

Always Changing & Growing Up

Puberty Education Program



always[®]



Old Spice

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Over **35** years of puberty education

Dear Educator:

Thank you for choosing the Always Changing® and Growing Up Program as part of your puberty education curriculum. If you're teaching puberty education for the first time, the experience of health educators who have used Always Changing® and Growing Up may be useful.

Here's their advice:

Inform your school administration of your plans and review the Always Changing® and Growing Up Program with them, including the student take-home materials.

Inform parents of the date(s) you will be teaching the program. Follow your school's policy for obtaining parents' written permission. (A sample letter to parents is on page 32.)

Choose how you will teach the program that will be most effective for your students. Make arrangements with your colleagues if all or part of the program will be taught with all classes and students together or if you will teach by class or by girls and boys separately.

Gather teaching materials, arrange for a DVD player or computer for viewing from Always' YouTube channel, make copies of the tests on pages 28-31 and create a question box as appropriate for your lesson plan.

Plan how much time you will need for each activity or section. Be sure to leave time for discussion and questions.

Inform students in advance.

We care deeply about the health of students and their families, and we are grateful to you for inviting us into your classroom. Educator feedback is an essential part of our ongoing efforts to improve our programs. We welcome your questions or comments.

Sincerely,



Mary Baldwin Morris
Always Changing® and Growing Up Program
Procter & Gamble

Learning objectives

This program is designed to be used either in co-ed or single-sex classes. Using the complete Always Changing® and Growing Up Program will help students identify:

- The physical and emotional changes they experience during puberty and acknowledge these changes as a normal part of growth and development.
- That personal hygiene is each individual's responsibility.
- The physiology of their bodies and the correct terminology for parts of the reproductive system.
- The menstrual cycle, what to expect during a period and how to manage periods while continuing with normal activities.

Always Changing and Growing Up

Puberty Education Program

The Always Changing® and Growing Up Program has been a trusted curriculum source for puberty education among school nurses and health educators for over 35 years. It has been taught to millions of students nationwide. The look of the program has been updated, but the information and educational goal remain the same—to teach preteens about their changing bodies and the beginning stages of puberty.

This program is provided as a free educational service by P&G's brands: Always®, Tampax® and Old Spice®.

Program content is based on national research and consultation with school nurses, health educators, parents, fifth grade students and medical professionals. It is designed to provide fifth grade students with a broad overview of the beginning stages of puberty. Program materials include:

Educators, parents and students can also find more information at Always.com



Instructor's Materials

- Downloadable Instructor's Guide
- Student DVD or YouTube videos with girls-only, boys-only and co-ed segments
- Demonstration guide and products



Female Student Materials

- Guidebook for girls about growing up
- Parents' conversation card and coupons



Male Student Materials

- Guidebook for boys about growing up
- Parents' conversation card and coupons
- May receive Old Spice® sample

Always Changing® and Growing Up Videos



Contains:

- Hygiene
- Female Growth & Development



Contains:

- Hygiene
- Male Growth & Development



Contains:

- Hygiene
- Female and Male Growth & Development

Videos are available on Always'  **YouTube** channel.

Program Organization

The Always Changing® and Growing Up Program is designed to be adaptable to each instructor’s individual needs and preferences. It is appropriate for co-ed classes, and it can also be taught effectively to girls-only or boys-only classes. Some instructors choose to distribute the students’ guides as take-home materials at the end of the program; others use them as classroom texts throughout the program. Choose the format and specific activities you prefer to make your puberty lessons and reminders interesting, informative and effective for your students.

PROGRAM ACTIVITY	LEARNING OBJECTIVE	MATERIALS	LESSON TIME
Pretest (girls and boys) Answers Girls: 1 T, 2 F, 3 T, 4 T, 5 F, 6 F, 7 F, 8 T, 9 B, 10 D Boys: 1 T, 2 F, 3 T, 4 F, 5 T, 6 F, 7 F, 8 T, 9 E, 10 B	Instructor and students will assess the level of current knowledge the students already have about the subject of puberty.	Reproduce masters on pages 28 and 30	15 minutes to complete
Video and Video Discussion Guide	Students will develop a base of knowledge about the puberty experience. The Video Discussion Guide will help the instructor lead students through the topics raised in the video.	Video Discussion Guide on page 27	
Reproductive Systems <ul style="list-style-type: none"> Scan the diagrams to project from your computer. Review diagrams, pronounce vocabulary words and discuss physical changes at puberty. 	Students will be able to identify and explain the major components of the male and female reproductive systems.	Reproduce masters on pages 7 (male) and 8 (female)	20 minutes for instruction and discussion
Product Demonstration and Distribute Student Kits <ul style="list-style-type: none"> Download the product demonstration instructions for Always pads from the program website: pgschoolprograms.com Use the package of Always pads in your school shipment with the instructions to demonstrate how to use a pad and how a pad works 	Students will be able to discuss products they can use for hygiene and feminine protection (girls only)	Pages 11–18 and on pgschoolprograms.com	5 minutes
Period Tracker (for girls) <ul style="list-style-type: none"> Students complete and discuss a few “example months” to help understand the period tracker. Using the calendar on page 21 of this Instructor’s Guide, have each student complete January, February and March on her calendar. Ask and discuss: <ul style="list-style-type: none"> How many days are there in each menstrual cycle? When is the next period/menstrual cycle likely to begin? 	Students will be able to explain the reasons for and process of keeping a menstrual calendar.	Reproduce master on page 21	10 minutes to complete example and discussion
Question and Answer Time Before the lesson, place a “question box” in your classroom. Students can ask their questions anonymously, and you can prepare answers in advance.	Students will receive answers to many of their questions and concerns.	Frequently Ask Questions (FAQs) are included on page 7 and page 10	Instructor’s discretion
Posttest (girls and boys) Answers Girls: 1 F, 2 T, 3 T, 4 F, 5 F, 6 T, 7 T, 8 T, 9 C, 10 A Boys: 1 T, 2 F, 3 F, 4 T, 5 F, 6 F, 7 D, 8 T, 9 T, 10 D	Instructor and students will understand how much knowledge the students have gained from the puberty lesson.	Reproduce masters on page 29 and 31	15 minutes to complete

Overview of Growth and Development at Puberty

Your students are growing up. Growing independent, strong and into women and men. Puberty isn't just the time when girls get their period; it's when girls and boys learn to be leaders, better friends, and better individuals.

Puberty can start as early as 7 years old for some girls or as late as 12 for others. Whereas puberty can start as early as 9 years old of some boys or as late as 14 for others. Puberty is a series of changes that their bodies will go through as they grow up. It can be a confusing time. These changes are completely normal and natural; they will happen to all women and men.

The goal of the Instructor's Guide is to assist you as you explain puberty to your students. It includes helpful tips from experts. Together, we can give students the tools to grow healthy bodies, strong minds, and true confidence.

Parents engagement

Parents are an important part of this discussion. It's helpful to let them know what to expect from your lesson and to encourage parents to continue the conversation with their students as they continue their puberty journey. You may want to email or send home a note with quick links to review the materials at pgschoolprograms.com

Every Body is Changing

Puberty

Puberty is a time of physical and emotional change that happens as children grow and mature. These changes are normal, they're a sign you're healthy and all girls and boys experience them!

They usually start occurring earlier for girls (between the ages of 7 and 12), than they do for boys (between 9 and 14). But keep in mind, the time puberty begins is different for everyone. Their time is the right time for them!

