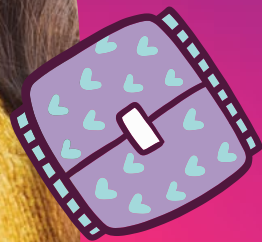


Growing and Glowing



Worksheets Part 2

WHAT'S HAPPENING TO YOU

The Changes - Answers

Girls

- **Breasts get bigger** and may not grow at the same rate
- **Hair appears under the arms** and around the pubic area
- Increased **oil production** can cause pimples
- Increased tiredness
- **Hips widen** and body becomes more curvy
- Sweat and body odour become more noticeable (need to wash body, clothes & hair and use anti-perspirant deodorant)
- Vaginal discharge becomes more noticeable
- **Height and weight increases**
- Hair on legs becomes thicker and darker
- Sexual desires develop
- **Ovulation begins and periods start**
- Temporary clumsiness from body shape change
- **Emotional changes** - varying emotions, mood swings may develop e.g. loneliness, crushes, wanting to be independent, self-conscious

Boys

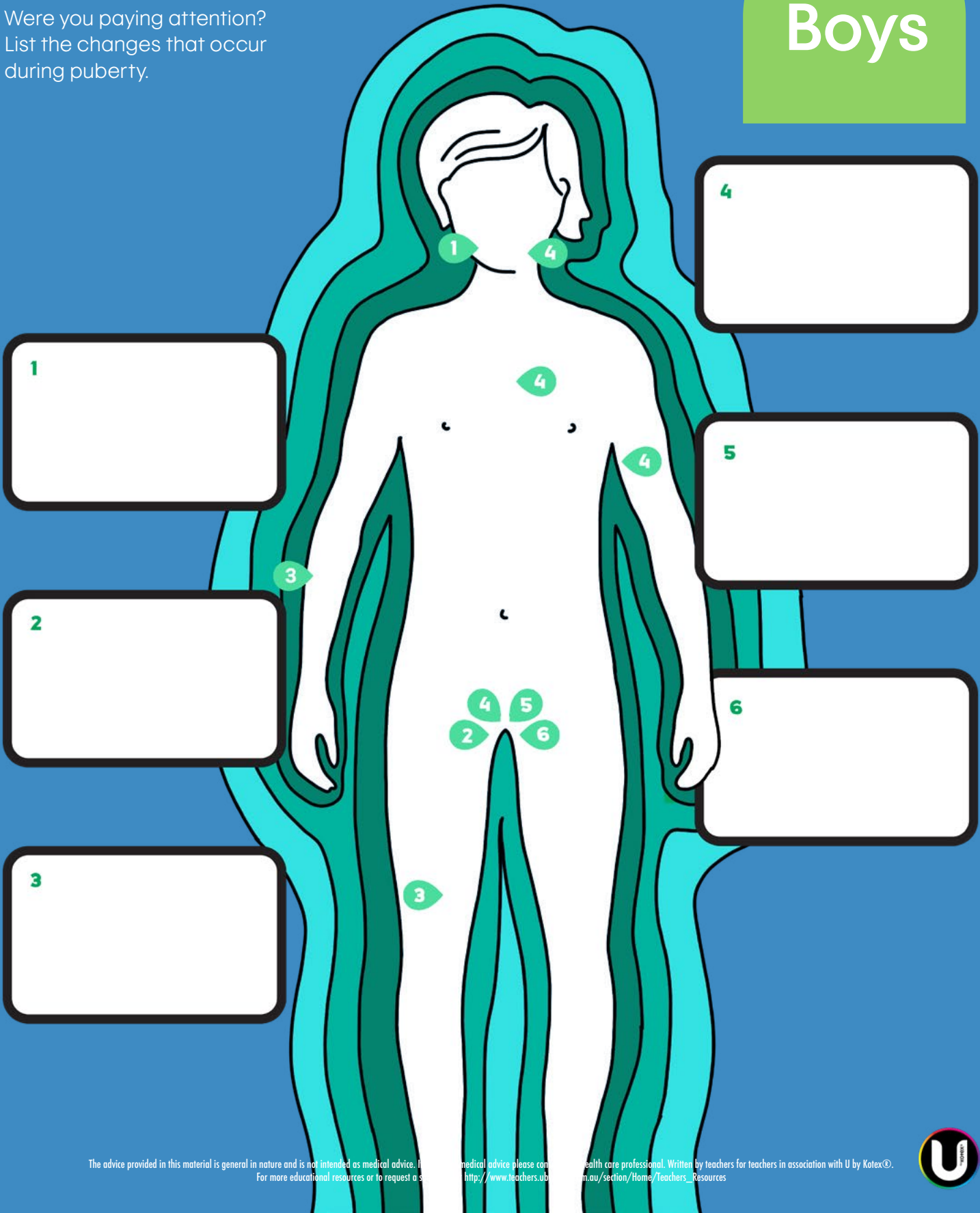
- **Changes generally occur later**
- **Penis and scrotum enlarge** and their shape changes
- **Hair appears under the arms**, in the pubic area, chest and face
- **Increased oil production** can cause pimples
- **Voice breaking** which can take up to a year
- **Sexual desires develop**, wet dreams occur
- **Erections occur**
- **Sweat and body odour become more noticeable** (need to wash body, clothes and hair and use anti-perspirant deodorant)
- Sperm grows in testes
- Height and weight increases
- Hair on legs becomes thicker and darker
- **Temporary clumsiness** from body shape changes
- **Emotional changes** - varying emotions, mood swings may develop e.g. loneliness, crushes, wanting to be independent, self-conscious

