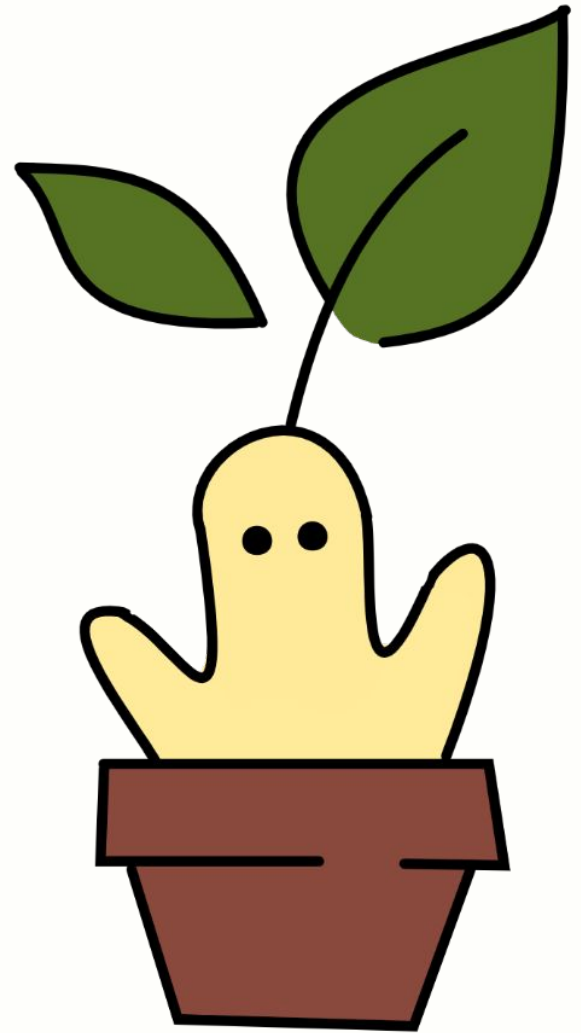


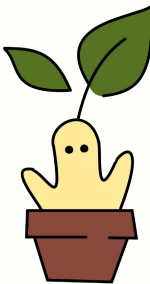
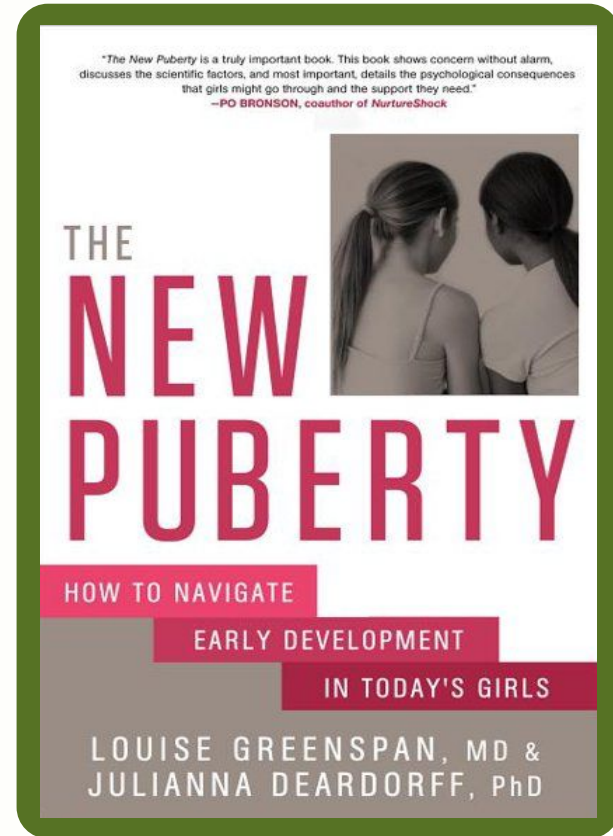
# Growing Kids

By Caitlin Ginn and  
Anika Thapar



# Who Are We?

- ❖ High School Students
  - Juniors
- ❖ Social Justice Pathway
- ❖ Advanced Authentic Research
  - Research-based activism class
- ❖ Created Growing Kids



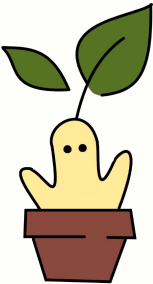
# Why Health Education

- ❖ Health education is vital to living a healthy, safe life.
- ❖ Puberty starts at a younger age than people expect.
- ❖ The age puberty is occurring is decreasing by an average of 3 months per decade.
- ❖ Schools are not adapting to global changes in health.
- ❖ Lower income communities and communities of color are disproportionately affected by lower puberty ages and lack of resources.

