Puberty for Girls

Amazing Changes

Inside & Out

Teacher’s Guide
PUBERTY FOR GIRLS: AMAZING CHANGES INSIDE & OUT

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Facilitator’s Guide
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Puberty for Girls:
Amazing Changes Inside & Out
Teacher's Guide
Grades 4-8

Introduction
This program presents information and issues pertinent to adolescent development. You will observe physicians and other professionals interacting with teens to discuss information relevant to the physical and developmental changes teens can expect. This program effectively blends developmental ideas presented by professionals with warm and thoughtful interaction between the adults and teens. Topics covered include:

* Body changes
* Acne
* Hygiene
* Hormonal changes and their possible impact
* Sexual development
* Menstruation
* The process of conception
* Premenstrual syndrome
* Toxic shock syndrome
* Changing roles & relationships with family
* Changing roles & relationships with peers
* Shifting patterns of self-awareness
* Shifting patterns of social awareness
* Increased level of choice and responsibility
* Sexual feelings and attractions
* Normal stress and curiosity related to all of the above changes
How To Use This Guide
Preview the video and read through this guide. An effective use of the video and guide may include:

1. Introducing the topic and presenting some general questions regarding students familiarity with changes that occur during puberty.
2. View the video
3. Summarize topics presented
4. Encourage feedback and questions regarding the tape
5. Lead the group through the discussion
6. Select follow-up activities most pertinent to group needs and provide hand-outs.

Program Objectives
After teens and teachers or other adults view this video and complete selected activities suggested, they should be able to:

* Identify various changes to the body such as hair growth, increased perspiration and body oils, enlargement of the breasts and hip area, and hormonal changes that can effect moods.
* Explain specific steps they can take to promote hygiene and a sense of comfort in response to these body changes: Skin care, bathing, bras, shaving, healthy diet, and exercise.
* Explain sexual development, such as: hormonal changes, the process of menstruation, how conception occurs, toxic shock syndrome, and pre-menstrual syndrome.
* Explain the role and importance of healthy diet and exercise during and beyond puberty.
* Identify normal developmental and social changes during puberty such as: Changing relationships with parents, increased involvement with peers, greater interest in intimate relationships, heightened concern for self-image, and more stress and mood changes related to biological and/or developmental changes.
* Describe various ways to cope with these physical and emotional changes such as resolving family conflicts, having friends with healthy positive attitudes, maintaining a balanced life, finding the areas of strength in ones life and participating in healthy, fun activities.
Pre-Viewing Questions
1. What are some physical changes that you anticipate during your teen years?
2. What are some of your questions or concerns about these changes?
3. What psychological changes do you anticipate with friends or with your family?
4. What are some of your questions or concerns about these changes?
5. Who can you talk with when you have questions about these physical or emotional changes?

View The Videotape
The tape runs 25 minutes long.

Post-Viewing Discussion Questions
1. After viewing the video, what aspects of maturing and becoming older do you most look forward to?
2. What are your greatest concerns or worries about your teenage years?
3. While watching the program, what most interested or most surprised you?
4. Which information had you already known? Where had you gotten this information; from your parents, friends, media? Had anyone ever given you wrong information about puberty?
5. Why do you think many girls often become more self-conscious and less confident as they begin to develop? How can you avoid these pitfalls of maturing?
6. How are females often portrayed in the media? What are common negative and positive role models that you see on TV and in magazines?
7. What aspects of your own personality do you admire? How can you best maintain the exciting, fun and strong parts of yourself even while so many changes will be taking place?
8. What are common negative behaviors that some teenagers get into? How can this effect their schooling, their future careers, and their relationships with others?
9. How can you avoid behaviors that have dangerous or negative consequences? How can teens have fun in a safe, healthy way?
10. How do you think diet effects growing bodies? What are the dangers of over-eating or under-eating? Which foods lack nutritional value? Which foods will help you grow stronger mentally and physically?
11. How can exercise help a growing body? Do you think there are psychological benefits to exercise as well? How can you best keep exercise as part of your life?

Use the Handouts
1. Hand out Blackline Master #1: Female Reproductive Organs. Ask the group to label the parts.
2. Hand out the Blackline Master #2: Crossword Puzzle. Ask the group to fill in the words that best fit the definition given.
3. Hand out Blackline Master #3: Human Sexual Development. Have the group fill in the words that best complete the sentence. They can also work with partners, or even the entire group can fill it in together.
4. Hand out Blackline Master #4: Essay Questions. Ask the group to answer any or all of the questions. Alternatively, you could let them question each other and use this as an interview sheet.

