

# North Allegheny School District Growth and Development

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Grade 5 Girls

# Objectives

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- Review of physical and emotional changes of puberty.
- Review products for personal hygiene including skin care, hair care, deodorant, and sanitary products.
- View of *Getting To Know Your Body* and *Using Pads for Period Protection* (Period Prep Class 101 from RedDrop).
- 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.