

# Intro to Puberty - Grade 4 – Presentation Guide

*Note: Parts of this presentation has been adapted from the Thunder Bay District Health Unit*

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## Objectives:

- learn about the physical, emotional, and social changes that happen to the body during puberty
- learn about healthy hygiene habits and how to take care of your body and mind

## Other key resources to support teaching this topic:

- Rainbow Health Glossary - <https://www.rainbowhealthontario.ca/news-publications/glossary/>
- ETFO 2SLGBTQ+ Resources <https://www.etfo.ca/socialjusticeunion/2slgbtq/2slgbtq-resources>
- OPHEA Gender-Based Violence Prevention resources - <https://ophea.net/gender-based-violence-prevention-education-resources/getting-started>
- SHORE Centre resources for Educators - <https://www.shorecentre.ca/teachers/>

If you have more questions about delivering this content, please reach out to your school aligned Public Health Nurse to discuss. By E-mail: [aphschoolhealth@algotmapublichealth.com](mailto:aphschoolhealth@algotmapublichealth.com) or by Phone: 705-942-4646 ext. 3296

## Speaking Notes:

*In this presentation we use the terms “male” and “female”. When we use these terms, “male” will be referring to people who are born with a penis and “female” referring to people who are born with vaginas. We recognize that not everyone will identify themselves with these terms.*

Slide	Notes
1	Topics include: <ul style="list-style-type: none"><li>• Physical, social, and emotional changes that happen during puberty</li><li>• Healthy hygiene habits and how to take care of your body and your mind</li></ul>
2	Safer space guidelines:

	<ul style="list-style-type: none"> <li>The purpose of these guidelines is to try and create a space where everyone feels comfortable participating. <ul style="list-style-type: none"> <li>Respect yourself and others - You might laugh. That is okay – but no laughing AT other people</li> <li>One person speaks at a time so that everyone can be heard</li> <li>Please ask questions. It makes our discussion much more interesting and relevant to what you are wanting to know</li> <li>Privacy – we want to respect the privacy of others as well as ourselves by not sharing names or personal stories.</li> <li>We use the terms “male” and “female” in this presentation. When we use these terms, “male” will be referring to people who are born with a penis and “female” will be referring to people who are born with vaginas. We recognize that not everyone will identify themselves with these terms and that is okay</li> </ul> </li> </ul>
3	<p>Safer space guideline continued:</p> <ul style="list-style-type: none"> <li><b>Look after yourself!</b> Some of you may find the material we are showing or talking about today challenging for several reasons and this reaction is normal. Reach out for support, to myself or to another trusted adult, if you find the conversations challenging</li> </ul> <p><b>Ask: Are there any other ground rules that you would like to include today? (listen when others are speaking, no put downs)</b></p>
4	<p>What is Puberty?</p> <ul style="list-style-type: none"> <li>Puberty is a time in life that brings lots of growth and change both on the outside and the inside.</li> <li>It’s the process of changing from a kid into an adult, even though you won’t be all the way grown-up when it’s over.</li> <li>During puberty, your body will grow faster than at any other time in your life, except for when you were a baby (kidshealth.org)</li> </ul>
5	<p>How does puberty start?</p> <ul style="list-style-type: none"> <li>We all have <b>Hormones</b> in our bodies</li> <li>Hormones are like chemical text messages that help different parts of the body communicate with each other</li> <li>Puberty begins when a part of the brain starts sending messages to tell the body to start changing from a child to an adult</li> </ul>
6	<p>Is it the “right” time for these changes to start?</p> <ul style="list-style-type: none"> <li>Everyone goes through these changes at different speeds and at different times. This is normal.</li> <li>Puberty changes occur sometime between 8 and 18 years of age</li> <li>Many changes happen during this time, and it can feel like it happens slowly or all at once</li> <li>There are PHYSICAL, EMOTIONAL, and SOCIAL changes that happen during puberty</li> </ul>

