

Living, Growing, Learning

# Body Wise

# Classroom Rules

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It is all about

**RESPECT**

# RESPECT

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- R: Ready to hear
  - This information is important

# Respect

- R: Ready to hear Info
- E: Everyone goes through this change
  - Your parents, your grandparents, older siblings, teachers, trusted adults

# Respect

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- R: Ready to hear Info
- E: Everyone goes through this change
- S: Separate Classes
  - Will have a class of only boys and only girls

# Respect

- R: Ready to hear Info
- E: Everyone goes through this
- S: Separate Classes
- P: Polite and listen
  - Be polite to your classmates around you. Listen to what is being discussed. Listen to the questions because you may have the same question

# Respect

- R: Ready to hear Info
- E: Everyone goes through this change
- S: Separate Classes
- P: Polite and listen
- E: Expect to giggle
  - When you are embarrassed you tend to giggle and that is ok

# Respect

- R: Ready to hear Info
- E: Everyone goes through this change
- S: Separate Classes
- P: Polite and listen
- E: Expect to giggle
- C: Compose yourself quickly
  - Giggling is ok but compose yourself quickly so we can continue



# Respect

- R: Ready to hear Info
- E: Everyone goes through this change
- S: Separate Classes
- P: Polite and listen
- E: Expect to giggle
- C: Composure is a must
- T: Trusted Adult
  - Someone you can talk to that will give you the correct answers

# What am I going to learn?

- Nutrition
- How to be healthy and safe
- Growth and development changes
- Puberty
- Hygiene
- Male reproduction system
- Female reproduction system
- Growth and development of a baby

**What two times in your  
life do you grow the most?**



Infancy and Adolescences

# Nutrition



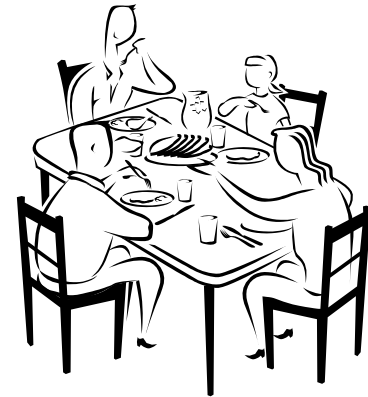
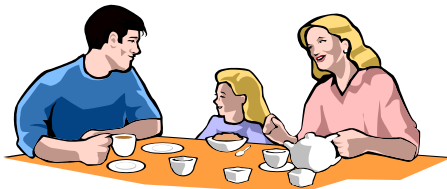
# Tips for meals

- Eat breakfast everyday
  - Kids who eat breakfast tend to do better in school and have fewer issues with their weight



# Tips for meals

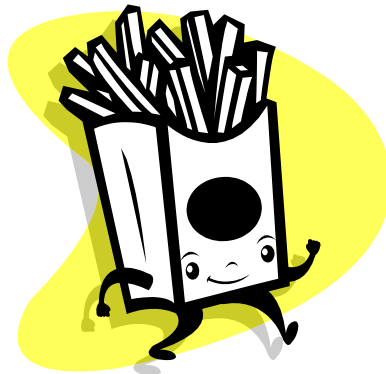
- Eat breakfast everyday
  - Kids who eat breakfast tend to do better in school and have fewer issues with their weight
- Eat dinner as a family





# Tips for meals

- Eat breakfast everyday
  - Kids who eat breakfast tend to do better in school and have fewer issues with their weight
- Eat dinner as a family
- Make smart choices when eating fast food
  - Don't need supersize

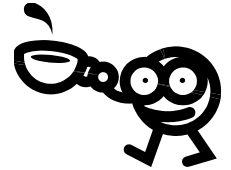


# Caffeine

**What is it?**

# What is it?

- Caffeine is a stimulant
  - Stimulates the central nervous system
    - Causes nervousness or jitteriness
    - Increases heart rate
    - Increases blood pressure
    - Headaches
    - Difficulty concentrating
  - Only takes a small amount



CAFFEINE

# Did you know.....

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- Age 10 to 12 is to have only 85 mg of Caffeine a day
- 30-50% of adolescents are drinking energy drinks daily