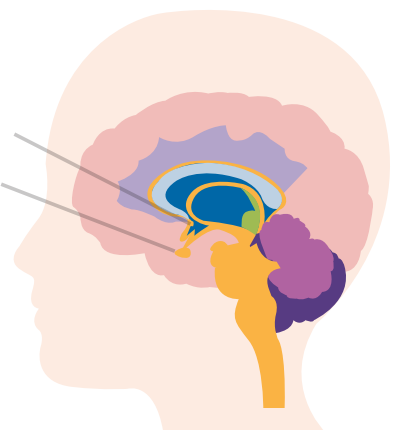
So, why do we all change?

Puberty simply happens to prepare their bodies for reproducing. During puberty, two parts of the brain called the hypothalamus and the pituitary gland start making more hormones.

Hormones are chemical substances that act as messengers in the body and make changes happen. Some hormones will make their bones grow longer, others will guide the development of their brain or the changes in their reproductive system.

Did you know? Girls and boys produce all the same hormones, but in different levels. Boys have more testosterone and girls have more estrogen. That's one of the things that makes us different!

Hypothalamus
Pituitary Gland



Changes During Puberty

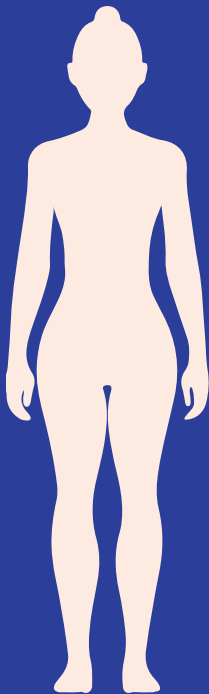
Now you know why changes occur, let's take a look at what changes children go through during puberty.

Female

- Breasts start to grow
- Vaginal discharge begins
- Hips and thighs broaden
- Labia may change

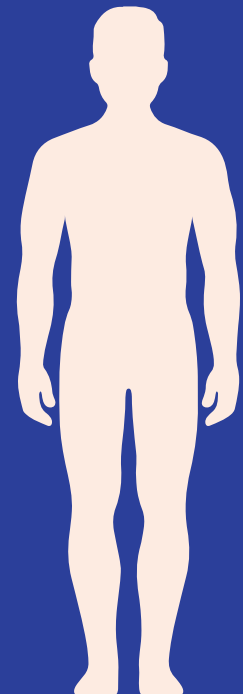
Male

- Breasts can grow
- Voice cracks and gets deeper
- Adam's apple enlarges
- Shoulders get larger and body gets more muscular
- Chest hair may appear
- Penis and testicles grow



Shared

- Emotions and feelings may seem stronger
- Brain development improves the way you think and understand
- New feelings of attraction may begin
- They grow taller
- Skin gets oilier and pimples may appear
- Sweating increases, body develops own odor
- Body hair grows: face, armpit, leg and pubic



These changes can be tough for many students, so it's helpful to support them and encourage them to support each other through this stage in life.

Dealing With all These Changes?

With all these changes happening, it's important for girls and boys to learn how to keep their body healthy. As they're growing up, it's time for them to start making their own choices and developing healthy habits.

Breasts

For girls, developing breasts is exciting because it's one of the first signs that their body is changing. Their breasts grow gradually; most of the time they won't notice it. As their breasts develop, they might sometimes feel uncomfortable or sore; this is normal. Like everything else, breasts come in all different shapes and sizes, and develop at different rates. One may grow larger than the other; that's okay. If your student is worried, advise her to talk to a trusted adult or doctor.

Your students may think that only girls grow breasts during puberty, but many boys actually have some breast growth during puberty, too – and it's normal! It usually just involves a little enlargement of the nipple area or a small amount of breast growth. For boys who have this, it almost always disappears within 6 months to a year or so.



Bra basics

Once a young woman's breasts develop, wearing a bra provides support and coverage that can help her feel more comfortable. Additionally, as breasts grow, nipples may become more visible through clothing, so a bra can also provide better privacy. It's important to have a proper fitting bra for the support she'll need. Plus, bras come in tons of fun colors and designs, so she can find ones that match her personal style. She should talk to a parent or trusted adult to help find a bra that fits.

Skin care

As the skin on boys and girls faces gets oilier they may start getting pimples, blackheads or acne. If they get acne, it doesn't mean they're not clean or they've done something wrong. Most of the time, it's related to their new hormones that cause the extra oiliness, and it is also genetic. The good news is that developing a regular skin care routine can help!

3 steps to better skin

- 1. Clean** – To help get rid of everyday dirt and oil on their face, washing twice daily with a gentle soap or cleanser is recommended. It can be medicated or non-medicated. Deep cleanse with a cleanser containing salicylic acid. (Look for "salicylic acid" to be listed in the active ingredients on the back of the bottle.)
- 2. Prevent** – To help prevent pores from becoming clogged, they should use a salicylic acid product all over their face. Additionally, they need to make sure to moisturize after each wash so their skin stays hydrated.
- 3. Treat** – To help eliminate pimples quickly, suggest that they use a benzoyl peroxide product to unclog pores.



Acne do's and don'ts

- Do eat a healthy diet and make sure to get regular exercise and proper rest.
- Don't squeeze any pimples – this can cause scars and may even cause more acne
- Don't scrub skin hard. This may actually spread acne or make it worse.

Smile care

Part of staying healthy is making sure teeth are kept clean. Your students should make sure they brush them properly every morning and every night with a good toothpaste and a soft bristled brush. Toothpaste helps fight cavities, strengthen teeth enamel and freshen breath. They should also floss daily in between their teeth and a mouthwash can help reach places that brushing may have missed.



Hair care

Puberty may cause their hair to become oilier, thicker, coarser – even curlier or straighter. Some boys and girls need to wash their hair more often, some don't. The important thing is for them to develop a routine for taking care of their hair and scalp.

1. Wash with shampoo

A good shampoo will clean their hair by removing deposits such as dirt, sebum and styling products. It can also protect it from damage and nourish it, too!

2. Apply conditioner

The role of the conditioner is to untangle their hair and make it easier to manage. It will also keep it moisturized and protect it from damage.

Sweat and body odor

Everybody sweats, or perspires. It's a normal and important function – it helps regulate their body temperature. But once they hit puberty, sweating can also cause body odor. Their body actually has two different types of sweat glands. Eccrine glands start working at birth, producing a clear and odorless perspiration. But when they hit puberty, their apocrine glands kick in, producing the kind of sweat that can smell bad when it comes into contact with the bacteria on their skin. It's these apocrine glands that activate when they are in stressful situations.



Body odor busters

Wash regularly with soap – at least once a day and especially after physical activity. They need to make sure to wash their underarms thoroughly and apply deodorant or antiperspirant at least once a day.

What's the difference between deodorants and antiperspirants?

Deodorants are basically perfumes that help mask or cover their body odor. **Antiperspirants** help stop the body odor from developing by reducing sweat. Both come in many different styles and fragrances and are usually combined in one product. Advise them to talk to their parent about choosing the right product.

Changes to a Boy's Reproductive System

The most significant changes that happen during puberty are the changes that happen to our reproductive organs.

