

# Erin's Law Lesson Plans for THES and GES - Spring 2019

GRADE **K** 1 2 3 4 5

WEEK 1 2 3 4 5

TOPIC: Reproductive Body Parts

Lesson Outline	Script	Curriculum Used/Materials Needed	Standards Addressed (copy and paste)
<p>LEARNING OBJECTIVES: By the end of this lesson, students will be able to:</p> <ol style="list-style-type: none"> <li>1. Correctly identify at least three body parts of the female namely the nipples, vulva and anus.</li> <li>2. Correctly identify at least three body parts of the male namely the nipples, penis and anus.</li> <li>3. Describe why it is important for them to know the correct names for the genitals.</li> <li>4. Identify the safety rule regarding touching</li> </ol>	<p>Introduce the topic by saying, "Today we are going to talk about bodies, including parts that everyone has in common, parts that we have that are different, and parts that are usually covered when we are in public."</p> <p>Explain that it's also important that everyone with a body knows how their body works and how to take care of it so we can all be healthy.</p> <p>STEP 2: Ask the students to name body parts that most people have in common.</p> <p>Note to the Teacher: Student answers might include most everyone has arms, legs, feet, fingers, head, eyes, mouth, etc. Some students may mention that not everyone has two arms, or all ten fingers, etc. Acknowledge this by saying that it is true that not everyone is exactly the same and everyone's body is fine just the way it is. But most people have two arms, ten fingers, etc.</p> <p>Next, call out different parts of the body while asking students to point to that body part, such as eyes, nose, arms, legs, etc. Once students</p>	<p>MATERIALS NEEDED:</p> <ul style="list-style-type: none"> <li>• Teacher's Resource: "Body Parts and Functions"</li> <li>• 6 Post-Its – one each labeled with vulva, nipples, anus, shoulder, foot, and belly button</li> <li>• 6 Post-Its – one each labeled with penis, nipples, anus, shoulder, foot, and belly button</li> <li>• PowerPoint "Our Bodies"</li> <li>• LCD projector and screen</li> <li>• Desktop or laptop computer with PowerPoint on it</li> </ul>	<p>HE.1.K.4 Name reproductive body parts, using proper anatomical terms, and stages in the basic growth processes of all people.</p> <p>HE.1.1.4 Name reproductive body parts, using proper anatomical terms, and stages in the basic growth processes of all people.</p> <p>HE.1.2.4 Identify reproductive body parts, using proper anatomical terms and stages in the basic growth processes of all people.</p> <p>HE.1.3.6 Identify human reproductive systems including reproductive anatomy and function.</p> <p>HE.1.4.6 Identify human reproductive systems including reproductive anatomy and function.</p> <p>HE.3.K.2 Identify sources of support, such as parents or other trusted adults, to seek information about sexual and reproductive health, including pregnancy and birth.</p> <p>HE.3.1.2 List sources of support, such as parents or other trusted adults, to seek information about sexual and reproductive health, including pregnancy and birth.</p> <p>HE.3.2.2 Describe the qualities of reliable sources of support, such as parents or other trusted adults, when seeking information about sexual and reproductive health, including pregnancy and birth.</p>

<p>and private parts of the body.</p>	<p>point to that body part have them tell you what that body part does, for example, eyes are for seeing, legs are for walking/running, noses are for smelling, etc.</p> <p>Then, ask students, “Even though we all have a nose, do all of our noses look exactly the same? Do all of our eyes or ears look exactly the same? We all have skin. Does all of our skin look exactly the same as each other’s? Even though they do the same things, they can look very different. We each have our own special bodies. Just like some people don’t have any hair and others have a lot of hair, and some people may have a lot of freckles or no freckles at all, we are all humans with bodies.</p> <p>STEP 3: Tell students: “There are some body parts that mostly just girls have and some parts that mostly just boys have. These body parts, which are usually covered by clothing or a bathing suit, are sometimes called private parts or genitals and today we want to make sure everyone knows the correct names for these parts and who has what body part.”</p> <p>Direct students’ attention to the PowerPoint where you have displayed the the first slide.</p> <p>Explain that “During the summer, when some people go swimming, people generally wear bathing suits to cover their genitals. Explain that when we wash our bodies and go to the doctor for a check-up, it’s important to know what our body parts are and how to keep them healthy. Display the next slide saying, “Our bodies have lots of different parts like the head, chest, belly button, hand and leg. Let’s look at some parts we don’t often learn as much about.”</p>		<p><b>HE.3.3.3 Recognize sources of support, such as parents or other trusted adults, to seek information about sexual and reproductive health, including pregnancy and birth.</b></p> <p><b>HE.3.4.3 Identify sources of support, such as parents or other trusted adults, to seek information about sexual and reproductive health, including pregnancy and birth.</b></p> <p><b>HE.3.3.4 Recognize sources of medically accurate information about human sexual and reproductive anatomy, puberty and personal hygiene.</b></p> <p><b>HE.3.4.4 Describe sources of medically accurate information about human sexual and reproductive anatomy</b></p> <p><b>HE.1.4.3 Describe ways in which safe and healthy school and community environments can promote personal health including but not limited to respect for diversity; safe routes to school/bike and walk; school gardens; and other school policies and programs that promote health literacy.</b></p>
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Point out and explain the following. “Most girls have a vulva, which is the name for the area between the legs. The vulva describes the whole area including the small hole where urine or pee comes out called the opening to the urethra, the hole below that, which is a little bigger and is called the vagina , and the hole below that poop comes out called the anus.