# How much caffeine are you drinking?

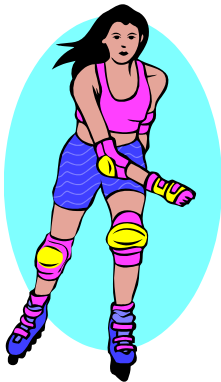
Item	Amount of Item	Amount of Caffeine
Monster	16 ounces	160 mg
Mountain Dew	12 ounces	55 mg
Coca-Cola	12 ounces	34 mg
Diet Coke	12 ounces	45 mg
Pepsi	12 ounces	38 mg
7up or Sprite	12 ounces	0 mg
Brewed Coffee	6 ounces	115mg
Ice Tea	12 ounces	70 mg
Chocolate milk	8 ounces	5 mg
Red Bull	8.3 ounces	80 mg

# Exercise

# Why is exercise important

Benefits every part of your body

- You sleep better
- You are happier
- You are healthier

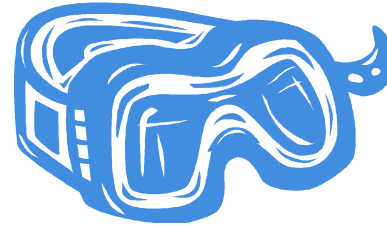
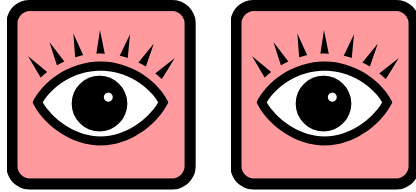


- Must Protect Your Body!!!

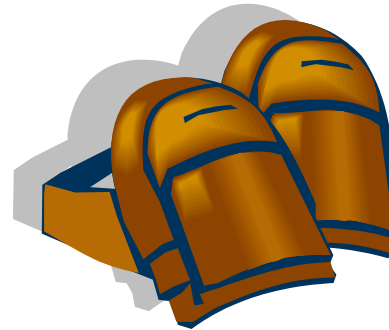


# How do you protect yourself in sports and exercise?

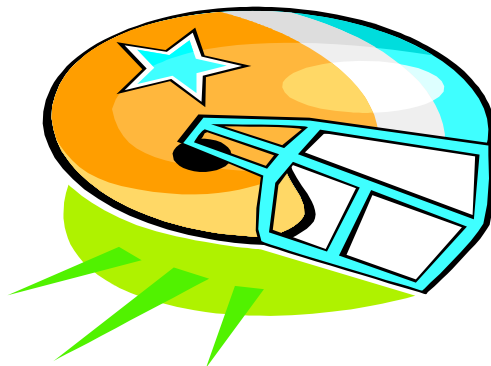
- Eyes



- Knees and elbows



- Head





**When do you  
wear your  
protective gear?**

**All the time when  
playing that sport or  
exercise that could  
cause an injury!**

# Puberty

# Puberty

- What is it?
- When does it start?
- What will happen to me?
- Hygiene

# Puberty

What is it?

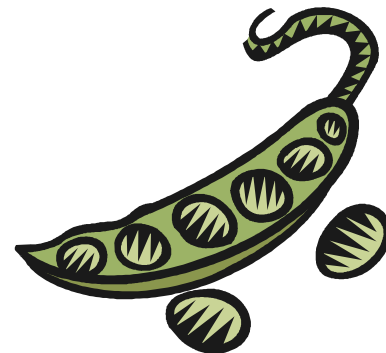
# What is it?

- Puberty is also called Adolescence



# What is it?

- Puberty is also called Adolescence
- It starts in the brain with the pituitary gland
  - The Pituitary Gland is the size of a pea



# What is it?

- Puberty is also called Adolescences
- It starts in the brain
  - The Pituitary Gland releases hormones that cause changes to occur



Hormone for girls is:

Estrogen



# What is it?

- Puberty is also called Adolescences
- It starts in the brain
  - The Pituitary Gland releases hormones that cause changes to occur



Hormone for boys is:

**Testosterone**

# What is it?

- Puberty is also called Adolescences
- It starts in the brain
- It is a time of many changes for boys and girls
- Some changes may occur without warning



# Puberty

When does it start?

# When does it start?

- Girls
  - Between the ages of 8 and 13



# When does it start?

- Boys
  - Between the ages of 9 and 14



# Puberty

What will happen to  
me?