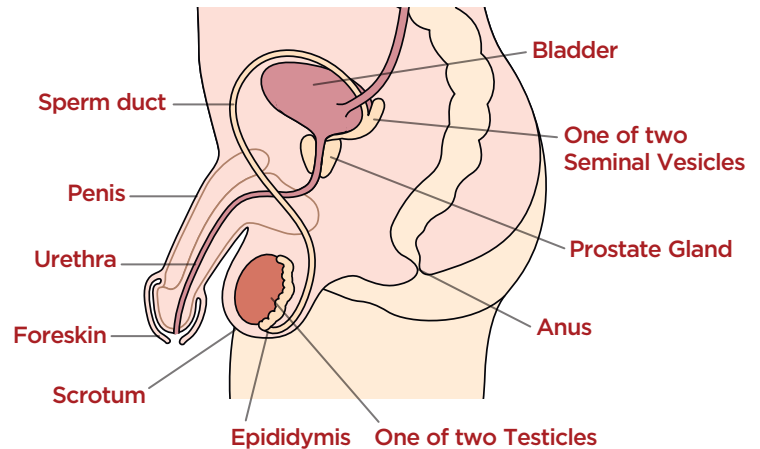
Changes to boys

During puberty, boys start to make more androgens (reproductive hormones), especially testosterone, which causes a lot of the male puberty changes and makes the penis and testicles grow.

As testosterone increases, boys begin having more erections, which is when the penis becomes stiff and sticks up as it fills with blood. During puberty, most erections happen randomly, usually for no reason.

Eventually, the testicles begin making the male reproductive cell called sperm. This is the cell that can fertilize the female egg to help create a pregnancy.

Male reproductive system



Reinforce with your students – just because their body is now making sperm, it does not mean that they need to start thinking about becoming a dad.

FAQS

Do men stop having erections when they get older?

No. Healthy males of all ages, from babies to old men, can get erections. They occur more commonly during and after puberty.

Does it matter what size their penis is?

Not at all! Penises do vary in length and shape from person to person, but not as much as your students may think. Remember, the size of a penis has nothing to do with how many a boy is or whether he can become a father (if that's what he wants to do one day).

What is circumcision?

This is a minor surgical procedure, usually performed soon after birth, which removes all or part of the foreskin of the penis. A circumcision is not usually considered medically necessary, but it may be performed for religious or cultural reasons, or because it makes it easier to keep the penis clean. To help prevent the growth of bacteria, uncircumcised boys and men should wash under the foreskin every day. Remember – circumcised or not, the penis works the same.

What are wet dreams?

Sometimes boys can ejaculate when they are asleep. This is called a nocturnal emission, more commonly known as a "wet dream". Usually they happen without disturbing their sleep - they may just notice that their pajamas or sheets feel sticky when they wake up. This is nothing to worry about – most boys have them. They will experience them less frequently after their body has gone through puberty, because as they grow older they'll start having more control over their body.

Changes to a Girl's Reproductive System

Changes to girls

During puberty, girls start to produce more estrogen and progesterone. Estrogen causes her reproductive organs to grow, mature, and prepare to start their menstrual cycle. It is a very normal, healthy and positive part of growing up. Their menstrual cycle prepares their body for pregnancy. Most of the time, an unfertilized egg occurs, and then the lining of their uterus will shed and leave their body as a period.

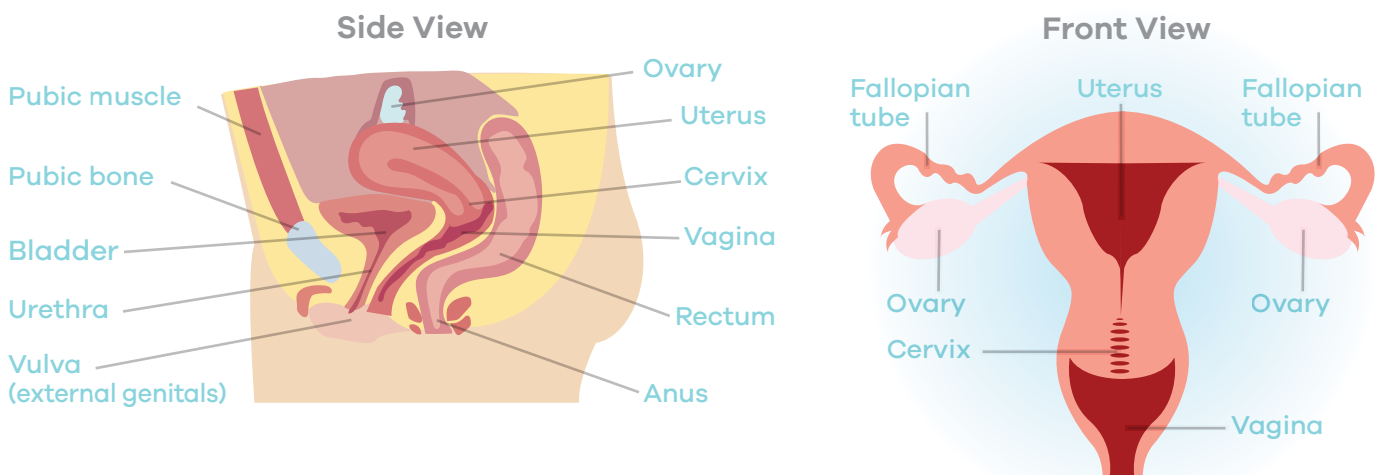
Reinforce with your students – just because their body is now able to prepare itself to carry a baby, it does not mean that they need to start thinking about becoming a mom.

Her Period

Understanding the menstrual cycle

A woman's menstrual cycle is the time from the first day of one period to the first day of the next period. The average time this takes is 28 days, but between 21 and 35 days is normal. Then the cycle starts again.

For many girls, their period will most likely be irregular at first. They could have one period one month and then two periods the next, or wait as long as six months for the next one.

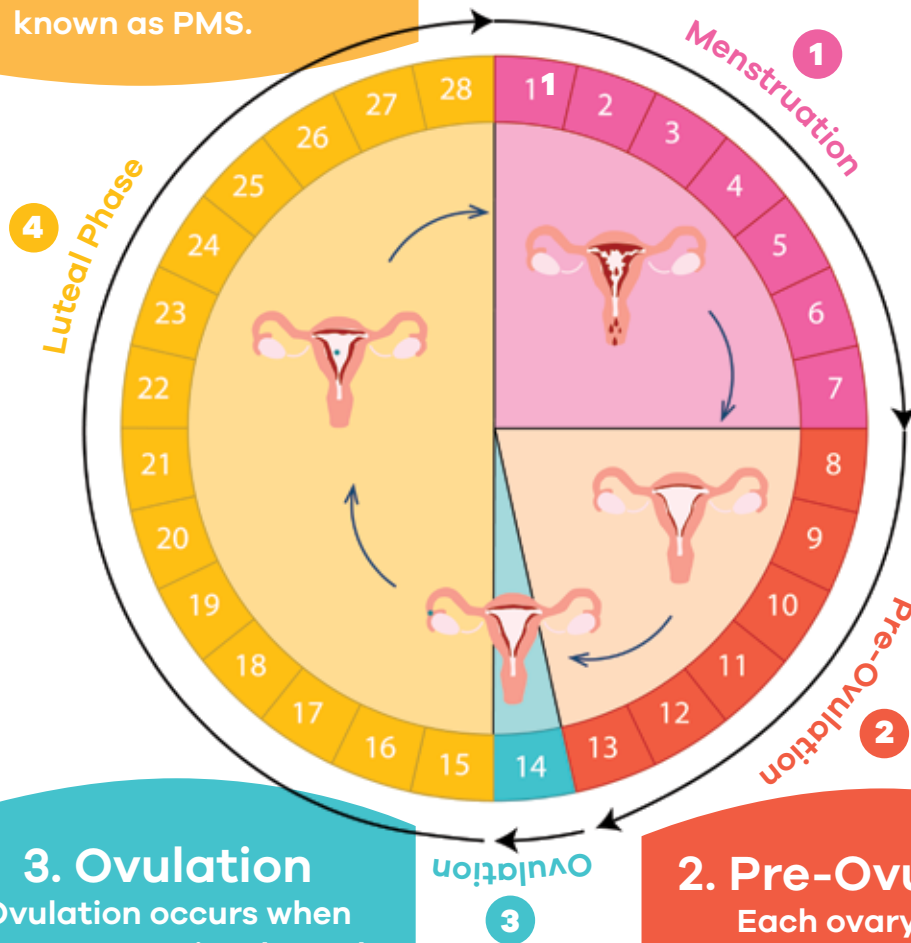


4. Pre-Menstrual (Luteal Phase)

The endometrium is thick and ready to receive a fertilized egg, but if fertilization does not happen, the lining is no longer needed. As a result, hormone levels change and the lining is shed. The hormones and shedding may cause symptoms known as PMS.