Often girls wear a bathing suit that also covers their nipples on their chest.

ACTIVITY IN STEP 4 IS FOR GRADES 2,3 and 4 ONLY

STEP 4: Advance to the third slide and tell the class that you need their help to review the names of these body parts. Ask for six volunteers and one at a time, give each volunteer one of the six post-it note labels. For each one, read the name on the post-it note out loud and then have the volunteer place the label on the diagram next to the body part that corresponds with it. Tell students they can ask for help from the class. Gently correct any mistakes and review the function of each part again as it is labeled by the student. Continue having volunteers label each part until all six labels are correctly on the diagram. Use the Teacher’s Resource as needed to help explain the function of anatomical parts.

STEP 5: Next, advance to slide 4 and explain the following, “Most boys have a penis between their legs which they use to urinate or ‘pee.’ A boy also has a hole where poop leaves the body called an anus, just like a girl. Boys also have nipples on their chest but they usually do not cover their nipples or chest when they are wearing a bathing suit.

ACTIVITY IN NUMBER 6 IS FOR GRADES 2, 3 & 4 ONLY:

STEP 6: Advance to slide 5 and tell the class that you need their help to review the names of these body parts. Ask for six new volunteers and one at a time, give each volunteer one of the six post-it note labels. For each one, read the name on the post-it note out loud and then have the volunteer place the label on the diagram next to the body part that corresponds with it. Tell students they can ask for help from the class. Gently correct any mistakes and review the function of each part again as it is labeled by the student. Continue having volunteers label each part until all six labels are correctly on the diagram. Use the Teacher's Resource as needed to help explain the function of anatomical parts.

STEP 7: Next, explain to students that they may have heard different words to refer to their genitals, such as the penis or the vulva. Some common terms students in these grades might recognize or use include: Pee pee; wee wee; privates; butt.

Explain that even if they use these names in their families, it is important to use the words just like we would for knee or elbow or any other body part. Ask students: "Why do you think it might be important for you to know the correct words for these body parts?"

Note to the Teacher: Some answers may include that people will know what you are talking about or that a lot of the slang words might not be nice. If students don't say it, explain that if a person's penis, vulva or anus began to hurt or a person was worried that something was wrong with their body they should tell a trusted adult or the school nurse. It's really important to use the correct

words so they can explain what they're feeling to a parent, trusted adult or a doctor or nurse. Tell students: "This is your body and you have a right to know what the different parts are called."

STEP 8: Conclude the lesson by asking students "Can anyone tell me a body part that most girls have but not boys?" (vulva). "Can anyone tell me a body part that most boys have but not girls?" (penis). "Can anyone tell me a body part we learned about today that both boys and girls usually have?" (anus, nipples). Explain "Most people have a vulva or a penis but some people's bodies can be different. Your body is exactly what is right for you."

The assessment is built into the lesson. By asking the class which body parts only girls have, only boys have and both have, the teacher can assess the knowledge of the class.

An alternative assessment strategy if students are not likely to come up with the names themselves (especially for non-readers), is for the teacher to ask, "Who has a vulva? Girls, boys or both? Who has a penis?" etc. and have the class respond. By asking students why it might be important to know the correct names for these body parts, the teacher can gauge student understanding by their responses.

Once the private parts of the body have been reviewed, the rule regarding touching (in the Child Protective Unit Curriculum Lessons--"it is not okay for someone to touch a private part of your body unless it is to keep you healthy") will be introduced and/or reviewed. It will be stressed to students that most touches we receive are SAFE touches (holding hands/ helping someone up, high fives) , and that UNSAFE touches are fewer (hitting, kicking,

	unwanted hugs/squeezes.) We will review the three steps to follow regarding an unsafe touch. These steps were introduced in the Support System lesson, and are Recognize, Refuse, and Report.		
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## Erin's Law Lesson Plans for THES and GES - Spring 2019

