

Growing Up-Puberty and Beyond

Blue slides- all

Green-boys

Yellow-girls

Peach-some children to be withdrawn

What is Puberty?

Puberty is the stage in life when a child's body develops into an adult's body. The changes take place gradually, usually between the ages of 10 and 16.

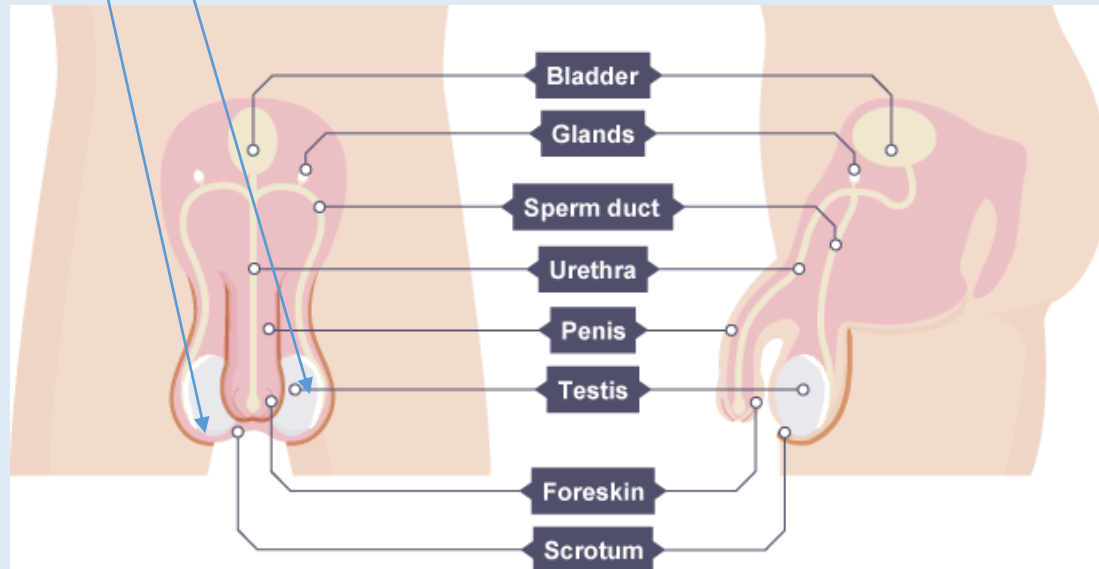
Changes occur at puberty because of **hormones**:

- **testosterone** - produced by the testes - controls the development of boys
- **oestrogen** - produced by the ovaries - controls the development of girls

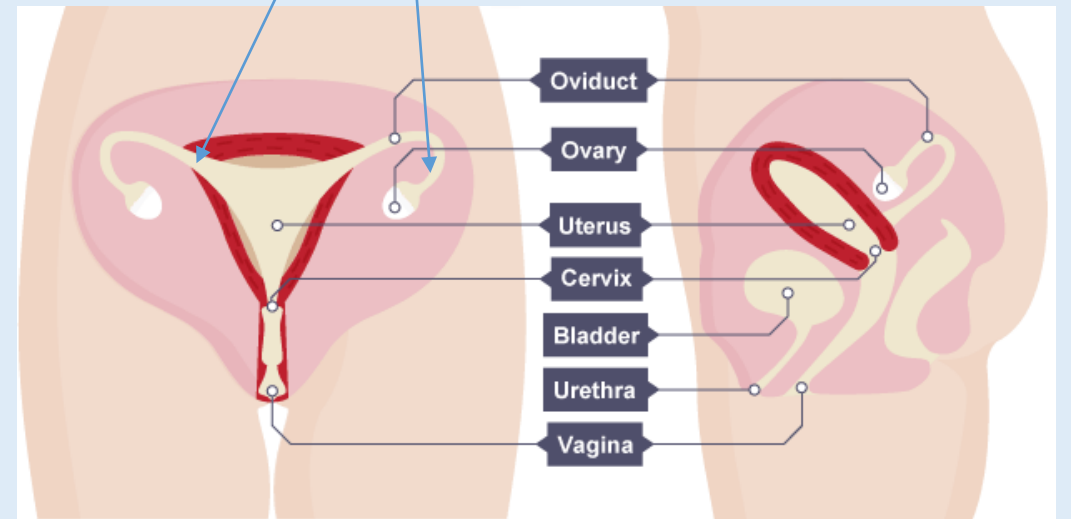
Male reproductive organs are on the outside of the body.

Female reproductive organs are on the inside

Testes (male)



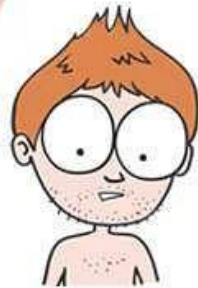
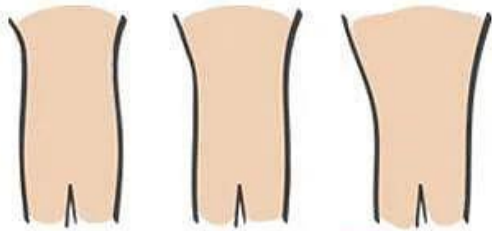
Ovaries (female)