1. Menstruation

The menstrual period, which is made of endometrial tissue, blood, and other fluids, exits the uterus through the cervix and vagina.



3. Ovulation

Ovulation occurs when a mature egg is released from the ovary. The egg travels along the fallopian tube to the uterus. If a sperm fertilizes the egg, the cells can begin to form a pregnancy. Around the time of ovulation she may notice increased vaginal discharge.

2. Pre-Ovulation

Each ovary holds thousands of eggs, and every month, rising hormones cause the ovary to produce a mature egg. During this time, estrogen causes the endometrium to get thicker.

Period FAQs

As we just reviewed, during menstruation, a woman will shed the lining of her uterus (made up of tissue, blood and other fluids) through her vagina — this is known as a period. Periods are simply a sign that her body is healthy and well.

How long does a period last?

It varies. For most girls and women, a period usually lasts between 3 to 7 days.

If she hasn't started her period yet, is she late?

There is no right time for her first period to come. She will most likely to get it between the ages of 10 and 16, but every girl is different. Her period will start when her body is ready.

Why and how to keep track of their cycle?

Everyone's menstrual cycle is unique. Keeping track of their cycle helps them understand how their body works and when their period will start. It can also be a big help for their doctor if they ever think there is a problem. They can simply use a period calendar to keep track of their cycle. They can find one on [Always.com](https://www.always.com)

What if her period is irregular?

Many girls have unpredictable periods for the first 2 years. They could have a period one month, then skip several months before the next one.

How much blood will they shed?

The average female loses about 4 to 12 teaspoons of menstrual fluid during her period. But only a small amount of that is blood. Since their body contains 4 liters of blood on average, it doesn't miss the little bit lost during a period – and their body makes up for it quickly.

Will their period hurt?

While period themselves don't hurt, a lot of women experience pain or cramps before their period. We'll learn more on how to deal with this discomfort later in this guide.

If a girl hasn't started her period by age 16, or her period remains irregular, advise her to talk to a parent or trusted adult about seeing a doctor.

An Overview of Period Protection

How should a girl deal with the menstrual fluid coming out of her vagina? There are lots of options. As she learns about them and tries different things she'll be able to decide what works best for her.

Period Protection	Worn Inside or Outside the Body	Disposable or Reusable
 PADS	Outside	Both
 TAMPONS	Inside	Disposable
 CUPS	Inside	Reusable
 MENSTRUAL UNDERWEAR	Outside	Reusable

Don't get caught by surprise

Before her cycle becomes regular, her period may happen unexpectedly. It's a really good idea for her to always be prepared—especially when she's at school, camp or just out with friends.

Below are some tips to make sure she's never caught off guard:

- Keep a pad or tampon in her purse, schoolbag, or locker for herself or a friend.
- Start **using a pantyliner** a few days before she expects her period to start. It will help protect her underwear from discharge and light period flow.
- If she doesn't have period protection available, or simply can't afford it, she can ask a friend, teachers or school nurse, or use rolled up toilet paper until she gets a pad.



Learning About Pads

Most girls start with pads to manage their period, as they're really easy to use. A pad, or sanitary towel, is a piece of absorbent material that she will stick to the inside of her underwear to absorb her menstrual flow.

Understanding a pad is fairly easy



Download the free Demonstration Instructions from pgschoolprograms.com to use with Always pads. Help her see how pads open, attach, and absorb.



How to use a pad



1. Wash hands with soap and water before changing a pad.



2. Open the pad wrapper.



3. Detach the pad from its wrapper and remove the paper strip that covers the wings.



4. Attach the sticky part securely to the inside center of her underwear. Wrap the wings around it. When done, wash hands with soap and water.



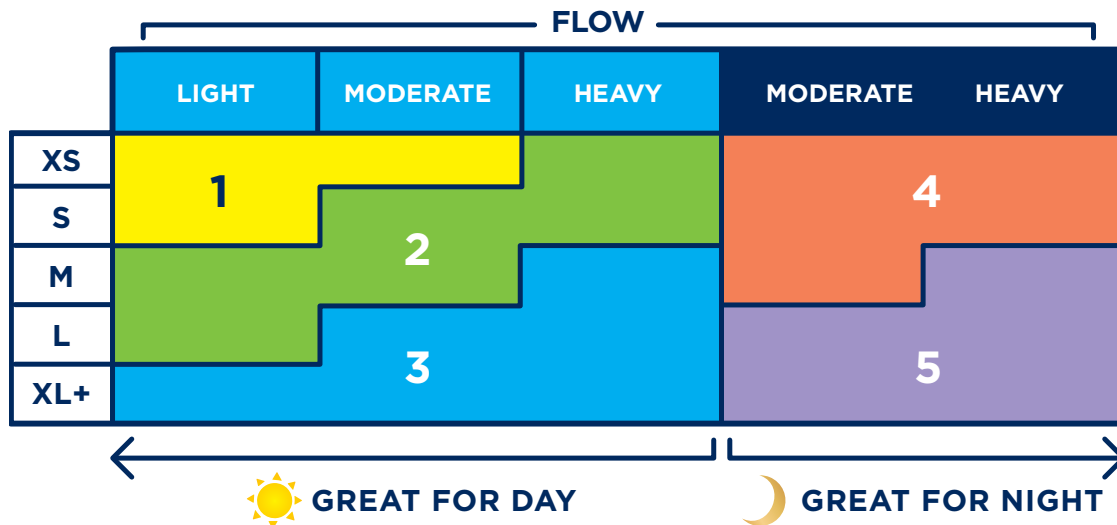
Change a pad every 4 to 8 hours, or more often if her flow is heavy. It's good to remind her to use clean underwear every day; she should change them if they become soiled.



Choosing a pad

It is important she choose a pad that will be the best fit for her. Always pads have different shapes, lengths and levels of absorbencies so she can choose hers according to her shape and flow. The pad she chooses should be touching her body in order to minimize the risk of leaks.

The better it fits, the better it protects!



Types of Always® pads

Always Radiant™ and Always Infinity®. An absorbent thin pad made with a soft cover that feels incredibly light. Look for the Always Radiant and Infinity pads in a box.

Ultra Thin. A thin pad that provides great protection and comfort without the bulk of a maxi pad. Look for the green Always bag.

Maxi. A thicker pad with a close body fit and gentle, panty-hugging shape for comfort. Look for the blue Always bag.



How to dispose of a pad

Bin it – Don't flush it!

1. Fold the pad up & wrap it in the wrapper from a new pad or in toilet paper if she doesn't have a wrapper available.
2. Put the wrapped up pad in the waste bin and ensure the lid is closed once the product has been disposed.

























Are Always pads safe?

Every woman and girl deserves what's best for their body. At Always, we have more than 500 scientists working across the globe to ensure our products are 100% safe and comply with all laws and regulations - so she can use them with confidence. For more information visit Always.com.

