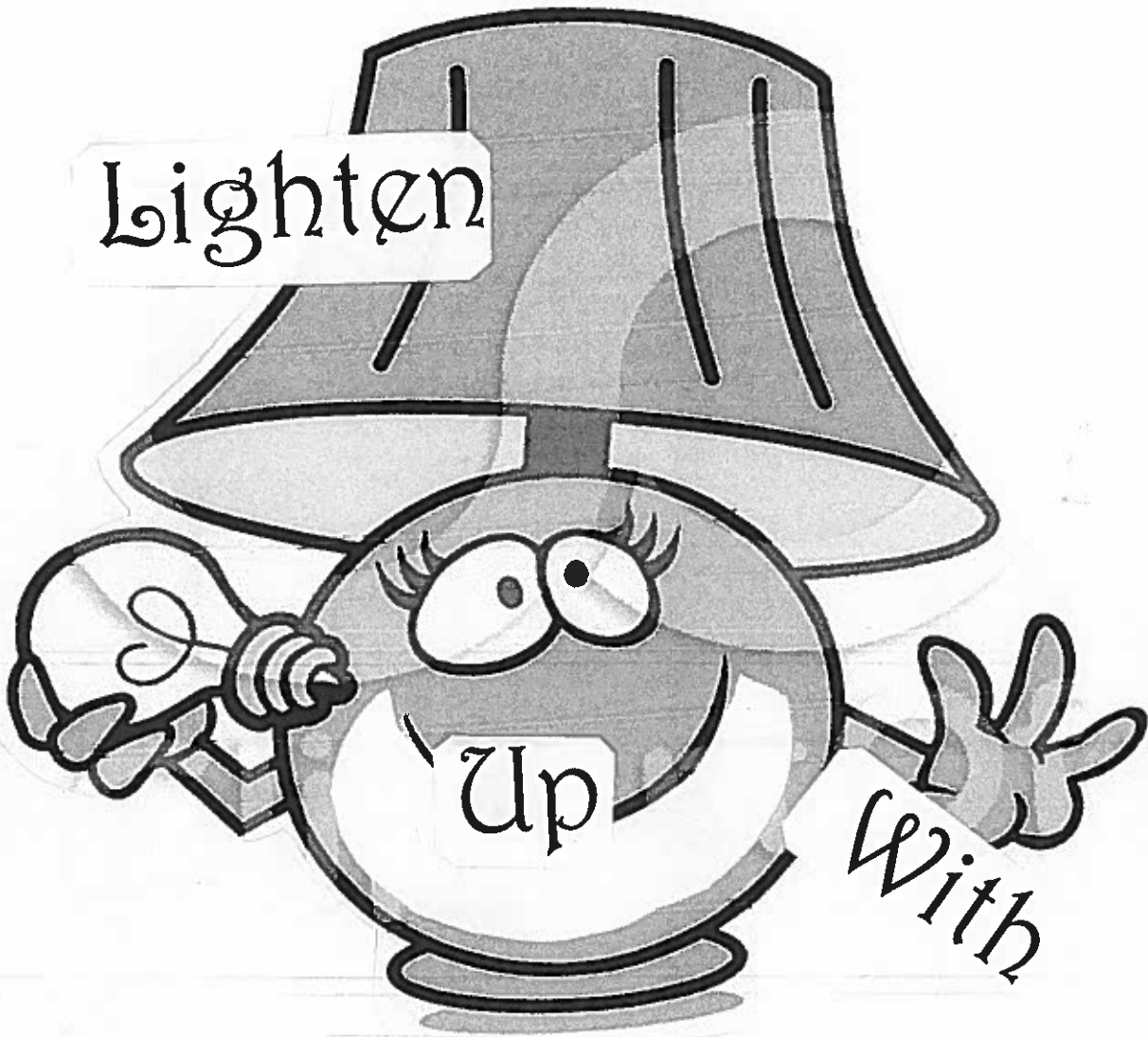


Lighten



Up

With

Puberty

6th Grade Benainu Program:

Lesson on Anatomy, Reproduction, and Puberty

Lighten Up With Puberty!

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Did you know?

