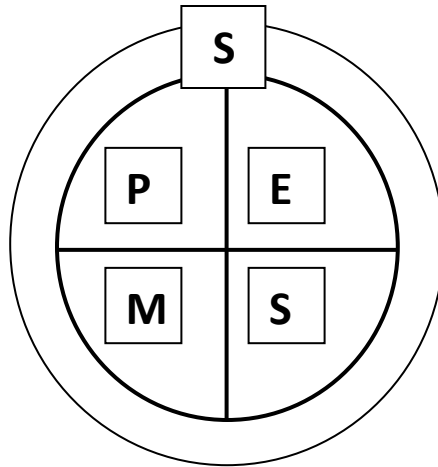




## 5th Grade - Growing Up for Girls (1 hour session)

### Whole person maturity



**Spiritual** - living out your values and respecting the values of others even if you don't believe the same way that they do.

**Emotional** – using self-control with positive and negative emotions

**Mental** - setting and working toward goals - choosing to THINK before you do, say or click

**Social** - treating others with respect and standing up against negative peer pressure

**Physical** – When the time is right, your body will start to change and develop so that you look and sound more like a woman. Good hygiene = respect & maturity

**Choices, consequences and self-control** – flash paper demo

**Puberty** – video and review of body changes

**Feminine Hygiene** – correct use and disposal of feminine hygiene products

**Motherhood** (What do babies need? Qualities of a good mother?)

**STI's** (including AIDS)– general explanation

**Respect & Responsibility**

**Question and Answer time, prize drawings**

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