What are the Physical Changes During Puberty? Boys

Puberty in Boys: What to Expect

BODY SHAPE & HAIR GROWTH



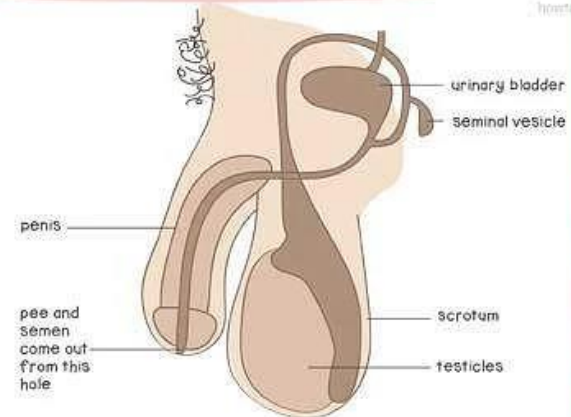
ZITS



VOICE CRACKING



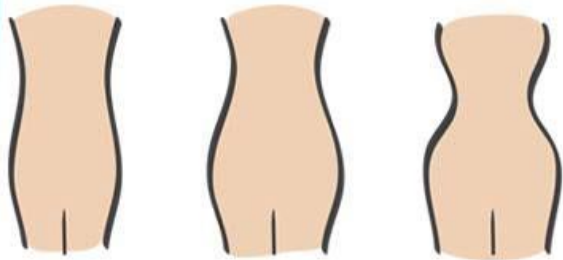
GROWTH OF PENIS AND TESTICLES



What are the Physical Changes During Puberty? Girls

Puberty in Girls : What to expect

BODY SHAPE & HAIR GROWTH



ZITS



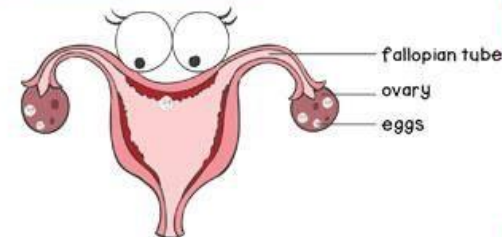
SWEAT & BODY ODOUR



BREASTS AND BRAS



PERIODS



Emotional Changes in Puberty

Girls and Boys

During puberty the brain goes through big changes due to the changing levels of hormones. You may experience mood swings. One minute you might feel happy and confident, the next irritated or sad.

You may start feeling more distant from your parents as friends become more important to you.

Your body changes might take some getting used to.


You may start questioning who you are.

Remember however that these feelings are completely normal.


Make sure that you talk through your feelings with someone you trust.



Who am I?



Why am I feeling like this?



What do I want?

Periods (Menstruation)

Periods are the bodies way of telling a girl that their body is mature enough to make a baby.

Periods start when a girl's body starts releasing eggs (ova) from the fallopian tubes.

We will discuss why it is important to know this at a later time.

The average age for a girl to start having periods is 12 years old. However, because everyone is different, it's possible to start earlier or later than this. They can start anytime between the ages of 8 and 16.

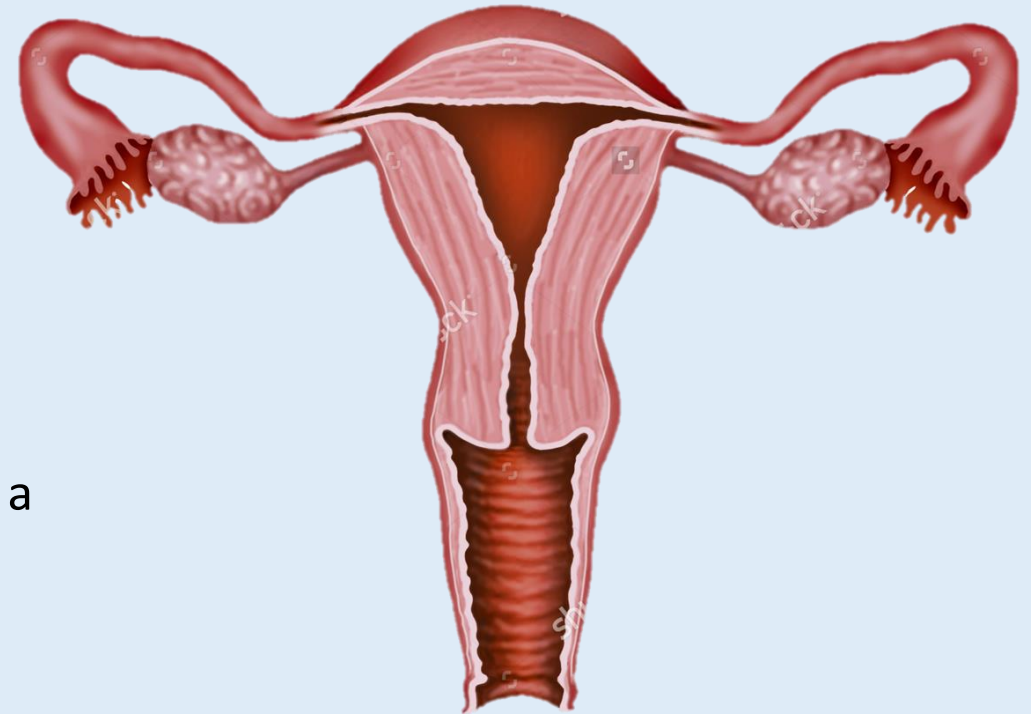
A period happens when the soft lining of the uterus is released from the body.