- Women are born with all of their eggs at once, not in one, but in 2 baskets... little baskets called ovaries. There are a couple of million immature eggs in a woman's ovaries!
- Men, on the other hand, produce new sperm daily throughout their lifetime.
- An immature egg is called a FOLLICLE. At puberty there are about 400,000 follicles left.
- With each menstrual cycle, about 1000 follicles are lost.. only 1 is released into the fallopian tube, kicking off ovulation
- Out of the millions of follicles (immature eggs) only about 400 will mature

Lighten it up!

Look at the cartoons.

- Ok, not horrifying..but certainly different!
- Remember the fairy tale about the princess who could feel a pea at the bottom of a pile of mattresses because she was a real princess?...

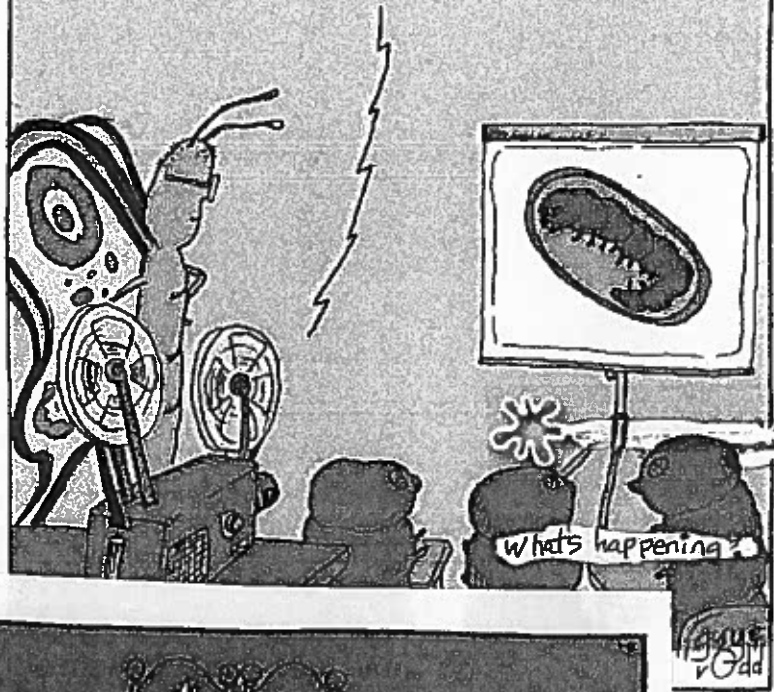
Well, being extra sensitive is something that can happen at puberty.

- And the change from caterpillar to gorgeous butterfly...that' s a change! Developing new body parts and electrical system of the brain firing on all cylinders!

Lighten it up! It's a really special time in your life..and it does not have to be scary or yukky, or embarrassing or anything but amazing. It's life..it's spectacular!



"SOON YOU WILL START TO NOTICE CHANGES TO YOUR BODY... MASSIVE, HORRIFYING CHANGES."

