

- I. Introduce myself: Carrie Ann Kemp
 - A. Midwife
 - B. ER
 - C. Black Belt
 - D. Breast Cancer survivor
 - E. Vocabulary and how to talk respectful during presentation
- II. How did you get here?
 - A. Eggs vs sperm
 - B. Your growth in Mom's uterus
 - C. Growth up to now
- III. How did you get so big?
 - A. Pituitary Gland
 - B. Body hair
 - C. Hygiene
 - 1. Shower
 - 2. Deodorant
 - 3. Healthy Eating
 - D. Breast development and health
 - 1. Draw breast. Label.
 - 2. Breast exams
 - 3. Bras
 - E. Menstruation
 - 1. Draw reproductive system. Label.
 - 2. Ovulation
 - 3. Menses
 - 4. Hormones, Mood Swings
 - 5. Feminine Hygiene Products. Show samples and explain uses and risks of:
 - a) Pads
 - b) Tampons
 - c) Cups
 - F. Body Image
 - 1. It rocks to be a girl.
 - 2. Have each others back
 - 3. Moms: Your girls are watching you!
 - 4. Self talk