Over the monthly cycle, the uterus gets lined with blood to make it ready for a baby to grow.

Each month an egg is released from the ovaries and travels down the fallopian tubes. If the egg is not fertilised by a sperm, the egg and soft lining of the uterus are not needed and they are released from the body through the vagina.

When this happens, a small amount of blood comes out of the vagina for between three and eight days. Everyone is different so some people bleed for a longer or shorter time.

By the age of 18, females tend to have a period around once a month. On average, about 30 - 72 millilitres (two to four tablespoons) of blood is released during a period over a few days. Some people bleed more or less than this amount.



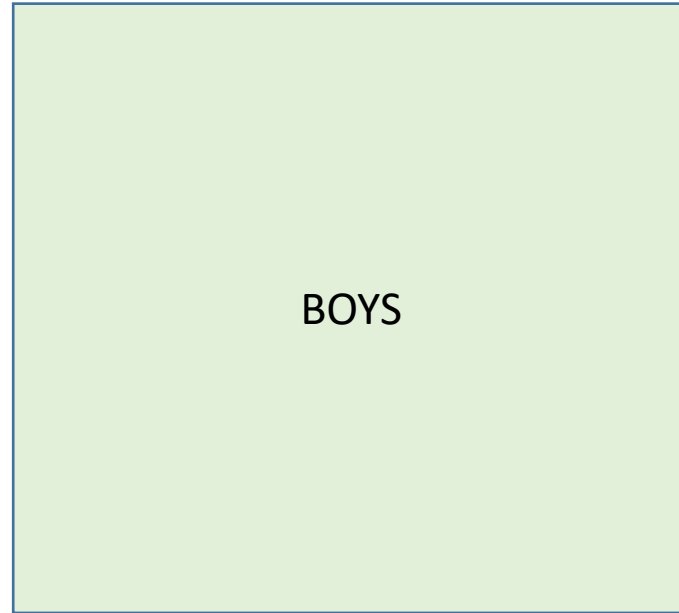
Hygiene

- You will start to sweat more during puberty.
- Your hair might get greasy
- Girls start periods

Hygiene becomes very important at this time and you will have to start showering or having a bath more often. Clothes might need to be washed more often if you have been sweating.

You will need to use antiperspirant (deodorant just covers up smells, antiperspirant stops sweating) under your armpits as sweat smells nasty after a while. Please only bring roll-on or solid sticks to school for PE. No aerosols.

Boys and Girls Split



Boys changes

- Body parts changing and growing. For boys, one of the first changes is both testicles getting bigger in size. After that, you will notice your penis grows longer and wider.
- You will start to grow taller and stronger as your muscles get bigger.
- You will start to have hair growing in different parts of the body such as the face, chest, arm pits and on the outside of the penis.
- Your voice will start to change and at first sound like it's squeaky or cracks a lot, but over time, it will become deeper.
- Your moods might change and you may start to feel different. Some days you will feel happy and have a lot of energy, and some days you may feel more tired and not so happy or even grumpy.
- The way you think about yourself and other people might change.
- You might start thinking more about your future and start to question things happening around you at home, school, in the community or even on the news.

It is normal for boys to start having sexual feelings towards other people during puberty.

