

## Puberty Kit Description

The puberty kit is a tool that may be used to assist in teaching about puberty and personal hygiene. Pre-made kits may be available from school nurses or you can use the list below to assemble your own kit using products or photos of each item. Any products shown in pre-made kits are examples of similar products available. Use of any particular brand is not endorsed.

### How to use a Puberty Kit

To use the puberty kit, have each item available to guide discussion. Use the discussion points below to explain what the item is and how it can be used to cope with puberty changes.

- Not all of the items are appropriate for all grades in various school boards.
- Lesson plans and activities are available at: [www.teachingsexualhealth.ca](http://www.teachingsexualhealth.ca)

### Contents and Description

#### Acne Cream

- Some lotions and creams have ingredients/medication in them to help prevent and clear up minor acne like pimples and blackheads.
- Acne creams are sold at drug stores.
- Be sure to follow the directions exactly.
- Some people experience serious acne and can get help from a doctor who can prescribe stronger medication or cream.

#### Active Living

- Physical and recreational activities such as sports, walking and having fun with friends outside can improve energy as well as physical and mental well-being.

#### Antiperspirant and/or Deodorant

- Can be used in addition to daily washing of the underarms.
- Antiperspirant stops sweat from forming and deodorant is an absorbent odor remover.
- Check ingredient list for allergies or other concerns.

#### Athletic Support Cup

- Can be worn as support or protection for genitals during contact sports (e.g., hockey, football).

#### Bra – youth size

- People can wear a bra for comfort, modesty and support as their breasts develop.
- Some males develop breast tissue for a year or more, but this will usually go away.

#### Brush & Comb

- A comb or brush can be used to untangle, manage and style hair.
- Some people may choose to spend more time styling their hair, as concerns about appearance may become more important to them.

### Hat

- Hats are good protection from the sun's heat and damaging rays
- Hats or caps can become dirty. Wash or change hats regularly to keep germs, dirt, old sweat and oil from being rubbed onto the face or hair.

### Healthy Eating

- Eating healthy food choices improves energy, physical and mental well-being.
- Work towards increasing fruits, vegetables, and whole grains while minimizing high fat and high sugar foods/drinks.
- May reduce menstrual symptoms such as bloating and cramping.

### Hot Compress

- Exercise and warmth may help with menstrual cramps.
- Good alternative to pain medications.

### Ibuprofen

- Exercise, a warm bath, hot compress or over the counter medications such as ibuprofen may help with menstrual cramps and discomfort.
- Do not take any medication without asking a parent or guardian first.
- If you take pain medications be sure not to take more than the recommended amount.

### Socks

- Wash feet and wear clean socks every day
- Occasionally, wash the insoles of shoes.

### Laundry Soap

- Wear clean socks and underwear every day and wash clothes often.
- If a person has had a wet dream and semen is ejaculated on bedding and/or pajamas, wash the bedding and/or pajamas.

### Menstruation Supplies – (Pads, Pads with “Wings”, Panty liners, Tampons, Menstrual Cup)

- Used to manage menstrual flow.
- You can keep extra menstruation supplies handy in a locker or bag.
- Pads and sometimes tampons are usually available at school offices.
- Menstruation supplies can be bought at drug, grocery, convenience and health stores.
- Choose products that are unscented.
- **Never** put menstrual products in the toilet. Always put used supplies in the garbage.

**Pads** are applied to underwear to absorb menstrual flow as it leaves the vagina.

- Pads come in a variety of shapes and sizes.
- Pads attach to the inside of underwear by sticky strips. If they have wings, the wings wrap around the leg openings of the underwear.
- Change and dispose of used pads often (wrap in toilet paper and put in the garbage.)

**Panty liners** are similar to pads and absorb light menstrual flow or vaginal discharge.

**Tampons** are absorbent products put inside the vagina to absorb menstrual flow before it leaves the vagina. They may or may not come with a plastic or cardboard applicator.

- Use the lowest absorbency needed; if the tampon is still somewhat dry after 3 or 4 hours, use a lighter absorbency.
- Tampons need to be changed often: usually at least every 4 hours during the day and no longer than 6-8 hours at night. Follow the instructions for that particular product.
- To dispose of used tampons, wrap them in toilet paper and put them into the garbage.
- Follow the instructions carefully to learn how to use safely. Incorrect use can result in Toxic Shock Syndrome, a rare but serious infection. Check in with a trusted adult for support.

**Menstrual cups** are silicone or plastic cups that are inserted into the vagina and collect menstrual flow. Follow the instructions for how to insert.

- Can be safely left in for up to 12 hours, but may need to be changed depending on menstrual flow.
- Disposable cups are removed, wrapped in toilet paper and put in the garbage.
- Reusable cups are removed, rinsed as directed and reinserted.

### **Razor (in bag)**

- Some people remove the hair on their face and parts of their body; others do not.
- Never share razors, as the used blades can spread bacteria, fungus or a virus that could cause an infection.
- Pubic hair (on genitals) is normal and healthy. Some people may choose to remove pubic hair, if you have questions about this talk to a trusted adult.

