Puberty and Personal Hygiene

Girls Only

Learning Target

I can recognize the physical changes that occur during puberty and relate these changes to the increased need for personal hygiene.
What physical/emotional changes occur during puberty that you know about?
My Changing Life:
Physical Changes for Girls
GIRL TO WOMAN

1. Do all boys and girls begin to mature at the same age? ____________________.

2. What are the two main skin changes that occur when puberty begins?

__________________________________________________________

__________________________________________________________

3. List at least two (2) changes that occur in the female body with the beginning of puberty.

__________________________________________________________

__________________________________________________________

4. The eggs develop in the ovaries and are released in a process called _________________.
   This process occurs ____________ time a month.

5. When the egg is not fertilized, the extra lining of the uterus flows out of the body along with
   some blood. The discharge of blood and an egg from the female body is called
   ____________________ or getting your _____________.

   _____________________________________________________________________
GIRL TO WOMAN
(ANSWER SHEET)

1. Do all boys and girls begin to mature at the same age? (NO)

2. What are the two main skin changes that occur when puberty begins?
   (1) SWEAT GLANDS BECOME ACTIVE
   (2) ACNE

3. List at least two (2) changes that occur in the female body with the beginning of puberty.
   1. THE BREASTS DEVELOP.
   2. BODY HAIR GROWS.
   3. THE HIPS GROW WIDER.
   4. MENSTRUATION BEGINS.

4. The eggs develop in the ovaries and are released in a process called OVULATION.
   This process occurs ONE time a month.

5. When the egg is not fertilized, the extra lining of the uterus flows out of the body along with some blood. The discharge of blood and an egg from the female body is called (MENSTRUATION) or getting your ("PERIOD").
I HAVE A QUESTION ....

SIGNED _______________________

ROOM # ______________
I HAVE A QUESTION.....

We strongly encourage you to discuss the information contained in this lesson with your parent/guardian or trusted adult.