**5th and 6th Grade Puberty and Hygiene Presentation Parent Outline:**

Title Page: Sydney Tolchinsky she/her Coconino County Health and Human Services

What is Puberty?

Kid body changing and developing into an adult body

Causes of Puberty

Discussion of pituitary gland and hormones

Hormones

Definitions of hormones, their production, the effect on different types of bodies

Body changes that occur during puberty:

For all types of bodies

For bodies that have penises

For bodies that have vaginas

Anatomy of the Penis and Testes

Anatomy of the Uterus and Vulva

What is a Period and Why Does it Happen?

Period Products

The different period products

Pads, liners, tampons, menstrual cups, period underwear, period swimwear

How to use period products, how often to change them, how to dispose of them properly

Am I Normal

Discussion of genes and effects of puberty

Hygiene

10 Tips for Tip Top Hygiene

Hand washing, sweat/smell, clean hair, nails, shaving, acne, piercings, make up

Hygiene kits

Students receive a hygiene kit filled with travel sized toiletries. Students who may experience periods receive pads and liners.