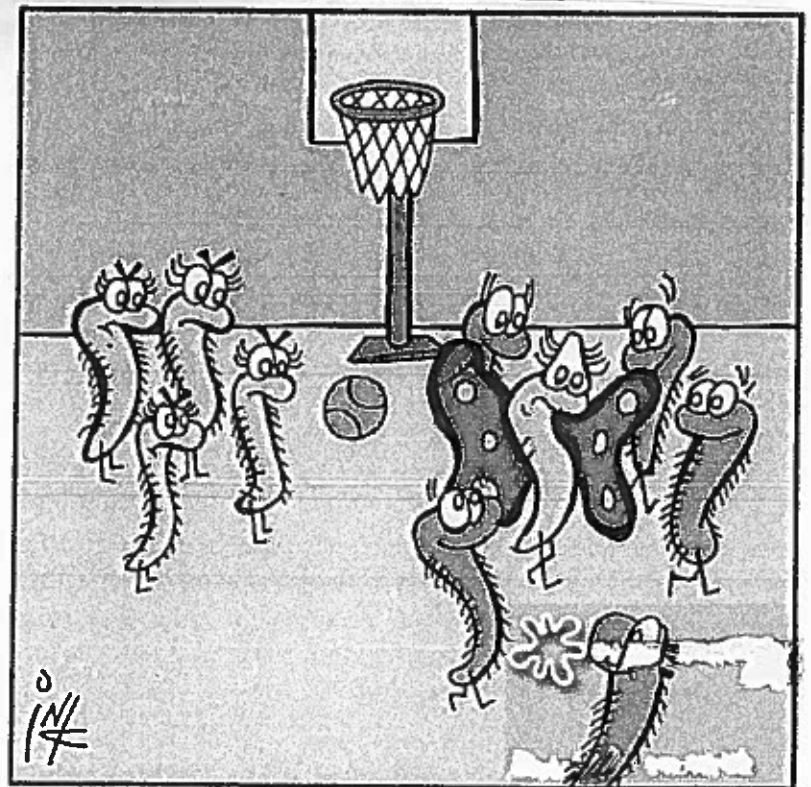


THE UPDATED TALE

MY BED IS LUMPY, SCHOOL SUCKS, I HATE MY HAIR, MY PHONE IS OLD...