HAIR-RAISING CHANGES TO THE BODY

Instructions:

Were you paying attention?
List the changes that occur during puberty.

Boys



HAIR-RAISING CHANGES TO THE BODY

Girls

Instructions:

Were you paying attention?
List the changes that occur during puberty.

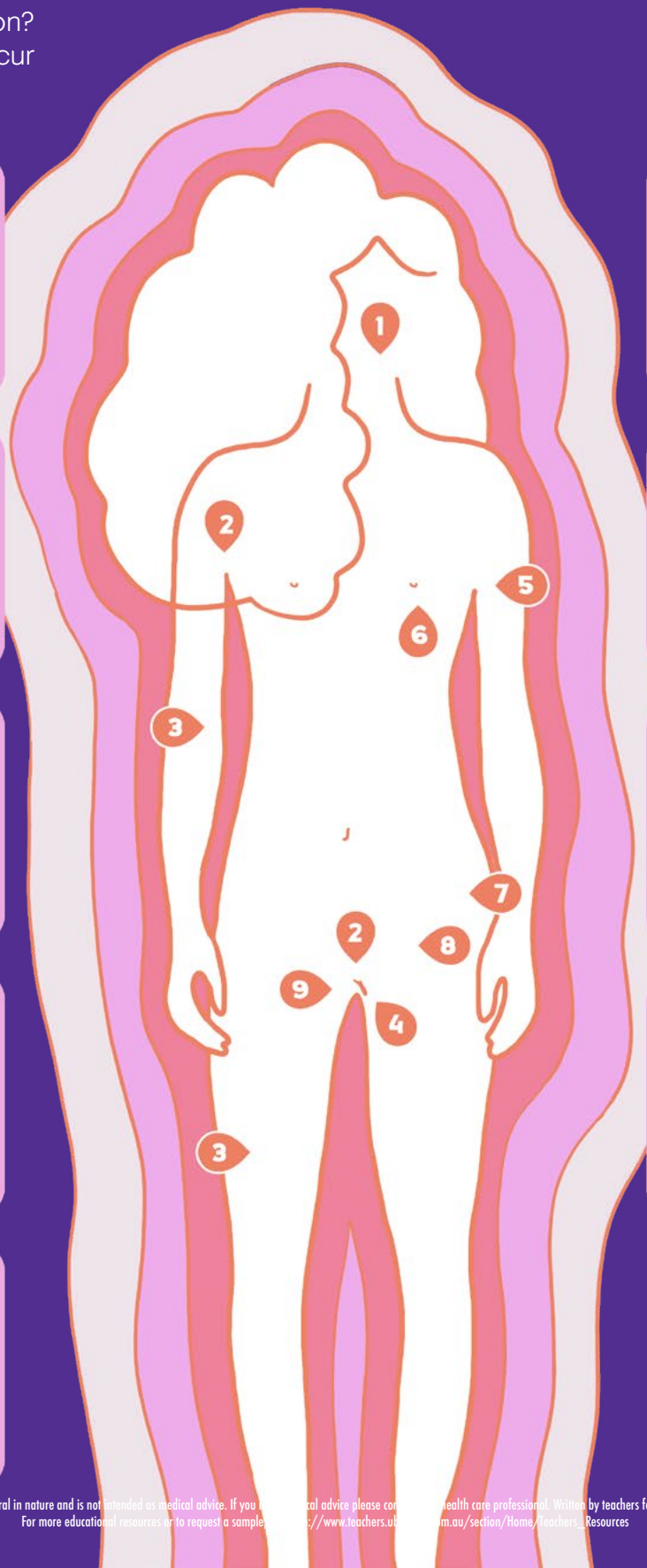
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PERIODS WHAT ARE THEY?