Additional Activities
1. Roleplay #1: Ask for two volunteers to act out a conflictual conversation between a teen girl and her mother regarding curfew. Ask both to be passionate and convincing in their view - the teen, who wants to stay out past curfew, and the mother who refuses to consent. Then have a group discussion about this issue. Ask them to try to understand why this issue is so important to parents.
2. Roleplay #2: Ask for five to six volunteers to perform a role play. One girl will be a scapegoat having a conversation with another actress, who informs her that her friends have been talking negatively about the way she wears her hair, and that she smells like perspiration. Suggest that the scapegoat and her informant have a discussion about the best way to handle this situation. Have them perform this scene, demonstrating how the scapegoat may feel (angry, sad) and trying to figure out how to respond. Ask the group for feedback and assist the group in understanding why revenge is not a good option.
3. Using magazines, cut out pictures and words. Have the group create a collage of how the media portrays women. They can also draw their own negative and/or positive images of young women and the issues they deal with.
Answer Key

**Blackline Master #1: Female Reproductive Organs**

![Female Reproductive Organs Diagram](image)

**Blackline Master #2: Crossword Puzzle**

```
7  d  e  b  a
   8
  2  a  n  t  p  e  r  s  p  i  t  e  n  t  a  n  t  t
  6  m  e
  5  w  e  a  t  q  i  a  n  d  a
  4  b  r  a
  3  u  s
  9  d  e  o  d  o  r  a  n  t  t
  1  b  t  a
  10  w  i  s
  8  e  d  t  s
  7  o  r  t  y
  6  h  y  q  i  e  n  e
  5  t  i  s
  4  v  e  p  s
  3  s  u  t

11  a  u  b  i  c  n  a  i  t
  10  e  l
  9  t
  8  m
  7  c
```
**Blackline Master #3: Human Sexual Development**

At the onset of puberty, our pituitary gland inside our brain begins to send tiny messengers, called hormones, throughout our body. Females have two small, almond-shaped organs called the ovaries, which contain thousands of tiny eggs. These glands begin making estrogen, which is the hormone responsible for many of the changes in the female body during puberty, including growing hair, growth spurt, and growing breasts. Also, inside one of the ovaries, an egg will begin to grow. When it reaches the surface of the ovary, it pops through and travels through one of the Fallopian tubes. Eventually, it will reach an organ which is shaped like an upside-down pear, called the uterus, which will have become lined with blood and tissue, which serve to protect the egg if it becomes fertilized. If an egg is fertilized, a woman has become pregnant.

How does fertilization occur? A male adolescent has two reproductive organs, called testicles, which produce a male hormone called testosterone. These organs also produce sperm, which are tiny male cells which join with the egg to cause fertilization.

How does the sperm get to the egg? Another sex organ, called the penis, will become stiff, or erect, when there is increased blood flow, allowing the male cells to flow through a tube called the urethra, where it may eventually swim to the join the female’s egg.

What if an egg is not fertilized? Another process will occur, called menstruation, or “having your period.” Approximately once a month, if the egg is not fertilized, the lining of blood and tissue will descend through a small opening, called the cervix, and into the vagina. This menstrual fluid will flow out of the body for approximately three to five days. Many girls at this time may feel abdominal cramps, occasional fatigue, headaches, and even fluctuations in moods. These symptoms are called premenstrual syndrome, or PMS for short. Maintaining a healthy diet and moderate exercise can help ease the effects of this cycle of life.
Reference List


Everything You Need to Know About Growing Up Female by Ellen Kahaner. Library Binding, August 1997.


It’s a Girl Thing: How to Stay Healthy, Safe, and In Charge by Mavis Jukes, Debbie Tilley (Illustrator), October 1997.


Adolescence and Puberty (Kinsey Institute Series, Vol. 3) by John Bancroft (Editor), et al, December 1990.

Puberty for Girls: Amazing Changes Inside & Out
Script of Narration

Growing up - it’s something we all experience. For some, we can’t wait. Others are nervous about it. But regardless of how you may feel, sooner or later, it’s going to happen.