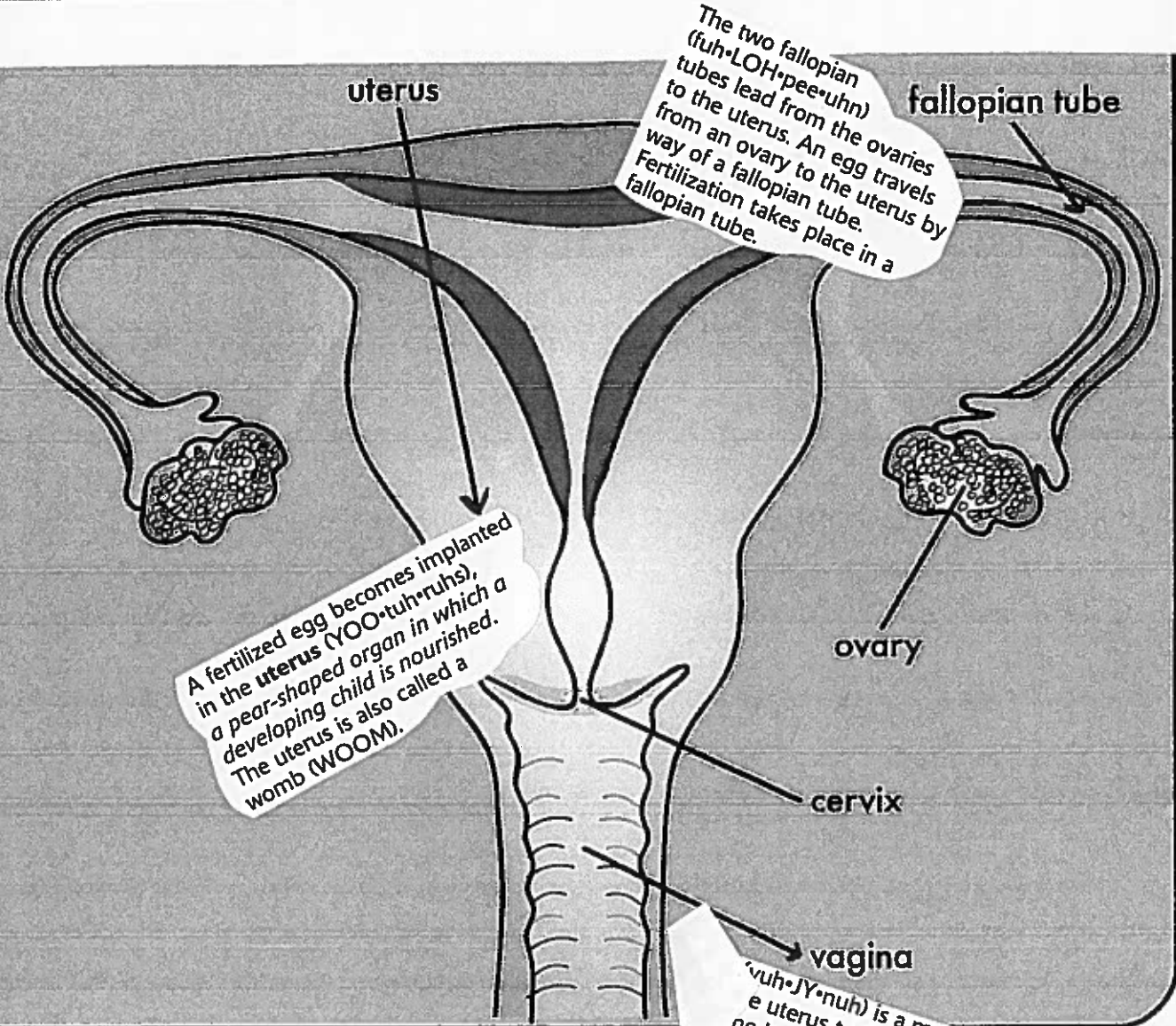


THE PRINCESS AND THE EVERYTHING



Michelle was the first in her class to pupate.

The Female Reproductive System



The two fallopian (fuh-LOH-pee-uhn) tubes lead from the ovaries to the uterus. An egg travels from an ovary to the uterus by way of a fallopian tube. Fertilization takes place in a fallopian tube.

A fertilized egg becomes implanted in the uterus (YOO-tuh-rus), a pear-shaped organ in which a developing child is nourished. The uterus is also called a womb (WOOM).

(vuh-JY-nuh) is a muscular passageway that leads from the uterus to the outside of the body. Menstrual blood flows out of the body through the vagina. In addition, a baby is born out of its mother's body through the vagina.

The Female Reproductive System

I. Introduction

- A. When she is born, a female has thousands of egg cells in her ovaries. Together, these egg cells are called ova; one egg is called an ovum.
- B. During the years that females menstruate, they release only a small percentage of their ova.
- C. During puberty, a female's ovaries begin to release one ovum each month. Once that process has begun, a female is capable of becoming pregnant any time an egg and sperm meet inside the vagina
- D. Conception occurs when a sperm cell fertilizes the ovum after it has left the ovary.

II. The Female Reproductive System

- A. The female reproductive system has 4 main functions
 - 1. It produces hormones such as estrogen and progesterone necessary for female sexual development and for reproduction
 - 2. It stores and releases female reproductive cells called egg cells or eggs
 - 3. The reproductive system allows fertilization to take place
 - 4. The reproductive system nourishes and protects the developing child until it is able to survive outside the female's body

III. The Menstrual Cycle

- A. When a girl reaches puberty, OVULATION may start
- B. OVULATION is the process by which the ovaries release a single mature egg
- C. Just prior to ovulation, the uterus begins to thicken
- D. If the egg gets fertilized by a sperm cell, the uterus thickens in preparation
- E. If fertilization does occur, the lining of the uterus will develop further and nourish the fertilized egg
- F. If fertilization does not occur, the lining is not needed, so it breaks down into blood, tissue and liquids
- G. The body sheds this lining through the vagina about every 28 days, lasting about 5 days
- H. MENSTRUATION is the flow of the lining of the uterus from the body
- I. When a woman is pregnant, the lining of the uterus is not shed, so she does not menstruate
- J. Everyone's menstrual cycle is a little different, so there is no cause for concern if the schedule varies a little

IV. Fertilization

- A. Sperm entering the vagina will travel through the uterus to the fallopian tubes
- B. Fertilization takes place in a fallopian tube when a male sperm cell and a female egg unite
- C. The fertilized egg then moves through the fallopian tube to the uterus, where it becomes implanted
- D. In the uterus, the fertilized egg will grow and develop

What is "getting your period"? Just the facts

- **A. Having a period is nothing to be embarrassed by or ashamed of.** It's normal, natural, and just part of what it means to be a young woman. But if you don't have all the facts or feel confused, that can be scary.

- **B. What is menstruation?**
Sometime after you start puberty, you'll start getting a "period" every month, on average. During this period, blood, and tissue will come out of your vagina.

- **C. When will it happen?**
A girl's first period can happen anywhere between the ages of 8 to 16. Once it starts, it will come back about once every 28 to 32 days. In the beginning, your period might not be this "regular." You might even skip a period, or get it after 2 weeks. It will usually settle into a regular once-a-month cycle.