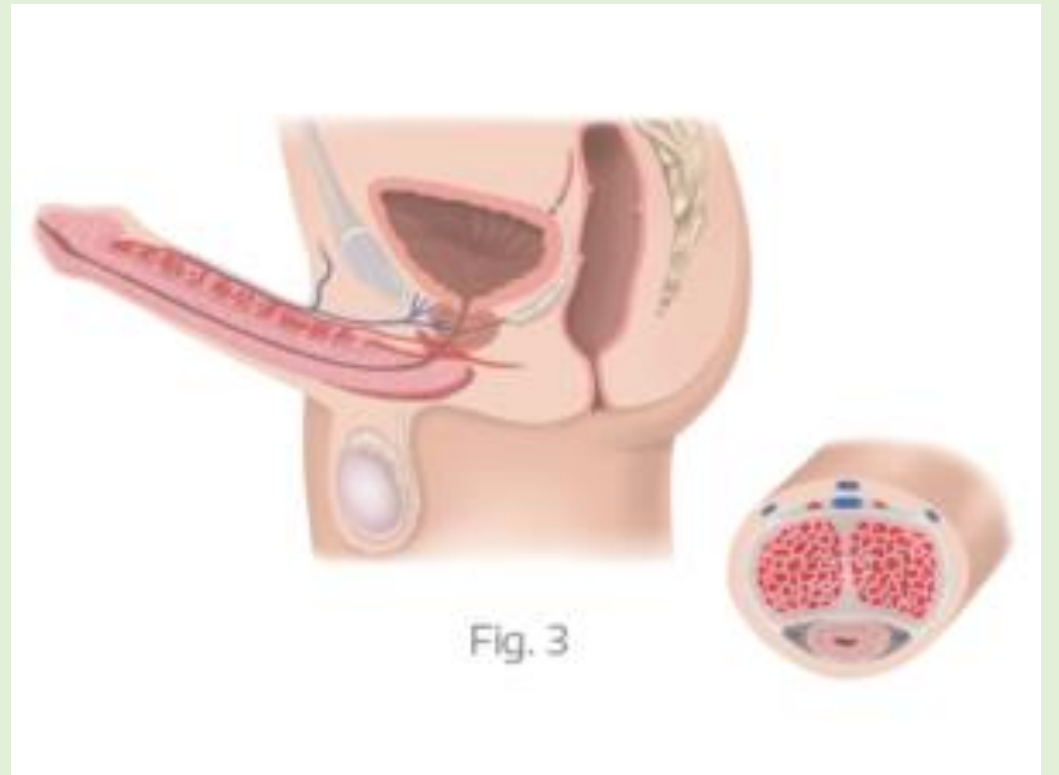
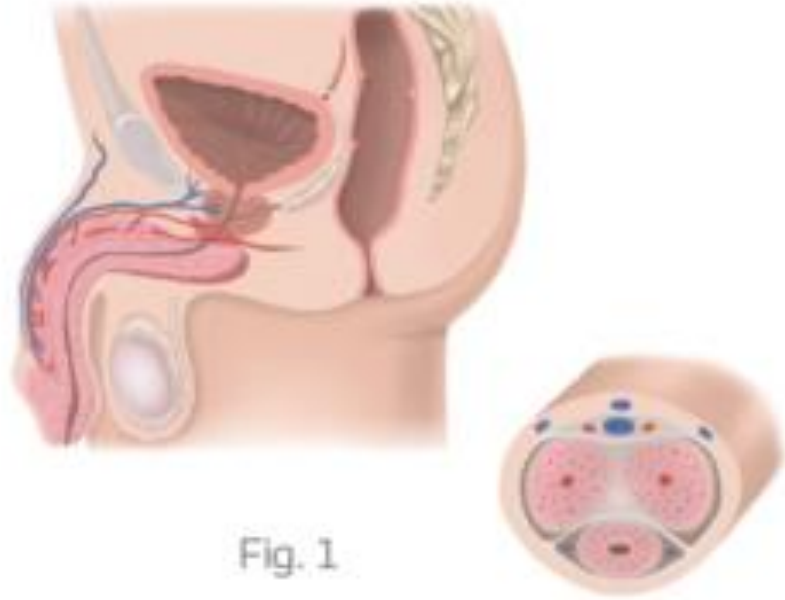
When these feelings happen, it can cause changes in how the penis feels.

The penis may become hard; this is called an erection.

This is a normal change for boys that usually lasts a few minutes.

This can sometimes happen at times you don't expect it. Sometimes you might wake up with an erection. We will discuss why this happens at a later time.

Erections



Wet Dreams

Wet dreams (Nocturnal emissions) happen at night while you are sleeping. You get an erection and semen rushes out of your penis.

When this happens, you might wake up with wet clothing and a wet bed.

Even though this may surprise or embarrass you, wet dreams are very normal. It is the body's way of making sure everything is in working order.