For some of you, maybe it’s started already. For the others it’ll happen soon enough. Soon your body will start to grow in new and exciting ways as you begin to discover new thoughts and feelings. It’s called “puberty.”

It can be a confusing time. It can be an exciting time. But if you can learn about it, if you can better understand it, then you can truly appreciate and enjoy this big, new stage of your life.

So come along with us, learn with us and have fun with us, with our little movie that we call ‘Puberty for Girls: Amazing Changes Inside and Out.’

So let’s get into it. Puberty is the name for a whole set of different physical changes that we all, boys and girls, will experience as we begin to get older. ‘When?’ You may ask?

Yeah, when?

Well for each girl it’ll be different, some sooner, some later. It may be as early as 8 or 9, or it may be as late as 16 or 17 years old. But for most girls it’ll happen around 12 or 13.

I’m ready.

You’re ready?

Oh yeah. I’m ready, right now.

It’s going to happen sooner or later, believe me. Your body is going to start growing even faster than it is already. It’s called a growth spurt. Girls usually start a couple years before the boys.

You might notice that in your class, the average height of the girls may be more than that of the boys.

It should stay that way.

Uh, uh, now way, forget about it.

Plus, the shape of our bodies begins to change.
As we become taller, our hips become wider, and we begin to develop breasts. Generally speaking, we begin to have a more womanly shape.

One of your first signs of puberty is when you notice little bumps behind your nipples. These are called breast buds and they signal the development of your breasts. Then your breasts will begin to grow. You might feel a desire to wear a bra.

Bras come in a wide variety of styles. They are designed to help give your breasts support. You don't have to wear one but many girls feel better wearing a bra.

As you get older your breasts will develop, to what size? Well breasts come in all shapes and sizes, there's no such thing as ‘normal' breasts. They are beautiful no matter what their size.

I absolutely 100 percent agree.

Good.

What else you got?

Well, around the same time your breasts are beginning to grow, you'll start grow more hair. You'll notice pubic hair in the area underneath your underpants. You'll also begin to grow hair under your arms and on your legs. Just generally speaking, more hair.

And we need to shave it right?

Well, there's no law that says you have to have to shave your under arms and legs. But you'll definitely want to bathe more often.

Take more showers?

Yes, shower, baths, just stay cleaner. You see, as we get older our body chemistry changes and we begin to perspire more, especially from the sweat glands in our under arms.

I think it's time to start using deodorant.

Sure, a deodorant will cover the odor so it doesn't smell as bad. But some kids like to use an antiperspirant, which will actually help you perspire less.

Your armpits will actually have less sweat.

Crazy.

But the most important thing is to just wash regularly with soap and water.

No problem.
Plus, this will also help prevent acne.

Pimples, right?

Right.

You see, we have sweat glands all over our face. If one of these glands were to become clogged, where do the oils go?

Well it can back up and infect the area surrounding the gland. The area pusses up and rises up to the skin. This is acne.

Most kids, to some degree, get acne, and it can be a real pain. It can hurt and kids don’t really like the way it looks. So what can you do?

What?

Wash your face regularly with soap, a few times a day. This will help your pores to stay free from oily back-up. If you develop a serious problem you may need to visit a dermatologist. That’s a skin doctor who can perhaps prescribe special medication that may help.

So what causes all this crazy stuff - pimples and breasts and growth spurts and hair. What is going on deep within us that makes it all happen? Hmm, I wonder. Let’s go ask a doctor.

So your name’s Dr. Kee with two E’s, right?

That’s correct.

Hi. I’m Dr. Kee.

And you’re an Obstetrician?

Yes. I am an Obstetrician and Gynecologist.

OK and cue the CG.

Or you can call me an OB/GYN for short. I’m a doctor responsible for a woman’s reproductive health. I help a woman out with her organs that bear children.

OK So what exactly starts puberty?

Well the short answer is hormones.

Hormones?
Hormones are deep inside your brain and other organism your body. They act as messengers. They basically travel throughout the body and deliver a message that says “this is what you should be doing.” In other words they tell your body how to act.

So we have a puberty hormone?

I guess you could say that. There’s no such thing as a puberty hormone. But it starts in a small gland, deep within the brain, called the pituitary gland.

And cue the animation.

