Objectives

• Review of physical and emotional changes of puberty.
• 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.