# What will happen to me?

- Voice changes



# What will happen to me?

- Voice changes
  - Boys voice will get deeper





# What will happen to me?

- Voice changes
  - Boys voice will get deeper
- May have embarrassing moments of voice squeaking when talking



# What will happen to me?

- Voice changes
  - Boys voice will get deeper
    - May have embarrassing moments of voice squeaking when talking
- Nothing you can do about it



# What will happen to me?

- Voice changes
  - Girls will get a little higher



# What will happen to me?

- Voice changes
  - Girls will get a little higher
  - This change may not be noticed



# What will happen to me?

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- Voice changes
- Hair

# What will happen to me?

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- Hair
  - Boys

# What will happen to me?

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- Hair
  - Boys
    - Under arms
    - Legs
    - Face
    - Chest
    - Back

# What will happen to me?

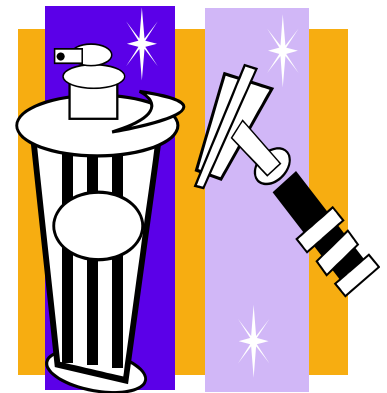
- Hair
  - Boys
    - With the growth of facial hair boys may start shaving





# What will happen to me?

- Hair
  - Boys
    - With the growth of facial hair boys may start shaving



# What will happen to me?

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- Hair
  - Girls

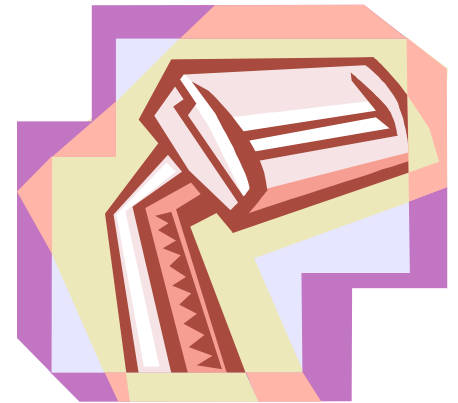
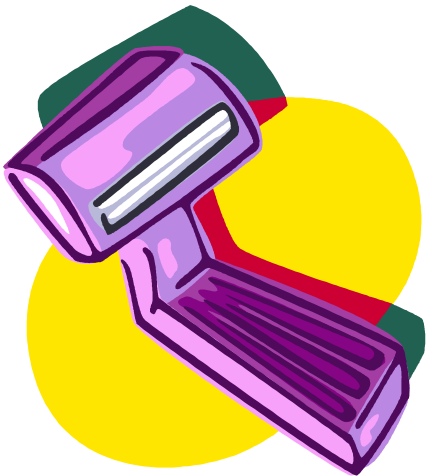
# What will happen to me?

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- Hair
  - Girls
    - Under arms
    - Legs

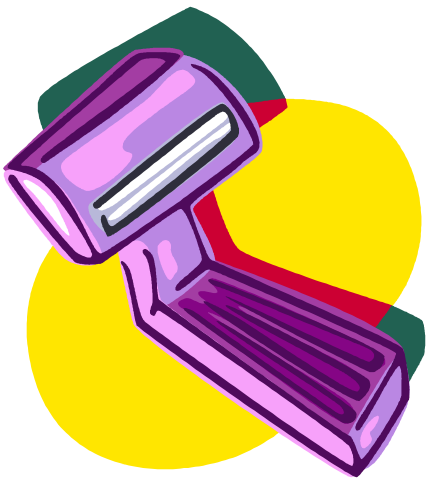
# What will happen to me?

- Hair
  - Girls
    - May start shaving legs and under arms



# What will happen to me?

- Hair
  - Girls
    - May start shaving legs and under arms



# What will happen to me?

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- Hair
  - Both Boys and Girls will get hair in the private areas

# What will happen to me?

- Hair
  - Both Boys and Girls will get hair in the private areas
  - Called Pubic Hair
  - **This is normal!!!!!!**
  - This may be the first sign that you notice when starting or going through puberty

# What will happen to me?

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- Voice changes
- Hair
- Height



# What will happen to me?

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- Height
  - Girls will grow an average of 6 inches taller

# What will happen to me?

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- Height

- Girls will grow an average of 6 inches taller
- Boys will grow an average of 8 inches taller

# What will happen to me?

## ■ Height

- Girls will grow an average of 6 inches taller
- Boys will grow an average of 8 inches taller
- Girls will grow first since they may start puberty first.