The pituitary gland begins to make certain hormones that say, “Ok body. It’s time” These hormones travel through our blood down to our ovaries. We have two ovaries, located below our belly. Each is only about the size and shape of an almond and inside each, you have thousands of very, very tiny eggs that you were born with. The hormones tell the ovaries to begin to make estrogen, another hormone. This estrogen travels throughout our blood and tells our body to grow larger breasts, pubic hair, and to have a more womanly shape. One of the eggs inside one of the ovaries begins to grow larger and larger. It reaches the surface of the ovary and then, pops through. Right next to the ovaries are the fallopian tubes. They have a fringed end that captures the egg and carries it down through a thin tube toward the uterus. The uterus is shaped kind of like an upside-down pear. During this time the wall of the uterus becomes covered with a lining made of tissue and blood. This is like a pillow made to protect the egg if the egg becomes fertilized and the woman becomes pregnant.

How does an egg become fertilized?

From the man. You see, two of the boys’ reproductive organs are called “testicles.”

During puberty, the testicles or “testes” begin to produce a male hormone called “testosterone.” Also, the testes are responsible for producing sperm. Sperm are the tiny male cells that are necessary for producing babies with a female. Throughout a man’s life, his testicles will produce millions of sperm. He may get an erection, which means blood flows into the tissues of the penis, making it stiffen and stand up. When this happens it may be possible for the sperm to travel from the testes, through various tubes, where it is mixed with semen, then through the urethra, to be ejected out through the penis. This is called an ejaculation. The sperm are able to travel, or swim, and if one can reach a woman’s egg while on its journey to the uterus, well then, the egg becomes fertilized.

The egg will attach to the lining and it will grow, one cell becomes two, two cells become four, until voila, a baby is created.

Amazing.

The miracle of birth.
But if the egg is not fertilized . . .

If the egg is not fertilized, then the body no longer need the lining and it’s shed.

So it simply slides out of the uterus down through the opening called the cervix, through the vagina and onto, well probably onto your underpants.

I went in the bathroom and then I I felt something and I obviously automatically looked into the toilet.

And it was there.

And it was like red and I was like ugh, blood. What is this?

I yelled out to my friends “Get me a pad.” I woke up the whole house.

I thought it was hemorrhoids.

So I, I, I.

So I was like “Oh my God, I got hemorrhoids.”

I didn’t know anything about it and I was scared.

You were ignorant.

I didn’t know too much about it.

You were not listening to educational videos.

Yes I was I just thought it was hemorrhoids.

I was just kind of shocked. I was surprised. I didn’t know too much about it.

For some girls, their first period can be a bit scary especially if they hadn’t been told about it. But it’s a very natural part of our growth. It happens to everybody. And there’s no “normal” period. For some girls it can last just a couple of days, for some girls it can last much longer. Some girls will lose lots of blood, some girls will lose hardly any. The thing to remember is that that it’s natural and something that we all experience. Don’t be afraid to tell others or ask for help. There’s no need to be shy. As a matter of fact, it’s something to be proud of.

So I called Mom and she was like “Oh this is wonderful, you’re becoming a woman.”

“Here it’s a gift. You’re a woman now.” It was like “Oh my God.”

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She told me, “It’s just you’re becoming a woman. I understand that you’re hurting.” Ugh, I just hate that. I was like, “Get a way.”

Once you hit your period, you’re not required to wear make-up, you’re not required to wear sexy clothes. You’re still a young girl. Whenever you get your still a girl and so you’re becoming a woman, OK. But it doesn’t mean that you have to fulfill these certain womanly roles. Yeah, you still have a long time ahead of you to do that.

When you have your period, you’ll have to use protection because your clothing might get stained with the blood and tissue. For example, this is a maxi-pads. Maxi-pads are bigger than mini-pads and they absorb more. They are both worn on the outside of the body. The instructions are on the box, so you can follow what the box says. There is a tape strip on the back which you remove and that helps it adhere to your undergarments. Or you can use tampons. Some tampons come with an applicator tube that helps you insert it inside the body. Tampons may offer you more freedom, for example like if you want to go swimming while you’re on your period. However tampons aren’t for everybody and for a very young woman, they’re not recommended because they can cause some complications. Complications can include Toxic Shock Syndrome. Toxic Shock Syndrome is a rare but very serious illness. It’s caused by bacterial toxins that from the vagina and go into the blood stream. It can cause a woman to become sick. If at any time when your using tampons, if you develop a high fever or become ill or dizzy, you should remove the tampon immediately and notify a doctor.