GRADE K 1 2 3 4 **5** WEEK 1 2 3 4 5

TOPIC: **Reproductive Body Parts & STI (Combined Health Standards)**

Lesson Outline	Script	Curriculum Used/Materials Needed	Standards Addressed (copy and paste)
Distribute and discuss The Great Body Shop "Come In and Learn About Your Body" #S1506  Lesson to be administered separately for boys and girls  Areas included for Grade 5: -Growing Up -Hormones -Boys Should Know That . . . . -Girls Should Know That . . . . -When a Boy Goes Through Puberty -When A Girl Goes Through Puberty	See the curriculum materials (one Newsletter per Grade 5 Student, one Proctor and Gamble booklet per student  See script of instructional video below:	The Great Body Shop "Come In and Learn About Your Body" #S1506--one issue per Grade 5 student  Proctor and Gamble DVD for Boys (Transcript Below)  Proctor and Gamble Booklets, Girls' Guide & Boys' Guide, one per female or male student (See Script Below)	HE.1.5.6 Discuss human reproductive systems including reproductive anatomy and function. HE.1.5.9 Identify health care practices related to physical changes during puberty. HE.1.5.11 Identify the physical, social and emotional changes that occur during and adolescence. HE.3.5.3 Discuss the sources of support, such as parents or other trusted adults, to seek information about sexual and reproductive health, including pregnancy and birth. HE.3.5.4 Demonstrate how to access sources of medically-accurate information about human sexual and reproductive anatomy.

<p>-Keeping Clean -The Other Important Part of Growing Up</p>			<p>HE.3.5.5 Demonstrate how to access resources, including people at home, school or in the community who can provide medically accurate information and/or support about puberty and health care practices during puberty HE.3.5.6 Discuss the qualities of people at home, school or in communities who can provide medically accurate information and/or support about healthy sexuality, including sexual orientation and gender identity.</p>
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## Video Transcripts for P&G School Programs

### Always Changing® and Growing Up—Boys

#### Whiteboard “Lounge” Environment Opening Scene

A group of girls and boys are hanging after school talking, sketching, making beaded jewelry and cootie catchers, and practicing guitar. Some of the kids decide to play hangman, and others observe the game but continue their activities. [super over establishing shot: always changing® and growing up]

#### [setting up hangman game]

**Austin:** Okay, seven letters. Here we go.

**Katie:** S

**Austin:** Nope. (draws a head and writes an S)

**Conner:** T

**Austin:** Yes, one T. (fills in the letter T)

**Conner:** Yes!

**Mandy:** A

**Austin:** Nope, you get a body. (draws a stick body and writes an A)

**Olivia:** E

**Austin:** E (fills in the letter E)

**Danny:** R

**Austin:** (playfully upset by the selection) Oh, man! Yes. (fills in the R)

**Suzette:**O

**Austin:** (teasingly) Wah wah wah! (draws a leg and writes an O)

**Maria:** Y.

**Austin:** 26 letters and you pick that one? (fills in the Y)

**Katie:** N

**Austin:** Sorry, no N. Just a leg. (draws another leg and writes an N)

**Conner:** P

**Austin:** Wow, you guys are good! (fills in the P)

**Conner:** Yes!

**Mandy:** B

**Austin:** Yes, there's a B.

**Mandy:**(questioningly) Puberty?

**Austin:** Ding-ding-ding. (fills in the U)

**Mandy:** Yes!

### **[sketching at table with Xavier, but addressing Austin]**

**Jenny:** Is that really your word, Austin?

**Conner:** Seriously, man. Why'd you pick "puberty?"

**Austin:** (teasingly) Because that's what we're learning about in health class next week. And I know you're all really excited.

**Danny:** That's not funny, man.

**Suzette:** No, that's not funny at all!

**Katie:** I just hope it's not going to be too embarrassing.

**Maria:** Personally, I don't think it's gonna be such a big deal.

**Xavier:** Yeah, me neither. My brother said he actually learned something...and, trust me, he knows everything.

**All kids:** Laugh and subtly interact with each other

### **[camera pulls back and audio volume drops]**

**Male announcer VO:** Yes, puberty can seem weird and a little uncomfortable. And you probably have questions you're afraid to ask. In fact, you may have lots of questions since much of this is all new to you. Or maybe you just started thinking about it—like right now. So here's your chance to ask anything. Don't be shy...I'm here to help.

### **[slow camera push in on Austin]**

**Austin:** Alright, I have a question. So, what exactly is puberty anyway?

**Announcer:** Thanks for asking, Austin. Puberty is a series of changes that your body—and all your friends' bodies—will go through as you grow up. It may seem a bit confusing or even a little embarrassing, but don't worry. It happens to everyone, boys and girls—and it's totally normal.



For boys, you'll get taller, bigger and stronger during puberty. Your penis and testicles will get bigger, too. Even your voice will get deeper. Your skin and your hair may become oily, and you may get pimples. You'll also start to grow hair on your face and in your pubic area, and you may sweat more and develop body odor.

**Austin:** Wow. Looks like I've got a lot to look forward to. But what causes all these changes?

**Announcer:** Actually, something really cool causes all these changes. [illustration points to the boy's head] You see, it all starts here in a tiny little gland located under the front of your brain called the pituitary gland. As boys begin puberty, the pituitary gland sends a signal to your testicles to begin making a hormone called testosterone. The testosterone made by your testicles during puberty travels throughout your entire body and causes all the changes we just discussed. Girls go through this process too, but the hormone in charge of their body changes is called estrogen.

