

## **PUBERTY KIT**

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. Any products shown in pre-made kits are examples of similar products available and 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)

### **PUBERTY KIT CONTENTS LIST AND DESCRIPTION**

#### **Active Living (Photo)**

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

#### **Antiperspirant and/or Deodorant (Product)**

- 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 sensitivities, allergies or other concerns.

#### **Baking Soda in Box (Photo)**

- Can be used as an inexpensive, absorbent foot powder, deodorant or dry shampoo.

#### **Ball Cap (Product)**

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

#### **Bra – youth size (Product)**

- Girls can wear a bra for comfort as their breasts develop.
- Some boys develop breast tissue for a year or more, but this will usually go away.

#### **Healthy Nutrition (Photo)**

- 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.

#### **Hot Water Bottle (Photo)**

- Exercise and warmth may help with menstrual cramps.
- Good alternative to pain medications. If pain medications are used, make sure you do NOT go over the recommended amounts.

#### **Socks (Product)**

- Wash feet and change socks every day; occasionally, wash the insoles of shoes.

### **Cotton Jockey Shorts – youth size (Product)**

- Boys may choose to wear boxers or briefs.
- Cotton or other natural fiber underwear allows the skin to “breathe” and keep moisture away from the body.
- Underwear should be comfortably loose. The scrotum moves close to or away from the body to adjust the temperature of the testicles, to promote the growth of healthy sperm.
- It is important to change underwear every day.

### **Menstruation Supplies: Menstrual Cup – diva, Menstrual cup - disposable, Pad, Pad with “Wings”, Pantiliner, Tampons Cardboard & Plastic (Product and/or photo X 6), may include washable pads**

- It can be a good idea to always keep menstrual supplies handy in a locker or bag.
- Pads and sometimes tampons are usually available at school offices.
- Menstrual supplies can be bought at drug, grocery, convenience and health stores.
- Choose menstrual products that are unscented.
- NEVER dispose of menstrual products in the toilet
  
- **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.)
- **Pantliners** 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.
- It is important to follow the instructions carefully to learn how to use safely. You can speak with a trusted adult or the operator at the tampon company for further instructions.
- Incorrect use can result in Toxic Shock Syndrome, a rare but serious infection.
- 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 throw them into the garbage.
  
- **Menstrual cups** are silicone or plastic cups that are inserted into the vagina and collect menstrual flow before it leaves the body. Follow the instructions for how to insert.
- Can be safely left in for up to 12 hours, but may fill up far more frequently.
- Disposable cups are removed, wrapped in toilet paper and put in the garbage.
- Diva cups are removed, rinsed as directed and reinserted.

### **Razor in Baggie (Product)**

- Some people remove their hair on their face, under arms and legs; others do not.
- It is very important to never share razors, not even with family members.

### **Shampoo (Product)**

- Wash hair to clean away the oil and dirt.
- Some people wash their hair every day, some less often. Over-washing can increase oil production.

**Shaving Foam (Photo)**

- Shaving with moisture feels better as it reduces friction.
- Some people use shaving foam, or soap and water.

**Soap Unscented (Product)**

- A mild, 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 (anywhere dark, damp).
- Scented, deodorant soaps can cause dry skin.

**Toothbrush, Paste, and Floss (Product)**

- 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 check ups.

**T-Shirt Cotton (Product)**

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

**Underwear Girl's Cotton (Product)**

- Choose cotton or natural fiber underwear as they allow the skin to "breathe" and keeps moisture away from the body.
- Synthetic underwear (e.g., nylon, polyester, rayon) and very tight underwear may increase the risk of infection; some synthetic underwear and pantyhose have cotton crotches to reduce this risk.
- It is important to change underwear daily.

**Wash Cloth (Product)**

- 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 (Product)**

- 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.
- Energy drinks do not count as water and may lead to serious health problems.
- Sodas and juices do not count as water and have high sugar content.
- Artificially sweetened drinks do not count as water and may lead to health problems.

**Laundry Soap – sample size (Product)**

- Wear clean socks and underwear every day and wash clothes often.
- If a boy has had a wet dream, wash the bedding and/or pjs.
- It is important to learn how to do your own laundry in the machine, Laundromat or sink.