- **D. Isn't bleeding dangerous?**
If you have a cut or a wound, bleeding is dangerous. But bleeding during your period is normal, and is almost never dangerous. You will only lose a few ounces of blood when you menstruate. This is a tiny bit compared to the many quarts of blood you have in your whole body.

- **E. What should you do?**
Since you don't want this blood to stain your underwear or pants, you should use a pad or a tampon to soak up the blood.
 - **1. Pads:** A pad goes outside your vagina. It usually has peel-and-stick tapes on one side, and you stick these to the inside of your underpants, with the other side of the pad pressed against your vagina. The pad will soak up the blood as it comes out. Pads come in different shapes and sizes, and even as Although pads are easier to use, they can feel weird and bulky, especially during physical activity; also, you can't use them while swimming.
 - **2. Tampons:** A tampon goes inside your vagina. It's about the size and shape of your pinky finger, and made of a cottony material. It comes inside a special plastic or cardboard tube, used to put it in. The tampon soaks up the blood before it can leave your vagina. It will also expand a little, blocking the flow of blood. A little string hangs from the tampon and out of your vagina,

so that you can pull the tampon out when you're done with it. Some use tampons with pantliners for double protection. Tampons come in different sizes, scents, and levels of "absorbency" (how much they can hold), so you might have to experiment to find the best one. They may feel strange at first but once you get used to them, you won't notice you have one in!

If you do use tampons, be aware that there's a very rare condition called toxic shock syndrome that's sometimes linked to tampon use. To stay safe, be sure to follow recommendations on how long to leave each one in and how much absorbency you need.

Many girls choose to start using pads when they first start their periods, then move on to tampons. You can decide what is best for you.

- **F. Is every girl's period the same?**

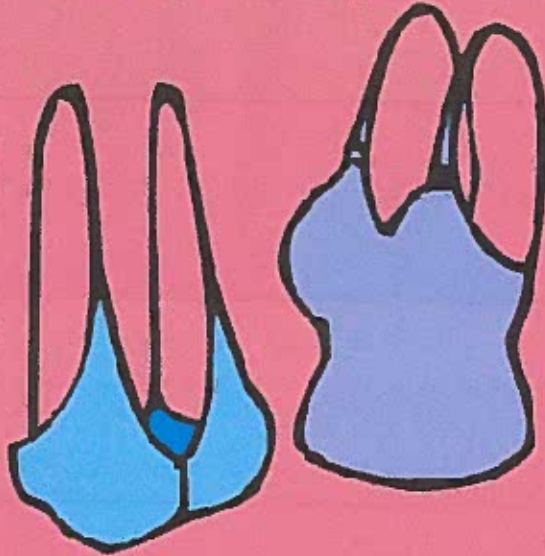
No. Not only do girls start their periods at different ages, and get them at different times of the month, but some get shorter ones (as little as 3 days) and some get longer ones (up to a week). Also, some girls have "light" periods (as little as one ounce of blood), and others get "heavy" periods (as much as 3 ounces).

- **G. What else happens during your period?**

If you've ever heard someone say, "I'm totally PMS'ing!" they're talking about all the extra not-so-fun stuff that comes with having your period. PMS stands for Pre-Menstrual Syndrome; here are some of the symptoms:

- **1. Bad moods.** The hormone surge that happens during your period can make you feel anxious, depressed, or cause mood swings. This is a tough one for many girls, because they may unintentionally make friends and family mad.
- **2. Cramping and pains.** As your period starts, you might get cramping in your lower body, tenderness in your breasts, headaches, or body aches.
- **3. Swelling and bloating.** During your period, your breasts might swell a little, and your clothes might feel tighter.
- **4. Breaking out.** Hormones that cause "zits" are around when you're getting your period.

Puberty: The Breast Years of Your Life



They're in movies and magazines, on TV and billboards. How can two bumps on a person's body be such a huge deal?

Why do we even need breasts, anyway?

Growing breasts are a major part of puberty because it means your reproductive system is starting to work. Just like getting your period is meant to allow you to someday have a baby, a girl's breasts are meant to make milk that the baby will need to survive.

