

All 4th grade students viewed the movies at the original or make up viewing except two students (parents preference.)

BOYS: Clarified & reviewed topics in the movie: They had no additional questions

GIRLS: Questions were clarification only of topics we discussed below and were in the movie (ie: why-when to start wearing a bra—or menstruation how to questions) Nothing was asked beyond the topics below

We welcome your feedback and comments for use in future classes. Email:

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GRADE 4

BOYS SCRIPT:

PREFACE: BOYS WATCH slightly different movie (hygiene) Girls on developing

BODY CLOCK: Everyone is different

Signal—Growing up

Hormones—Pituitary—Clock starts the process

Glands: Oil (keeps skin soft)

Sweat (cools you off)

As clock starts—hormones-mix with glands & germs (ODOR)

BODY: HOW PREVENT ODOR

BATHE DAILY

USE DEODERANT

Wash soap-water-washcloth—

UNDER ARMS & PUBIC (explain)

SKIN: Keep oil free to prevent (ACNE-pimples)

WASH 2-3 times/day (Face)

Soap/Water—Acne or skin products (benzoin peroxide)

HAIR: Shampoo

Daily to 2-3times/week (depend on hair type)

WET—LATHER/SCRUB—RINSE_RINSE_RINSE

Brush—don't share—Don't share hats either

CLOTHES: CHANGE DAILY

Including underwear –even if cleaned last night

Don't have to be new-or fancy clothes—CLEAN keeps your friends near. & germs away

TEETH: Brush 2-3 times / day

LAST A LIFETIME

Visit dentist regularly

THE GREAT DEFENDER?

HAND WASH—Keeps you healthy

10 seconds

Warm water

Top—Palms-Wrists-under nails (germs hide)

Trim nails (prevent scratches—shoes fit—smell—germs)

SIGNS YOU ARE GROWING

Outgrow your pants—Shoes

BODY ODOR (often you are the last person to smell it—

Friends may have hard time to say it)

GIRLS SCRIPT:

K You are going to be watching a video. But first we want to go over a few things before you watch it. The video is not the one you will see next year. This year the boys will be watching a slightly different movie (hygiene) Girls on developing. Girls develop sooner than boys and you need this information now. Nationally, this developing is happening earlier—8-16 (although you will see the movie says 10-16) That's why you are seeing this movie now. For some, this information may be useful soon, others later.

T Puberty is a stage in your growing up. It is not a one minute event, or a week long happening. It take two or more years to be done growing and changing. You feet grow fast, you grown out of your clothes and One of the 1st signs: Breasts enlarge (buds) first sign starting this process
Movie said—1 may start growing before the other—NORMAL
SHOW TANNER STAGES:
WHEN at Tanner Stage 2 or 3----IMPORTANCE OF WEARING BRA: sports bra or other style

K Another sign: Hair starts growing in new places

1. Under arms
2. Leg hair may get darker/coarser
Shaving is Choice made with parents
3. Hair in your pubic region (define pubic)

T Another part of growing up is getting your period. When will this happen is very difficult to predict Everyone has their own schedule OWN TIMER Everyone's (Timer or Body Clock is different.) It is set to a time when you will start puberty—body changes will happen & having a period. Everyone is different—Everyone is normal--Everyone may feel different Nothing you can do to stop it, prevent it or speed it up. It's part of growing up. Another sign is: Discharge in underwear—define discharge (color—odor)
first sign may start “periods”

K HYGEINE: is most critical when you enter this
Showers/baths O.K. when having your period

- 1 MORE IMPORTANT THAN EVER TO SHOWER/BATHE EVERY DAY
- 2 CHANGE YOUR UNDERWEAR EVERY DAY

Pads: Show sizes---styles
Tampons - show styles
Change every 4 hours or sooner. (NOT EVERY HOUR)
Wrap them up and put in trash.
Feel weird at first- People can't tell!
Someone sitting next to you might have already started their period.
As many as 5 or more people in this room have already started.

T Bathroom supplies, Receptacles in the bathroom
Have supplies in a bag-backpack or
Nurse can help. (Code word if you need (private or girl thing) Nurse asap.
Talk with your grown ups or us if you have any more questions.

SUMMARY: Video is about two girls growing up at different rates. You might be one of these girls or the other, or something in between. If you still have questions you can talk to your grown ups, or Mrs. Frieberg or Mrs. Anger anytime.