



## Vocabulary Builder for Girls

### Girls Changing & Growing Program

<b>Acne</b> Slide 18	A skin disorder marked by pimples that occur when bacteria infect the trapped sebum in skin glands resulting in redness and swelling. Pimples are most common on the face, neck, chest and back.
<b>Anatomy</b> Slide 34	A study of the parts and structure of an organism (for example: people, animals).
<b>Anus</b> Slide 34	The posterior opening of the digestive tract where feces exits the body.
<b>Areola</b> 26	Located on the breast, it is a colored circle of flesh surrounding the nipple. It may be the size of a quarter of larger. It may be pink, red or brown in color.
<b>Band Size</b> Slide 29	The measure your rib cage directly under your bust plus 5 inches. This is the number part of your bra size.
<b>Bladder</b> Slide 34	An expandable sac located in the pelvis that temporarily stores urine.
<b>Bra</b> Slide 28	An article of clothing worn around the chest. A bra is an undergarment that has cups that support a women's breasts
<b>Breast</b> Slide 26	A pair of mammary glands extending from the chest. Each breast consists of a mound of fat tissue containing milk glands and ducts.
<b>Breast Buds</b> Slide 27	A breast bump develops under each nipple and some tenderness may occur. This usually happens between the ages of 9-11 in Breast Stage 2.
<b>Breast Development</b> Slide 9	There are 5 stages of breast growth that begins at approximately 11 years old
<b>Cervix</b> Slide 34/39	Located in the pelvic cavity, the cervix is part of the reproductive organs. Disc shaped, it is positioned at the lower part of the uterus and the top of the vagina.
<b>Clitoris</b> Slide 34	The small protuberance located on the vulva directly above the urinary opening.
<b>Clots</b> Slide 47	Thick clumps of blood mixed in with the menstrual flow, and they usually occur in the morning after you've been sleeping all night or you may see them after you've been sitting for a while.
<b>Cramps</b> (Menstrual) Slide 60	Usually occur at right before or at the start of the period and may last 2-3 days. Occur in the lower abdomen and may spread to your back or down to the thighs. Cramps may feel like a tugging sensation and may come in waves or be continuous. They may feel sharp or dull.
<b>Crotch</b> Slide	The angle formed by the opening of the legs; the area of underwear or pants the cover your external genital (vulva).
<b>Cup Size</b> Slide 29	The measure of your breast around its fullest part. This is the letter part of your bra size. If your cup size is equal to the band size you are an AA. For every inch your cup size is bigger the your band size you go up a letter, 1 inch bigger equals an A cup, 2 inches bigger equals a B cup and so on.
<b>Dandruff</b> Slide 19	Dry, flakey skin on the scalp that may shed off and be visible as white flakes on hair and clothing.
<b>Deodorant</b> Slide 22	A cosmetic product that is used under the arms, it destroys or masks unpleasant odors. A deodorant my also contain an antiperspirant which decreases the amount of sweat.
<b>Dermatologist</b> Slide 18	A doctor that specializes in the skin and diseases of it.
<b>Development</b> Slide 9	The process of growing or developing.
<b>Discharge</b> (Vaginal) Slide 37	A n odorless clear to white discharge that exits the vagina and keeps the vagina from drying out and helps fight infections. It usually comes 2 weeks after your period. The color, amount and texture of discharge will change at various times during your cycle.
<b>Ectomorph</b> Slide 14	Lean, tall body type. Usually thin and not a lot of fat and/or muscle.

<b>Endometrium</b> Slides 14 & 39	Mucus membrane lining the inside of the uterus. It is this lining that is shed (in the form of blood) every month during your period. Also known as the uterine lining.
<b>Endomorph</b> Slide 14	Medium to large size body frame that is typically wider at the hips. Can have a higher percent of body fat.
<b>Endorphins</b> Slide 16	Chemicals produced by the brain which help promote a feeling of well-being. These chemicals are released by exercise.
<b>Estrogen</b> Slide 7	A female sex hormone it is the main hormone responsible for puberty and initiates the physical and emotional changes occurring during puberty. Estrogen controls your menstrual cycle and menstruation (otherwise known as "your period").
<b>Fallopian Tubes</b> Slides 34 & 39	A pair of tubes that carry the ova (egg) from the ovaries to the uterus. In a grown woman, they are 3-4 inches long.
<b>Fetus</b> (Slide 40)	A developing baby in the uterus.
<b>Food Pyramid</b> Slide 15	A pyramid divided in sections that suggest optimal daily nutritional guidelines for the basic food groups (grains, vegetable, fruits, meats, dairy and fats and oils).
<b>Growth Spurt</b> Slide 9	Rapid increase in height and weight over 3 –4 years during puberty.
<b>Gynecologist</b> Slide 5	A doctor specializing in female reproductive issues.
<b>Hepatitis C</b> Slide 21	A serious disease of the blood caused by a virus that is transmitted by contact with infected blood (i.e. sharing drug needles, razors, unprotected sex)
<b>Hormones</b> Slide 7	A chemical substance produced by the endocrine system that has a stimulating effect on cell activity. The activity elicited and the cells targeted depend on the specific hormone (ex. estrogen works on the female reproductive system)
<b>Hygiene</b> Slide 19	Practice of keeping clean to promote good health.
<b>Hypothalamus</b> Slide 7	Regulates the endocrine system - a chemical system that enables communication and regulation of reproduction, growth and development and energy.
<b>Labia Majora</b> Slide 34	Outer lips of the vagina.
<b>Labia Minora</b> Slide 34	Inner lips of the vagina.
<b>Menstrual (Period) Cycle</b> Slide 51	A complete menstrual cycle starts at day one of your period and ends on day one of your next period. The average length of time of a cycle is 28 days between periods.
<b>Menstruation (Period)</b> Slides 9 & 40	A monthly event when blood flows out of the uterus to the vagina known as a "menstrual period." Each month the lining of the uterus thickens with cells to form a cushion for the fetus. If there is no baby in the uterus, these extra cells are expelled in the menstrual blood.
<b>Mesomorph</b> Slide 14	Muscular body type. Typically has broad shoulders and narrow hips.
<b>Mons</b> Slides 34 & 36	Located above the vulva it is a mound of fat the covers the pubic bone. After puberty it will usually be covered with pubic hair.
<b>Moods</b> Slide 52	An emotion you feel. Moods include happiness, sadness, fear, anger, insecurity, etc.
<b>Nipple</b> Slide 26	Located in the center of each breast. The nipple may be slightly raised, flat or inverted (nipple faces inward).
<b>Ovaries</b> Slides 34 & 39	A pair of almond shaped reproductive organs that produce the ova (eggs) and female sex hormones (estrogen). The ova are stored here until one is released every month.
<b>Period Kit</b> Slide 50	A small bag that holds all the feminine hygiene products that may be needed during a period. This may include pads, tampons, wipes and clean underwear. The kit may also contain cosmetics, comfort food and OTC pain relievers (as allowed by parents and school).
<b>Perspiration</b> Slide 22	The act of sweating. Sweat is nothing more than water with a little salt mixed in. During puberty you will begin to sweat more under your arms because your sweat glands become active for the first time. The purpose of perspiration is to help regulate body temperature