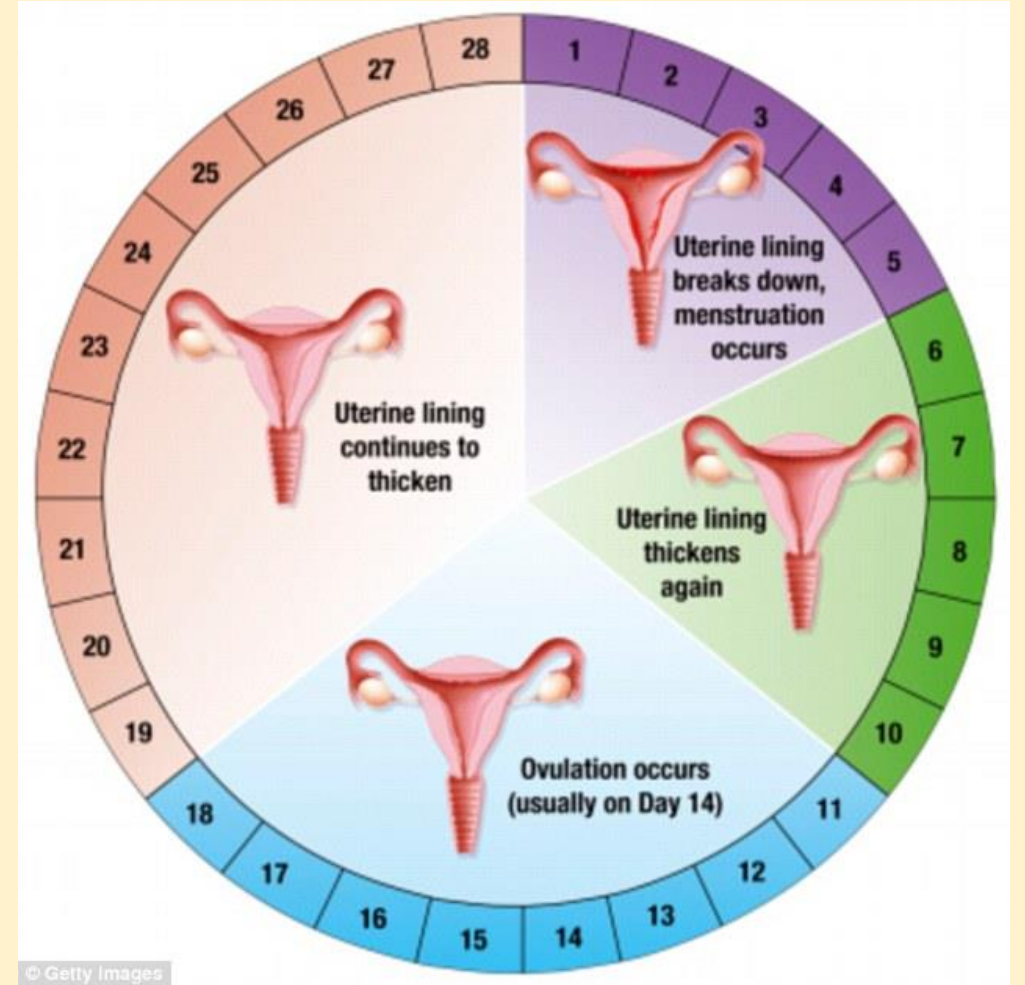
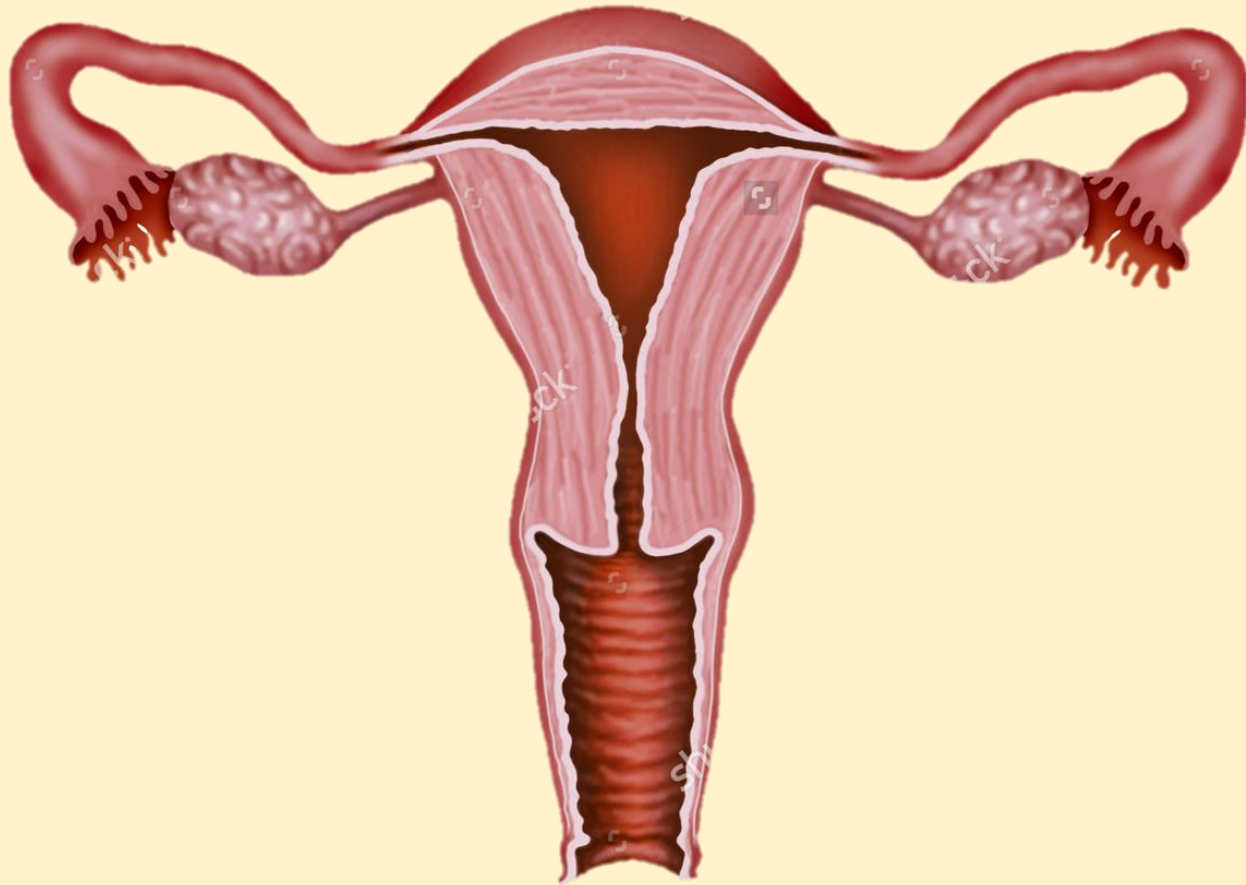
You cannot control wet dreams. They will decrease as you go through puberty and should stop by the time puberty is over.

Periods

When a girl's body is going through puberty, periods will start. This could be any time between the ages of 8 and 16. Everyone is different.

A period happens roughly once every 28 days. After a while most girl's periods get regular so you know when one is due. Your first periods might not be regular however and will take time to settle into a pattern.

What are Periods?



Discharge

- Before you start your periods, you may see a milky discharge in your pants. This is normal. You might also see this during your usual monthly cycle.

How might I feel while having a period?