When will my breasts start to grow?

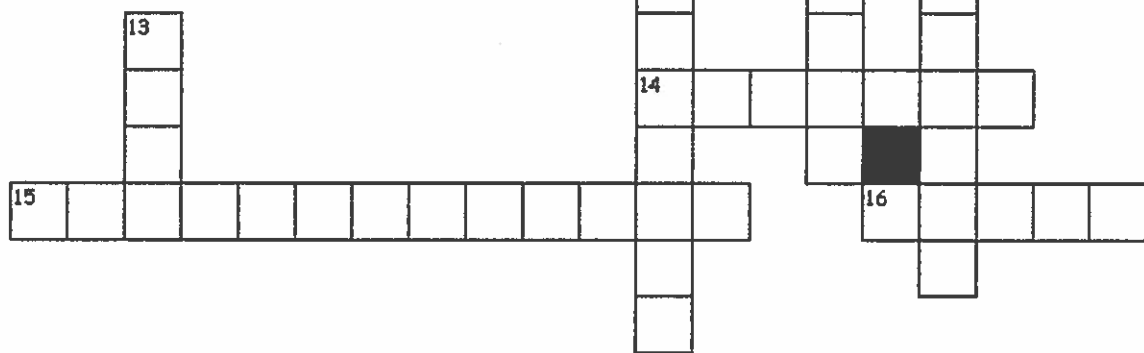
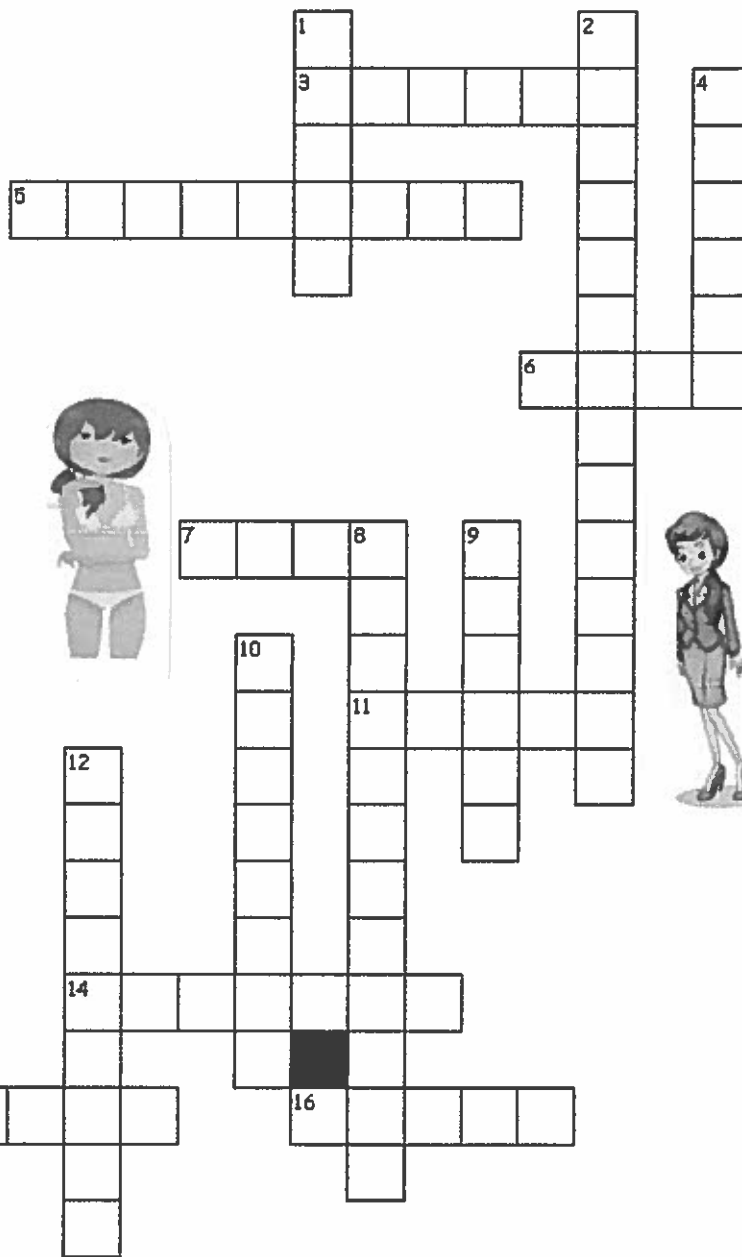
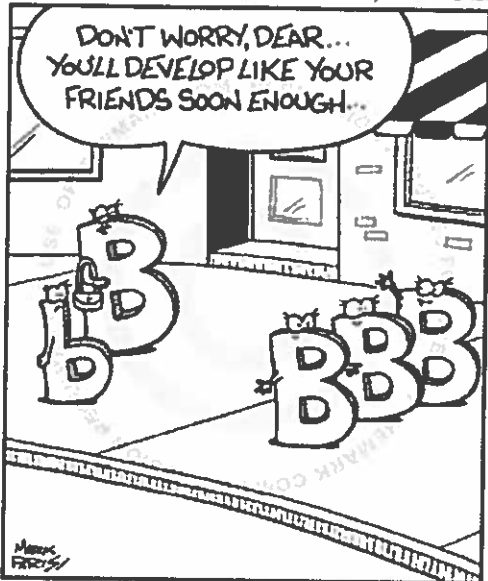
On average, most girls start to develop between the ages of 8 and 13. This can be really tough because if you're 11, you may be totally developed while your best friend is still flat as a pancake. Remember that everyone grows at different times and even at different rates. You might "sprout" later than your friends, but end up with a bigger chest when you're done. And a girl's breasts can keep growing throughout her teens and beyond. Breast size can depend on heredity, so if your mother and grandmother are large-chested, you might be too. Breast size is also affected by body fat.

