



Course Outline

Changing & Growing Program for Girls

Slide #	Slide Title	Topic
1	Title Slide	Introduction
2	Introduction	Kids Change
3	What Do All Have in Common?	All women get a period.
4	Puberty: Intro	Definition of Puberty
5	Puberty	Influencing Factors & Concerns
6	Puberty	What to Expect
7	Hormones	What are they?
8	Estrogen	What is It?
9	Phases of Puberty	4 Phases: <ul style="list-style-type: none"> • Growth Spurt • Breast Development • Pubic Hair Development • Menstruation
Module 1: Growth Spurt		
10	Phases of Puberty: Growth Spurt	Introduction to Module 1
11	Girls and Boys Are Different	Change comparison chart
12	Boys Change Too!	Boys vs. Girls Development Chart
13	Growth Spurt: General Information	Overview of growth spurt changes
14	Growth Spurt: What to Expect	Height, Weight and Shape
15	Food Pyramid	Review of good eating habits
16	Exercise	How to deal with your changing body.
17	Growth Spurt: What else to Expect	Overview of changes to skin, hair and body.
18	Acne	What to expect and how to deal with it.
19	Hair	Changes and Hygiene
20	Underarm and Leg Hair	What to Expect
21	Underarm and Leg Hair	Shaving Facts and Tips
22	Perspiration and Body Odor	Why we Sweat
23	Perspiration and Body Odor: How to Deal	Tips on Good Hygiene and Staying Fresh
Module 2: Breast Development		
24	Phases of Puberty: Breast Development	Introduction of Module 2
25	Breasts: General Information	Overview of Breast & Development
26	What Exactly is a Breast?	The internal and external composition of breasts.
27	Stages of Breast Development	Overview of 5 Stages of development and what to expect.
28	Breasts: How to Deal	Managing your New Body Parts: Bras
29	Bra Info: From A to Z (Cup)	Bra Sizes and How to Learn Your Bra Size
30	Types of Bras	Overview of Bra Choices
31	Breast Concerns: Physical	Overview of Concerns Associated with Breast Development
32	Breast Concerns: Psychological	Embarrassment, Unwanted Attention and How to Deal
Module 3: Pubic Area		
33	Phases of Puberty: Pubic Area	Introduction to Module 3
34	Female External Anatomy	Overview of External Female Organs
35	Pubic Hair: What to Expect	Overview of pubic hair changes
36	Pubic Hair: Stages of Development	5 Stages & What to Expect
37	Vaginal Changes	Discharge, Odor and How to Deal



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Slide #	Slide Title	Topic
Module 4: Menstruation		
38	Phases of Puberty: Menstruation	Introduction to Module 4
39	Reproductive Organs	Overview of Internal Female Organs
40	What Exactly is a Period?	Overview of the Menstrual Process
41	Menstruation: What Do You Call It?	A look at the different names and terms associated with menstruation
42	Period: Fact or Fiction?	Dispelling rumors and bad information association with menstruation
43	Period: Fact or Fiction? Continued	Dispelling rumors association with menstruation
44	Your First Period	Influencing Factors and Clues to Watch For
45	How Will I Know When I Am Getting My First Period?	Stages of Development leading to the start of menses
46	Your First Period: What to Expect?	At look at the bodily changes associated with first periods
47	Period Facts	Duration and Blood Amount
48	First Period Action Plan	Getting Ready for Your First Period
49	Talking to Parents and Guardians	Tips on how to talk about puberty with parents and guardians
50	Staying Prepared	How to avoid accidents and prevent embarrassing situations
51	Staying Prepared: Charting Your Period	What is a menstrual cycle?
52	Staying Prepared: Using Your Calendar	How to chart your menstrual cycle
53	Staying Prepared: Tools of the Trade	Sanitary Napkins
54	Feminine Products – Sanitary Napkins	How to Use & Dispose Sanitary Products
55	Tampon Myths	Separating Fact from Fiction
56	Tampons: The Facts	Overview of Tampon Types and Uses
57	Tampon Basics	Deciding what tampon is right for you and how to properly use it.
58	Toxic Shock Syndrome	Overview of TSS and Safety Tips
59	Embarrassing Stuff	How to stay prepared.
60	Period Concerns	Painful Periods, Missed Periods, Excessive Bleeding & Frequent Spotting
61	Premenstrual Syndrome	What Is It and What to Expect
62	Getting a Grip on PMS	How To Deal
Closing		
63	What We Learned	Overview of Seminar
64	History of Menstruation	A look back at how women dealt with their periods
65	Famous Women	Overview of Famous Women through History
66	Road Map to Success	Tips for healthy, happy living
67	Final Slide	Thank you for spending time with I'm All Girl, Inc.