- Before and during your period, there are changes to the levels of your hormones, which could cause you to feel differently. For example, you could experience changes to your moods, known as mood swings. It's also possible to feel different physically, for example, some girls may get cramps, feel unwell and bloated, and their breasts could feel tender.
- These feelings might not last for the whole time that you're on your period and if you do experience some of these feelings, there are things that you can do to help you feel better.
- If you have cramps, you could try to exercise or have a bath to help to warm up and relax your muscles, which can help you feel better. If you want to find out more about other things you can do to feel better, you can speak to an adult you trust or your school nurse for advice.

What do I do when I am on a period?

There are different products that can be used when you are on a period.

Pads (Sanitary towels)

These are pads that are used to collect some of the blood that is released during your period.

One side of the pad is sticky so that you can attach it to your underwear. Many girls use pads when they start their periods because they can be used easily.

They come in many different types and sizes, so you can choose which ones you want to use depending on how comfortable they feel and how much blood is released during your period.

Some pads also have extra material on the sides called 'wings', you can fold the wings over the edges of your underwear to help hold the pad in place. Sometimes you might see pads that have fragrances but it's important to know that fragranced pads can irritate the vagina so they might not be right for you.

You should change your pads regularly. How often you change them depends on how much blood is released when you have your period. On average, you should change your pad around every four hours.

Panty liners

Panty liners are a much smaller and thinner type of pad. They can be used for vaginal discharge, the milky fluid that can come out of the vagina.

They can also be used on days when your period is very light or if you are due on your period.

You should change your panty liner once it begins to look or feel moist.

Period Pants

These are pants with a waterproof liner and layers of absorbent fabric. They can be used alone or with a pad or tampon.

Tampons

- Tampons are small tubes made out of special material that can absorb the blood that has been released during your period.
- Tampons are inserted into the vagina so that they can collect the blood before it comes out of the vagina. Many girls prefer to start using tampons when they get older and more mature because they are more difficult to use than pads.
- There is a string is attached to the end of the tampon which you pull to remove it from the vagina. It is very difficult for this string to detach. It is also very rare for a tampon to get lost or stuck inside because the vagina holds it firmly in place. Tampons come with instructions that explain how to use them and if the tampon is inserted correctly, you shouldn't be able to feel it.
- If you can feel it or it hurts, it might not be in properly or it's possible that the type of tampon is not correct for you. You should try again with a new tampon or consider using a different type of sanitary product.
- Tampons must be changed often as if left in for too long they can cause a serious medical condition

Menstrual Cup

- A Menstrual cup is inserted into the vagina. It collects the blood inside the body. The cup can be emptied out, washed and reused.

Non-statutory sex education. Some children
to be withdrawn

Session One

Ground rules

It is ok to laugh. But do not go too far and get silly.

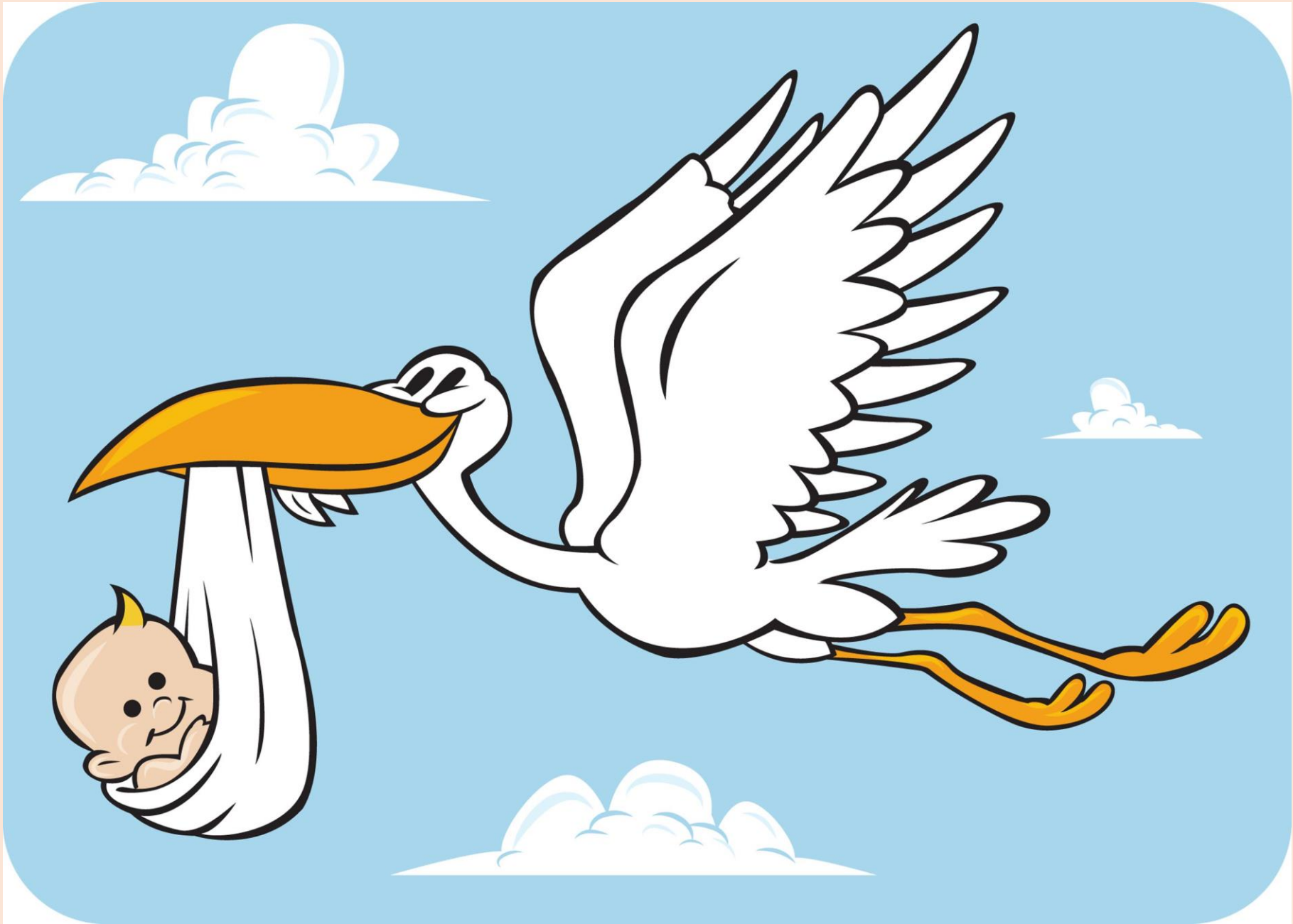
Feel safe to speak honestly and share contributions.

