

Growing Up-Puberty and Beyond

Blue slides- all

Green-boys

Yellow-girls

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.

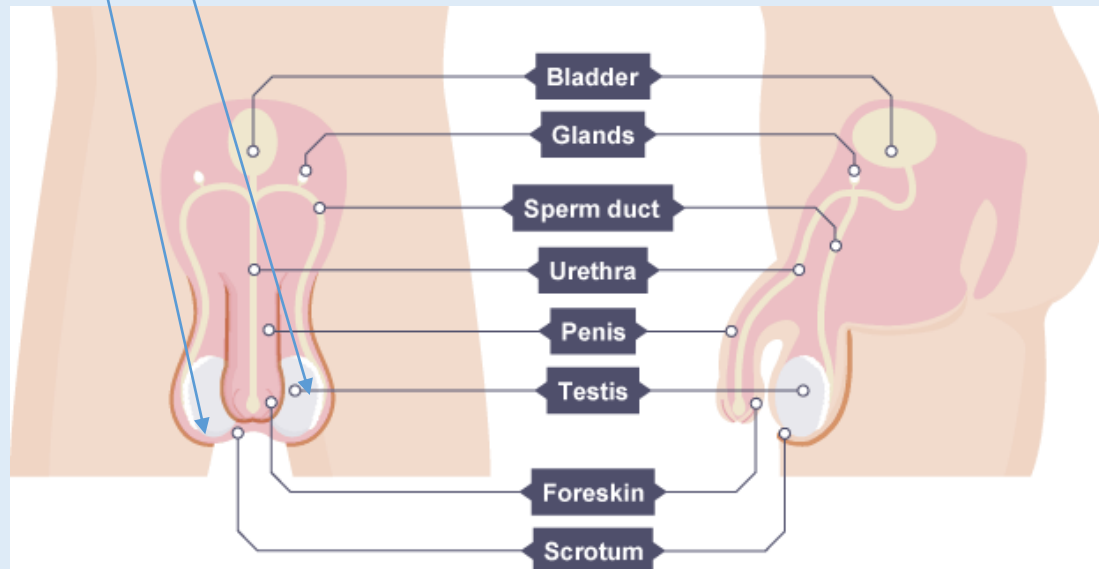
Changes occur at puberty because of **hormones**:

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

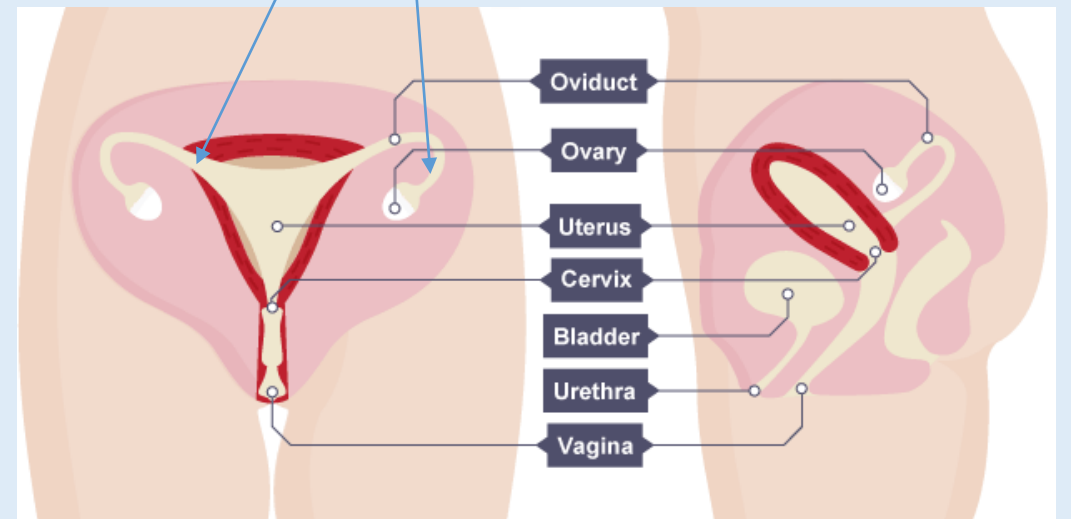
Male reproductive organs are on the outside of the body.