**Xavier:** This all seems pretty weird. Does every boy go through puberty? Like, even my dad?

**Announcer:** Yes. Almost every boy in the world goes through puberty, Xavier. It's 100% normal and nothing to be ashamed of. And, yes, your dad went through it, too. And so did your uncle and grandpa. So, if you have questions or need advice, don't be shy about asking; they can be a big help.

**Conner:** Okay, so when does all this start?

**Announcer:** Puberty for boys usually starts between the ages of 10 and 17, and lasts for a few years. Everyone is different though, Conner, and it doesn't matter when you start—your body will decide when the time is right. Now, the changes I talked about don't happen overnight. Actually, they happen slowly over time. [Tanner male stages of development illustrations] Some of the changes you can expect will happen to your private area. Your penis and your testicles will start to get bigger and longer, and you'll begin producing sperm, which is the male reproductive cell. Your testicles will start hanging lower and you'll begin to grow pubic hair at the base of your penis. You'll also grow hair in a few other new places, like on your face, under your arms, on your legs and sometimes on your chest. Your body shape will fill out and be more like a grown man. Your chest and shoulders will become broader. Your muscles will become more developed. And you'll grow taller and may gain weight. Your voice may also start to "crack" as it becomes deeper. These changes mean you're becoming a man—which all leads up to you being physically able to father children some day. But remember: a baby is a big responsibility and you're probably not ready for that yet.

**Danny:** I'm allowed to do so much more than I used to. How do I make good decisions and stay out of trouble?

**Announcer:** First of all, congratulations, Danny. That's exciting you have more freedom. And from your question, you understand that that also includes more responsibility. Remember, learning to make the right decisions for you is an important part of growing up. So, when you're faced with a situation or problem you're not quite sure how to handle, try this: think about all the different ways to handle it, evaluate the solutions and predict what might happen, act on the solution you think will have the best result and see what happens. That way, you'll learn if your solution solved the problem in the right way.

**Conner:** I feel like the shortest guy in class. Some girls are even taller than me! Am I ever going to get taller?

**Announcer:** Yep, you will. Now, one thing that's helpful to keep in mind if you feel a little on the short side is that girls tend to mature faster than boys. You're definitely going to get taller, and you might even catch up with the girls in your class within a couple of years. Now, how tall you'll be when you're grown up is harder to predict, but a lot of it depends on your family. If your parents are tall, then chances are you'll be tall, too—and if they're shorter, then you might be shorter, too. Everyone is different, though, and grows according to his or her own schedule. But, in general, boys tend to grow in spurts that happen off and on until your late teens. Just keep reminding yourself that you're developing on your own schedule, which is perfectly normal.

**Xavier:** My dad has a really deep voice. Will my voice change, too?

**Announcer:** Most likely. You see, Xavier, just like your pituitary gland and testosterone tell the other parts of your body to grow, they also tell your larynx, or your "voice box," to grow. And when your larynx starts growing, it causes your voice to start to change and sound deeper. Sometimes it does something called cracking as it deepens, which can make you feel a little silly if it happens in the middle of a sentence. But it just means that your larynx is still growing. Eventually, your "new" voice will settle down and even out. Who knows? You may even start to sound like your dad!

**Danny:** Ugh. My parents are always nagging at me to take a shower every day. Why do I need to do that?

**Announcer:** So you won't smell! Now no offense, Danny, but another thing your body does during puberty is jump-start your sweat glands. You see, we're all born with two kinds of sweat-makers. The first kind is called eccrine glands and they produce a clear, odorless perspiration that cools your body when it gets too hot. Even babies sweat like this because your eccrine glands start working as soon as you're born. The second type of sweat glands is called apocrine glands. These get switched on during the hormonal changes of puberty, and when the sweat they produce mixes with bacteria on your skin, it can cause body odor, also known as BO. A lot of apocrine glands are located under your arms, so this can be a really smelly area.

So, what's the best way to deal with BO? Take a shower or a bath every day, and be sure to use soap or body wash. Another way to help minimize BO and feel less stinky is to use a deodorant or a deodorant with antiperspirant to help keep body odor in check. [illustrate red deodorant stick here]

**Maria:** But what about my face? Am I gonna get pimples?

**Announcer:** That depends. You see, besides sweat, there's something else your body will start producing during puberty. It's called sebum. It's an oily substance that can cause acne, also called pimples. Acne is really common during puberty and can't always be prevented, even by washing all the time. The best way to help keep your skin clear is to wash your face twice a day with a gentle cleanser. And remember to use a moisturizer!

And one more thing: sebum can make your hair look and feel greasy, too. So be sure to shampoo regularly to keep your hair clean and healthy. And to keep it from being frizzy, try using a light conditioner and a wide-toothed comb when your hair is wet. Washing it every day or every other day is best for most hair types.