If you don't understand something, ask. Other people might have the same question but be too shy to ask.

Value each other's contributions and share ideas and opinions that may differ from others.

Don't talk about what we discuss in sex education with younger children or children who cannot be in the lessons.

If something is worrying you or upsetting you, talk about it with an adult who you trust.



What is a sexual Relationship?

When two adults make the decision that they are both ready for a closer relationship, they will start a sexual relationship.

It might take some time for both people to be ready for this kind of closeness and it should not be rushed.

This is a very mature decision to take and therefore needs to be thought about carefully.

Questions such as 'am I ready for this?' 'is this the right person for me to be with?' need to be asked.

A person should never be forced into doing anything that he or she is not comfortable with. (We will talk about consent later).

It is against the law to have a sexual relationship under the age of 16 or with a person who is under 16 as both people need to be able to consent as adults.

What is Sexual Intercourse?

Sexual intercourse is when a man's penis enters a woman's vagina.

Adults choose to do this as part of a loving relationship or to make a baby.

There are many words for intercourse including, having sex, making love, sleeping with someone, special cuddles and hanky panky. There are lots of slang terms too.

Your family might have your own words for it.

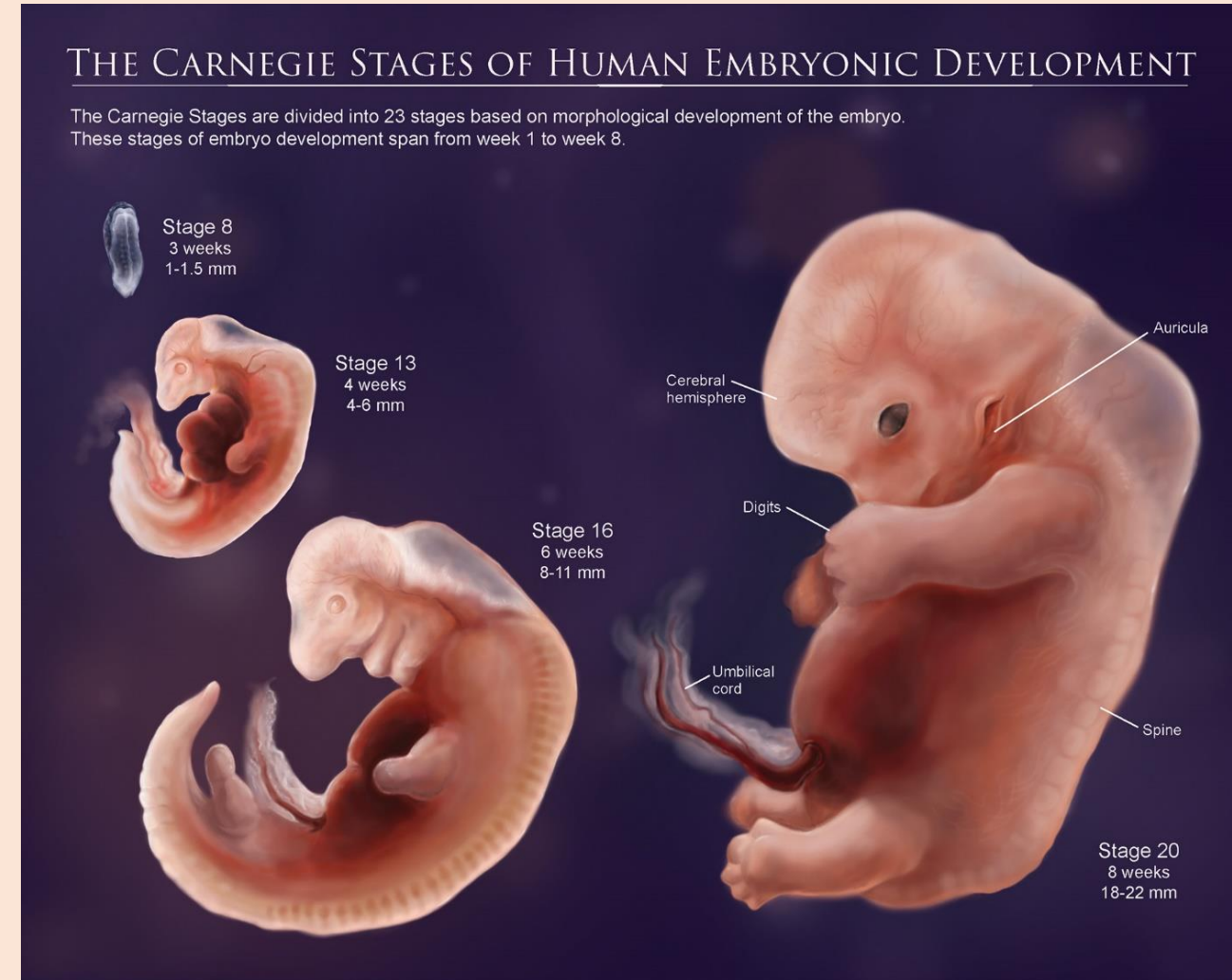
How does intercourse happen?