Female reproductive organs are on the inside

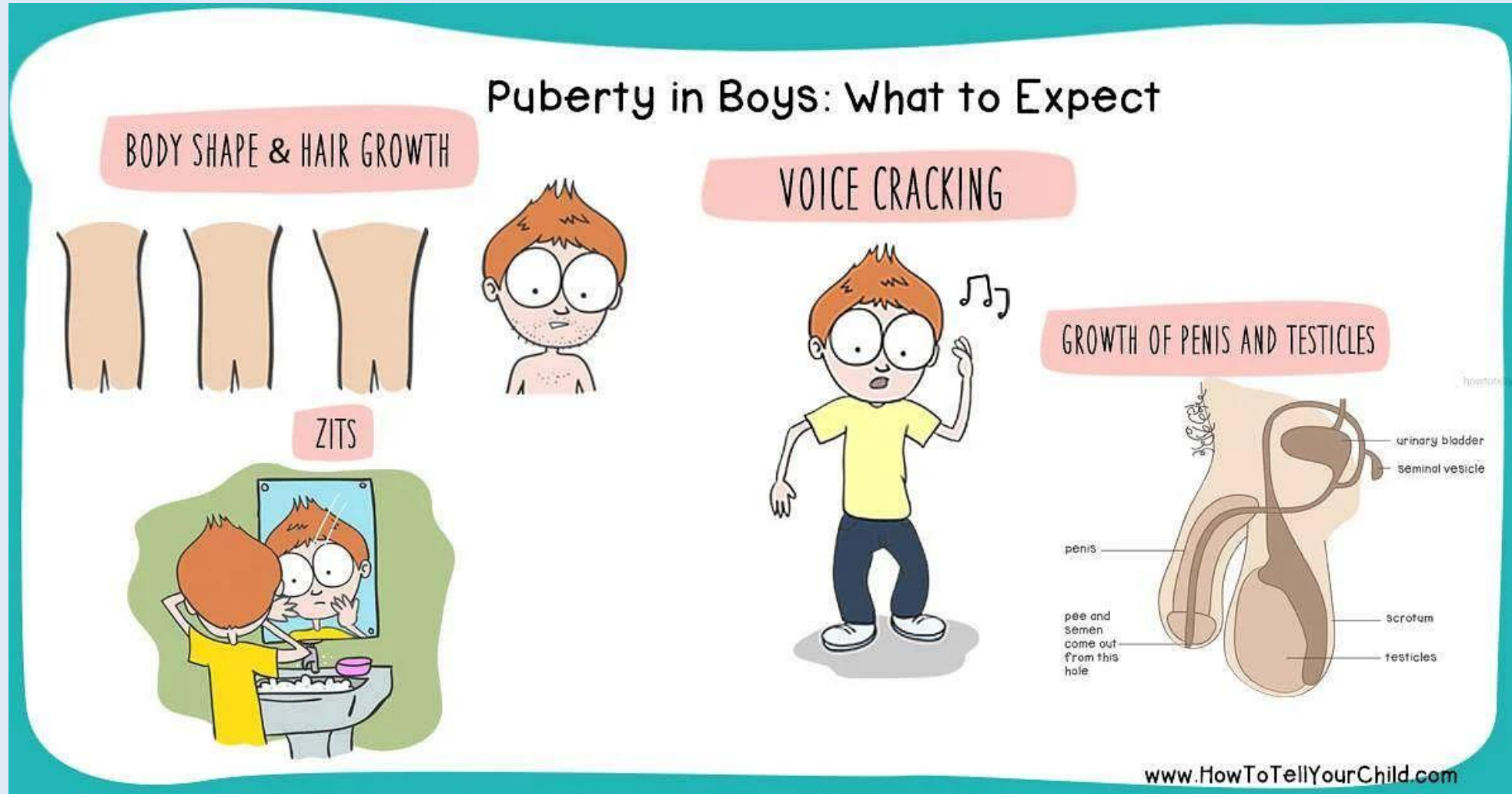
Testes (male)



