

# **Puberty and Personal Hygiene**

## **Girls Only**

### **Learning Target**

I can recognize the physical changes that occur during puberty and relate these changes to the increased need for personal hygiene.



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What  
physical/emotional  
changes occur during  
puberty that you know  
about?

***My Changing Life:  
Physical Changes for Girls***

## ***GIRL TO WOMAN***

1. Do all boys and girls begin to mature at the same age? \_\_\_\_\_.
2. What are the two main skin changes that occur when puberty begins?  
\_\_\_\_\_  
\_\_\_\_\_
3. List at least two (2) changes that occur in the female body with the beginning of puberty.  
\_\_\_\_\_  
\_\_\_\_\_
4. The eggs develop in the ovaries and are released in a process called \_\_\_\_\_.  
This process occurs \_\_\_\_\_ time a month.
5. When the egg is not fertilized, the extra lining of the uterus flows out of the body along with some blood. The discharge of blood and an egg from the female body is called \_\_\_\_\_ or getting your \_\_\_\_\_.

# GIRL TO WOMAN

## (ANSWER SHEET)

1. Do all boys and girls begin to mature at the same age? *(NO)*
2. What are the two main skin changes that occur when puberty begins?
  - (1) SWEAT GLANDS BECOME ACTIVE*
  - (2) ACNE*
3. List at least two (2) changes that occur in the female body with the beginning of puberty.
  - 1. THE BREASTS DEVELOP.*
  - 2. BODY HAIR GROWS.*
  - 3. THE HIPS GROW WIDER.*
  - 4. MENSTRUATION BEGINS.*
4. The eggs develop in the ovaries and are released in a process called *OVULATION*.  
This process occurs *ONE* time a month.
5. When the egg is not fertilized, the extra lining of the uterus flows out of the body along with some blood. The discharge of blood and an egg from the female body is called *(MENSTRUATION)* or getting your *("PERIOD")*.

*I HAVE A QUESTION . . . . .*



*SIGNED* \_\_\_\_\_

*ROOM #* \_\_\_\_\_



## **I HAVE A QUESTION.....**

We strongly encourage you to discuss the information contained in this lesson with your parent/guardian or trusted adult.



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