

Female Puberty Conversation Guide

Breaking up this class into several sessions with your daughter or female friend allows for greater retention and time to address questions after processing the information for a day. If you do not include the additional classes, then this class could be completed in 3 days. If you have a male who's going to watch it the Conversation Guide isn't necessary, if he's going to watch the male puberty class, but still ask questions for comprehension.

- Day 1 – Watch Anatomy lesson (6 min) and discuss the questions
Prepare your special note ahead of time

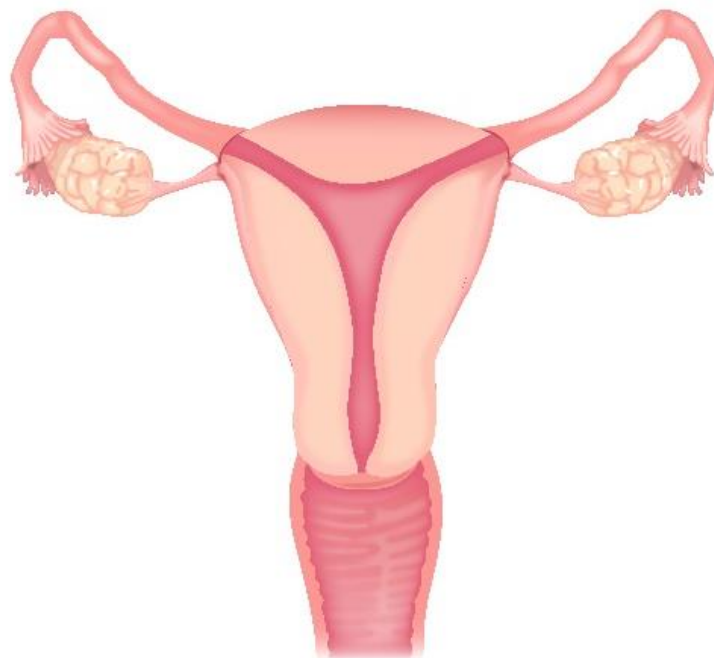
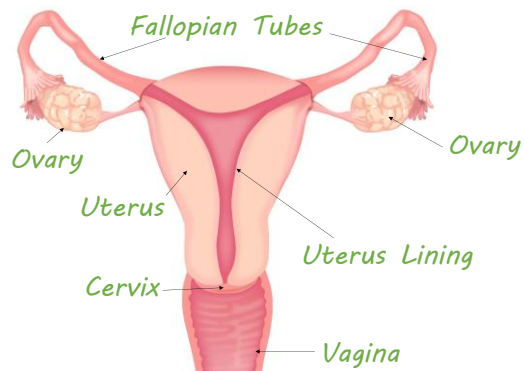
Consider also watching the Personal Safety Class (37 min)
available at holistichealthed.com
- Day 2 – Watch Body Changes (8 min) and discuss
Practice 4-7-8 breathing beforehand so you can easily teach it.
[Andrew Weil 4-7-8 Breathing Technique](#)
Watch Menstrual Cycles (6 min) and discuss
- Day 3 – Watch Period Products (37 min) and discuss
Make a period pouch
Practice wearing and disposing of a pad!
- Day 4 – Watch Managing Your Cycle (6 min) and discuss
Watch Mental Health & Online Safety (13 min) and discuss
Write up a screen time agreement with specifics, but this is a good start. [Take the Pledge](http://shapethesky.org) at shapethesky.org