**Maria:** But do I really have to brush my teeth twice a day?

**Announcer:** Yes, actually you do. Brushing helps keep your teeth healthy and clean...and, more importantly, it can keep you from having dragon breath. So remember: the best way to avoid dragon breath is to brush your teeth properly every morning and every night with a good toothpaste. [illustrate Crest® toothpaste tube here]

**Xavier:** What about shaving? When do I start doing that?

**Announcer:** That depends. Like everything else with puberty, hair growth varies from person to person. Most guys start growing some hair on their face at about 16, and you'll probably spot it on your upper lip or chin first. But keep in mind that it could happen sooner than that for you and, if your dad has a thick, dark beard, then chances are you will, too. So when you think you're ready to start shaving, talk to your dad or an older brother and ask them to show you the ropes. Shaving can be a little bit tricky at first, so it's nice to practice with someone who's been doing it for a while. And be sure to have your own razor. That's definitely a safety must. Just remember: like anything else, you'll get better at shaving with practice. Plus, your beard will probably grow faster and thicker as you get older, so you may have to shave more often as an adult.

**Conner:** I can't believe I'm asking this, but sometimes my penis gets hard. What's that all about?

**Announcer:** No need to be embarrassed, it's supposed to do that! When your penis gets hard, it's called an erection. Erections are 100% normal and happen when the blood vessels in your penis fill with blood. There are lots of causes for erections, even if you aren't thinking about girls or sexual things. Sometimes they can happen for no reason at all—which can be a little nerve-racking depending on where you are. But don't worry too much if you get an erection in public. They aren't as noticeable as you think, and they usually go away fairly quickly.

**Conner:** Ok, but if erections happen for no reason, why am I getting them at all?

**Announcer:** As embarrassing as they can seem right now, erections are an important part of the male reproductive system. One of the biggest changes your body goes through during puberty is that your testicles begin to produce sperm, which can fertilize a female's egg in order to make a baby.

**Danny:** But what about size? Does it matter how big my penis is?

**Announcer:** Nope, not at all. Penises do vary in length and shape from person to person, but not as much as you may think. The size of your penis has absolutely nothing to do with how manly you are or whether you can become a father one day, so don't worry about it.

**Xavier:** Sometimes I wake up and my pajama bottoms are sticky. Is that normal?

**Announcer:** Some people call what you are describing a “wet dream,” or what your health teacher calls a nocturnal emission. Wet dreams happen when you ejaculate in your sleep. You won’t know it’s happening and it’s not always caused by dreaming about girls or sexual things. It just happens. Most boys will have wet dreams at one time or another, especially during puberty, so there is nothing to get upset about. Plus, you’ll probably grow out of it as you get older.

**Austin:** I live with my mom. Do I have to talk to her about all this stuff?

**Announcer:** Listen, it’s really up to you. I know what’s happening to your body can seem embarrassing, but it’s a normal thing that every guy goes through. And of course your mom doesn’t know what it’s like to go through everything you’re experiencing, but she does understand why and how it happens. So if you feel comfortable talking to your mom about the changes you’re seeing and feeling in your body, then great. She may actually surprise you with how cool she is about it. If it makes you more comfortable, then talk to a stepparent, your dad, an older brother, a friend’s dad or another adult you trust.

**Mandy:** What can I do to stay healthy while my body goes through all these changes?

**Announcer:** The three things you need to do during puberty are eat properly, exercise and get plenty of rest. Select a healthy range of foods that will help you get all the vitamins and nutrients your body needs, and minimize junk food. Eat lots of fresh fruits and vegetables; proteins like meat, milk, eggs and beans; and complex carbohydrates, like whole wheat breads, pastas and cereals. Another way to be healthy as you’re growing into your new body is to exercise every day. Try going for a walk, riding your bike or dancing to your favorite song. It will keep your body strong and healthy—and it’s a lot of fun, too! And, most importantly, get plenty of sleep, about eight to nine hours every night. That way, your body has lots of energy for the next day!

**Suzette:**What if I have more questions that come up? Who should I ask?

**Announcer:**The best place to start is to talk to your mom, dad or another adult you trust. It can be your aunt, a friend’s mom, your grandmother or an older sibling who’s “been there and done that.” I know that asking questions about puberty may seem a little embarrassing at first, but don’t be afraid. They’ve all been through puberty themselves.

So when you have questions, don’t wait. Start the conversation! Trust me, you’ll feel better after you do. And you’ll feel good knowing that the people you love and trust can be there to help.

