



**Grow and Know** is a 75-minute presentation focusing on the subject of Human Growth and Development. An understanding of Human Growth and Development is essential for both males and females as they experience adolescence.

The program will focus on the following:

- Growth Spurt
- Body Composition Changes
- Organ System Changes
- Secondary Sex Characteristics (Voice Changes, Body Hair)
- Hormone Changes
- Hygiene
- Menstrual Cycle
- Reproductive System (Does not include Human Reproduction)

The **Grow and Know** program is presented in an age appropriate manner and is designed to prepare students for the next stage of life.... Adolescence.

Schools are given the choice to separate boys from girls and if they want both reproductive systems presented or same-sex information only. A pre and post-packet curriculum are sent to the school contact upon scheduling. These packets can be used to prepare the student before our visit and to reinforce learning objectives after our visit.

For further information, please contact Jamie Reisinger at the Byrnes HEC at 717-848-3064 ext. 249.