



Books

- “The Period Book: Everything You Don’t Want to Ask (But Need to Know),” Gravelle, K., 1996. (Also available in Spanish).
- “What’s Happening to My Body? A Book for Girls,” Madaras, L., Revised third edition, 2007.

Video

- “Growing Up! For Girls,” www.marshmedia.com, (800) 821-3303. (Also available in Spanish).

Web sites

- KidsHealth, www.kidshealth.com
- Proctor and Gamble, www.always.com
- Midol Educational Web Site, www.midol.com
- American Academy of Pediatrics, www.aap.org/family/puberty.htm
- American Social Health Association, www.iwannaknow.org/puberty/index.html

Growing Girls

Suggested CHEC-out activities

1 Puberty bingo

Give each student a bingo card (http://www.bluekids.org/educators/fto_pg_growinggirls.asp). Instruct students to find one classmate who fits each description on the card. When students find a match, they have that person initial the corresponding square on their card. After each question, students must move on to another person. You may choose to set a time limit, or let students play indefinitely to try to fill their cards.

2 Dear Abby letters

Create Dear Abby letters for your students to answer. Give each student, or group of students, a letter on any topic relating to puberty. Students are then responsible for writing a letter back with advice.

3 Questions for your CHEC educator

Students will be left with an e-mail address (checeducator@chw.org) if they have further questions. Encourage students to follow up via e-mail if they have questions or concerns regarding the lesson. Important: Students must be reminded that any correspondence is confidential. However, questions or concerns should be appropriate to the material addressed in the classroom.

4 Menstruation calendar

Have girls create a menstruation calendar to keep track of their monthly cycle. For details, use: www.womenshealth.about.com/cs/menstruation/ht/periodchart.htm