

# GROWTH AND DEVELOPMENT

## FOURTH GRADE GIRLS



# WHAT IS PUBERTY?

- ❁ The stage of development that marks the beginning of the change from childhood to adulthood.
- ❁ Usually starts between the ages of 9 and 16.
- ❁ Occurs at different times for different people.



# CHANGES THAT OCCUR WITH PUBERTY

- ❁ Your body grows taller, hips become fuller, waist narrows
- ❁ Skin becomes more oily, and pimples may develop
- ❁ Breasts begin to develop
- ❁ Menstruation begins



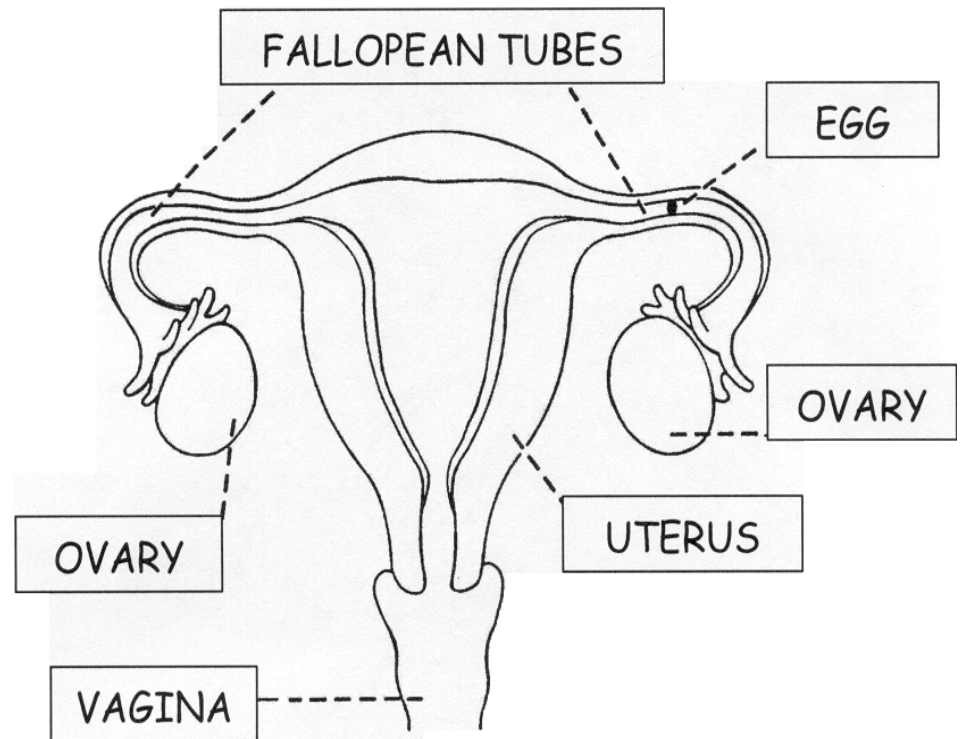
# OTHER CHANGES THAT OCCUR

- ❁ Mentally you will be able to make more decisions for yourself, and take on more responsibilities.
- ❁ Emotionally you will begin to have more intense feelings.
- ❁ Socially you may feel the need for friends more than ever before and you may develop new interests, hobbies, and styles.

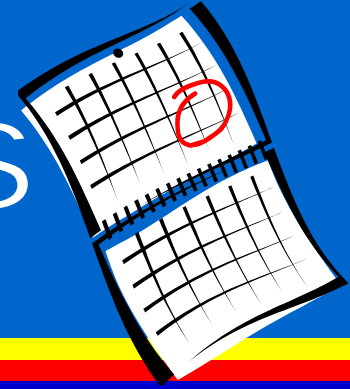


# FEMALE ANATOMY

- ❖ Ovaries - storage place for eggs
- ❖ Egg – the female reproductive cell
- ❖ Fallopian tubes - tubes through which the eggs travel to the Uterus.
- ❖ Uterus - the organ in which a fetus grows and is nourished
- ❖ Vagina - the passageway from the uterus to the outside of the body, through which menstrual fluids pass



# MENSTRUATION FACTS



- ❁ No one knows for sure when they will start for the first time.
- ❁ Watch for a whitish secretion in your panties.
- ❁ Once your period starts, use a calendar to mark the days of your period, so you know when to begin expecting it.

