

JUST AROUND THE CORNER FOR GIRLS



The fifth grade Growth and Development video presentation includes a cheerful theme song and clearly illustrated biology, enhanced with narration and photography to help prepare younger elementary-level girls for all of the changes ahead. Topics covered include:

- ❖ When to expect the onset of puberty
- ❖ The physical and emotional changes of puberty
- ❖ The maturation of the female reproductive system
- ❖ Menstruation
- ❖ The importance of good hygiene and healthy habits
- ❖ Maintaining health through good nutrition and exercise