7	<p>Puberty Changes</p> <p>Pose the following questions to the class:</p> <ul style="list-style-type: none"> <li>• What puberty changes happen to males? <ul style="list-style-type: none"> <li>○ Penis and testicles get bigger</li> </ul> </li> <li>• What puberty changes happen to females? <ul style="list-style-type: none"> <li>○ Periods (menstruation) starts</li> </ul> </li> <li>• What puberty changes happen to anybody? <ul style="list-style-type: none"> <li>○ Acnes (pimples); hair and skin get oily; hair grows on the body; voice changes; grow taller; hips get wider; shoulders and chest get wider; breasts develop; mood swings; stronger feelings of wanting to fit in and be liked; start to have stronger feelings for others, "like someone"; sometimes feel lonely and confused; friendships become more important; more concerned about appearance; feeling peer pressure</li> </ul> </li> </ul> <p>*As you can see from this list of changes, most of the changes that occur can happen to anybody and there are not a lot of changes that happen to only males or only females*</p>
8	<p>Physical Changes During Puberty</p> <ul style="list-style-type: none"> <li>• The changes that happen during puberty can also be categorized based on the type of change it is – that is whether it's a physical change which affects the body, an emotional change which affects someone's feelings and emotions or a social change which impacts someone's relationships with others.</li> <li>• What physical changes can happen to a body during puberty? <ul style="list-style-type: none"> <li>○ Acne (pimples)</li> <li>○ Hair &amp; skin get oilier</li> <li>○ Hair grows on the body</li> <li>○ Grow taller</li> <li>○ Voice changes</li> <li>○ Hips gets wider</li> <li>○ Shoulders and chest get wider</li> <li>○ Breasts develop</li> <li>○ Periods (menstruation) start</li> <li>○ Penis and testicles get bigger</li> <li>○ *Some additional changes are sweat glands develop, body odour starts, appetite increases and people become more muscular</li> </ul> </li> </ul>
9	<p>Emotions you might experience during puberty</p> <p>What are some of the emotions that you might experience while going through puberty?</p> <ul style="list-style-type: none"> <li>• Sometimes feeling lonely &amp; confused</li> <li>• Mood swings</li> </ul>

	<ul style="list-style-type: none"> <li>• Start to have stronger feelings for others; “like someone”</li> <li>• Stronger feelings of wanting to fit in &amp; be liked</li> <li>• *Some additional emotions people may experience as they go through puberty are they may feel happy, excited, worried, annoyed, embarrassed</li> </ul>
10	<p>Social changes during puberty</p> <p>What are some of the social changes that occur during puberty?</p> <ul style="list-style-type: none"> <li>• Friendships become more important</li> <li>• Stronger feelings of wanting to be liked and fit in</li> <li>• Peer pressure</li> <li>• More concerned about appearance (looks)</li> <li>• *Some other social changes people may experience as they go through puberty are they can become interested in dating or liking” someone; want to spend less time with family and more with friends or by yourself; want more independence; might start thinking about the future</li> </ul>
11	<p>Hygiene is...</p> <p>Anything you do to keep yourself healthy and clean. (World Health Organization, 2017)</p> <ul style="list-style-type: none"> <li>• Because of all the changes that people can experience to their body, emotions and relationships as they go through puberty, it’s important for everyone to learn how to take care of themselves physically, emotionally and socially.</li> <li>• Next, we’re going to be discussing how people can take care of their bodies and their minds during puberty and beyond.</li> </ul>
12	<p>Why is Hygiene important?</p> <ul style="list-style-type: none"> <li>• By taking care of our bodies through healthy hygiene, we are more likely to stay healthy. Good hygiene can also help us better cope with the changes that occur during puberty. (Peel Public Health, 2011)</li> </ul>
13	<p>What are some ways to keep our skin healthy and clean?</p> <ul style="list-style-type: none"> <li>• Wash your face once or twice a day; don't scrub;</li> <li>• remember to remove makeup;</li> <li>• don't pick, squeeze, or pop pimples;</li> <li>• wash your face after exercising or sweating.</li> </ul> <ul style="list-style-type: none"> <li>• Pimples are most common on the face but can happen anywhere on the body</li> <li>• Some people will get a lot of acne due to hormonal changes of puberty and washing your face regularly may not get rid of or prevent the acne. In these cases, it is important to talk to a doctor or other health care provider about treatment options that can help</li> </ul> <ul style="list-style-type: none"> <li>• Part of keeping our skin healthy and clean is keeping our genital area clean – genitals refer to the reproductive (private) parts outside the body: penis, scrotum and vulva</li> <li>• Use soap and water to wash your genital area regularly</li> </ul>

