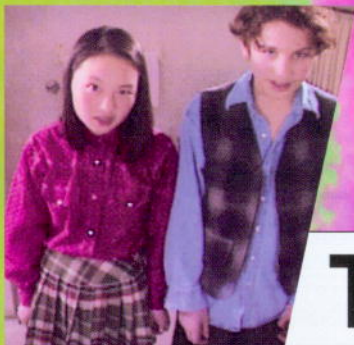




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*Beauty  
begins inside*

*Beauty  
begins inside*



# THE P SYNDROME



Investigate that "Painfully Pugnacious, Prickly Problem"!

PUBERTY

THE

P

SYNDROME



VHS

9195 159



## **OBJECTIVE**

**The P Syndrome** aims to show adolescents that they are responsible for what they eat and that they have food choices to make.

## **BACKGROUND**

Adolescence is a period of radical growth and change, second in intensity and importance only to the first year of life. During adolescence, puberty takes place: the body of the child becomes the body of the adult. Before puberty begins, boys and girls have pretty much the same bodies. Their bones weigh about the same, and they have similar amounts of body fat and muscle mass. Puberty changes all that.

In general, body fat doubles in girls to about one-quarter of body weight. In preparation for pregnancy, girls rapidly become more curvaceous as fat is added to hips, thighs and buttocks. Research indicates that the increased body fat may be a trigger for menstruation and that the usual fat deposits on thighs is the body's way to guarantee the extra energy needed for breast-feeding. During periods of famine, these are the last fat deposits a woman loses, an evolutionary development to ensure the survival of the species.

In contrast, boys lose body fat and gain muscle – about twice as much as girls gain. Muscle cells require more energy to maintain than fat cells, an explanation for why post-pubescent males, in general, have larger appetites than females.

While bodies are changing shape, they are also changing size. In early



## SOME USEFUL DEFINITIONS

**Gene** Part of the chromosome responsible for the transmission of hereditary characteristics.

**Genetic baggage** Genes specific to an individual.

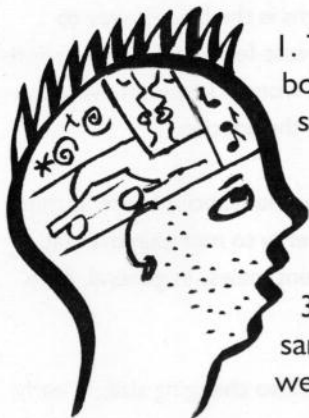
**Puberty** Physiological and psychological changes mediated by hormones that define the passage from childhood to adulthood.

**Nutrients** Elements supplied naturally by food without which our bodies cannot function properly.

## ACTIVITIES

### TRUE OR FALSE

Before screening the video, ask students to mark each of these statements with "T" or "F" and then tabulate the responses. After the class has seen the video, redo the quiz and compare the pre- and post-viewing response rates.



1. The percentage of fat in girls and boys before puberty is about the same. \_\_\_\_\_
2. During puberty, only the body changes. \_\_\_\_\_
3. Two brothers who eat exactly the same things during adolescence should weigh about the same after puberty.  
\_\_\_\_\_

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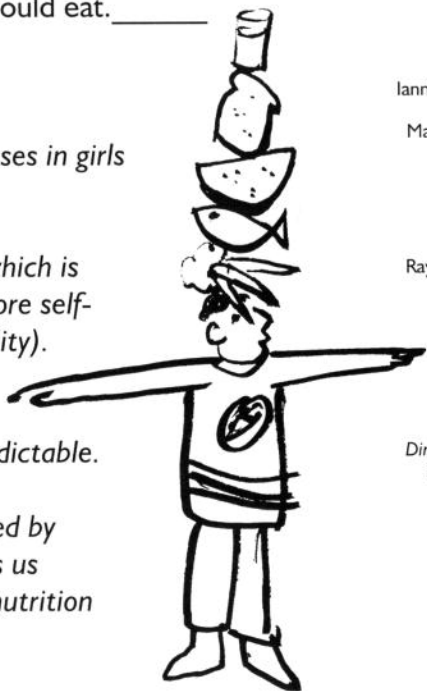
Executive Producer  
Isobel Marks

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4. Height is not affected by food choices. \_\_\_\_\_
5. In order to eat well, we have to know all the nutrients our bodies need. \_\_\_\_\_
6. You need to know how many calories you burn in a day to know how much you should eat. \_\_\_\_\_

## ANSWERS

1. **True.** But during puberty it increases in girls and decreases in boys.
2. **False.** Personality also changes, which is normal (feelings of independence, more self-awareness, more sense of responsibility).
3. **False.** Each individual develops differently and the outcome isn't predictable.
4. **False.** Height is mainly determined by genes. However, healthy eating helps us grow to our full potential, while malnutrition stunts growth.
5. **False.** By eating a variety of foods every day from the four food groups — cereal products, vegetables and fruit, milk products, and meat and alternatives — we provide our bodies with all they need.
6. **False.** Everyone is born with a finely tuned mechanism, known as the appetite, for regulating the amount of food needed by the body. But eat slowly, because it takes about 20 minutes for the brain to receive the signal that you've eaten enough.