<b>Pituitary Gland</b> Slide 7	Also known as the "Master Gland" because it directly (or indirectly) controls most bodily functions and growth and development by signaling other endocrine glands when to release their hormones (for example: signals the ovaries to release estrogen).
<b>Premenstrual Syndrome (PMS)</b> Slides 51 & 52	A predictable pattern of physical and emotional changes that occur right before your period. These changes are due to the rise and fall in the levels of the hormone estrogen. Most girls experience varying degrees of PMS, but not everyone experiences it. PMS will go away when your period starts.
<b>Progesterone</b> Slide 7	A female sex hormone that prepares the uterine lining for implantation and helps to prevent rejection of the developing embryo.
<b>Psychological</b> Slide 32	Relating to characteristics of the mind.
<b>Puberty</b> Slide 4	A time of growth and change caused by hormones which change you from a girl to a woman in preparation for reproduction. Puberty is a time of physical, emotional and social changes. Puberty starts between the ages 8-13 and ends between ages 15 -17 yrs. Everyone develops at a different pace.
<b>Puberty Phases</b> Slide 9	There are 4 distinct aspects of puberty. They include growth spurt, breast development, pubic hair growth and menstruation.
<b>Pubic Hair</b> Slides 9, 35 &36	As you mature hair grows in your pubic area which is the v shaped patch between your hip bones and your legs. There are five stages of the pubic hair growth phase and it also begins at 11yrs.
<b>Rectum</b> Slide 34	The end part of the colon ( Part of the large intestine).
<b>Reproductive Organs</b> Slide 39	These internal organs are located in the pelvic cavity allow women to menstruate and reproduce. These organs include the ovaries, fallopian tubes, uterus, cervix and vagina. They also grow during puberty.
<b>Reproduction</b> Slide 39	To produce new individuals of the same kind by a sexual or asexual process.
<b>Sanitary Pads</b> Slide 53	An oblong pad made of layers of absorbent material that attaches to the crotch of your underwear and absorbs the blood exiting the vagina. Pads come in different shapes and thicknesses or absorbency.
<b>Sebum</b> Slide 18	A fatty substance secreted by the sebaceous glands of the skin. the sebum can clog the glands and once infected with bacteria can lead to pimples.
<b>Tampons</b> Slides 55 to 57	A small tightly rolled wad of cotton in the shape of a cylinder that is inserted into the vagina and absorbs the blood before it leaves your body. The vaginal muscles hold the tampon in place so it can't come out, unless you want it to. A string hangs down so you can pull it out when you need to change it.
<b>Testosterone</b> Slide 12	Is the male sex hormone and is the main hormone responsible for puberty and affects men throughout their adult life. Testosterone is responsible for puberty and affects men throughout their adult life.
<b>Toxic Shock Syndrome</b> Slide 58	TSS is a rare but extremely serious illness and can occur at any time during or after your period if you have been using a tampon. TSS is treatable if recognized early. Any concerns about TSS should be discussed with your doctor.
<b>Urethra</b> Slide 34	The tube that carries urine from the bladder to the urinary opening where it can exit the body.
<b>Uterus</b> Slide 34 & 39	This is a bowl-like organ, where the baby grows during pregnancy. In grown women it is the size and shape of an upside down pear. The uterus is also called the womb.
<b>Vagina</b> Slide 34 & 39	The entry way into the internal reproductive organs. It is a muscular tube leading from the Vulva to the Cervix. It is through this tube that the Uterine Blood (period) leaves the body.
<b>Vulva</b> Slide 34 & 39	External parts of the female genital organs including the Mons, Labia Majora and Minora, Clitoris and Vagina.