Girls are born with thousands of tiny ova (eggs) inside their ovaries. When puberty starts:

- Your body begins releasing a hormone called oestrogen (which controls menstruation)
- Your ovaries ripen the eggs and one egg is released each month – this is called ovulation
- The egg travels from the ovaries, down the fallopian tubes, and into the uterus (womb)
- While this is all going on, the lining of the uterus is thickening, so that if the egg is fertilised by sperm (during sex), the egg can attach itself to the uterine lining and develop into a baby
- The lining thickens so that it can provide nutrients for a fertilised egg
- If the egg is not fertilised, the extra lining of the uterus is no longer needed, so it breaks down and comes out through the vagina

Average:

5 DAYS (CAN VARY FROM 2-7 DAYS).

Blood Loss:

2-6 TABLESPOONS OF BLOOD PER PERIOD, DEPENDING ON FLOW.

Flow:

CHANGES WITHIN THE PERIOD CYCLE. USUALLY HEAVIEST DAY 2-3 (MIDDLE OF PERIOD).



Tampons

Tampons are ideal for sport or swimming, with added discretion. Product size relates to blood flow and has nothing to do with the size of the vagina.

Frequency of change: Recommended every 3-4 hours.



Pads & Liners

Pads have different thicknesses and absorbencies.

Thickness doesn't mean it is more absorbent. Ultrathin Pads do the same job as Maxi Pads, they're just thinner and more discreet.

Overnight Pads: Longer and more absorbent and have a longer back for extra protection when lying down. Try the U by Kotex Ultrathin Long Overnight pads.

Liners: Between periods or just in case, tampon back up or very light flow. Much smaller, thinner and less absorbent version of a pad.

Frequency of change: Recommended every 3-4 hours.



