

## **Girl Puberty Activities**

### **Identifying Female Body Parts**

Using the outline sketch of a female and the body part symbols to label body parts (breasts, elbow, vagina etc).

Discuss which are private parts and what covers them. They can choose a bra and pair of pants from the sheet to decorate. Then discuss and show what they cover on the outline of a male sheet.

### **Female Body Changes**

Using the outline sketch and symbols (as above). Label changes that will happen. Also reinforce labelling of body parts (as activity above).

### **Male Body Changes and Body Parts**

In order to understand what is different and the same with male and female bodies repeat the activities above. You may just use a male body first. Link back to female body and discuss what is the same and what is different.

Discuss which are private parts and what covers them. They can choose a pair of pants from the sheet to decorate. Then discuss and show what they cover on the outline of a male sheet.

### **Hygiene Activity**

Using the female outline sketch (or a doll if you have one (not a baby)). Label the actions needed for personal hygiene. You may want to discuss what time of day these will happen.

Then identify the pictures and match to the products to be used. You may then go and find the actual products in the house that you use at home.

You could use one of the timetables and symbols to support with personal hygiene at home.

### **Growing up**

Julie grows up.

This is a resource for you to adapt and use as you feel appropriate for your young person. There are several pictures and some ideas about what you could discuss.

### **Social Stories for body changes**

A social story helps to support memory and can be accessed whenever it is required. It helps them to access information and reduce anxiety.

You can sit and read it with your child frequently. They may then look at it independently. Having it readily available helps.