

On March 18th and 19th, the 5th and 6th grade students will study an important lesson on the early stages of puberty. They will view the video *Always Changing and Growing Up* from Proctor and Gamble. The *Always Changing and Growing Up* program is based on national research and consultation with school nurses, health educators, parents, and medical professionals.

The program helps boys and girls:

- understand the physical and emotional changes they experience during puberty
- acknowledge these changes as a normal part of growing up
- 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
- understand what to expect during the menstrual cycle
- learn how to manage the menstrual cycle while continuing with normal activities.

Boys and girls will view the program separately.