## DISCUSSION STARTERS

- Explain why diets by themselves do not provide long-term solutions to weight control and body image problems.

*Try to elicit responses dealing with such things as eating habits, physical activity, self-esteem, behaviour patterns, and metabolic adjustments.*

- Being healthy depends to a certain extent on lifestyle decisions that are made on a daily basis. What are some of these lifestyle decisions that can contribute to a healthy life?

*Elicit responses from students that deal with food choices, smoking, drug and alcohol consumption, physical activity, relaxation activities and sleep patterns.*

- Discuss the meaning of the following statement: "You don't control your genes but you do control what you eat, and what you eat affects how your body looks and develops."

*Try to elicit responses dealing with such things as heredity, food choices, growth and physical appearance.*



Dear Abby  
I have big feet -  
popular, but I  
craving man, lack of  
beard growth,  
chocha



## THE WAY I FEEL

Have the class, or groups, brainstorm a list of words that relate to puberty: *mood swings, popular, unpopular, always hungry, feeling fat, acne, chocolate cravings, diets, fat-free foods, big feet, lack of beard growth, too thin, too short, too tall, not muscular enough, voice changing.*

Ask each student to write an anonymous "Dear Abby" letter dealing with one of the elements on the brainstorming list. Collect the letters and redistribute them so that students do not have their own letters. The students must now be "Abby" and write an answer to the letter. Have students share the letters and their answers with the class.

puberty, the legs and arms elongate. The torso catches up later. The shoulders expand followed by the hips. Girls' hips widen more than their expanding shoulders. It is the reverse with boys: their shoulders broaden more than their hips. These changes are caused by the growing bones, the foundation of the body. For both sexes, bones take on 45% of their mass during adolescence. However, males continue growing for a longer period of time, so when they finish they have more bone mass than females; a difference that helps to explain why women are more prone to osteoporosis.

Body proportions are not just a function of being male or female. Each person is born with a unique genetic script. The genes a person inherits determine, among other things, how the body develops



during puberty. Puberty is driven by hormones with the outcome mediated by genes and food choices.

All systems that make up the body, including the skin, the nails and the hair, grow from inside, hence —

### **Beauty Begins Inside.**

Nutrients are substances essential to the growth, development and maintenance of these systems which the body cannot manufacture. They have to be brought into the body by eating food that contains them. Digestion extracts the nutrients from the food and the blood distributes them to all the cells in the body.

There are about 50 nutrients that the body requires in an ongoing way. Fortunately, no one has to remember what specific nutrients are found in what foods. *Canada's Food Guide to Healthy Eating* recommends a pattern for selecting foods to meet needs for essential nutrients. Eating according to the guide will assure normal development of the body during the transition to adulthood and help teens look, feel and perform at their best.

Beauty Begins Inside

# THE P SYNDROME

THEME: PUBERTY

*Is there a cure for puberty? And can you survive it with your sense of humour intact?*

Sabel is determined to go on a diet. Bruce and Melanie can't understand their attraction for each other. Jake spends hours in front of the mirror trying to achieve the right "look" while Patrick is so grown up he looks like he was born a businessman.

Enter Detective Stark and a mysterious organization called Genetic Baggage Incorporated. The hunt for insights into the Painfully Pugnacious and Prickly Problem of Puberty is on! Is there a cure? And what does the big "P" have to do with how you eat? Stay tuned as the realities of choice and self-responsibility are revealed.

**The P Syndrome** mocks detective movies, science-information shows and almost every genre you can think of. Cajoling, informing, even inspiring, it's a video for any teen who ever experienced the horrors of a pimple!

**Beauty Begins Inside** is a three-part video series aimed at influencing the eating habits of today's teens. **Pressure Zone** explodes the diet and image industries and helps teens learn to love themselves for who they are. With some zany inspiration from Hollywood detective films, **The P Syndrome** takes a lean and hungry look at the age-old Painfully Pugnacious and Prickly Problem of Puberty — and the choices that come with it. **What's Eating You?** is a wild and wacky look at healthy eating.

Director: **Sheila Murphy**  
Producers: **Michael Hendricks, Tamara Lynch**

17 minutes 17 seconds

Order number: 9195 159

Series order number: 193C 9195 185 (3-volume set)

*Série aussi disponible en français sous le titre «Bien dans sa peau».*

Produced by Savoury Productions  
and the National Film Board of Canada  
with funding from Dairy Farmers of Canada.



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