

# Puberty Girls Body Changes – Menstruation YEAR 5

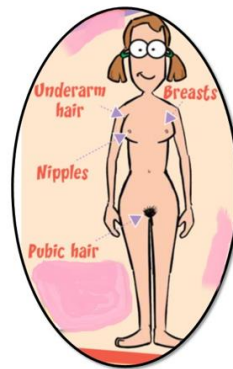
This is how God has created our bodies.



God has made us male and female and all that God has made is good.

We need to respect the dignity of ourselves and other people.

During puberty our bodies are slowly changing into that of an adult. But this takes time and we have still a lot to learn, so enjoy 'growing up'.



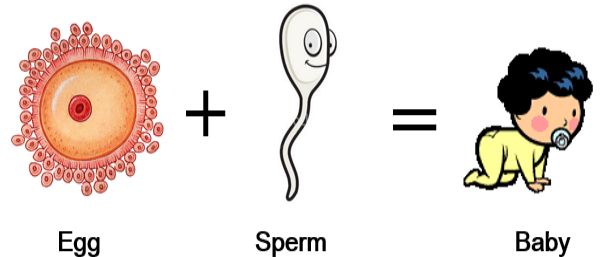
During puberty, girls' (and boys') bodies are changing from that of a child into a young adult.

This is normal and an exciting time and it is good to be prepared for the changes that will happen to your body.

How to take care of yourself during Menstruation/Periods



## Fertilisation



## No Fertilisation



## The Uterus/Womb

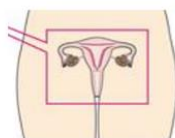
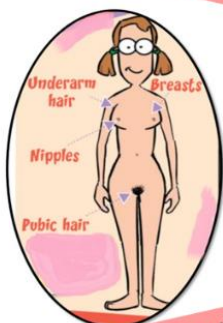
### How to use a Pad

- ❖ Pull off paper strip or wrapper
- ❖ Attach sticky pad to the centre of your underwear
- ❖ If the pad has wings, peel off paper strips and wrap around the sides of your underwear



Inside a girl's body, since they were born are tiny eggs which ripen...

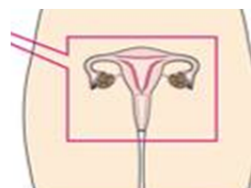
Position of uterus inside the body.



Process is called Ovulation, it happens naturally.

## The Uterus/Womb

The Uterus is also the place where a baby grows.



Every 28 days the Uterus gets ready for a baby to start and when it does not then a period starts instead.

For a baby to start it needs the sperm from a male to meet with the egg from a female. This is called Fertilisation and should not take place until at least 16 years of age.