Always® pads

A range of period protection is available for her period needs. Always pads are designed to fit different body shapes and sizes, and to provide protection for all types of period flows (from a light flow to a heavy flow). Whether she prefers thick pads or thin pads, or day or overnight protection, there are several options of pads to choose from to fit her shape and flow.

	Radiant™	Infinity® stylish & absorbent	Ultra Thin thin & absorbent	Maxi thick & absorbent	
Slender, Teen					shorter pad & daytime protection
Size 1, Regular					
Size 2, Heavy Flow					longer pad & overnight protection
Size 3, Extra Heavy Flow					
Size 4, Overnight					
Size 5, Extra Heavy Overnight					

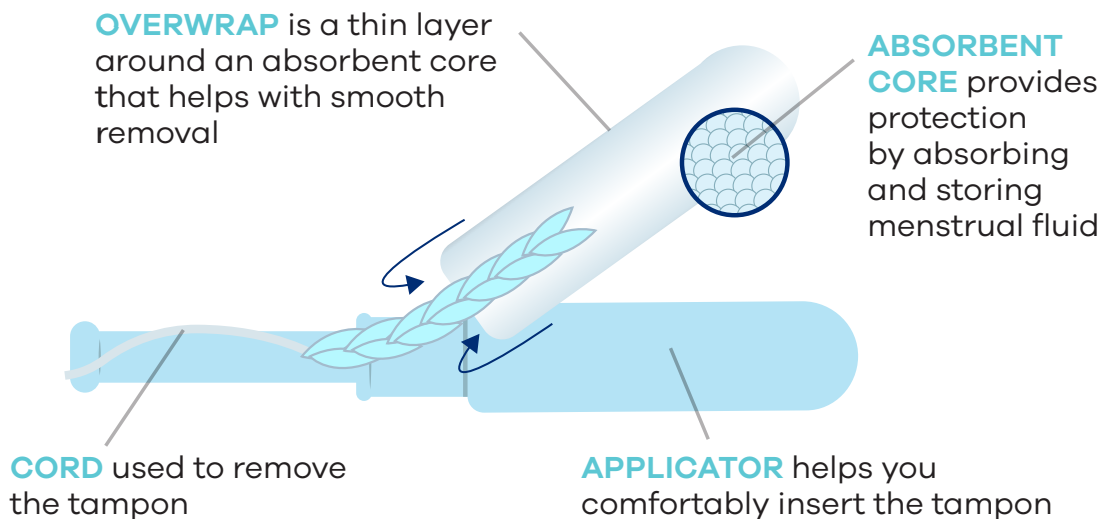
Learning About Tampons

A tampon is a type of period protection made from soft materials, that she will insert in her vagina to soak up menstrual fluid before it leaves her body. Tampons can give her the protection and comfort she'll need to move freely, whether she's in class, on the field, or in the pool!



Keep in mind: Tampons go in her vagina (not her urethra). That means she can still pee while wearing a tampon, as the tampon does not go in the same hole as where her pee comes from.

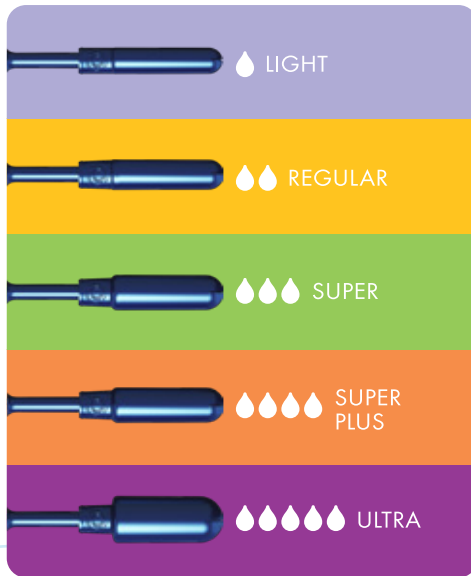
Understanding a tampon is fairly easy



TAMPAX

Choosing a tampon

Tampons come in different levels of absorbencies. Her flow is different every day. Her tampon should be, too. Choosing the right tampon absorbency throughout her period can make a big difference in protecting her from leaks and helping her have a comfortable experience.



We recommend she start with using a regular absorbency tampon. If she finds it is difficult to remove her tampon after 4-8 hours and there are still white parts on her tampon when she removes it, she should try switching to a lower absorbency. If she finds she is having to change it very frequently, she should try switching to a higher absorbency.



Bin it – Don't flush it!

Too many people still believe tampons, wrappers or applicators can be flushed in the toilet. Good habits make a difference. She can contribute to the care for the environment by not flushing her period products and disposing them in the bin instead.



What's TSS?

TSS, or Toxic Shock Syndrome, is a rare but serious infection that has been associated with tampon use. It is caused by a certain type of bacteria that may live on healthy skin, but become a problem if they grow too rapidly. It isn't just associated with tampon use, it may also occur in men, children, and women who are not menstruating.

TSS is treatable, but the earlier you catch it the better. Be aware of the warning signs:

- Sudden high fever
- Vomiting
- Diarrhea
- Sunburn-like rash
- Dizziness
- Muscle ache
- Fainting/near fainting when standing

TSS can rapidly progress from flu-like symptoms to a serious illness that can be fatal. If a girl or woman has one or more of the warning signs above, she should immediately remove her tampon and contact a doctor. Tell them her symptoms, that she was using tampons and she thinks she may have TSS. Also, advise her to consult her doctor before she uses tampons again if she has had TSS warning signs in the past or if she has any questions about TSS or tampon use.

Although TSS is rare, here are a few ways to reduce your risk of getting it:

- Use the lowest absorbency necessary for your flow
- Alternate between tampons and pads during your period
- Look out for the warning signs above

Are Tampax tampons safe?

Tampax tampons have been trusted by millions of girls and women since 1936. Our scientists are working across the globe to ensure our products are 100% safe so she can use them with confidence. If she wants to learn more on safety and quality standards tell her to visit Tampax.com.

Discharge, What is it?

She's probably noticed that her underwear sometimes has traces of a creamy white/yellowish fluid. This is called discharge. It comes from her vagina and is **perfectly normal**, natural and a healthy sign that her body is functioning properly – all women have it. It helps prevent the vagina from drying out and protects it from infections. Similar to the way tears clean and protect your eyes.

The amount of vaginal discharge varies during the menstrual cycle as hormone levels in the body change. If her discharge is significantly different than usual, has a bad smell or she experiences itching in her intimate area she should talk to a trusted adult and go see a doctor.

All she needs to know about pantliners

A pantliner is worn on the inside of her underwear like a pad, and most are smaller and thinner than pads and can feel invisible. Unlike pads (which are designed to be used during your period) pantliners are designed to be worn every day. She may want to try wearing them as part of her daily hygiene routine, like putting on deodorant.



Caring for the Environment

At Always and Tampax, we are committed to environmental sustainability and we believe we have a role to play in reducing waste. This is why we design our products to have as little impact on the environment as possible. We are also launching new projects that will help with the recycling of the period products we create.



Caring for those in need

At Always, we believe that every girl has the right to be able to manage her period with dignity, and that no girl should have to miss school and things she loves because of her period.

If a student's family is struggling to afford period products, have her speak to the school nurse.



Premenstrual Syndrome and Period Cramps

Premenstrual Syndrome (PMS)

Between ovulation and the first day of her period, a woman's hormones levels go up and down. These fluctuations can sometimes make her feel more emotional than normal and cause physical symptoms. These symptoms are usually called Premenstrual Syndrome (PMS) and are very normal.

Common PMS symptoms that she might experience:

- Feeling swollen or bloated
- Change in appetite
- Breast tenderness
- Abdominal cramps and feeling queasy
- Acne or skin rash
- Mood changes: feeling sad, tearful, tired or irritable
- Headaches

How to manage PMS?

