



From the desk of **Lyn Wilson, RN**
School Nurse

27 April 2011

RE: Puberty Classes for 4th, 5th, 6th, 7th and 8th Graders

With the approach of spring I am reminded how much our children grow and mature at this time and during the summer months. Puberty seems to be coming earlier in life for many of our children so bringing up the subject with your Fourth Grader is not too soon. In keeping with the Archdiocese policy since 2006, parents will need to discuss this topic from a Catholic viewpoint in their own home. With that in mind I would like to offer resources for you to use that will help with this subject. Please contact me so that I might make copies for you to pick up in the office, email to your home or check out the websites and resources below. The St. Agnes website holds a wealth of information on this subject under the newsletter tab. Check out this link at http://www.stagneskc.org/nurses_notes/nurses_notes.html

The "Always Changing" program provided by Proctor & Gamble is excellent & gives you step by step instruction on how to present this topic. The "Always Changing" Program is based on national research and consultation with school nurses, health educators, parents, and medical professionals. It has been a trusted resource for over 20 years and has been taught to millions of students, nationwide. The program is provided as a free educational service to our school by the Always® brand of feminine protection products, and by Secret® and Old Spice® brand deodorants and antiperspirants. Discrete sample packets will be sent home with the Fifth Graders before the end of school. The video or DVD is available in the nurses office for checkout &/or a PowerPoint Presentation is available geared to Fourth or Fifth grade girls that can be emailed to your home or accessed on our website under Newsletter/Nurses Notes links. The Always Changing Program helps both boys and girls:

- ❖ Understand the physical and emotional changes they experience during puberty, and acknowledge these changes as a normal part of growth and development.
- ❖ Learn the physiology of their bodies and correct terminology for parts of the reproductive system.
- ❖ Understand that personal hygiene is each individual's responsibility.

In addition, the program helps girls understand:

- ❖ the menstrual cycle.
- ❖ what to expect during a menstrual period.
- ❖ how to manage menstrual periods while continuing with normal activities.

The Healthy Kids University at Children's Mercy offers programs for boys or girls. The puberty programs are called "Growing Up Boys" and "Growing Up Girls." Check out their website, the Kreamer Family Resource Center & sign up for their monthly newsletter. <https://www.childrensmercy.org/>

Johnson County Health Department offers classes called "Lets Get Growing." Check out their website at <http://health.jocogov.org/edu/letsgrow.shtml>

Websites

www.beinggirl.com – A fun and informational website geared for teenage girls to use with their parents.

www.always.com – Always products and information

www.tampax.com – Tampax products and information

www.nasn.org – National Association of School Nurses

www.nih.gov – National Institutes of Health

www.ama-assn.org – American Medical Association

www.pgschoolprograms.com/puberty - teaching resources

http://teenadvice.about.com/od/puberty/Your_Changing_Body_Puberty.htm for teenagers with questions

Resources

- At the Threshold: The Developing Adolescent*, S. Shirley Feldman and Glenn R. Elliot, Harvard University Press, 1993
- Changes in You and Me: a Book About Puberty, Mostly for Boys*, Paulette Bourgeois, Martin Wolfish and Kim Martyn, Andrews and McMeel, 1994
- Growing and Changing: a Handbook for Preteens*, Kathy McCoy and Charles Wibbelsman, Berkley Publishing Group, 1986
- Growing Up – It's a Girl Thing*, Mavis Jukes, Alfred A. Knopf, Inc., 1998
- It's Perfectly Normal*, Robie Harris, Candlewick Press, 1996
- 'Learning About Sex' series. Concordia Publishing House www.cph.org. We have the boy's series, girl's series as well as a Parent Edition. This series is available in the nurse's office to check out.
1. Why Boys & Girls are Different,
 2. Where Do Babies Come From,
 3. How You Are Changing,
 4. Sex and The New You,
 5. Love Sex and God.
- My Body, My Self*, Lynda Madaras and Area Madaras, Newmarket Press, 1993
- Period.*, JoAnn Gardner-Loulan, Bonnie Lopez, Marcia Quackenbush, Volcano Press, 1993
- The New Teenage Body Book*, Kathy McCoy, PhD, and Charles Wibbelsman, MD, Putnam Publishing Group, 1992
- The Period Book*, Karen and Jennifer Gravelle, Walker and Company, 1996
- What's Happening to Me?* Peter Mayle, Carol Publishing Group, 1997
- The What's Happening to My Body? Book for Boys: A Growing-up Guide for Parents and Sons*, Linda Madaras and Area Madaras, Newmarket Press, 2000 www.newmarketpress.com
- The What's Happening to My Body? Book for Girls: A Growing-up Guide for Parents and Daughters*, Linda Madaras and Area Madaras, Newmarket Press, 2000 www.newmarketpress.com