	<ul style="list-style-type: none"> <li>• May want to use mild, unscented soaps that won't irritate the skin</li> <li>• Wear clean underwear every day</li> <li>• Wearing no underwear at night to bed can be more comfortable and keeps the area dry</li> </ul> <p>(Sexuality Education Resource Centre MB, 2013)</p>
14	<p>How can we help to prevent body odour?</p> <ul style="list-style-type: none"> <li>• Sweating is important and normal</li> <li>• It helps your body regulate its temperature</li> <li>• Sweat + Bacteria on skin = BO or body odour</li> <li>• Change your clothing including clean underwear every day!</li> <li>• Wash armpits, genital area and feet every day</li> <li>• Have regular showers or baths with soap and water</li> <li>• Some people may choose to use deodorant or antiperspirant <ul style="list-style-type: none"> <li>○ Deodorants – perfumes which help mask or cover up body odour</li> <li>○ Antiperspirant – helps stop body odour by reducing underarm wetness</li> </ul> </li> <li>• FYI – We have two different types of sweat glands: <ul style="list-style-type: none"> <li>○ Eccrine glands produce perspiration that is clear and odourless and these glands start working as soon as you are born</li> <li>○ Apocrine glands only become active when you start puberty and are most located under the arms and in the genital area. They produce a different kind of perspiration which can smell unpleasant when it comes in contact with bacteria on the skin. The smell is known as body odour.</li> </ul> </li> </ul>
15	<p>When should we wash our hands?</p> <p>Video: <a href="https://youtu.be/seA1wbXUQTs">https://youtu.be/seA1wbXUQTs</a></p> <ul style="list-style-type: none"> <li>• It is important to know how to wash your hands properly no matter what age you are.</li> <li>• When should we wash our hands? <ul style="list-style-type: none"> <li>○ Before you eat</li> <li>○ After you use the washroom</li> <li>○ After you touch money or animals</li> <li>○ After coughing/sneezing</li> <li>○ Anytime they are noticeably dirty</li> </ul> </li> <li>• How you should wash your hands? <ul style="list-style-type: none"> <li>○ Wet Hands</li> <li>○ Soap and Lather (20 sec.)</li> <li>○ Rinse</li> <li>○ Towel Dry</li> <li>○ Turn Off Tap with Towel</li> </ul> </li> <li>• To clean your hands on the go or where there are no handwash sinks, alcohol hand sanitizer containing 70% to 90% alcohol is a great alternative.</li> </ul>

	<p><b>**To reduce the spread of germs, personal hygiene products such as razors, toothbrushes, lip gloss, hairbrushes, and loofas should not be shared with others**</b></p>
16	<p>How can we keep our hair healthy?</p> <ul style="list-style-type: none"> <li>• Hormonal changes that happen during puberty can make hair oily</li> <li>• Wash your hair as needed or when you notice it starting to become oily (Sexuality Education Resource Centre MB, 2013)</li> </ul> <p>Hair Removal: at some point during puberty people may notice an increase in hair on different parts of their bodies. People may choose to remove hair by shaving or waxing. This is a personal choice</p>
17	<p>What are some things we can do to keep our mouth and teeth clean?</p> <ul style="list-style-type: none"> <li>• Keeping your mouth clean and healthy is important at ALL ages. <ul style="list-style-type: none"> <li>○ Best way is to brush your teeth twice a day and floss at least once a day</li> <li>○ Brush your tongue</li> <li>○ Visit your dentist</li> <li>○ Limit high sugary foods &amp; drinks</li> </ul> </li> </ul> <p>(Sexuality Education Resource Centre MB, 2013)</p>
18	<p>What are some things we can do to have healthy sleep hygiene?</p> <ul style="list-style-type: none"> <li>• Got to bed and wake up at the same time – even on weekends</li> <li>• Avoid drinks that have caffeine in the late afternoon</li> <li>• Try not to eat a heavy meal right before bed</li> <li>• Create a relaxing bedtime routine</li> <li>• Keep your bedroom screen free</li> <li>• Late weekend nights or sleeping in can throw off a sleep schedule for days</li> </ul>
19	<p>Why is sleep important? – Video: <a href="https://youtu.be/_aAmaCeq9v4">https://youtu.be/_aAmaCeq9v4</a></p> <p><b>ASK: How many hours of sleep do you usually get a night?</b></p> <ul style="list-style-type: none"> <li>• Sleep hygiene refers to healthy sleep habits. Children 5-13 years old need 9-11 hrs. Of sleep per night</li> </ul> <p><b>ASK: Why is sleep important?</b></p> <ul style="list-style-type: none"> <li>• Sleep allows your body to rest for the day</li> <li>• Everything that's alive needs sleep to survive. Even your dog or cat curls up for naps</li> <li>• When your body doesn't have enough hours to rest, you may feel tired or cranky, or you may be unable to think clearly. You may have a hard time following directions, or you might have an argument with a friend over something silly. A school assignment that's normally easy may feel impossible, or you may feel clumsy playing your favourite sport or instrument</li> </ul>