# MORE MENSTRUATION FACTS

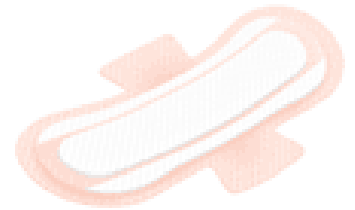
- ❁ Periods usually last an average of 4 to 7 days
- ❁ You may experience cramps before or during your period
- ❁ Your period can be slightly different from month to month
- ❁ You should still remain active during your period



# WHAT PRODUCT TO USE?



- ❁ There are many different sanitary napkins (pads) to choose from.
- ❁ Avoid using tampons for now.
- ❁ Ask your mother's opinion - she's been where you are now.
- ❁ Carry around a pad and extra panties when your period is due.





# WHAT CAN YOU DO TO HELP LOOK AND FEEL YOUR BEST DURING PUBERTY?

- ❁ Make healthy eating choices
- ❁ Get enough rest to keep up with the changes occurring
- ❁ Be active, physically
- ❁ Shower and use deodorant or antiperspirant daily
- ❁ Give special attention to your face to prevent acne
- ❁ Talk to your mom about when to start wearing a bra



# Abstinence

- ❁ Abstinence is voluntarily refraining from or doing without
- ❁ This means choosing not to damage your body with harmful things such as drugs, or cigarettes
- ❁ Positively speaking, this means you respect yourself and want to achieve the goals and dreams you have set for yourself by making good choices



# AN INTRODUCTION TO HIV/AIDS

## FOURTH GRADE



# NON-COMMUNICABLE DISEASES

- ❁ Do **not** spread from person to person
- ❁ Can develop from the environment, heredity, or genetics
- ❁ Can affect any system of the body, such as respiratory, gastrointestinal, circulatory
- ❁ Sometimes can be cured or even prevented through medication, therapy, and/or understanding
- ❁ Sometimes cannot be cured but controlled through same measures

# EXAMPLES OF NON-COMMUNICABLE DISEASES

- ❁ Asthma
- ❁ Allergies
- ❁ Diabetes
- ❁ Headache
- ❁ Cancer
- ❁ Heart Disease



# COMMUNICABLE DISEASES

- ❁ Can spread from person to person, which means they are contagious
- ❁ Are caused by germs such as viruses or bacteria
- ❁ Spreads through direct contact - touching a sick person, or indirect contact - touching objects that a sick person has touched
- ❁ Can enter the body through the nose, eyes, or a break in the skin, or from hands to mouth

# EXAMPLES OF COMMUNICABLE DISEASES

- ❁ Colds and Flu
- ❁ Chicken Pox
- ❁ Measles
- ❁ Pink Eye
- ❁ Fifth's Disease
- ❁ HIV/AIDS



# WHAT IS HIV/AIDS?

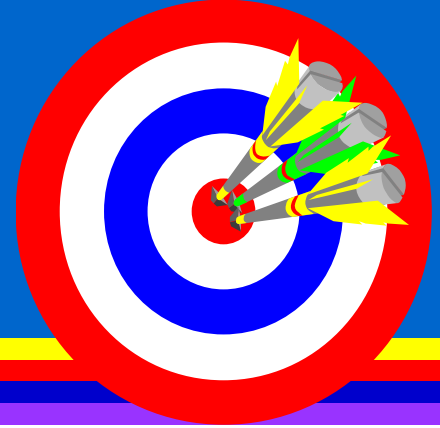
- ❁ HIV = Human Immunodeficiency Virus
- ❁ AIDS = Acquired Immune Deficiency Syndrome
- ❁ AIDS is the result of a long process that begins with the HIV virus
- ❁ HIV/AIDS is FATAL! There is no cure!



# Definition of HIV/AIDS

- ❁ HIV/AIDS is a life-threatening disease that attacks the immune system.
- ❁ It weakens it so that the immune system can't fight diseases.
- ❁ Your immune system is made up of the white blood cells in your blood.
- ❁ When germs enter the body, these cells attack them and kill them.
- ❁ In the case of HIV/AIDS, the white blood cells are killed before they can destroy the germs that cause diseases.