That’s scary.

Yeah, but keep in mind that its very rare. It tends to occur when a tampon is left in for a very long period of time. And millions of women prefer to use tampons. But if you are a young girl just starting your period, it’s preferable to use pads.

But it’s a personal choice.

It’s a personal choice.

Ok now what about PMS?

PMS? PMS stands for premenstrual syndrome.

Premenstrual syndrome.

Right. Premenstrual syndrome right before or at the onset of a girl’s period. And it’s different for everyone. But a common symptom is to have cramps, which is a deep, dull pain low in the belly.

Right.
Another common symptom is moodiness. Girls may find that their emotions are more powerful.

Nothing's right. And nobody can say anything. I'm tired of the sympathy, "Oh, I know what you're going through." Ugh. No you don't. The pain is coming.

I get cramps. But I also get very crabby.

A lot of people don't know - don't realize - that they have the mood swings. Like you. Like me.

So what can you do?

Well the best thing to do is to take care of yourself. For some girls that might mean taking it easy.

I usually just take it easy.

That might mean laying in bed.

I like to just lay in bed.

Making yourself a cup of herbal tea.

Hot tea. Heating pads. Heating pads are wonderful.

Take a long, relaxing bath.

Take a hot shower. Make yourself feel clean.

Or for some girls it helps them to be more active.

Do crunches.

I like to do exercise tapes.

To stretch and exercise, to walk or go for bike rides.

Right.

Just think about your health - your physical and emotional health. Do whatever it take to keep yourself happy and healthy. For example diet and nutrition are very important.

We need those vitamins and minerals.
Definitely. Your body needs plenty of vitamins and minerals. You need to eat healthy, well-balanced meals and to get plenty of exercise.

Because our bodies are growing so fast.

So fast. Our bodies can use all the help that we can give them.

Great. Hold the smile... and fade out. Cue to the outside.

So what about boys? For this I decided to ask a different kind of expert - a boy.

You mean a young man.

I mean a young man. This is Gyasi, host of the "Puberty for Boy's" video.

I talked to a lot of boys and you can pretty much say that it's the same, but different.

I see.

I mean we have a growth spurt, we grow taller, our shoulders become broader. Our sexual organs become larger and we grow more hair and eventually we will want to start shaving.

But not your legs and under arms.

Right. Exactly. Same, but different.

And hygiene?

Definitely we need to wash more with soap and water. We have the same problems with acne. Stuff like that. But we don't have to deal with that, you know, female stuff.

Like periods.

Uh-uh. Yeah, that stuff.

What about sexual attractions?

You mean, like when girls become really cute?

Right.

Yeah that happens. But the cool thing is. Most of the guys I talked to all agree that most important thing is friendship.

I think that is the most important thing in the world, finding someone who truly cares about you for who you are as a person.
Right.

Someone who respects you for you.

Life is too short. Youth is too short, you know? Spend it with people who enjoy you for you.

Exactly.

But what does it mean for you? Let’s ask another kind of doctor, a counselor, specializing in helping young people.

This is Dr. Pamela Brand.

You are a adolescent psychologist, right?

Exactly. I work with girls your age in both individual and groups. I talked with them about their relationships with peers, their relationships with family, and try to help them make sense of this stage of life.

Is that your dog?

Yeah.

Come here. Come here. What’s his name?

Buddy.

Hi. Hey buddy. So we learned about what happens when a girl goes through puberty physically, but what are some of the mental changes that occur.

Well both mentally and emotionally and I think socially there’s a lot of change that goes on at your stage of life. There is probably no other stage of life where you go through these kind of changes.

What kind of changes?

The first change that comes to mind is a change with family. And you probably can relate to this. I know I hear from a lot of teens that what they want to do is that they want to be with their friends - all the time. That’s where they learn. That’s where they feel comfortable. On the other hand to a degree, because I’ve talked to some girls that have distanced so much from their family that they rarely see them or talk to them.

Well relationships with parents start very good then you get older. I am having a hard time with my parents right now.
Because their main concern when they see you get more independent is safety and health.

Because they get scared. I mean think of your kid leaving you.

So just one phone call can really help.