**Closing Scene:**

[This will be a one- to two-minute series of outtakes where the boys and girls flub their lines, make silly faces, say funny things about puberty, or just dance around]

Proctor and Gamble DVD for Girls (Transcript Below)

## **Video Transcripts for P&G School Programs**

### **Always Changing® and Growing Up—Girls**

#### **Whiteboard "Lounge" Environment Opening Scene**

A group of girls and boys are hanging after school talking, sketching, making beaded jewelry and cootie catchers, and practicing guitar. Some of the kids decide to play hangman, and others observe the game but continue their activities. [super over establishing shot: always changing® and growing up]

### **[setting up hangman game]**

**Austin:**Okay, seven letters. Here we go.

**Katie:**S.

**Austin:**Nope. (draws a head and writes an S).

**Conner:**T.

**Austin:**Yes, one T. (fills in the letter T).

**Conner:**Yes!.

**Mandy:**A

**Austin:**Nope, you get a body. (draws a stick body and writes an A).

**Olivia:**E.

**Austin:**E (fills in the letter E).

**Danny:**R.

**Austin:**(playfully upset by the selection) Oh, man! Yes. (fills in the R).

**Suzette:**O.

**Austin:**(teasingly) Wah wah wah! (draws a leg and writes an O).

**Maria:**Y.

**Austin:**26 letters and you pick that one? (fills in the Y).

**Katie:**N.

**Austin:**Sorry, no N. Just a leg. (draws another leg and writes an N).

**Conner:**P.

**Austin:**Wow, you guys are good! (fills in the P).

**Conner:**Yes!.

**Mandy:**B.

**Austin:**Yes, there's a B.

**Mandy:**(questioningly) Puberty?.

**Austin:**Ding-ding-ding. (fills in the U).

**Mandy:**Yes!

### **[sketching a table with Jenny, but addressing Austin]**

**Jenny:**Is that really your word, Austin?

**Jenny:**Yeah, did that really just happen? (they both look at each other and laugh)

**Conner:**Seriously, man. Why'd you pick "puberty?"

**Austin:**(teasingly) Because that's what we're learning about in health class next week. And I know you're all really excited.

**Danny:**That's not funny, man.

**Suzette:**No, that's not funny at all!

**Katie:**I just hope it's not going to be too embarrassing.

**Maria:**Personally, I don't think it's gonna be such a big deal.

**Xavier:**Yeah, me neither. My brother said he actually learned something...and, trust me, he knows everything.

**All kids:** Laugh and subtly interact with each other.

### **[camera pulls back and audio volume drops]**

**Female announcer VO:** Yes, puberty can seem weird and a little uncomfortable. And you probably have questions you're afraid to ask. In fact, you may have lots of questions since much of this is all new to you. Or maybe you just started thinking about it—like right now. So here's your chance to ask anything. Don't be shy...I'm here to help.

### **[slow camera push in on Jenny]**

**Jenny:** So, what exactly is puberty anyway?

**Announcer:** Thanks for asking, Jenny. **Puberty** is a series of changes that your body—and all of your friends' bodies—will go through as you grow up. It may seem a bit confusing or even a little embarrassing, but don't worry. It happens to everyone, boys and girls—and it's totally normal. For girls, you'll get taller during puberty. Your breasts will get bigger. You'll start growing body hair in new places and you may get body odor. Your skin and hair may become oily, and you may get pimples. You may also get angry more easily and go through mood swings. The biggest change you'll experience, however, is that you'll start your period.

Now along with those changes comes more freedom and responsibilities. So you're going to need to work hard to make grown-up decisions, which is also an important part of getting older.

**Jenny:** Wow. That's pretty intense. But what causes all these changes?

**Announcer:** Actually, something really cool causes all these changes. [illustration points to the girl's head] You see, it all starts here in a tiny little gland located under the front of your brain called the **pituitary gland**. As you begin puberty, usually between the ages of 8 and 13 for girls, your pituitary gland sends a signal to your **ovaries** to begin making a **hormone** called **estrogen**. The estrogen made by your ovaries during puberty travels throughout your entire body and causes all the changes we just discussed. Boys go through this process too, but the hormone in charge of their body changes is called **testosterone**.

[Tanner female stages of development illustrations] During puberty, you'll start growing pubic hair in your pubic area, under your arms and you'll grow more hair on your legs. Your body shape will become softer and curvier, your hips will get wider and your breasts will get fuller. These changes mean you're becoming a woman—and it all leads up to you being physically able to have a baby someday. But remember: a baby is a big responsibility and you're probably not ready for that yet.

**Maria:** My friend says everyone starts to stink when they go through puberty...is that true?

**Announcer:** Actually Maria, that's not exactly true. First of all, everyone sweats. Boys. Girls. Even babies. That's because we're all born with sweat glands called eccrine glands, which produce clear, odorless perspiration that cools your body when it gets too hot. But once you hit puberty, different sweat glands—called apocrine glands—also start working. Now when the sweat they produce mixes with bacteria on your skin, it can cause body odor, also known as BO. So, what's the best way to deal with BO? Take a shower or a bath every day, and be sure to use soap or body wash. Another way to help minimize BO and feel less stinky is to use a deodorant or deodorant with antiperspirant to help keep body odor in check. [illustrate light blue deodorant stick here]

**Maria:** But what about my face? Am I gonna get pimples?

**Announcer:** That depends. You see, besides sweat, there's something else your body will start producing during puberty. It's called sebum. It's an oily substance that can cause acne, also called pimples. Acne is really common during puberty and can't always be prevented, even by washing all the time. The best way to help keep your skin clear is to wash your face twice a day with a gentle cleanser. And remember to use a moisturizer!