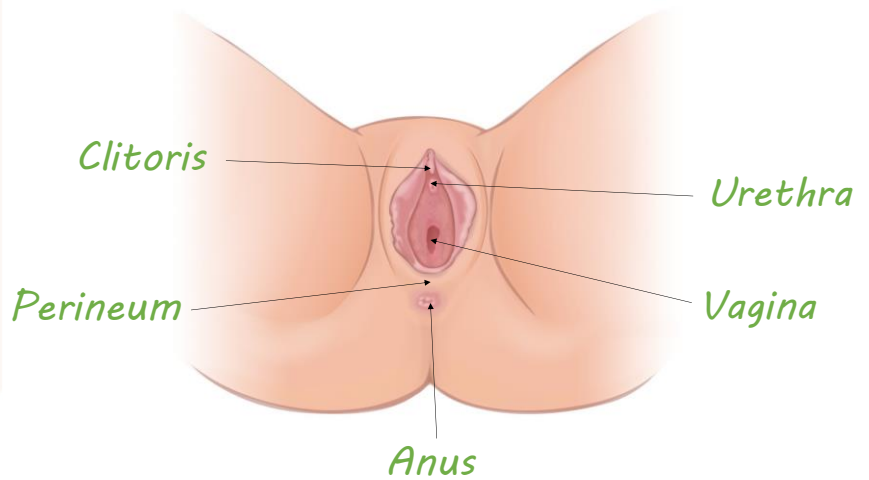
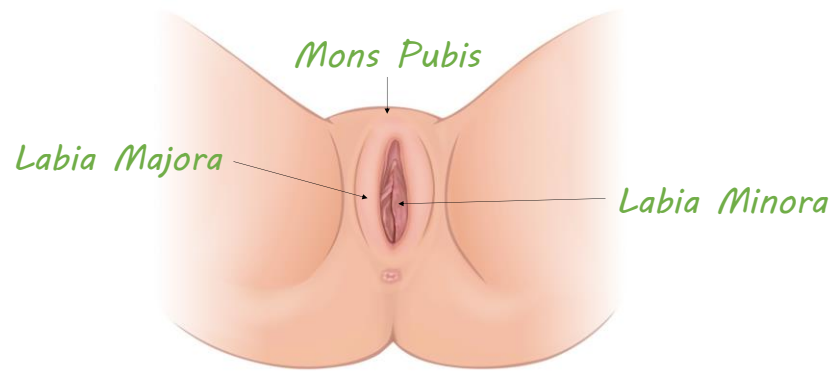
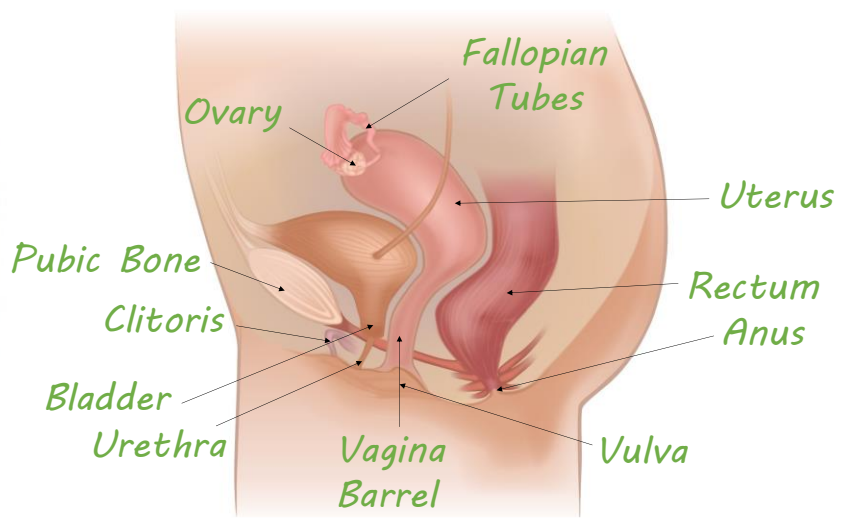
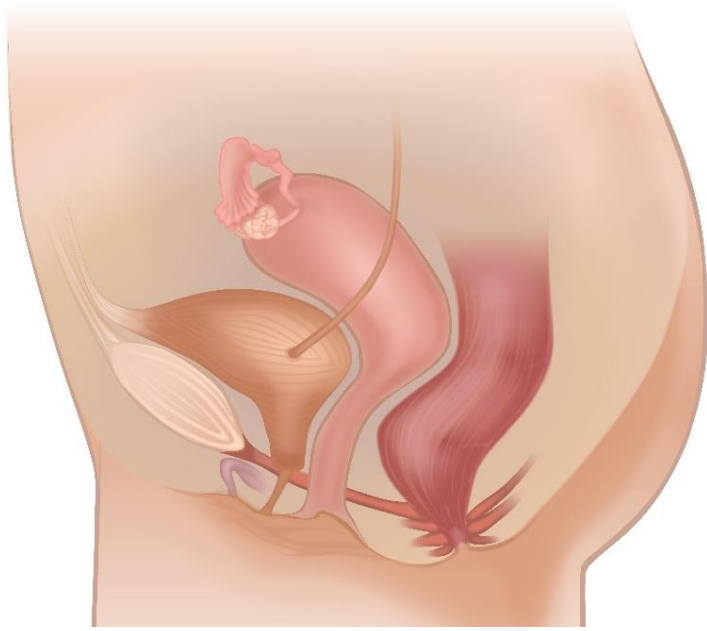
Consider also watching a Screen Safety Class (29 min)
available at holistichealthed.com
- Day 5 – Watch Taking Care of Your Body (31 min) and discuss
Be prepared to further guide how to wash her face and shave.

