



When Does a Girl's First Period Start?

Usually between 10 to 16 years old;

about 2 years after their breasts develop;

after pubic hair grows;

after they experience growth and changes in their private parts.

Remember –
Every girl is
different!



What Symptoms Do Girls Have?

Many girls will experience PMS (Pre-Menstrual Syndrome). The symptoms can include:

difficulty
concentrating

stomach
cramps

feeling
bloated

tender
breasts

mood
swings

tiredness

food
cravings

headaches

spots

PMS - Things That Help Girls!

Eating a well balanced diet.

Taking part in some gentle exercise.

Using a hot water bottle or a heat pad.

Having a warm bath.

Having a nice warm drink.

Massaging their stomach.



How much blood do you think a girl will lose during a period?

Only 2-3 tablespoons worth!



What products do girls use during a period?





Any questions?

**We can write it down
anonymously!**



Plenary

Tell your partner as many girl's changes during puberty as you can remember.