Girls Night Out Information

Self Care:

* All young girls should have a good hygiene routine. This includes taking a shower once a day or once every other day depending on what activities you participate in. Taking a shower includes washing your hair. Some girls choose to wash their hair every other day. However, you should definitely not go more than two days. It is important to start, if you are not already doing so, washing your face and brushing your teeth every morning and every evening. You should also be wearing deodorant every day, which means putting it on before school each morning.
* There will come a time shortly, when you will need to start shaving. Girls tend to shave their armpits and legs. All girls get to this point at different times because our hair grows differently. This is a decision that you and your mom or an adult female needs to make together. She will need to help you buy a razor and shaving cream before you can begin shaving.

Cycle:

* Normally, girls start their period sometime between fourth and ninth grade. All girls are different; therefore, we start at different times. You need to be prepared whenever you do start. It is important to know how to use feminine products.
* If you start at school, we have a plan that you can follow. We have feminine products in the office that are available to you. Any female adult at the school can help you if you have any questions. It is important to be prepared wherever you go. Therefore, I would suggest creating a girl kit. You will need to get a small bag that you cannot see through. Things that you should put in your kit include pads, tampons, liners, and towelettes.
* There are symptoms that come along with your period every month. The symptoms include cramps, breast tenderness, headaches, moodiness, and more. If these symptoms are bad, tell your mom. There are things you can do to help you feel better. Putting a heating pad on your stomach or lower back can help with the cramps. Taking medicine, such as Midol or Tylenol, can help with your cramps, breast tenderness, and headaches. Of course, ask your mom before taking medicines.
* It is important to remember that no one, beside yourself can tell when you start your period. Do not feel like boys or even other girls can tell. It is something that is very private to you. Therefore, we need to make sure we keep it private as well. You need to keep communication open with your mom or an adult role model, but your period is not something to discuss at the lunch table, especially around boys.

Budding:

* Budding is when your breasts start to develop. Again, all girls are different, so this will happen at different times. You might feel some breast tenderness when budding takes place. This discomfort is completely normal.
* Once you notice that your chest is no longer flat or you become self-conscious about your chest area, it is time to shop for a bra. When shopping for your first bra, you need to buy a sports bra or a training bra. Both of these types of bras are for beginning the budding process. Eventually, you will need to buy a regular bra. Your mom or an adult female role model will be a great help to you. If you and/or your mom are not sure about sizes, there are stores that you can go to in order to be fitted for a bra. This is very helpful.