Day 1

Female Anatomy

- Do you have any questions?
- What is another name for your private parts in your underwear?
A: Genitals, Vulva
- What part of your body is different from boys? A: Reproductive Organs
- Let's review the anatomy names. (While covering the graphic with answers, show them one graphic at a time, and review the different anatomical names, most importantly understanding that the female external genitalia is called "vulva".)





- How and where is a safe way to look at your body?
- Why is it important to never take pictures or videos of your private parts or anyone else's?
- What should you say if someone asks to see your private parts or to see a picture of them OR wants to show you theirs?
Let's practice what to say. (role play various phrases and body language they can use)
- Name 4 people that you can tell if someone asks you to do something you shouldn't?
- If you tell someone about something that happened to you and they don't believe you, what should you do?
- Why is it inappropriate (wrong) for an adult to ask you to keep a secret?
- What do you do if the person asking you to keep a secret or they are talking about private parts is someone you know and love?
- If an older child is threatening you in any way, like they won't play with you if you don't do, or they will tell that you did if you don't do (this could be about you keeping their secret too), what should you do?

Suggested dialogue....

This is something I want you to know and understand. Our private parts are designed to feel good when they are touched. If someone ever does touch your private parts, even if you said no to them and you were scared, your body may still feel warm, good, soft or tingly. That is just the normal way our body works. If this ever happened to you, you might feel confused because you know they shouldn't be touching you and you didn't want them to, BUT just because your body liked it, does not make it ok for them to do this and you should not be embarrassed or afraid to tell me. It is not your fault. Ever. And you won't be in trouble! No one should be talking about or touching your body in an inappropriate way because it is wrong of them and they're violating your personal space, boundary and body.

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I love you and always want to keep you safe, that's my job, so you need to be brave and always tell me if something is bothering you or someone is being mean or inappropriate.

I promise to not get mad at you if you tell me that you made a mistake and did something you know you shouldn't have. I promise not to be angry if you share a secret that someone asked you to keep.

Here is a special note for you to keep that you can give to me at any time to remind me of the promise I am making today. (use special paper and write a sweet note for your child to keep, just in case they need to use it)

Consider also watching the Personal Safety Class (37 min) available at holistichealthed.com

Day 2

Brain Changes

- What questions do you have?
- What part of your brain develops first? A: amygdala

The amygdala is the part of your brain that manages your emotions, impulsive behavior and aggression. The prefrontal cortex helps you make decisions, plan things and think about the consequences of the decisions you make. It also helps you solve problems and control your impulses.

- Remember how she said when you feel overwhelmed or angry or your emotions are all over the place and you could practice taking a deep breath? Well, let's try that. I learned a specific technique that helps calm the body and mind. (walk them through 4-7-8 breathing or any block breathing technique) [Andrew Weil 4-7-8 Breathing Technique](#)

Great job! Let's try and help each other to remember to practice deep breathing when we get upset, frustrated or overwhelmed, ok? In fact, we could practice every night before going to bed/asleep!