So what exactly is happening here?

Well, all that estrogen (the female hormone) that's building in your body will cause the area underneath your nipples to start "budding". You'll probably notice a small raised bump. Soon, your nipple and areola (the dark skin surrounding your nipple) will grow larger and deepen in color, eventually growing into a breast.

Lighten Up with Puberty

off the mark .com by Mark Parisi



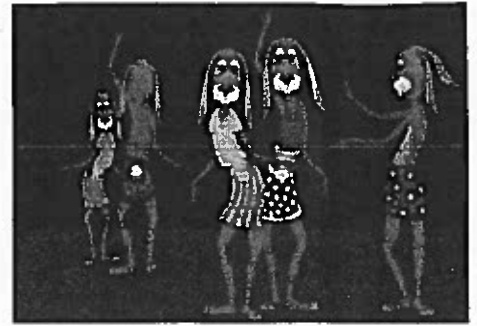
Across

3. the tube-like canal that leads from the uterus to the outside of the body in a female
5. what I will need to use under my arms at puberty so I do not smell
6. the funny name for pimples that may show up during puberty
7. another word for egg
11. what should always be plastered across your face at this very special time in your lives
14. the changes that take place from childhood to becoming a young woman
15. the joining of an ovum and sperm to make a single cell
16. description of teenage girls during puberty

Down

1. female reproductive organ that produces egg cells and hormones (females have 2 of them)
2. tubes connecting the ovaries and the uterus
4. the organ of the female reproductive system in which a fertilized egg can develop
8. the time when blood from the lining of the uterus trickles down and out of the vagina
9. time of the month when the uterus sheds its lining
10. the chemicals that are responsible for changes during puberty
12. my favorite accessory
13. what I love to curl, comb and straighten but which also starts to grow in other places too

Lighten up with Puberty



There will be days when you' re feeling lonely
There will be times when you' re feeling sad
Moments when all you want to do is lay around and just be mad
At your parents and your friends and your siblings for a start
But you know you really love them...you feel that in your heart
But your moods are changing daily ..feel like brooding ..maybe cry
And that is really normal...though you may not understand why

These changes you are noticing are set with purpose there
Holding power in the promise that the hopes and dreams you share
Will take shape as you remember that this time of life is best
So lighten up..enjoy the journey...let your body do the rest!

By Beeny Finkelstein