**A study from 1997 shows that roughly thirty percent of girls start puberty at eight (Herman-Giddens, Marcie E., et al).**

Grade-Level Emphasis	Nutrition and Physical Activity	Growth, Development, and Sexual Health		Injury Prevention and Safety	Alcohol, Tobacco, and Other Drugs	Mental, Emotional and Social Health	Personal and Community Health
		Growth and Development	Sexual Health				
Kindergarten	✓	✓		✓	✓	✓	✓
Grade 1		✓		✓			✓
Grade 2	✓				✓	✓	
Grade 3		✓				✓	✓
Grade 4	✓			✓	✓		
Grade 5	✓	✓	✓				✓
Grade 6				✓	✓	✓	
Grades 7 and 8	✓	✓	✓	✓	✓	✓	✓
High School	✓	✓	✓	✓	✓	✓	✓

## California Health Education Guidelines Per Grade



Research and interviews  
on puberty and health  
education

Discovered that the best way to  
make a difference in our  
community would be to provide  
resources for parents

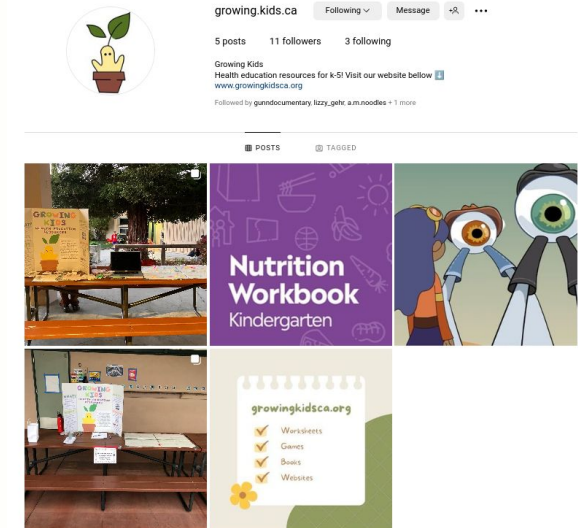
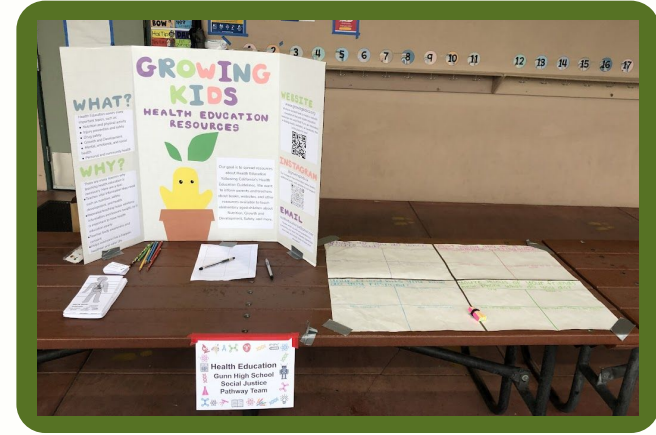
# What We Did:

Tried implementing a new  
health education in our  
school district, quickly  
realized it was not feasible

Created our website,  
Growing Kids

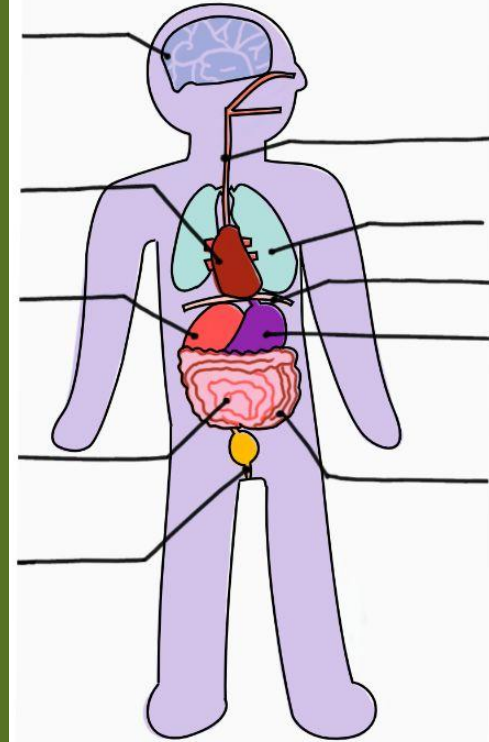
# Growing Kids

- ❖ Provide health education resources for elementary-aged kids:
  - Follow California's Health Education Guidelines
  - Reviewed by medical health professionals
  - Books, websites, games, etc.
  - Accessible to anyone at [www.growingkidsca.org](http://www.growingkidsca.org)
- ❖ Advertised via Facebook and Instagram
- ❖ Sent out resources via an email list
- ❖ Attended elementary school events



