

Girls Talk Outline

Introduction of presenters, topic, and expectations

- We will be discussing puberty and the physiological changes they can expect as they mature
- We will be showing a video and then asking questions and discussing the video
- Questions that are based on the video will be taken.
- Personal stories of self or others in family are discouraged due to their private nature and time constraints

Just Around the Corner video is shown

Ask for the changes discussed in the video which occur before menstruation.

- Growth and development
 - Height and weight
 - Change in shape with development of breasts and increased width of hips in proportion to waist
- Hygiene issues
 - Body odor
 - Discuss importance of daily showers, wearing clean clothes and using deodorant
 - Facial blemishes
 - Discuss importance of washing face at least twice a day, keeping hands away from face and not popping pimples
 - General good hygiene tips
 - Handwashing
 - Dental hygiene
- Nutrition
 - Importance of good nutrition to provide energy and fuel all the growth and development.
 - Water
 - Fruits and vegetables
 - Protein sources
 - Fewer snacks and junk food
- Increased need for sleep
 - 8-9 hours sleep every night
 - May need more naps
- Exercise
 - Importance of exercise for physical and mental health

Discuss Female reproductive system

- Review the poster of reproductive system shown in video
 - Discuss the organs involved
 - Review the path of the ova

Feminine Hygiene Products

- Discuss usage and show examples of pads
- Discuss usage and show examples of tampons
 - Should have adult permission to begin using tampons
 - Discuss possibility of forgetting to remove/change tampons/toxic shock syndrome
- Proper disposal of products

Introduce 3-dimensional poster of cross section of female reproductive system

- Review anatomy
- Importance of wiping front to back
- Demonstrate application of tampon

Questions taken

***Anyone with questions regarding pregnancy, conception, or sexual identity are directed to ask an adult at home. We are only here to discuss the changes of puberty.**