- When the man and woman want the closeness of intercourse, the man will get an **erection**. The woman's vagina gets moist. The man places his penis into the woman's vagina and the man and woman move together.
- After a while, the man's penis releases **sperm** (over 40 million!) in a fluid called **semen** which goes into the woman's vagina. This is called **ejaculation**.
- If an egg (**ovum**) has been released by the woman's ovaries, the millions of sperm swim towards the egg.



Conception

If just one sperm manages to enter the egg, this is the start of an embryo (a baby). The woman is pregnant.



It takes 40 weeks for an embryo to grow from a few cells to a fully formed baby inside the woman's uterus.

Watch this animation of how conception happens.

<https://youtu.be/y4HK5CTVkXM?si=TLge-ArU51JzqXw2>

What if people can't get pregnant?

- Sometimes people have sexual intercourse to try to make a baby but they find it hard to get pregnant. Some couples try for years but nothing happens.
- There are many reasons for this. Sometimes the man doesn't produce enough sperm or there is a problem with the woman's eggs.
- Doctors can help people have a baby through IVF-In vitro fertilisation.
- In IVF, the doctors take an egg out of a woman and fertilise it with sperm from a man in a laboratory. When the embryo starts to grow, it is placed inside the woman's uterus and the baby develops as normal.

Session Two

Do men and women want to make a baby every time they have sexual intercourse?

If a woman and a man have intercourse, the woman could become pregnant. Remember, only one sperm out of millions needs to reach the egg!

Men and women do not want to risk getting pregnant every time they have intercourse.

Intercourse is not just for making babies, it is part of a normal loving relationship between two adults.

Many people want to plan when they have children and how many they have so they use **contraception** to lower the chance of **conception**.

Contraception

More information about
contraception will be given at
high school.

There are different methods of contraception.

Women

- 'The pill'-this is taken by a woman daily.
- An implant-a small device that is placed under the skin
- An injection

These usually stop an egg being released.

Men

- Condoms-a thin latex covering for the penis that stops any semen from entering the woman
- Condoms are also worn by men to stop any germs from getting inside someone else's body.

No contraception method is 100% effective. Pregnancy can still happen even with the use of contraception.

A female can get pregnant the first time she has sexual intercourse. This is why having a sexual relationship needs to be thought about properly.

LGBTQ+

- We have only discussed sexual relationships between a man and a woman today as in order to make a baby, there has to be sperm from a man and an ovum from a woman.
- A man can be in a sexual relationship with a man and a woman can be in a sexual relationship with a woman. If they want children together, they will look at other ways of having children.
- This might be through adoption or IVF amongst other ways.

Really Important- Consent

- It is against the law and completely unacceptable to force anybody to do anything sexual without their consent.
- This includes kissing them, touching them, grabbing them or forcing them into sexual intercourse. You might think that patting someone's bottom is ok. It isn't.
- Nobody under the age of 16 can give consent. This is to protect them from being pressurised by an older person into sexual activities.
- Everyone can say no if something does not feel right. Even if you have started sexual intercourse, you can stop at any time. The other person must listen to you and stop. If they don't, they are breaking the law.

Sharing of nude images

- Sometimes, people in a sexual relationship might take nude photos of each other.
- Unfortunately, these images are sometimes shared on social media and once the image is on the internet, it will be shared thousands of times.
- It is now against the law to share images of someone else on social media and people can be sent to prison for it. Even if you do not know the person in the photo, you must not share it.
- It is against the law to have a nude or sexual photo of a person under 16 on your phone at any time.

What do you do if you are worried about things you have seen or been shown?

Sometimes you will see sexual things on social media without looking for them. Some of these things might confuse you or worry you.

Remember, not everything you see online is real or true. Sometimes really nasty things are shared online.

If you are worried about something you have seen, talk to a trusted adult immediately.

Quiz

Which of these is not part of a male reproductive system?

A The testes

B The uterus

C The penis

What is the moment that a sperm enters an egg called?

A Contraption

B Contraception

C Conception

At what age can a person consent to intercourse?

A 18

B 14

C 16

What is the name for a latex covering for the penis?

A Condom

B Combom

C Comcom

How long is the menstrual cycle?

A 7 days

B 28 days

C 58 days

Which of these is not part of the female reproductive system?

A ovary

B fallopian tubes

C sperm