	<ul style="list-style-type: none"> <li>One more reason to get enough sleep: If you don't you may not grow as well. Too little sleep can affect growth and your immune system – which keeps you from getting sick (<a href="https://kidshealth.org/en/kids/not-tired.html#">https://kidshealth.org/en/kids/not-tired.html#</a>)</li> </ul> <p><b>ASK: What are some things we can do to have healthy sleep hygiene?</b></p> <ul style="list-style-type: none"> <li>Go to bed and wake up at the same time (even on weekends). Late weekend nights or sleeping in can throw off a scheduled for days</li> <li>Avoid drinks that have caffeine (e.g. some teas, soft drinks, chocolate) in the late afternoon (4-6 hrs. Before bedtime). Some drinks that have caffeine such as coffee and energy drinks are not recommended at any time for kids. Even if caffeine doesn't prevent falling asleep it can still lead to shallow sleep or frequent wakings.</li> <li>Try not to eat a heavy meal right before bed as this can interrupt sleep</li> <li>Create a relaxing routine before bed (e.g. bathing, reading, music, medication, yoga) to remind your body that it is time to sleep</li> <li>Keep your bedroom screen free (keep cell phone, computers, televisions, videogames out of your bedroom) so your body will associate the bedroom with sleep</li> <li>Exercise regularly during the day as this can help with sleep time many hours later</li> </ul>
20	<p><b>Hygiene Quiz</b></p> <p>Review information discussed about hygiene. Have students raise their <b>hands up</b> if they think the answer is <b>TRUE</b>. Keep their <b>hands down</b> if you think the answer is <b>FALSE</b></p> <ol style="list-style-type: none"> <li><b>Washing your whole body once a week is often enough</b> <b>False</b> - Especially during puberty, it is important to wash more regularly. Might not be every day but more frequently than once a week – especially in the warmer weather; after playing sports; etc.</li> <li><b>It is normal for your hair to get oilier when going through puberty</b> <b>True</b></li> <li><b>You should only wash your face if you have acne</b> <b>False</b> - Washing your face helps remove oils and dirt from the skin and can help prevent acne. It is important for those who don't have acne as well</li> <li><b>You should rub your hands together for 15-20 seconds when washing them</b> <b>True</b></li> </ol>
21	<p><b>Hygiene Quiz</b></p> <ol style="list-style-type: none"> <li><b>You should wash your boxer short area with strong scented soaps to make yourself smell better</b> <b>False</b> - Strong scented soaps can cause the skin to become itchy and irritated</li> </ol>

	<p>6. <b>Sweating is important and normal</b> True</p> <p>7. <b>Popping pimples is the best way to get rid of them</b> False - Popping pimples may lead to more dirt and bacteria getting in the skin and may also lead to permanent marks or scarring</p>
22	<p><b>Hygiene Quiz</b></p> <p>8. <b>You should brush your teeth twice and floss once a day to have a healthy mouth</b> True</p> <p>9. <b>Underwear is an item of clothing you should change every day</b> True</p> <p>10. <b>You should wash your face, armpits, boxer short area and feet once a week</b> False - People should wash these areas regularly even if it's just wiping with a wet cloth</p>
23	<p>Emotional &amp; Social Changes Review Video: <a href="https://youtu.be/Bjee0QggC10">https://youtu.be/Bjee0QggC10</a></p> <ul style="list-style-type: none"> <li>BEFORE VIDEO: We're going to learn more about the emotional and social changes that can happen during puberty. <ul style="list-style-type: none"> <li>We discussed these changes earlier and to help review what those changes are, we're going to watch a video about these changes.</li> </ul> </li> <li>AFTER VIDEO: The reason for emotional and social changes is that puberty is not just a time of body changes and growth, but it is also a time of rapid brain development. These changes and growth of the brain affects the way young people interact with others, it affects their identity and how they express emotions.</li> </ul>
24	<p>Emotional Changes</p> <ul style="list-style-type: none"> <li>Puberty is a time of great change in your life</li> <li>Emotions are influenced by hormones, sleep, food, exercise, communication, life experiences, by your family, friends and community</li> <li>Starting at puberty, our self-esteem may be affected more by our peers</li> <li>The hormones that cause physical changes during puberty can also cause changes in feelings and emotions.</li> <li>How you are feeling is a natural part of the maturing process.</li> </ul>
25	<p>Emotional Changes - Video Video: <a href="https://youtu.be/u1_kUgZrXpw">https://youtu.be/u1_kUgZrXpw</a></p> <ul style="list-style-type: none"> <li>BEFORE VIDEO: We're going to learn more about the emotional and social changes that can happen during puberty. <ul style="list-style-type: none"> <li>We discussed these changes earlier and to help review what those changes are, we're going to watch a video about these changes.</li> </ul> </li> </ul>



