



teaching
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Grade 4
Learning Activity
Puberty Kit

Learning Outcome

*Students explain how development and puberty
are connected.*



Acne Cream





Antiperspirant or Deodorant





Athletic Support Cup





Brush and Comb





Hot Water Bottle





Ibuprofen





Laundry Soap





Pads and Panty Liners





Period Underwear





Tampons





Menstrual Cups





Razor





Shampoo





Shaving Cream or Gel





Soap or Shower Gel





Socks





Toothbrush, Toothpaste and Floss





Underwear





Wash Cloth





**A lotion or cream that
helps clear up pimples.**





**Used on your underarms
to help stop sweat and
smell.**





A hard cover worn during contact sports like hockey and football to protect genitals.





Used to untangle or style hair.





**A warm item to help with
menstrual cramps.**





**A medicine for pain like
menstrual cramps or
headaches. Only use with
an adult's help.**





Used to wash clothes.





Stick to underwear to absorb menstrual fluid as it leaves the vagina.





**Special underwear with
built-in protection to
absorb menstrual fluid
during a period.**





Soft material put inside the vagina to absorb menstrual fluid before it leaves the vagina. Some come with a plastic or cardboard applicator.





A small, soft cup put inside the vagina to collect menstrual fluid. Some are reusable, some are disposable.





Used to shave body hair.





**Used to wash hair to clean
away oil and dirt.**





**Makes shaving feel
smoother and helps
protect your skin.**





Washing your body with soap daily reduces body odour and is part of good hygiene practices.





Wash feet and wear clean socks every day to reduce foot odour.





**Used to clean your teeth
and mouth.**





Wearing clean underwear every day reduces odour and the chance of infections.





**Use with soap and water to
wash your face.**





Answer Key

Acne Cream – Used to help clear up pimples.

Antiperspirant and/or Deodorant - Used on your underarms to help stop sweat and smell.

Athletic Support Cup - A hard cover worn during contact sports like hockey and football to protect genitals.

Brush & Comb - Used to untangle or style hair.

Hot Water Bottle - A warm item to help with menstrual cramps.

Ibuprofen - A medicine for pain like menstrual cramps or headaches. Only use with an adult's help.

Laundry Soap - Used to wash clothes.

Pads and Panty Liners - Sticks to underwear to absorb menstrual fluid as it leaves the vagina.

Period underwear - Special clothing with built-in protection to absorb menstrual fluid during a period.

Tampons - Soft material put inside the vagina to absorb menstrual fluid before it leaves the vagina. Some come with a plastic or cardboard applicator.

Menstrual cups - A small, soft cup put inside the vagina to collect menstrual fluid. Some are reusable, some are disposable.

Razor - Used to shave body hair.

Shampoo - Used to wash hair to clean away oil and dirt.

Shaving Cream/Gel - Makes shaving feel smoother and helps protect your skin.

Soap/Shower Gel – Washing your body with soap daily reduces body odour and is part of good hygiene practices.

Clean socks - Wash feet and wear these every day to reduce foot odour.

Toothbrush, Toothpaste, and Dental Floss - Used to clean your teeth and mouth.

Clean underwear - Wearing these every day to reduce odour and the chance of infections.

Wash Cloth - Used with soap and water to wash your face.





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