And one more thing: sebum can make your hair look and feel greasy, too. So be sure to shampoo regularly to keep your hair clean and healthy. And to keep it from being frizzy, try using a light conditioner and a wide-tooth comb when your hair is wet. Washing it every day or every other day is best for most hair types.

**Maria:** But do I really have to brush my teeth twice a day?

**Announcer:** Yes, actually you do. Brushing helps keep your teeth healthy and clean...and, more importantly, it can keep you from having dragon breath. So remember: the best way to avoid dragon breath is to brush your teeth properly every morning and every night with a good toothpaste. [illustrate Crest® toothpaste tube here]

**Mandy:** My sister has a pretty big chest. Are my boobs gonna get as big as hers?

**Announcer:** Well Mandy, a lot of that depends on your family. If the women in your family have large breasts, then chances are yours may be big, too. The same thing is true if the women in your family have smaller breasts. But remember, breasts come in all shapes and sizes. That's why they make bras in all shapes and sizes, too—so you get the right support. They even come in different colors! Finally, every girl's chest develops differently. So even if some of the girls you know already seem big to you, no worries. Your breasts will fill out when the time is right.

**Suzette:** How will I know when I'm gonna get my first period?

**Announcer:** Here's the deal, Suzette: the only way to know for sure when you're going to get your first period is by pulling the date you're going to start out of a magic hat. Just kidding. The real answer is that no one knows. Your body is unique and definitely on its own schedule. Generally speaking, however, you can expect to start your period about two years after your breasts start to develop and you start growing pubic hair. Another important sign that your period is on its way is called vaginal discharge, which may sound worse than it is. Actually, it's just a clear or whitish fluid that comes from your vagina. And it's completely normal. So, when you notice a creamy white stain in your underwear for the first time, it usually means your first period is coming soon.

**Suzette:** Once I start, will it come on the same day every month?

**Announcer:** In the beginning, your period might not be regular. Actually, it can take a year or two for a girl's body to settle into a regular cycle. After you've had your period for a while, though, it will most likely happen like clockwork. A normal period comes about once a month, or about every 28 days. If you want to figure out when to expect your period, it's easy. Just mark the first day you start on a calendar. Then count 28 days and put another mark on the calendar. That way, you'll have a good idea when it's coming. Or you can be more high tech and track your period online by using the helpful Period Calculator [insert Period Calculator illustration from page 13 of the 7th grade girls book] on BeingGirl.com. [illustration of BeingGirl.com logo]

**Katie:** Why do women have periods, anyway?

**Announcer:** Good question, Katie. Women have periods because of our reproductive system, which allows us to get pregnant once we're adults. Here's how your reproductive system works: each month, your body produces hormones that cause an egg in one of your ovaries to mature and ripen. At the same time, the lining of your uterus, called the endometrium, begins to thicken. When your egg is fully mature, your ovary releases it into your fallopian tube. The egg then begins its journey through the fallopian tube toward your uterus. If the egg is fertilized by the male reproductive cell called the sperm while it's in the fallopian tube, the egg will attach to the endometrial lining on the inside wall of the uterus. Most of the time, however, the egg is not fertilized by a sperm—so the endometrium isn't needed. The endometrium and unfertilized egg leave your body through the vagina. When you shed this blood and tissue, it's called menstruation, or having a period.

**Katie:** Wow. So how much blood is there?

**Announcer:** Not very much, actually. You'll only lose about 4 to 12 teaspoons of blood and tissue, and it doesn't come out all at once. On average, it takes most women about 5 days for it all to come out.

**Katie:** This whole thing seems sort of gross. Do all girls get a period? Even my teachers?

**Announcer:** Yes. Almost every girl gets a period, usually between the ages of 10 and 16. And yes, your female teachers get their period, too. Just remember, starting your period is nothing to be ashamed of. And using period protection, like pads and pantliners, can help you feel fresh and clean—NOT gross. Plus, don't forget that your mom and your aunts have periods, too. So if you have questions, don't be shy about asking; they

can be a big help. And, if it's helpful for you, write down your questions and find a casual time to start the discussion. It can be in the car, after school...or you can even leave her a note telling her you'd like to talk to her soon.

**Mandy:** My two best friends already have their period, but I don't. Is something wrong with me?

**Announcer:** No Mandy, there's nothing wrong with you. Now I know you want to do everything that your best friends do, but be patient. Keep in mind that some girls get their period in elementary school. And some girls don't get their period until they're in high school. So be cool. Your body is on its own schedule, and it's totally okay if your friends are at different stages than you.

**Mandy:** Does it hurt to have a period?

**Announcer:** Sometimes girls experience what are called "period cramps." These happen because your uterus contracts, or squeezes together, when it's shedding its lining. Some girls get cramps, some girls don't. It actually depends on your body. If you do get cramps, though, mild exercise usually helps and can actually prevent them altogether. You can also try taking a hot bath or using a heating pad to help you feel more comfortable.