### **Shampoo**

- Used to wash hair to clean away oil and dirt.
- Some people wash their hair every day or two; some less often.
- Over-washing can increase oil production and irritate the scalp.

### **Shaving Foam/Gel**

- Shaving with moisture feels better as it reduces friction. It also lowers the risk of razor burn or skin irritation.
- Some people use soap and water instead of shaving foam/gel.

### **Soap/Shower Gel**

- A mild or unscented soap in bar or liquid form is used for showering or bathing and for washing the face twice daily.
- If a person doesn't shower or bath daily, it is important to remember to wash the feet, neck/ears, armpits and genital-anal area daily.
- Scented, deodorant soaps can cause dry skin.

### **Toothbrush, Toothpaste, and Dental Floss**

- Brush and floss teeth at least twice a day.
- Also brush the tongue and inside of the cheeks.
- Visit the dentist once or twice a year for checkups.
- Do not share toothbrushes.

### **T-Shirt (Cotton)**

- Natural fabrics such as cotton allow the skin to breathe. Clothes made from these fabrics may be more comfortable to wear.
- It is important to wash clothes often.

### **Underwear (Cotton)**

- Choose cotton or natural fiber underwear as they allow the skin to “breathe” and keep moisture away from the body.
- It is important to wear clean underwear every day.
- Synthetic underwear (e.g., nylon, polyester, rayon) and very tight underwear may increase the risk of yeast infections.
  
- Underwear should be comfortably loose. This allows the scrotum to move close to or away from the body to adjust the temperature of the testicles, to promote the growth of healthy sperm.

### **Wash Cloth**

- A clean washcloth or sponge can be used twice daily to wash the face with warm water and mild soap.
- Generally, no other skin care products are necessary unless advised by a doctor or parents.

### **Water Bottle**

- Drinking water is important especially during physical activity and hot weather.
- Plain water is the easiest, least expensive and doesn't cause tooth decay.
- It is important to NOT share water bottles or other objects like forks, chap/lip stick and straws, even with close friends or family members, as they can spread germs that can cause sickness or infection.
- Drinks that are high in caffeine, sugar or artificially sweetened such as pop, energy drinks, coffee, sports drinks and juice should not replace water in a healthy diet.

### **Youth may have questions about:**

- Douches – douching (squirting water or other liquid) into the vagina is unnecessary and **not recommended** as it may lead to infection. The vagina cleans itself naturally with vaginal discharge.
- Feminine deodorant spray – using perfume or deodorant in the genital area is unnecessary and **not recommended** as it may lead to infection. Washing the vulva, labia and vaginal areas with water and a mild soap daily is all that is needed.
  
- Yeast infections - a yeast infection is an infection of the vagina. Anytime there is itching, pain or unusual discharge from the vagina it is important to talk to a parent or trusted adult. There are treatments available.

# Acne Cream

- **Some lotions and creams have ingredients/medication in them to help prevent and clear up minor acne like pimples and blackheads.**
- **Acne creams are sold at drug stores.**
- **Be sure to follow the directions exactly.**
- **Some people experience serious acne and can get help from a doctor who can prescribe stronger medication or cream.**



# Active Living

- **Physical and recreational activities such as sports, walking and having fun with friends outside improve mental and physical well-being.**





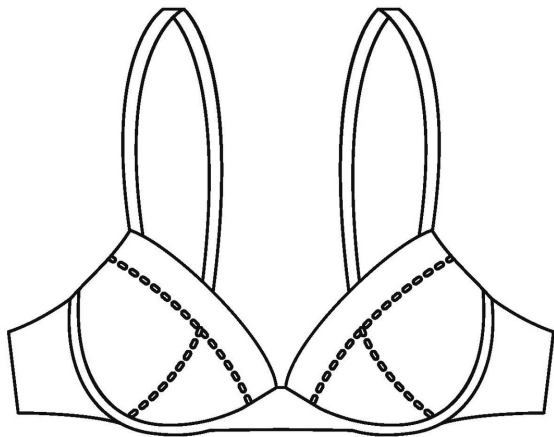
# **Athletic Supporter**

- **Can be worn as support or protection for genitals during contact sports (e.g., hockey, football).**



# Bra

- **People can wear a bra for comfort, modesty and support as their breasts develop. Some people choose to wear a bra daily.**
- **Some males develop breast tissue for a year or more, but this will usually go away.**



# Brush & Comb

- **A comb or brush can be used to untangle, manage and style hair.**
- **Some people may choose to spend more time styling their hair, as concerns about appearance may become more important to them.**



# **Deodorant/ Antiperspirant**

- **Can be used in addition to daily washing of the underarms.**
- **Antiperspirant stops sweat from forming and deodorant is an absorbent odor remover.**
- **Check ingredient list for allergies or other concerns.**





# Hat

- **Hats are good protection from the sun's heat and damaging rays.**
- **Hats or caps can become dirty. Wash or change hats regularly to keep germs, dirt, old sweat and oil from being rubbed onto the face or hair.**