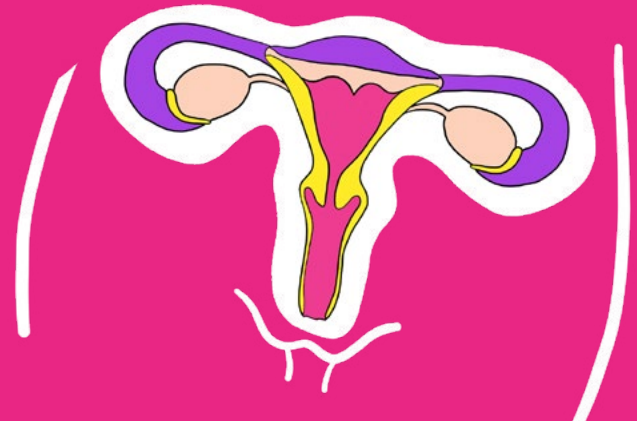
THE MENSTRUAL CYCLE

INSTRUCTIONS

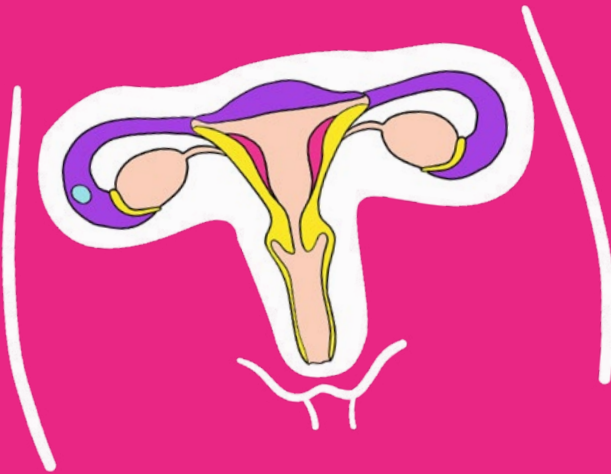
Test your knowledge. Use the spaces below to describe what happens at each stage of the menstrual cycle.



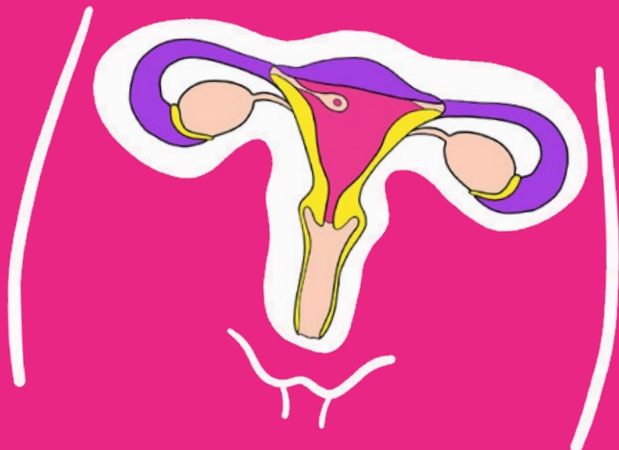
Days 1-7



Days 8-14

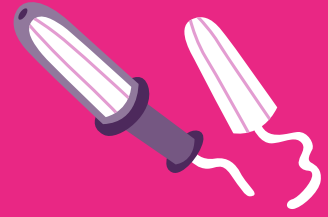


Days 15-28



For Girls

HOW CAN YOU RELIEVE PMS



1. Begin by making changes to your diet. Eat more frequently, but in smaller portions. Don't overdo salt as it makes you retain fluids. And when you have a chocolate craving, don't go crazy, try to replace most of it with healthy carbohydrates like fruits, vegetables or whole grains.
2. It's a great idea to eat foods high in calcium, like dairy products.
3. Avoid caffeinated beverages and get some exercise. Nothing better than a good bike ride or playing a game! Afterwards, you'll want to sleep because your body really needs sleep in the days before your period arrives.
4. It's also a good idea to incorporate relaxation routines, such as meditation, watching a movie or reading a book, to reduce stress and stay positive.
5. Period Tracker is explained again. Discuss the U by Kotex® period tracker app (ubykotex.com.au/period-tracker-app) as a useful tool in helping track and manage period symptoms and cycles.



YOUR FIRST PERIOD

Getting your first period is often a surprise

Q: HOW WILL I KNOW WHEN I GET MY FIRST PERIOD?

A: Usually when you go to the toilet, but not always.

Q: WHAT WILL I SEE?

A: Dark colouring in your undies, menstrual blood.

Q: WHAT COLOUR IS NORMAL FOR MENSTRUAL BLOOD?

A: Anything from bright red to dark brown.