Body Changes

- What questions do you have?
- Do you want to wear a bra when your breasts start to grow?
- Do you think you are ready for a bra now or soon? Would you like to go shopping for one soon, so we have one when you are ready?
- Have you had any symptoms as your breasts have begun to develop?
- Talk about skin care and a healthy diet. Consider shopping for some special face wash. Practice washing with just water or a small amount of soap, washing the entire face, not just small areas, and then wash out the soap and hang the washcloth up to dry. Use a clean washcloth every time.
- Discuss shaving
- Talk about bullying. What did they do if they've been bullied? Have they ever been accused of being mean to someone else?

Menstrual Cycles

- What questions do you have?
- What do you remember about the 4 phases of the menstrual cycle?
A: Follicular-eggs are maturing, Ovulation-egg is released, Luteal – lining of the uterus is thickening, Menstrual-egg dissolves and uterine lining comes out of vagina
- Correct any misunderstandings and add reminders of important details missed. Make sure she understands the terminology of ovulation and menstruation/period.
- How long is the menstruation cycle typically? A: 25-32 days
- How long does a women usually bleed? A: 5-7 days
- What can the blood look like?
- Do you know anyone that has already started their periods? What do they say about it?

Day 3

Period Products

- Do you have any questions?
- What product do you think you would want to use? What do you think about internal products? (I tend to agree with Charlotte in the video that using a pad first is a good idea, until you know how your body is going to bleed because pads are easy to see what's happening.)
- I like the idea of using organic products, (If you do) but, it's ok if you use something that isn't organic if you need to borrow a pad sometime. Don't worry or ask if it's organic, it's ok to use a nonorganic product until you can get some of ours. It's more important that you have something to wear.
- If you get blood on your sheets and need to change them, just strip your bed and put them in the washer. (hopefully, you have an extra clean set they can make their bed with if the sheets don't get wash/dried before bedtime)
Make sure they know how to use the washing machine! If doing an occasional load of laundry is part of chores, no one will think it odd that she's doing laundry.
- I think trying on a pad to wear for a little while is a great idea, what do you think? Why don't you put one on now and then we can put together a period pouch for you to have ready when your big day comes. What would you like to have in it?

Gather materials or go shopping!

Suggestions:

A cute zipper pouch
1 large pad
1 panty liner
Clean undies
Ziplock or wet bag for dirty undies

wet wipe
EO roller
2 ibuprofen
a piece of chocolate

Day 4

Managing Your Cycle

- What questions do you have?
- Do you crave foods when you're feeling cranky?
- What kind of exercise do you like to do?
- When you're feeling icky, what do you want to do? Example: sleep, read a book, take a walk, listen to music, blanket and a movie, hot bath?

Mental Health

- Do you have any questions about this lesson?
- When you feel stressed, how do you react?
- When you feel overwhelmed or anger rising, how would you like to tell me that you need a break?
- Do you think your friends make wise choices and are a good influence?
- Do you know anyone that you are concerned about?
- Have you ever been offered drugs?
- Have you ever seen pictures of naked people? Was it on your screen or someone else's? What did you do when you saw it?

I want you to know I will never be mad at you if you come tell me something you did that you know you weren't supposed to. We all make mistakes, but admitting them and wanting to not do it again is very grown up and a smart way to be a better person and friend. I love you and only want what is best for you so my job is to keep you safe.