You should always have a conversation. Like a good sit-down conversation with them.

You should realize that you’re kind of lucky that somebody does care where you are.

So another big issue, as you know, groups of teen girls can become critical or can start to gossip about another girl.

You know, one week, “We’re your friend.” And the next week they’ll write you a note and say “We don’t like you.”

And there can be punishment or scapegoating when you don’t conform to the standards of a group.

You know, dress like them or have new clothes.

It’s how they look or how they are acting or what they are doing.

Right.

It’s probably the most painful part of adolescence.

And you know it’s just kind of ridiculous.

It’s bullying behavior, its hateful behavior, it’s not a good practice actually.

So what I really encourage teens to do is to think about whether they want to participate in that kind of gossip, whether they want to sit and listen to something that may be hurting a friend of theirs.

I think after a couple of years you realize what true friends are.

So what about boys?

Boys. Well I know that that is a big topic at this stage of life. In the beginning of course, it’s just learning about the relationship and having fun. But as time goes on - and I’ve talked to some of the girls - they tell that what they are looking for is love and a long term relationship and affection.

Are boys looking for the same things?
No. For the most part I don't think boys are looking for that kind of love and connection. Hormones can get moving and without even thinking about it girls and boys can get into more intimate kinds of relationships - more physical relationships. It's very important, especially for girls to be thinking about whether they're ready for this and whether they want this.

You don't want to have sex.

You don't want to have sex, like, I'm still a virgin.

So am I.

It's like...

...something that especially when you get older it's something that you're like very proud about. You know? I, in no way, regret anything about my virginity or ashamed of it. People don't look at you like "Oh you're a virgin, that's so stupid." No, they look at you like, "That's really cool. She's cool for holding that."

Yeah definitely.

And I've heard that when you finally find the right person and you're old enough to realize what sex and you give it up it's the most beautiful thing. And why do it when you're young and it's just some guy you're doing it with.

Exactly. It's not going to mean anything to you.

Have confidence in yourself. Like wait. What you have, what you are not giving up is the most beautiful thing. It's the most special thing. It really is, to not give it up.

And imagine giving it up to some random guy that you're going to break up with in a month later.

Yeah definitely.

You'll regret it completely.

And if you happen to be in a relationship with somebody who though it was just fun, you can find yourself feeling very hurt.

Used a little bit?

Very used - which is a horrible feeling. So there are girls that feel again that sense of isolation, that sense of being devaluated, looking for love and finding that someone just wanted to have sex with them.
That’s one thing that if I could tell everybody in the world to watch out for is guys that say they like you a lot then they have nothing to do with you.

I think right now I just mostly have a lot of good friends that are guys.

Always take charge. Always be strong in a relationship. Because you never know.

So it’s very important to feel that you can assert yourself and say “I’m not ready for this.” That’s one of the biggest pieces.

uh-huh.

I think it can be a very - a pretty painful thing for a lot of girls.

Right.

So another big issue is the issue of self-image. Girls do, as you know, put a lot of emphasis on how they look.

You just look in the mirror and like . . .

“I hate myself.”

“I look ugly today.”

You feel ugly and you don’t feel good about yourself.

I had one with my butt. I thought my butt was very big.

Unfortunately the models and the images that are shown in the media.

On TV and magazines.

The girls that do not have developed breasts, who don’t have hips.

Skinny.

Very thin and not very shapely. And somewhat aloof. Have you noticed that?

Yeah.

My nose.

I hate those ads.
I just wanted a nose like I see models have.

“Oh I’m fat. I don’t look like this girl on the cover of this magazine.”

There is a pretty high prevalence of eating disorders among teenage girls.

You know people have that weight problem where they eat to little.

That’s scary. That is scary.

They’re not happy with their body.

And she was already skinny.

And their ashamed with their body.

She was already thin.

When they have perfectly fine bodies.

It scares me really bad. That has to be a really horrible thing to go through.

That’s unfortunate.

It’s very unfortunate. And it’s a very painful thing.

You have to have something in your body for it to run.

And if you go on a diet, don’t say what your not going to eat. Say what you’re going to eat.

Just eat healthy.

Say “I’m going to eat more carrots.”

A lot more teens are starting to think about nutrition and think about things that are healthy.

I don’t like any other vegetables any more that I do carrots and broccoli.