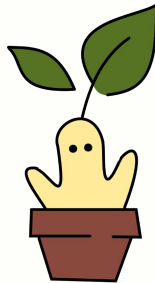
# Games

<p>What do you do when you're sad?</p> <p>cry</p> <p>get mad</p>		<p>What would you do if you saw someone sitting alone?</p> <p>invite them to sit with you</p> <p>laugh at them</p>	
<p>talk to someone</p>	<p>do something that makes you happy</p>	<p>ignore them</p>	<p>tell someone else to sit with them</p>
<p>Your friend hits you. how do you respond?</p> <p>cry</p> <p>hit them back</p>		<p>You're jealous of your friend's new phone. what do you do?</p> <p>cry</p> <p>take it</p>	
<p>tell someone</p>	<p>use your words</p>	<p>ask for a new phone</p>	<p>tell them "that's so cool!"</p>



## Word Bank:

esophagus      stomach  
 large intestine      small intestine      liver      lungs  
 brain      bladder      heart





## Growing Kids

Health Education Resources

[Learn More](#)





# Kindergarten

Growing  
Kids



[Home](#)

[Kindergarten](#)

[1st Grade](#)

[2nd Grade](#)

[3rd Grade](#)

[4th Grade](#)

[More](#)

[Nutrition and Physical Activity](#)

[Growth and Development](#)

[Injury Prevention and Safety](#)

[Alcohol, Tobacco, and Other Drugs](#)

[Mental, Emotional, and Social Health](#)

[Personal and Community Health](#)



## Kindergarten

These resources are: nutrition and physical activity; growth and development; injury prevention and safety; alcohol, tobacco and other drugs; mental, emotional, and social health; and personal and community health

[Nutrition and Physical Activity](#)

# Who We Serve

- ❖ Parents of Elementary Aged Students
  - Focused on the Palo Alto Area
- ❖ Parents everywhere
  - Oakland
  - Palo Alto
  - Stanford
  - Los Altos
- ❖ Teachers and Librarians
  - Provide age appropriate materials for teaching about health education and student learning
- ❖ **Everyone**



# Our Results

- ❖ “Collects resources to make it easy to find appropriate information!” - Anonymous parent
- ❖ Over 225 site sessions
- ❖ 176 unique visitors
- ❖ 15 states in the US
- ❖ 5 countries

## Sessions by traffic source



# Our Results Continued

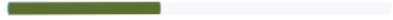
Site sessions  
226

Unique visitors  
176

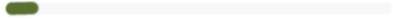
Avg. session duration  
5m 21s

CA

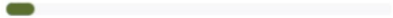
Palo Alto 90



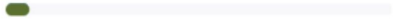
Stanford 16



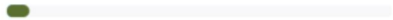
Oakland 14



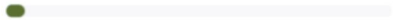
San Jose 12



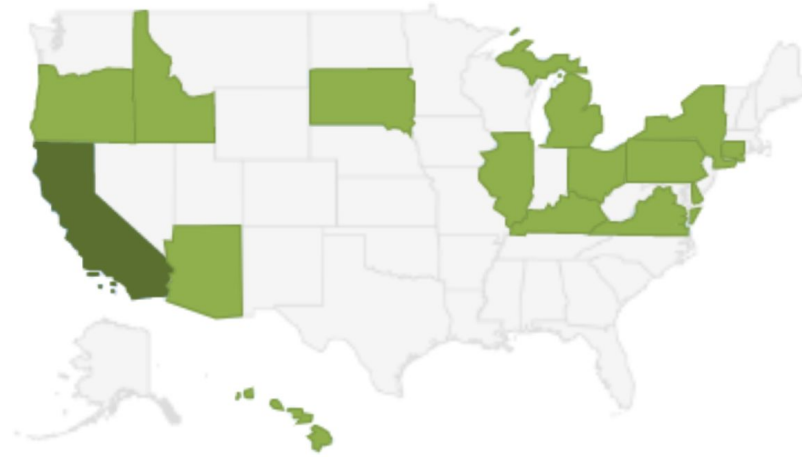
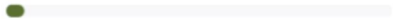
San Francisco 11