# What will happen to me?

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- Voice changes
- Hair
- Height
- Emotions

# What will happen to me?

- Emotions
  - Boys and girls will go through emotions
  - This is all normal



# Puberty

## Hygiene

# Hair

- With more hair comes more hair follicles
- Hair may become oily



# Hair

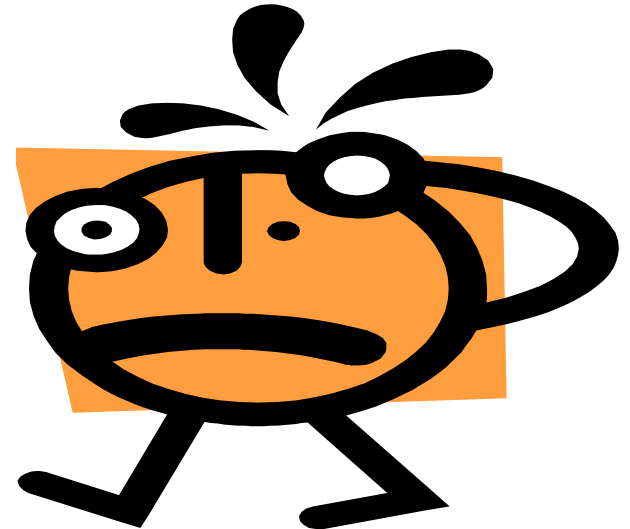
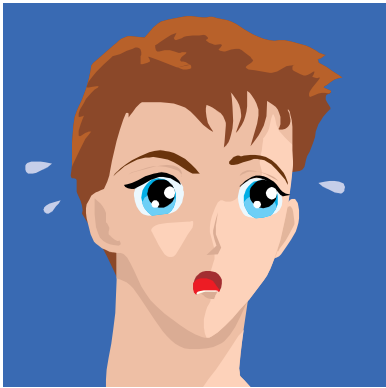
- With more hair comes more hair follicles
- Hair may become oily
- May have to change shampoos or wash hair more often





# Hair

- With more hair comes more sweat follicles



# Hair

- With more hair comes more sweat follicles
- Sweat follicles make sweat to regulate your body temperature
- Sweat mixes with normal bacteria on skin and causes a **STINKY SMELL!!!!!!**



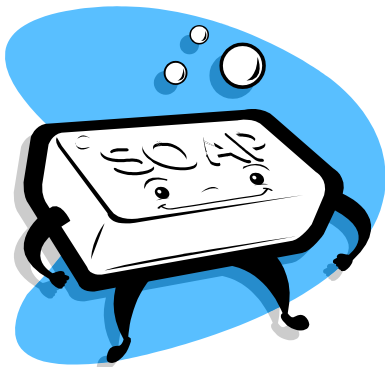
# Body and Skin

- Your body and skin will need to be washed often just like your hair or **YOU WILL STINK!**



# Body and Skin

- Your body and skin will need to be washed often just like your hair
- Soap or body wash and friction must be used you can not get rid of the smelly sweat with just rinsing with water!



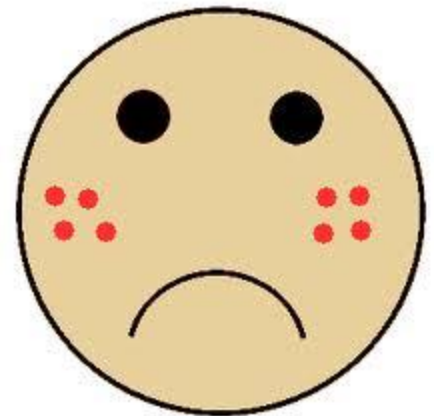
# Body and Skin

- Your body and skin will need to be washed often just like your hair
- Soap or body wash must be used you can not get rid of the smelly sweat with just water
- Deodorant is a must for all!!!



# Acne

- Also called zits or pimples
- Usually occur on your face
- Caused by hormones that cause our skin to make more oils
- With oil comes bacteria that clog the pores on our face
- Don't pop or squeeze can lead to scarring



# Acne

- How do I prevent it?
  - Wash your face
    - Twice a day with a mild soap
    - Wash after being real sweaty
  - Try not to touch your face all the time



# Questions?







THE END

SEE YOU NEXT TIME