	<ul style="list-style-type: none"> <li>• AFTER VIDEO: The reason for emotional and social changes is that puberty is not just a time of body changes and growth, but it is also a time of rapid brain development. These changes and growth of the brain affects the way young people interact with others, it affects their identity and how they express emotions.</li> </ul>
26	<p>Emotional Changes – Helpful Tips</p> <ul style="list-style-type: none"> <li>• Recognize you are not alone – mood changes in puberty are common</li> <li>• Exercise – this produces more beta-endorphin hormone that controls stress and improves mood</li> <li>• Get enough sleep – being tired can lead to more sadness and irritability</li> <li>• Create - a journal or diary, build something, start an art or music piece, write, paint, sculpt, play music, or other art forms</li> <li>• Cry – nothing wrong with crying - can often make you feel better</li> <li>• Talk to people you trust – friends, parents, teachers, elders, doctor...</li> <li>• Wait – this mood may just pass in a few minutes</li> </ul> <p><b>**If you find that you are sad, irritable, or hopeless much of the time, it might be helpful to talk to a trusted adult about how you are feeling**</b></p>
27	<p>Social Changes – Helpful Tips</p> <ul style="list-style-type: none"> <li>• Puberty is a time when youth may start experiencing changes in their relationships, when they are forming independent identities, developing independence and may become more influenced by the world outside of their home and family.</li> <li>• One of the biggest social changes during puberty is the changing relationships as you want to spend more time with your friends and peers and less time with your family. New kinds of relationships may begin as you start "liking" other people.</li> <li>• Friendships can change throughout your lifetime, especially during puberty, as people have more freedom to choose their friends and their interests. <b>Choose friends who make you feel good</b></li> <li>• Even though it's normal to want to spend less time with your family, it is important to stay close to them</li> <li>• During puberty we start to form our own identity and figure out who we are. This means that our tastes, interest, and likes might change with things such as clothing, music, hobbies, friendships and much more. Most young people want to be more independent and responsible and may find that they want to make more decisions and choices for themselves.</li> <li>• Also, during puberty, people start to become more influenced by the outside world. Friends and peers might influence your behaviour, appearance, interests, sense of self and self-esteem – you might try to fit in and face peer pressure. Also, the internet and social media can influence how you communicate with friends and others and how you learn about the world.</li> </ul>

	<ul style="list-style-type: none"> <li>All this social change may be challenging and difficult to experience and figure out however there are some things to keep in mind that can help with these changes...</li> </ul>
28	<p>Puberty Recap</p> <ul style="list-style-type: none"> <li>Recognize you are not alone – mood changes in puberty are common</li> <li>Exercise – this produces more beta-endorphin hormone that controls stress and improves mood</li> <li>Get enough sleep – being tired can lead to more sadness and irritability</li> <li>Knowing about these changes will help you to understand what is happening or will be happening to both you and your classmates</li> </ul>
29	<p>Puberty Recap continued</p> <ul style="list-style-type: none"> <li>Keeping yourself healthy and mentally well will help you manage these changes</li> <li>Any questions or concerns about puberty, or anything else?? Talk to someone you can trust, a parent/caregiver, older sibling or other family member: school staff; coach; elder; doctor/health care provider</li> <li>Kids Help Phoneline - 1-800-668-6868 <a href="https://kidshelpphone.ca/">https://kidshelpphone.ca/</a></li> </ul>
30	Questions?
31	References

### Curriculum Links:

The Ministry of Education – [Ontario Physical Health and Education Curriculum 2019](#)

### Overall Goal:

Demonstrate an understanding of factors that contribute to healthy development.

### Curriculum Requirements:

- A1.1 apply skills that help them identify and manage emotions as they participate in learning experiences in health and physical education, to improve their ability to express their own feelings and understand and respond to the feelings of others (e.g., Healthy Living: identify new feelings they may experience with the onset of puberty)
- A1.2 apply skills that help them to recognize sources of stress and to cope with challenges, including help-seeking behaviours, as they participate in learning experiences in health and physical education, in order to support the development of personal resilience (e.g., Healthy Living: describe how knowing about the physical and emotional changes that will come with puberty can help them cope with those changes when they occur)
- D1.5 describe the physical changes that occur at puberty (e.g., growth of body hair, breast development, changes in voice and body size, production of body odour, skin changes) and the emotional and social impacts that may result from these changes

- D2.4 demonstrate an understanding of personal care needs and the application of personal hygienic practices associated with the onset of puberty (e.g., increased importance of regular bathing/showering and regular clothing changes; use of hygiene products; continuing importance of regular hygiene practices, including hand washing, oral health care, and care of prosthetic devices and residual limbs)