I like potatoes.

Oh yeah, potatoes.

Just make sure it’s kind of balanced.

Like this sandwich. This is chicken.
Food’s good.
Chicken’s good for you.
Just don’t go crazy on it.
“I want a candy bar for breakfast.”
You know, skip that Snicker Bar after lunch.
Don’t have like four or five candy bars a day.
Drink more water than pop all the time.
You stop drinking soda for a week.
And to think about things that are healthy.
And just drink water and juice.
What is healthy in terms of diet.
Your body will get used to that.
The other thing is exercise is always a good thing.
Exercise is important. Like be on sports.
Exercise. Exercise is fun. Join the sports teams at school.
Maybe you can play some soccer with friends.
Extra-curricular activities at school.
Ride your bike, roller blade, skateboard, anything.
Walking. Walking is a good one.
Get out there and play a game of football with some guys. It’ll make you feel much better.
Get out there.
Relationships give you a lot of things but activities that make you feel proud of yourself are really important.
Go on trips and have fun.

In other words developing interests

You can do theater and get into plays and shows and all that.

Music.

Go walk around. Like have fun. Go to the park. Go to Great America.

Go to the beach.

What might be fun.

Go see movies.

Go see a movie, that’s always a good one.

And really enjoy it, which is great. It’s a nice outlet.

It’s so much fun just to relax and have a good time with your friends and laugh and not worry about what you look like because it really doesn’t matter.

Nothing to worry about. Everybody’s different. Everybody is their own person. And you should just love who you are.

Say it. Say it sometimes, “I love myself.”

When you look in the mirror, what do you see.

I see.

Pride.

I see power. You know? I see love.
Female Reproductive Organs

Please identify each female reproductive organ.
Puberty for Girls: Amazing Changes Inside & Out

Crossword Puzzle

Across
2. A product that helps prevent underarm perspiration.
4. Tubular gland which secretes perspiration.
5. A product that helps prevent underarm odor.
9. An undergarment used to support a woman's breasts.
10. The process of keeping the body clean.
11. Hair that appears near our genitals.
12. A skin condition consisting of red bumps appear on the skin, caused by clogged pores.

Down
1. A set of physical changes that occur as our body becomes bigger and more sexually mature.
3. The period of life as we transition from childhood to adulthood.
6. The rapid development of the body's size and shape.
7. A doctor specializing in skin care.
8. Female mammary glands.
11. A small opening on the skin through which oil passes.
At the onset of puberty, our ____________ gland inside our brain begins to send tiny messengers, called ____________, throughout our body. Females have two small, almond-shaped organs called the ____________, which contain thousands of tiny ____________. These glands begin making ____________, which is the hormone responsible for many of the changes in the female body during puberty, including ____________, ____________, and ____________. Also, inside one of the ovaries, an _________ will begin to grow. When it reaches the surface of the ovary, it pops through and travels through one of the ____________ tubes. Eventually, it will reach an organ which is shaped like an upside-down pear, called the ____________ , which will have become lined with ____________ and ____________, which serve to protect the egg if it becomes fertilized. If an egg is fertilized, a woman has become ____________.

How does fertilization occur? A male adolescent has two reproductive organs, called ____________, which produce a male hormone called ____________. These organs also produce ____________, which are tiny male cells which join with the egg to cause fertilization.

How does the sperm get to the egg? Another sex organ, called the ____________, will become stiff, or ____________, when there is increased blood flow, allowing the male cells to flow through a tube called the ____________, where it may eventually swims to the join the female's egg.

What if an egg is not fertilized? Another process will occur, called ____________, or "having your period." Approximately once a month, if the egg is not fertilized, the lining of blood and tissue will descend through a small opening, called the ____________, and into the vagina. This menstrual fluid will flow out of the body for approximately three to five days. Many girls at this time may feel abdominal cramps, occasional fatigue, headaches, and even fluctuations in moods. These symptoms are called premenstrual syndrome, or ____________ for short. Maintaining a healthy diet and moderate exercise can help ease the effects of this cycle of life.
Essay Questions

Puberty for Girls: Amazing Changes Inside & Out

Please write a detailed paragraph about each of these issues.

1. What are some of the dangers, stresses, concerns that teens often face?

2. What can you do to avoid these situations?

3. What activities can you do that are safe, fun, and healthy?