- She should chart her symptoms and be aware of when she may experience them
- Get enough rest
- Exercise
- Take time for herself
- Practice deep breathing exercises
- Eat foods rich in fiber and low in sugar and fat
- Listen to how she feels and don't feel bad if she wants to curl up on the sofa instead of going out with her friends



Period cramps

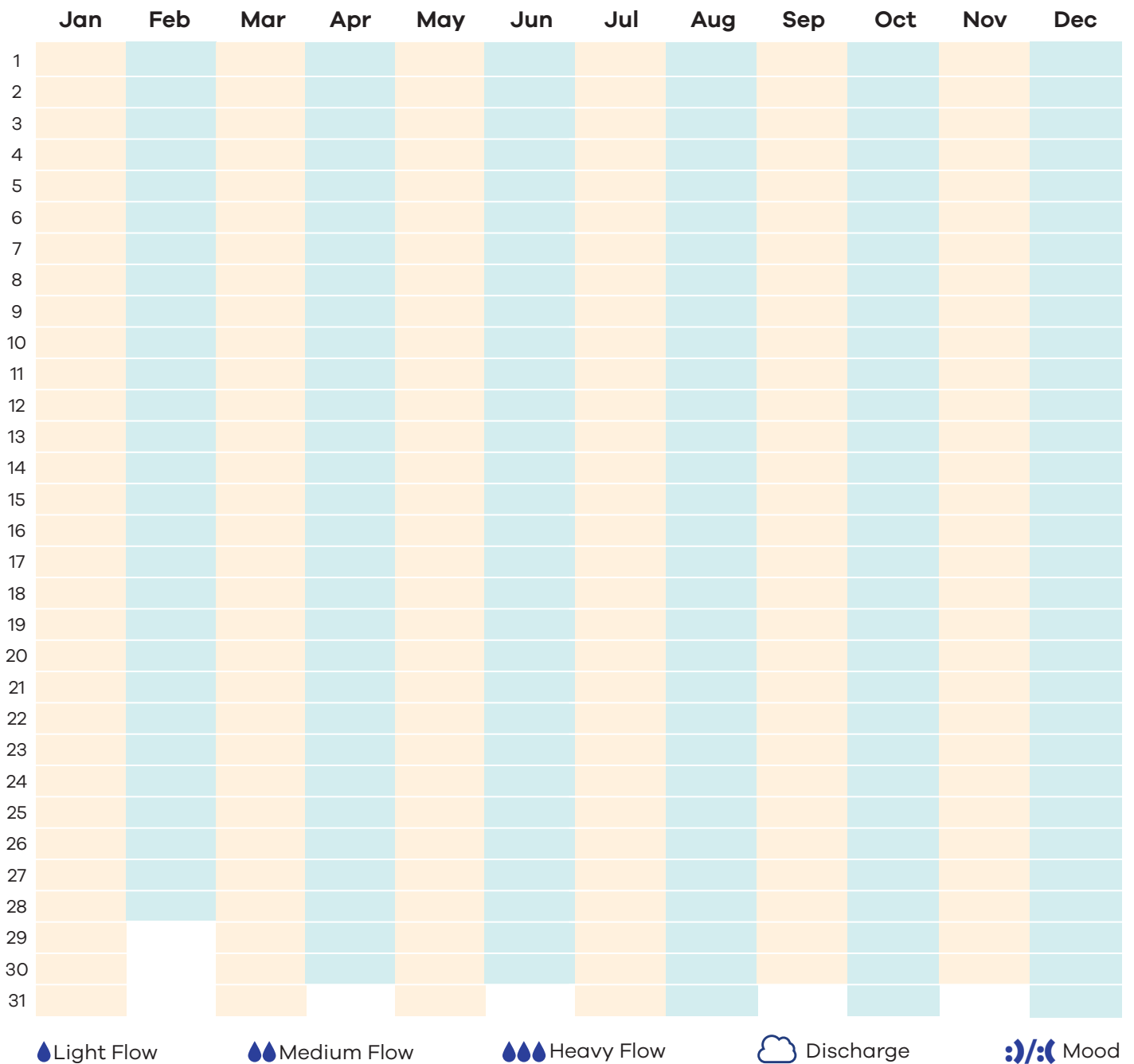
Cramps can occur just before or during her period when the muscle of her uterus contracts to make the lining of her uterus leave her vagina as menstrual flow.

How to treat them?

- Moderate exercise and stretching
- Use a hot water bottle or warm towel on her belly
- Take a warm bath
- Practice deep breathing exercises

Period Tracker

Everyone's menstrual cycle is unique. Your students can use this calendar or go to [Always.com](https://www.always.com) to keep track of their menstrual cycle to help them prepare for their next period. They simply need to mark the days they have their period and track their mood, too, so they can see when their mood changes could be explained by their hormones!



Staying Confident and Healthy

Their brain is changing, too!

While changes to their body are obvious, there's a lot of changes happening to their brain, too! They're developing new, stronger emotions and these changes can affect their confidence. These emotions are normal and they have control over whether they listen to the negative or focus on the positive.

Building brain power & embracing the Growth Mindset

Their brain is like a muscle, so they need to exercise it. When they take on challenges and practice until they overcome them, neurones in their brain create new and stronger connections. And when their brain gets stronger, their skills do, too. The growth mindset is the belief that their mind can grow and change with practice. They can start training using the table below.

Growth Mindset		Fixed Mindset	
CHALLENGING YOURSELF	Embrace Challenges		Avoid opportunities
FACING CRITICISM	Learn From Feedback		Ignore useful feedback
MAKING AN EFFORT	See effort as key to success		See effort as useless
OVERCOMING OBSTACLES	A misstep is a step forward		A misstep is a reason to give up
WHEN OTHERS SUCCEED	Find inspiration in their performance		Feel threatened and upset



Take risks and keep going

Advise your students – they only truly fail when they don't even try, so they should take positive risks. It can be scary, hard and, well, risky. It can also be exciting, fun and rewarding!

Here are a few tips to take positive risks:

- Don't be afraid to fail! If they fail, they should use it as an opportunity to learn, get stronger and keep going!
- Try again, and again, and again. Know that sometimes they have to keep practicing and trying new ways to get better.
- Remind themselves of all the things they've achieved in the past. It can help them feel positive when they feel like they can't do something.
- Break big things down in to smaller, more manageable steps.
- We all have strengths – they should focus their attention on theirs. It will help them become more confident and will give them energy!

Powerful words to help your students out

A majority of students believe words can harm. The good news is that changing the words they use can change their world. Encourage them to try.

TRY THESE WORDS:

YET! Yet is a very powerful word. They can use it to remind themselves that though they haven't accomplished it yet, they will!

I CAN. Have they ever said things like "I'm totally going to fail this test, I got so many questions wrong"? They need to lose the negative talk and think about how they can study harder and do better next time.

AND. When they give themselves praise, it's easy to add "but" to lessen their success. They need to try using "and" instead. So instead of "I'm pretty good at geometry, but I still have a B", they should try saying "and I am getting better every week."



Making good decisions

They're probably starting to earn more freedom at school and at home – and probably more responsibilities, too! As a result, they'll be making more decisions on their own than when they were younger. They'll need to evaluate and make sense of all the influencing factors in their life such as friends, parents, teachers and things they see in the media and read on the internet.

At times, it can be difficult to know what to think and how to act. Learning to make the right decision is an important part of growing up. It's easy to get into situations that are challenging when they don't take the time to think about their decisions.

Remember, great decision-making skills are learned – no one is born with them!

