



**RUTH LILLY  
HEALTH  
EDUCATION CENTER**

in partnership with Peyton Manning Children's Hospital

**Program Feature: Ready.. Set.. Grow!**

***“Great program! Material was very well presented to the ladies - great straightforward information presented in an age appropriate way. Loved that there was some humor integrated. It made the girls feel more comfortable (and me too!)”*** Holly Collins, Fishback Creek Public Academy

***“Excellent program - have wanted to bring to our schools for several years - previewed it at another school last year and was able to bring it to our corporation with grant money. Hopefully we will be able to do it every year! Very age appropriate, the students were very engaged!”*** Sue Amstutz,

***“I cannot express enough how wonderful this experience has been. It was very age appropriate and the activities were great at drawing participation. The content was fantastic and they were able to cover more topics (heredity, for example) than we are able to get into the classroom to teach!”*** Kari Brock, Sugar Creek Elementary

One of the most popular programs the Ruth Lilly Health Education Center presents is Ready Set Grow which targets fourth grade students and their journey through puberty. Classes are separated by gender to allow the opportunity for student's questions more comfortably. The program's primary focus centers around heredity, hormones, and hygiene, along with a brief overview of the male and female reproductive systems.



Activities included in the program focus on traits inherited from their birth parents. Students build the face of a baby by flipping a coin between dominant and recessive traits. Their creation usually brings a chuckle to the class and can be extremely unique as they are.

Ready Set Grow also engages students with hygiene riddles, and discuss ways they need to care for their bodies as they go through puberty. The class concludes with a conversation about menstruation for the girls, along with more specific information relating to the boys.

The Ruth Lilly Health Education Center educators have taught 3,174 students at 44 schools for Ready Set Grow this year, with several more yet to go. This program reaches students in Crawfordsville, Noblesville, Pike, Carmel, Martinsville, Owen, Rush, and Delaware county schools, along with several private and parochial schools.