

BEING ME

TEACHER'S EXTRA RESOURCES

Please watch the videos before you show your students to determine if it is appropriate for them.

MORE ON PUBERTY

https://www.youtube.com/watch?v=j_mFJ2d0qxQ

TRUTHS AND MYTHS

(promoted by always feminine products)

<https://www.youtube.com/watch?v=4ly35gkAFm8>

First Moon Party (funny)

<https://www.youtube.com/watch?v=NEcZmT0fiNM>

MORE ON BREASTS

<http://teenhealthsource.com/puberty/growing-breasts/>

A GOOD REVIEW OF THE MENSTRUAL CYCLE

http://kidshealth.org/teen/sexual_health/girls/menstruation.html

Yoga Descriptions and Photos:

<http://www.artofliving.org/yoga/yoga-for-women/pms-pain-yoga>

WEBSITES FOR GIRLS

<http://www.girlzone.com/make-your-profile>

www.writegirl.org/

<http://www.smartgirl.org>

<https://teengirlsthatwrite.wordpress.com/>