I-D-E-A-L solution building

IDENTIFY	the problem
DESCRIBE	all the ways you might solve the problem
EVALUATE	all the possible solutions
ACT	on one of the solutions and try it out
LEARN	if your solution solved the problem effectively

Sex, Gender & Society

Let's start with a few definitions:

Biological sex: A person's biological sex is based on the genitals they're born with and the chromosomes they have. At birth, most people are either male or female.

Gender identity: This is about how a person feels and how he/she thinks about themselves when it comes to gender. Everyone's gender identity is unique to them and should be respected.

Gender roles and stereotyping: These are socially constructed – they relate to characteristics and behaviors that are typically thought to go alongside a person's biological sex. They can often stereotype girls and boys.

They might have started to notice that people expect them to look, act or behave in a certain way just because they're a girl or boy. We call this stereotyping.

Don't let society limit what they can do!

Their biological sex shouldn't define what they can or can't do – and stereotyping someone because of their gender, or thinking that someone is better or worse because of their gender, can be very harmful. Reinforce with your students – they don't have to let these norms limit them. Girls and boys can be whoever they want to be! Encourage them to stay strong and believe that they can achieve anything!

They're great, just the way they are

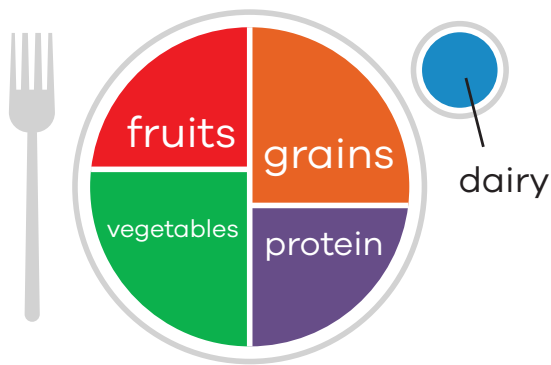
We are all different and that's what makes us beautiful. Imagine if we all looked the same – how boring would that be? If someone teases them about how they look, they can try to ignore it. There is no right or wrong way to look. Instead, they need to try and focus on staying healthy and happy, be proud of their uniqueness and be supportive of those around them.

Healthy Choices

Eat well

Taking care of their body also means supplying their body with the energy and nutrients it needs. Growing like they do during puberty requires a lot of energy and most of it comes from the food they eat. This is why it's important to make sure they understand the value of eating a healthy, well-balanced diet.

Here is what a healthy meal looks like:



Be active

Being physically active through sports or other physical activities helps keep their body healthy and boost their energy levels! The key to enjoying it is for them to pick something they like, such as – dancing like crazy to their favorite song, playing goalie on a soccer team, or challenging their brother or sister to a running race.

Sleep well

Getting enough sleep is an essential part of staying healthy and happy. On average they'll need between 8 to 10 hours of sleep a night.

Tips to getting enough sleep:

- They should stick to a regular sleep schedule
- Avoid watching and using screens (e.g. TV, phone) one hour before going to bed

- Use a comfortable mattress and pillow
- Exercise daily

Visit the doctor

Regular healthcare is important, advise your students to visit their doctor and dentist on a regular basis. Additionally, as your female students get older and start their period, they may also want to start seeing an OB-GYN—a doctor that specializes in women's health. Suggest that they talk to their parents about getting routine exams.

Stay safe

During puberty, they're going through so many changes that everything seems possible, and this is great. They just need to remember to stay safe, too.

- **Say no to drugs**—whether or not they're illegal, they can affect their brain and cause long term damage.
- **Treat everyone with respect**—nobody should be mean to others.
 - Stop and think before they say or do something hurtful.
 - If they are being bullied they need to try to speak up and ask the bully to stop. If speaking up seems too hard, they need to walk away and find an adult to help.
 - Talk to an adult they trust. Don't keep their feelings inside; they can help them make a plan to improve their situation.
 - If they think they have bullied someone in the past, they should apologize. Everyone feels better.

Healthy Relationships

Taking care of others around you

During puberty, everyone is going through changes that can be hard to deal with. They need to look out for others and share with a trusted adult if they're worried about any of their friends.

Discovering new feelings

At this particular moment of their life when their body is producing a lot more of hormones, they will start to experience new feelings. Some of these feelings may cause them to be more curious about their sexuality and it's good to remember that this curiosity is totally normal.

Personal intimacy

As these hormones can make people feel more curious about their new feelings, some

may begin to explore intimate parts of their body, especially the genital area. This is not right or wrong, but it's personal and should be done in private.



Intimate feelings towards others

They might also begin to see others as more than just friends, and start having new feelings and crushes. This is completely normal! They need to just remember to keep in mind that others may not feel the same as they do, and it's important to respect other's personal choices.

Continue the Conversation

Talking to their friends and family about their feelings and questions during puberty can help friends and family better understand and support them.

They shouldn't feel like they need to cope with everything on their own. They should ask your parents or a trusted adult for their advice and to help answer your questions. They've experienced it, too, so they'll have lots of good advice and tips.



To help start the conversation, they can follow these tips:

Keep it casual: Find a time when they typically talk with their parents, and use it to discuss the things they've learned in this guide. They might want to ask them what it was like when they were younger and experienced puberty.

Write it down: Sometimes it helps to write down their questions, so they can make sure they get all the answers.

Be direct: They need to take a deep breath and just share how they're feeling. Chances are they've experienced similar feelings at some point in their life, too!

Celebrate it: For girls, getting their first period can be a great moment to celebrate with those around them! Why not share the news with their parents or best friends and use it as an opportunity to do something nice.

Video Discussion Guide

The Always Changing® and Growing Up Video is designed to give students a base of knowledge about the puberty experience. It can be shown co-ed or separately to girls and boys. Look for opportunities in the way students respond to pose thoughtful questions and to provide factual answers to concerns or questions they may have. Below are some general questions related to the video content to help engage all students in comfortable dialogue.

Questions for all students

What did you learn about how puberty affects personal hygiene?

What are the physical changes in the body for boys/girls during puberty?

Who can you turn to to ask questions about puberty?

What are some of your new hygiene responsibilities now that you are an adolescent?

What are the physical changes that make these hygiene responsibilities necessary?

Does everyone go through puberty at the same time? Why not?

Explain that everyone develops at a different rate and that it is normal.

Why do you need deodorant or antiperspirant now while you didn't a few years ago?

Emphasize activation of new glands and importance of keeping clean.

Questions about what happens to girls

What are the physical changes that girls go through during puberty?

Acknowledge that the female body is getting ready for sexual maturity.

Why do women and girls menstruate?

Explain that this process prepares the body for pregnancy.

What are the signs your body is preparing for your first period? About how often do most girls have a period?

How can you predict when you will get your next period?

Emphasize that periods may not be on a regular schedule for a while.

If you have cramps during your period, what are some things you can do to feel better?

Explain what girls can do to help ease cramps.

Why do some girls get their first period earlier than other girls?

Explain that girls do not all develop exactly at the same time and that some girls may start their periods sooner.

Questions about what happens to boys

What are some common signs of puberty in boys? Why do these changes happen?

Explain that the body is preparing for sexual maturity and that everybody goes through changes.

Do all boys develop at the same rate? Why not?

Explain that boys do not all develop at the same time and that every boy starts puberty according to his own timetable.

Describe some of the things that can happen as a result of puberty changes that you might not expect (e.g., voice cracking, wet dreams, etc.).

Are these normal?

Help boys understand the changes during puberty and emphasize that these are normal.

Why are girls often taller than boys in middle school?

Acknowledge that girls tend to begin puberty sooner than boys, but boys "catch up."

