

To accompany *I'm a Girl, My Changing Body* ages 8 - 10

Whether your daughter reads this book on her own or with you, these questions and exercises will help to make the experience more interactive and will also assure that she has grasped the important concepts.

## Question:

What is puberty?

## Find it in the book:

*See page 5.*

Puberty is the time when your girl anatomy slowly wakes up so that one day you can have a baby.

## Question:

Have you noticed some changes in your body or have you and your friends been talking about changes they have noticed?

## Find it in the book:

There are two changes that you will notice at the beginning of puberty.

*Page 37, with anatomy figure.*

Little lumps begin to form under the nipple called breast buds. They can form on one side first and then appear on both sides. These are normal signs that your breasts are growing.

*Page 33, with anatomy figure.*

Pubic hair begins to grow on the mons pubis. Later, hair will appear in the armpits and the hair on your arms and legs will grow thicker and longer.

## Question:

What female anatomy structures are located in the pelvic cavity?

## Find it in the book:

*Pages 9 & 10, with anatomy figures.*

- Two ovaries
- Two fallopian tubes
- Uterus
- Vagina

**Question:**

What is the pathway of an egg from the time it leaves the ovary until it arrives at the uterus.

**Find it in the book:**

*Page 10, with anatomy figure.*

The egg leaves the ovary at ovulation and is sucked into the fallopian tube by the beating of the little fingers on the end of the fallopian tube. It takes about 4 days for the egg to travel in the fallopian tube to the uterus.

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**Question:**

What are the parts of the uterus called?

**Find it in the book:**

*Page 12, with anatomy figure.*

The thick outside layer of the uterus is made of muscle and it is called the uterine wall. The space in the center of the uterus is called the uterine cavity.

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**Question:**

The uterus and vagina are in the middle of the pelvic cavity. There is an opening from the uterus into the vagina. There is also an opening from the vagina into the vulva. What is the name of the opening from the vagina into the vulva?

**Find it in the book:**

*Page 14, with anatomy figure.*

The opening into the vulva is called the vaginal opening.

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**Question:**

The purpose of the urinary bladder is to store urine (pee). How does the urine get out of the urinary bladder?

**Find it in the book:**

*Page 15, with anatomy figure.*

The urine flows into the urethra and then out through the urethral opening in the vulva.

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**Question:**

What are the names of the places in the vulva that have pubic hair on them?

**Find it in the book:**

*Page 22, with anatomy figure.*

The labia majora are two thick folds of skin that form the outside of the vulva. They have hair on them. The two labia majora come together at the top to form the mons pubis and it also has hair on it.

**Question:**

If you separate the labia majora, you will find two more smaller folds of skin. They do not have hair on them.  
What is their name?

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**Find it in the book:**

*Page 25, with anatomy figure.*  
These two folds of skin are called the labia minora.

**Question:**

What are the names of the two openings located in the vulva?

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**Find it in the book:**

*Page 28, with anatomy figure.*  
If you separate the two labia minora you see two openings.

- Urethral opening: This is where urine comes out.
- Vaginal opening: Opening for the vagina.

**Question:**

What is the hymen?

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**Find it in the book:**

*Page 28, with anatomy figure.*  
The hymen is a little rim of soft tissue that lines the inside of the vaginal opening.

**Question:**

Why does hair start to grow in new places during puberty?

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**Find it in the book:**

*See page 31.*  
Hormones are chemical substances that the body makes and they tell the skin in certain places like the armpits and vulva to grow hair.

**Question:**

What are the parts of the breast that you can see?

**Find it in the book:**

*Page 37, with anatomy figure.*  
There are two parts you can see:

- Nipple
- Areola

## Exercises:

1. Ask your daughter to check next time she bathes to see if she has breast buds in one or both breasts. Sometimes they are tender when you touch them.
  
2. Suggest to your daughter that when she is alone she could find the different parts of her vulva. She can refer to anatomy figure 9 on page 28 in the book. Using a mirror locate these parts.
  - mons pubis
  - labia major
  - labia minor
  - glans clitoris
  - urethral opening
  - vaginal opening