Q: HOW MUCH MENSTRUAL BLOOD IS THERE?

A: The amount differs for each woman. (NOTE: The beginning of the period usually has heavier bleeding and it gradually lightens up until it's finished.)

Q: ARE THERE ANY EARLY WARNING SIGNS TO INDICATE THAT YOU ARE ABOUT TO GET YOUR FIRST PERIOD?

- A:
- You may notice underarm and pubic hair growth
 - White vaginal discharge
 - You may feel bloated or experience cramps
 - Your mood may change without reason
 - You may become more sensitive to emotions

Being ready: if you don't want to be caught unprepared for your first period, have a few products on hand just in case!

Q: WHERE CAN I BUY PERIOD CARE PRODUCTS?

A: Ask a parent, or if you have access to buy your own you can at a convenience store, petrol station, chemist or supermarket.

Q: WHAT SHOULD I BUY?

A: You will notice there are four options: liners, pads, tampons and period underwear

1. Liners are a much smaller, thinner version of a pad. They're perfect for use in-between your periods to keep you feeling fresh (e.g. **U by Kotex® Protect Liners** examples provided).
2. Pads are an easy option for getting started (e.g. **U by Kotex® Ultrathin Pad** examples provided).
3. Tampons: to start with, try the smaller ones (called minis), as they are usually easier to insert.
4. Period Undies: easy, comfortable and discreet if you don't want to carry pads or tampons around with you.



Discussion:

This information is to assist you in leading a discussion in the class, to ensure the facts are correct. It's also vital to allay any fears and concerns so students feel confident using the correct information and products. Suggested format is Q & A (images when added will demonstrate or illustrate the points).



MYTH BUSTERS



01

CAN YOU GO SWIMMING WHEN YOU HAVE YOUR PERIOD?

Of course you can go swimming when you have your period, just use a tampon.

02

CAN DRINKING SOMETHING HOT STOP YOUR PERIOD?

Drinking something hot doesn't stop your period.

03

CAN YOU HUG PEOPLE WHILE YOU HAVE YOUR PERIOD?

You can totally hug people while you have your period.

04

WILL IT HURT TO WEE WHEN I HAVE MY PERIOD?

It shouldn't hurt to wee when you have your period – if it does, see your doctor.

05

DO GIRLS WITH THEIR PERIODS GET ATTACKED BY SHARKS?

Sharks do not attack girls with their periods! Go to the beach! Go swimming!

06

ARE PERIODS CONTAGIOUS?

Periods aren't contagious because they're not a disease – they're a normal body function.

07

IS THERE A NORMAL LENGTH OF TIME YOUR PERIOD SHOULD LAST?

The length of everyone's period is different – the average is 5 days, but it could be 2 days or up to 7 days.

08

WILL DOING SIT-UPS DELAY YOUR PERIOD?

Doing sit-ups won't delay your period, but they will help you keep fit!

09

IS IT OKAY TO HAVE A BATH OR SHOWER WHEN YOU HAVE YOUR PERIOD?

Having a bath or shower when you have your period is really important – it keeps you clean and fresh and avoids odours associated with puberty.

10

IS IT TRUE THAT WHEN YOU FIRST START YOUR PERIOD IT'S GOING TO LAST FOR 16 DAYS?

Your first period is probably going to be short, not long – may be just a few days – and never 16 days!

11

CAN YOU INSERT A TAMPON IF YOU DON'T HAVE YOUR PERIOD YET?

You can insert a tampon if you don't have your period yet – but it's not a good idea. It's best to wait a while, until you're used to your period.

12

IS IT TRUE YOU BLEED ONE LITRE OF BLOOD DURING YOUR PERIOD?

No, you don't bleed one litre of blood during your period – an average period is blood loss of about 40ml or about 2-6 tablespoons over the whole period.

13

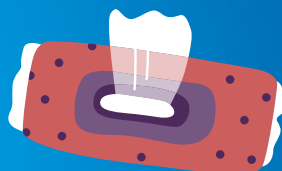
IS MENSTRUAL BLOOD DIFFERENT FROM REGULAR BLOOD?