- Discuss any questions they have or information about predators or pornography that you think is important or you have not discussed yet. Emphasize that chat rooms are especially bad as that is where most predators find kids. Stress the importance of never chatting with anyone they don't know in real life, which includes friends/"strangers" of their real life friends.
- Discuss that the majority of the time a predator is someone we already know and think they are our friend, but they turn out to be someone that does inappropriate things and touching your body in a way that isn't ok. Discuss how inappropriate touch can feel ok, it can feel ticklish, warm, fuzzy, soft and good, but confusing because your brain is also telling you that they shouldn't be touching that way.
- Discuss how anyone that asks a child to keep a secret is wrong and inappropriate.
- Discuss how any adult that asks a child for help is a red flag, and what a red flag feeling is.
- Discuss healthy boundaries with screen time limits. Come up with an agreement and alternative activities they can do. [Take the Pledge](#) at shapethesky.org is a good place to start
 - Consider posting it somewhere with possible consequences and rewards if the agreement is broken or maintained.
- Which of these do you think you'd like to do when you feel stressed or overwhelmed?
 - See the following charts

Consider also watching a Screen Safety Class (29 min) available at holistichealthed.com

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How can you feel better when you're stressed or angry?

- Get plenty of sleep and rest
- Eat healthy foods, with only small splurges on foods you crave and drink extra water
- Put a puzzle together or journal your feelings
- Any kind of exercise
- Epsom salt baths, especially if you have sore muscles or any aches and pains
- Hot shower
- Essential Oils for emotions: lavender, citrus, peppermint, valerian, etc.
- Supplements: Probiotics, Magnesium, Vit D, Omega 3's, Vit B1, Vit B6, etc.
- Acupressure, acupuncture or massage
- Herbs: chamomile, valerian, lavender, saffron, kava, passion flower, etc.
- Take time to be alone to relax: watch TV, read a book or play video games
- Cuddle your pet, play or listen to music
- Breathing techniques
- Grounding – walk outside barefoot
- Talk to someone
- Try something new-recipe, gardening, craft, work on a project

Ways to reduce stress & boost dopamine

Dance		
Cry		
Sleep	Make a priority to-do list	Essential Oils
Yoga/stretching	Organize or clean something	Hot bath/shower/heating pad
Meditation	Art or working with hands	Fidget gadget
Prayer	Research something you want to learn	Play with your pet
Weights/exercise	Listen to music, podcasts, or books	Play an instrument
Sports	Healthy eating-vitamins, protein, fresh fruit	Movie or video game
Going on a walk	Dark room and comfy chair	Plan a fantasy vacation
Talk to a friend	Start a hobby or work on a project	Write or say affirmations
Sing	Monitor/reduce heart rate	Work on a puzzle
Poetry	Vagus nerve reset - https://youtu.be/-S8KT7w4uaA	Knit or crochet
Get a massage	Acupressure points - https://youtu.be/2Mu5RvPoOuo	Play a board game
Explore nature	4-7-8 Breathing - https://youtu.be/-C_VNM1Vd0	Solve puzzles in a book
Get or give a hug	Visual imagery - https://youtu.be/TWI639oEzmE	Coloring books
Reading	White noise - https://youtu.be/5IN4iXuxONA	Cook or bake something
Journaling	Walking barefoot in grass - https://youtu.be/GEGaZTBtspS	Build something

Day 5

Taking Care of Your Body

- Do you have any questions about this lesson?
- Do you think you need any cornstarch or baking soda for your skin or shoes? Should we put some in the bathroom?
- These are all good reminders about the importance of telling me if you have any pain or a symptom that you think might be new. Is there anything you learned today that you think you wouldn't want to talk about if it happened? Why?
- If you were to get a UTI, it starts with pain when you urinate, but the pain can move to your kidneys, and your back would hurt (show them where they would hurt) and discuss the importance of taking care of their body right away so they don't get a kidney infection.
- Athlete's foot is very common, even if you aren't an athlete! If your feet ever start to itch really bad, let me know so we can make sure we get the spray you need and it doesn't spread anywhere else!
- What do you like about your body? Why?
- What do you not like about your body? Why?

In Conclusion....

If it's appropriate, tell your child that both parents know all of this information and they can come talk to either one of you if they have questions or concerns. Stress the importance of getting correct information from you and not believing what others say, or at least asking a parent if what they heard is accurate. It is especially important to convey that they should never google any of these types of topics as it will lead to showing them inappropriate content and you don't want to traumatize their brain and make them more confused. Parents have the answers and are really the only safe place for information, but I would also suggest having several books available for them to read and also access to this video to review every few months.