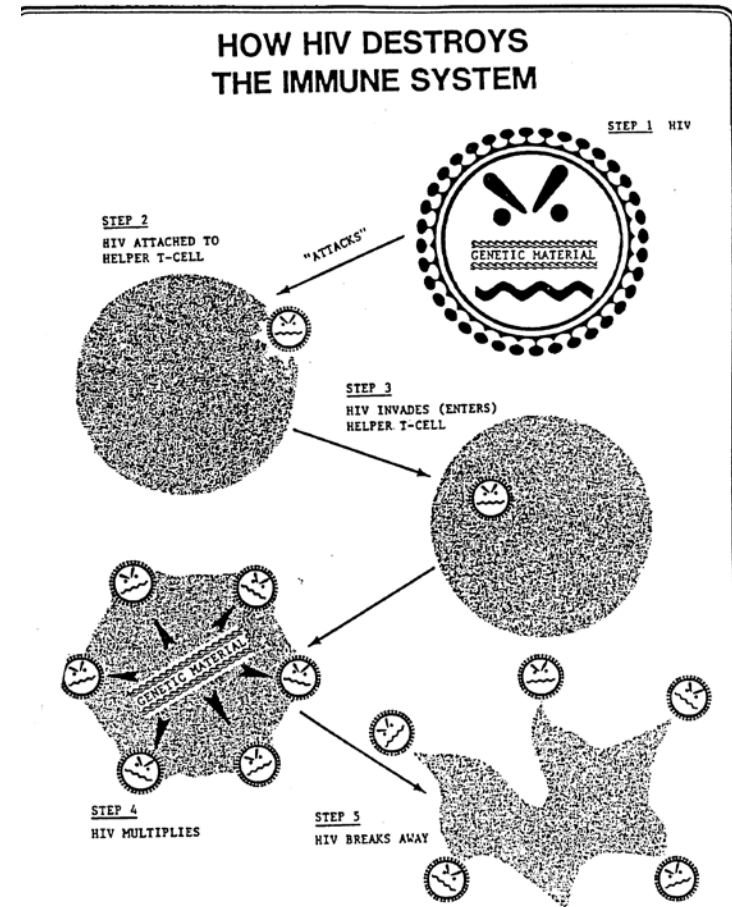
# THE HIV VIRUS

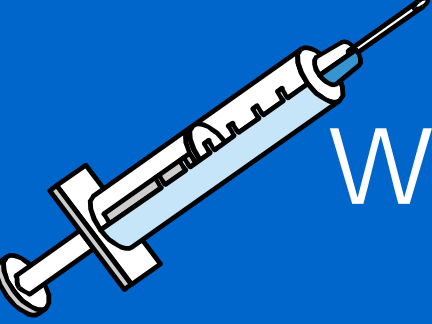


- ❁ The HIV virus gets introduced into your body through blood to blood contact, through a break in the skin
- ❁ It attaches itself to the white blood cells, your immune system, and begins to reproduce itself
- ❁ As the virus spreads, more and more white blood cells are destroyed causing your immune system to become weaker and weaker

# WHAT THE DISEASE DOES TO YOUR BODY

- ❁ In the early stages of the disease your body has millions of white blood cells to still fight infection
- ❁ But over time the HIV virus destroys more and more cells until you go from having millions of white blood cells to just hundreds, then tens, then none
- ❁ The body can then be attacked by all kinds of infections and diseases (called opportunistic diseases).
- ❁ This is AIDS





# WAY TO SPREAD HIV/AIDS

- ❖ Coming in contact with fresh blood or body fluids of another person
- ❖ I. V. drug use - sharing needles
- ❖ Mother to unborn child
- ❖ Blood brothers
- ❖ Sharing toothbrushes, razors, or dental floss
- ❖ Tattoos, or body piercing



# HOW HIV IS NOT SPREAD



- ❁ Doorknobs
- ❁ Drinking fountains
- ❁ Toilet seats
- ❁ Eating utensils
- ❁ Insect bites
- ❁ Hugging
- ❁ Coughing, sneezing
- ❁ Holding hands

# WHAT SHOULD YOU DO?

- ❁ Learn accurate information about the disease
- ❁ Take responsibility for your own protection
- ❁ Refuse to use drugs
- ❁ Practice abstinence
- ❁ Respect yourself