**Mandy:** But what about PMS? It seems like my older sister is so dramatic when she's about to start.

**Announcer:** Ahhhh...the dreaded P-M-S. You see, in addition to cramps, some girls experience what's called premenstrual syndrome, also known as PMS. PMS is caused by changing hormone levels and it's a medical term used to describe symptoms that some girls feel about a week or so before they start their periods. Now I'm sure you've heard a lot of jokes about PMS...

**Mandy:**(jokingly) Like do BOYS get PMS?

**Announcer:** Nice one! No, of course boys don't get PMS, but it is in fact a very real thing for some girls and may include mood swings, breast tenderness or a bloated feeling. You can help minimize these symptoms by making sure you get enough exercise, sleep and proper nutrition.

**Olivia:** So, can people tell when I'm on my period?

**Announcer:** Okay, so here's the two-syllable answer: N-O. And that's important because NO ONE will be able to tell if you're on your period unless you tell them. So, here's a hint: don't tell them, and they won't know. Also, keep in mind that your period shouldn't stop you from exercising, participating in gym class or doing any of your regular activities.

**Olivia:** What do I do if my period starts when I'm at school?

**Announcer:**Great question, Olivia. A lot of girls your age worry about starting their period at school. And while you can't control it, you can be prepared. Here's a tip: put together a "backpack kit." It's easy. All you have to do is get a little makeup bag and put three things in it: a pad, a pantiliner and a change of underwear. Once everything's in there, just put the makeup bag in your backpack, and you're good to go. Another thing you can do is wear a pantiliner every day, especially if you think you're going to start soon. Oh, and in case of an "at-school emergency," you can always use folded-up toilet paper in your panties until you can get a pad.

**Olivia:**How do those pad things work?

**Announcer:** Pads are worn in your underwear during your period to absorb your menstrual flow. The pad has a soft, cotton-like layer on the top and a sticky strip on the bottom to keep it firmly in place in your underwear.

**Jenny:** So, how exactly do I use a pad?

**Announcer:** It's super easy. You just unwrap the pad, pull off the paper strip that covers the sticky part on the bottom, then you stick the pad on the center part of your underwear. If your pad has wings, then wrap them around the sides. When you need to change it, just pull the pad off to remove it. Fold it up and put it in the wrapper from the new pad you're going to use, or you can wrap it in toilet paper. Then just throw it away in the trash can. Most girls' restrooms also have little trash cans next to the toilet where you can put your used pads and pantliners.

**Jenny:** Oh, so that's what those are for!

**Announcer:** Yes, they're really convenient and discreet. But remember, never flush pads or pantliners because they'll clog the toilet.

**Jenny:** Wow, you're right. That is super easy. But how often do I change a pad?

**Announcer:** You should change your pad every four to six hours, or more often if your flow is heavy. They make pads in different absorbencies so you can find the one that's best for you. Oh, and here's a tip: always change your pad before bedtime. You can also use special overnight pads that are larger in the back to help avoid leaks when you're lying down.

**Olivia:** I live with my dad. Do I have to tell him about my period?

**Announcer:** Listen, it's really up to you. I know what's happening to your body can seem embarrassing, but it's a normal thing that every girl goes through. And of course your dad doesn't know what it's like to have a period, but he does understand why and how it happens. So if you feel comfortable telling your dad that you started your period, then great. He may actually surprise you with how cool he is about it. If you prefer not to talk to him, though, that's fine, too. If it makes you feel more comfortable, then talk to a stepparent, your mom, a friend's mom or another adult you trust—especially if you have questions before you start or need someone to buy you pads so you're prepared when you do start.

**Mandy:** What can I do to stay healthy while my body goes through all these changes?

**Announcer:** The three things you need to do during puberty are eat properly, exercise and get plenty of rest. Select a healthy range of foods that will help you get all the vitamins and nutrients your body needs, and minimize junk food. Eat lots of fresh fruits and vegetables; proteins like meat, milk, eggs and beans; and complex carbohydrates, like whole wheat breads, pastas and cereals. Another way to be healthy as you're growing into your new body is to exercise every day. Try going for a walk, riding your bike or dancing to your favorite song. It will keep your body strong and healthy—and it's a lot of fun, too! And, most importantly, get plenty of sleep, about eight to nine hours every night. That way, your body has lots of energy for the next day!

**Suzette:** What if I have more questions that come up. Who should I ask?

**Announcer:** The best place to start is to talk to your mom, dad or another adult you trust. It can be your aunt, a friend's mom, your grandmother or an older sibling who's "been there and done that." I know that asking questions about puberty may seem a little embarrassing at first, but don't be afraid. They've all been through puberty themselves.

So when you have questions, don't wait. Start the conversation! Trust me, you'll feel better after you do. And you'll feel good knowing that the people you love and trust can be there to help.

## **Closing Scene**

[This will be a one- to two-minute series of outtakes where the girls flub their lines, make silly faces, say funny things about puberty, or just dance around]