# Healthy Eating

- **Health eating is a very important part of a healthy lifestyle.**
- **Healthy eating includes eating foods from each of the four food groups.**
- **Healthy foods give us energy, help our muscles and bones stay strong and protect us from getting sick.**



# Hot Compress

- **Heat from a hot compress may help with menstrual cramps.**



# Ibuprofen

- **Exercise, a warm bath, hot compress or over the counter medications such as ibuprofen may help with menstrual cramps and discomfort.**
- **Do not take any medication without asking a parent or guardian first.**
- **If you take pain medications be sure not to take more than the recommended amount.**



**IBUPROFEN**

**100 Tablets  
200 mg**



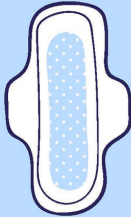
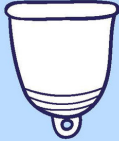
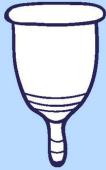
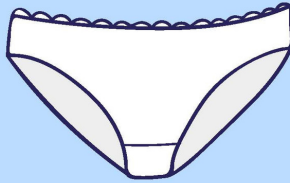
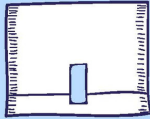
# Laundry Soap

- **Wash clothes often with laundry soap.**
- **Wear clean socks and underwear every day.**



# Menstruation Supplies

- **Used to manage menstrual flow.**
- **Can be bought at drug, grocery, convenience and health stores.**
- **You can keep extra menstruation supplies handy in a locker or bag.**
- **Choose products that are unscented.**
- **Never put used menstruation supplies in the toilet.  
Always put used supplies in the garbage.**



# Razor

- **Some people remove the hair on their face and parts of their body; others do not.**
- **Never share razors, as the used blades can spread bacteria, fungus or a virus that can cause an infection.**
- **Pubic hair (on genitals) is normal and healthy. Some people may choose to remove pubic hair, if you have questions about this talk to a trusted adult.**



# Shampoo

- **Used to wash away oil and dirt from hair and scalp.**
- **Some people wash their hair every day or two; some less often.**
- **Over-washing can increase oil production and irritate the scalp.**

— Lorem ipsum —  
— dolor —

## SHAMPOO

ADVANCED

### Pellentesque

vel neque turpis, et malesuada  
risus. Maecenas sem justo,  
molestie ut lacinia in, gravida  
a tellus.

250ml 8.3fl.oz.



# Shaving Foam/Gel

- **Shaving with shaving foam or gel feels better as it reduces friction. It also lowers the risk of razor burn or skin irritation.**
- **Some people use soap and water instead of shaving foam/gel.**



# Soap/Shower Gel

- **A mild or unscented soap in bar or liquid form is used for showering or bathing and for washing the face.**
- **If a person doesn't shower or bath daily, it is important to remember to wash the feet, neck/ears, armpits and genital-anal area daily.**
- **Scented, deodorant soaps may cause dry skin or irritation.**



# **Socks**

- **Wash feet and wear clean socks every day.**
- **Occasionally, wash the insoles of shoes.**



# **Toothbrush, toothpaste & dental floss**

- **Brush and floss teeth at least twice a day.**
- **Also brush tongue and inside of cheeks.**
- **Visit the dentist once or twice a year.**
- **Do not share toothbrushes.**





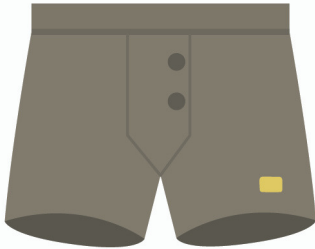
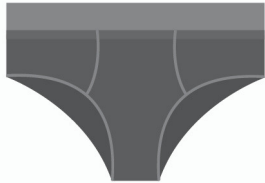
# Cotton T-shirt

- **Natural fabrics such as cotton allow the skin to breathe. Clothes made from these fabrics may be more comfortable to wear.**
- **It is important to wash clothes often.**



# Cotton Underwear

- Cotton underwear allows the skin to breathe and helps to keep moisture away from the body.
- Synthetic underwear such as nylon, polyester, rayon or very tight underwear may increase the risk of yeast infections.
- It is important to wear clean underwear every day.
- Underwear should be comfortably loose. This allows the scrotum to move close to or away from the body to adjust the temperature of the testicles, to promote the growth of healthy sperm.



# **Washcloth/Bath sponge**

- **A clean washcloth or sponge can be used twice daily to wash the face with warm water and mild soap.**
- **Generally, no other skin care products are necessary unless advised by a doctor or parents.**



# Water Bottle

- **Drinking water is important, especially during physical activity and hot weather.**
- **Plain water is the easiest, least expensive and doesn't cause tooth decay.**
- **Drinks high in caffeine, sugar or that are artificially sweetened such as pop, energy drinks, coffee, sports drinks and juice should not replace water in a healthy diet.**
- **It is important to not share water bottles or other objects like forks, chap/lip stick and straws, as they can spread germs that can cause you to get sick.**

