OBJECTIVES

• Understand the physical and emotional changes of puberty.
• Review the female reproductive system.
• Review proper hygiene and the importance of nutrition and exercise.
CLASS CONTENT

• Review of physical and emotional changes of puberty.

• View the video *Let’s Just Talk! For Girls.*
  • (ISBN 978-1-55942-530-8; Marsh Media)

• Review the anatomy of the female reproductive system using an anatomical poster.

• Review products for personal hygiene including skin care, hair care, deodorant and sanitary products.
• Discussion covering the following issues: respect for others, personal responsibility of their changing body and differences in maturing.

• Encourage girls to express their feelings promoting a positive attitude towards puberty.

• Open discussion reflecting on class content with the intent of fostering parental discussion.