Girls pretest

For each of the statements below, select the best answer from the choices given.

1. Puberty involves physical and emotional changes.

True / False

2. To help bust body odors, shower and apply deodorant once a week.

True / False

3. For most girls, puberty begins between the ages of 8 and 13.

True / False

4. On average, the menstrual flow lasts 3 to 7 days.

True / False

5. You should not bathe, exercise or swim when you have your period.

True / False

6. Periods always come on a regular schedule.

True / False

7. Everybody can tell when you are having your period.

True / False

8. You should change a pad every 3 to 4 hours.

True / False

9. The changes that happen to you during puberty usually happen:

- a. overnight
- b. gradually, over a few years
- c. on your 11th birthday
- d. in two weeks

10. During puberty, girls:

- a. develop breasts
- b. have their periods
- c. grow hair under their arms and in their pubic area
- d. all of the above



Girls posttest

For each of the statements below, select the best answer from the choices given.

1. You can't participate in any activities when you have your period.

True / False

2. Menstruation occurs when the lining of the uterus is shed.

True / False

3. Menstruation is the same thing as having your period.

True / False

4. Periods always come on a regular schedule.

True / False

5. During your period, you will lose about 2 cups of blood.

True / False

6. Estrogen causes the changes that happen to your body during puberty.

True / False

7. Feminine protection products should be selected based on your flow.

True / False

8. Showering daily and using an antiperspirant/deodorant can help me smell fresh.

True / False

9. Estrogen is:

- a. a sweat gland
- b. an emotional reaction to puberty
- c. the primary female hormone
- d. the primary male hormone

10. An average menstrual cycle is:

- a. 28 days
- b. 3 days
- c. 7 days
- d. 50 days



Boys pretest

For each of the statements below, select the best answer from the choices given.

1. For most boys, puberty begins between the ages of 10 and 17.

True / False

2. All boys start shaving during puberty.

True / False

3. Mood swings are often a part of puberty.

True / False



4. To help smell fresh, shower and apply deodorant once a week.

True / False

5. During puberty, your voice may “crack” because your vocal cords are growing.

True / False

6. Wet dreams are abnormal.

True / False

7. Changes that happen during puberty usually happen at once.

True / False

8. Puberty involves physical and emotional changes.

True / False

9. For most boys, during puberty:

- a. voice deepens
- b. body grows taller and more muscular
- c. hair grows under arms, on the face and in the pubic area
- d. penis and testicles grow larger
- e. all of the above

10. One body change that happens to you during puberty is:

- a. you sweat less
- b. you sweat more
- c. your body naturally smells better
- d. you eat less
- e. all of the above

Boys posttest

For each of the statements below, select the best answer from the choices given.

1. During puberty, some boys may have emotional ups and downs.

True / False

2. All boys start shaving during puberty.

True / False

3. Wet dreams are abnormal.

True / False

4. During puberty, your voice may “crack” when you are talking.
This is because your vocal cords are growing.

True / False

5. Physical changes in boys occur as a result of estrogen.

True / False

6. Showering daily and using a deodorant are the only ways to fight body odor and wetness.

True / False

7. Testosterone is:

- a. a sweat gland
- b. an emotional reaction to puberty
- c. the primary female hormone
- d. the primary male hormone

8. A growth spurt means you may grow several inches at once and that is normal.

True / False

9. Semen is a fluid that contains sperm.

True / False

10. Sperm are made in the:

- a. pituitary glands
- b. penis
- c. scrotum
- d. testicles



Dear parents and guardians,

Our class is about to study an important lesson about puberty and periods, which many children in the class are beginning to experience.

To help teach this class, we will be using materials from the “Always Changing and Growing Up” Program. These materials will help both boys and girls:

- Understand the physical and emotional changes they experience during puberty and acknowledge that these changes are a normal part of growth and development.
- This includes body changes that happen to both girls and boys
- Understand that personal hygiene is each individual’s responsibility.
- Understand how girls manage their periods.
- Learn about making good decisions and powerful words to make a positive impact.
- Learn how to stay healthy and confident from the changes that occur to their brains, eating well, and staying safe.
- Talk to parents and trusted adults about their feelings and questions during puberty to help them better understand and get the support they need.

The program is based on national research and consultation with school nurses, health educators, parents and medical professionals. It has been a trusted resource for over 35 years and has been taught to millions of students worldwide. It is provided as a free educational service to our school by P&G’s brands: Always® period products, Tampax® period products, and Old Spice® body wash, deodorant & antiperspirants.

We encourage you to use this lesson as a springboard for starting to talk about the topic with your child, if you haven’t already started. You, too, play an important role in helping your child navigate puberty with confidence!

You can access the puberty materials that your child will receive at pgschoolprograms.com, and download a helpful guide designed specially to help parents with students support them as they enter puberty and start their periods. In case you need more information, you can visit the always.com and tampax.com websites; and check out Always and Tampax channels on YouTube for educational videos about puberty.

We will begin the program on _____. Please sign and return this letter by _____, indicating your permission for your child to participate in the lessons. If you have any questions about the Always Puberty & Confidence Education Program, or if you would like to review the program materials in advance, please contact me at _____.

Thank you very much for your interest in this important education program.

(Student’s name) _____ has /does not have my permission (please circle your choice) to participate in the Always Changing and Growing Up Program.

(Parent’s signature) _____ Date _____



Other resources

BOOKS:

My Little Red Book – a collection of short stories about first periods from girls and women of all ages around the world, Rachel Kauder Nalebuff, 2009

Growing Up – It's a Girl Thing, Mavis Jukes, Alfred A. Knopf, Inc., 1998

My Body, My Self, Lynda Madaras and Area Madaras, Newmarket Press, 2009

Period., JoAnn Gardner-Loulan, Bonnie Lopez, Marcia Quackenbush, Volcano Press, 2001

The New Teenage Body Book, Kathy McCoy, PhD, and Charles Wibbelsman, MD, Putnam Publishing Group, 1992

The Period Book, Karen and Jennifer Gravelle, Walker and Company, 2006

What's Happening to Me? Peter Mayle, Carol Publishing Group, 2000

The What's Happening to My Body? Book for Boys: A Growing-up Guide for Parents and Sons, Lynda Madaras and Area Madaras, Newmarket Press, 2000

The What's Happening to My Body? Book for Girls: A Growing-up Guide for Parents and Daughters, Lynda Madaras and Area Madaras, Newmarket Press, 2009

Growing and Changing: A Handbook for Preteens, Kathy McCoy, PhD, and Charles Wibbelsman, MD, Berkley Publishing Group, 1986

Changes in You and Me: A Book About Puberty, Mostly for Boys, Paulette Bourgeois, Martin Wolfish and Kim Martyn, Andrews and McMeel, 1994

At the Threshold: The Developing Adolescent, S. Shirley Feldman and Glenn R. Elliot, Harvard University Press, 1993

It's Perfectly Normal, Robie Harris, Candlewick Press, 2009

WEBSITES:

BeingGirl's YouTube channel – a fun, safe place for teenage girls to watch questions answered about growing up.

always.com – Always® products and information

tampax.com – Tampax® products and information

oldspice.com – Old Spice® products and information

nasn.org – National Association of School Nurses

nih.gov – National Institutes of Health

ama-assn.org – American Medical Association

healthychats.com – a site for parents to help teach their children learn about health and puberty. From pediatrician, mother and health educator Chrystal de Freitas, MD, FAAP, founder of Healthy Chats LLC, a family health education resource



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For more puberty
education resources, visit
pgschoolprograms.com

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These materials have been reviewed by the American Association for Health Education and accepted as educationally appropriate.

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