Menstrual blood isn't different from regular blood. It's just regular blood that flows from the vagina.

14

IS BLEEDING DANGEROUS?

Bleeding from your period isn't dangerous, it's completely normal.



MYTH BUSTERS



15 DOES DRINKING ENERGY DRINKS MAKE YOUR PERIOD SHORTER?

Drinking energy drinks doesn't make your period shorter.

16 IS IT TRUE THAT DENTAL FILLINGS WILL FALL OUT IF YOU GET THEM PUT IN WHEN YOU HAVE YOUR PERIOD?

If you get dental fillings put in when you have your period, they won't fall out!

17 CAN YOU WASH YOUR HAIR WHEN YOU HAVE YOUR PERIOD?

It's totally okay to wash your hair when you have your period.

18 IS IT TRUE YOU CAN'T TAKE MEDICINE WHEN YOU HAVE YOUR PERIOD?

If you have your period and you need to take medicine, you should always check with your doctor.

19 WILL A TAMPON FALL OUT WHILE YOU'RE SWIMMING?

Tampons that are put in correctly don't fall out while you're swimming.

20 DOES YOUR PERIOD STOP WHEN YOU'RE IN THE BATH?

Your period doesn't stop when you're in the bath – the water may dilute the blood flow, but your period continues.

21 DOES HAVING A TAMPON IN BLOCK YOUR WEE FROM COMING OUT?

A tampon doesn't block your wee from coming out – the urine comes from the urethra, and the tampon is inserted into the vagina – two separate parts of your body.

22 CAN HAVING A COLD DELAY YOUR PERIOD?

A cold by itself doesn't delay your period, but serious illness can disrupt your cycle.

23 CAN STRESS DELAY YOUR PERIOD?

Really serious emotional or physical stress can delay your period.

24 WILL OTHER PEOPLE KNOW WHEN I HAVE MY PERIOD?

When you're having your period, there's no reason for anyone to know. Regular bathing, proper use of pads or tampons and comfortable clothes are all part of a good strategy. There's absolutely no way for others to know.



TRUE OR FALSE QUIZ

your changing body

1. Periods start at 13 years of age for all girls
2. In girls, one breast may grow quicker than the other
3. Girls' and boys' body shapes will change during puberty
4. During puberty, increased appetite leads to acne
5. During puberty, girls grow hair in more places than boys
6. In boys, it can take up to one year for the voice to deepen
7. Puberty does change the body's hygiene needs
8. All the changes during puberty are external
9. Sexual desires will develop in both sexes during puberty
10. Boys and girls are likely to have more energy during puberty

TICK THE CORRECT ANSWER BELOW!

1	<input type="checkbox"/> T	<input type="checkbox"/> F
2	<input type="checkbox"/> T	<input type="checkbox"/> F
3	<input type="checkbox"/> T	<input type="checkbox"/> F
4	<input type="checkbox"/> T	<input type="checkbox"/> F
5	<input type="checkbox"/> T	<input type="checkbox"/> F
6	<input type="checkbox"/> T	<input type="checkbox"/> F
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9	<input type="checkbox"/> T	<input type="checkbox"/> F
10	<input type="checkbox"/> T	<input type="checkbox"/> F



Period Planet

U by Kotex Unique Period Education Game

We know the experience of getting a first period can come with so many emotions and questions – **which is why we've created Period Planet.**

Period Planet is a fun, safe and interactive way to teach your students about menstrual health. **Students will learn how to navigate their period cycles**, bust through stigma and conquer anxieties with the power of knowledge.

The online game is an immersive adventure where players are asked to unlock 4 different stages with the aim to help students understand more about periods and puberty. **This immersive period education game can be used alongside our education materials to engage students in a game-like learning module.**

Give your students the knowledge they need to **confidently take on a new phase of life.**