Menlo Park 8



Los Altos 7



Homepage 197

1st grade 79

2nd grade 32

3rd grade 31

4th grade 23

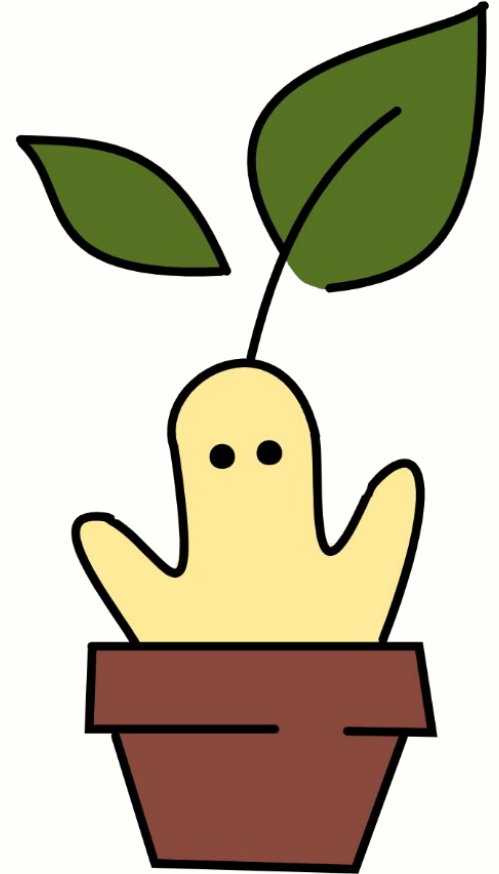
5th grade 19

# Takeaways

- ❖ Puberty starts at an early age
- ❖ Health education is a vital part of growing up

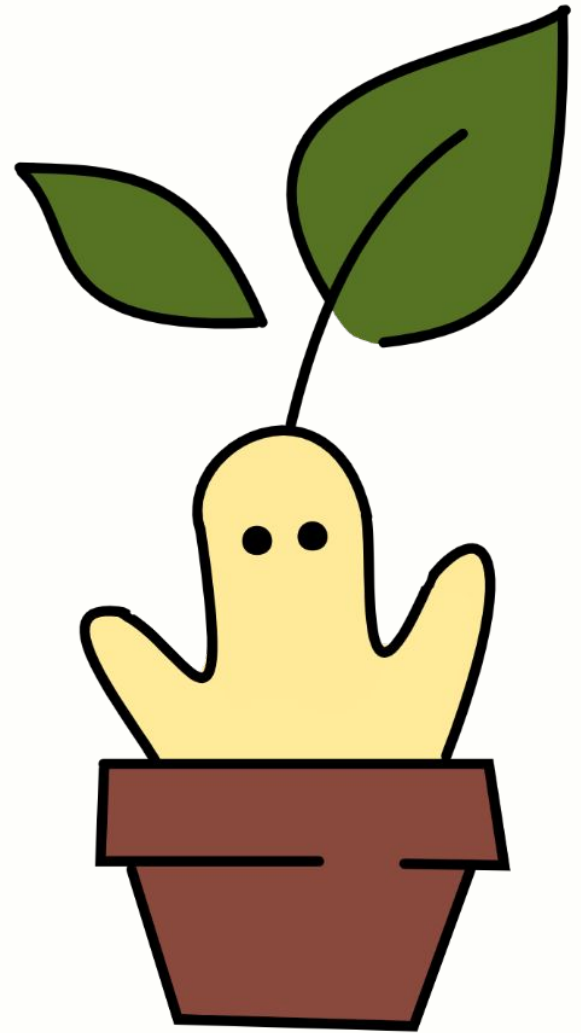
# Next Steps

- ❖ Continue to add additional resources to the website
- ❖ Expand our reach through marketing
- ❖ Work with and for elementary schools



**Thank**

**You!**



# Sources

Herman-Giddens, Marcia E. “Secondary Sexual Characteristics and Menses in Young Girls Seen in Office Practice: A Study from the Pediatric Research in Office Settings Network.” *American Academy of Pediatrics*, vol. 99, no. 04, Apr. 1997, <https://publications.aap.org/pediatrics/article/99/4/505/75275/Secondary-Sexual-Characteristics-and-Menses-in?autologincheck=redirected?nfToken=00000000-0000-0000-0000-000000000000>.

“Health Education Framework.” *Health Education Framework - Health Education (CA Dept of Education)*, California Department of Education, 4 Nov. 2021, <https://www.cde.ca.gov/ci/he/cf/>.

“Health Education Framework.” *Health Education Framework - Health Education (CA Dept of Education)*, California Department of Education, 4 Nov. 2021, <https://www.cde.ca.gov/ci/he/cf/>.