Ovaries (female)



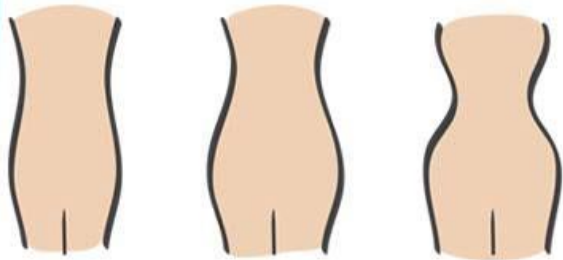
What are the Physical Changes During Puberty? Boys



What are the Physical Changes During Puberty? Girls

Puberty in Girls : What to expect

BODY SHAPE & HAIR GROWTH



ZITS



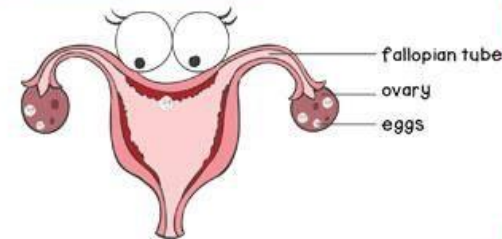
SWEAT & BODY ODOUR



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.

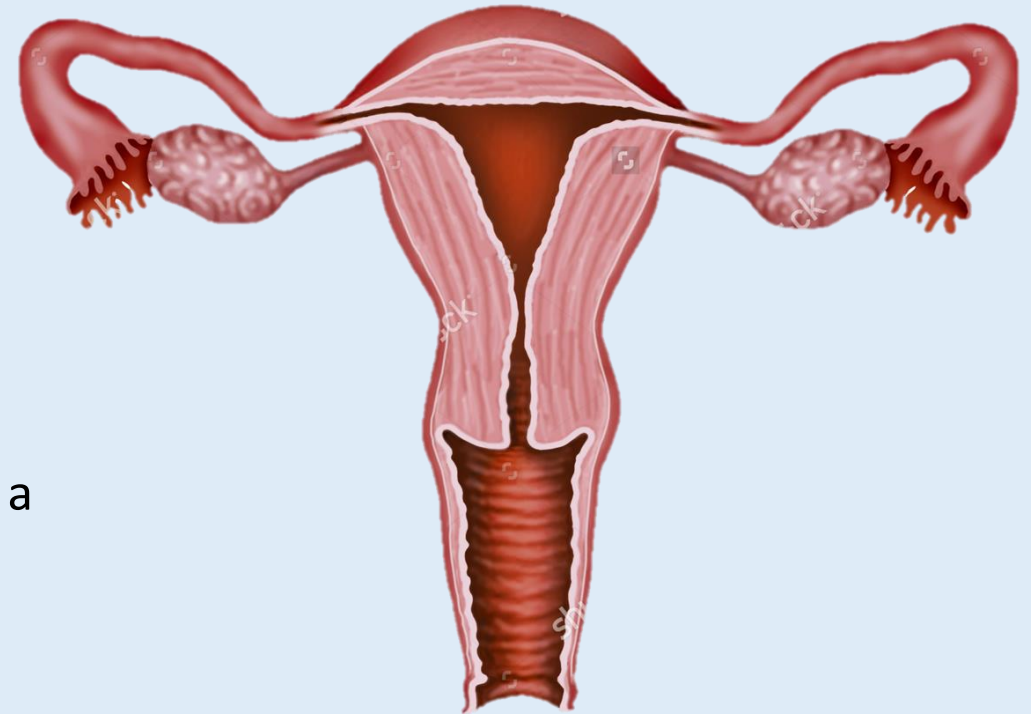
A period happens when the soft lining of the uterus is released from the body.

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.



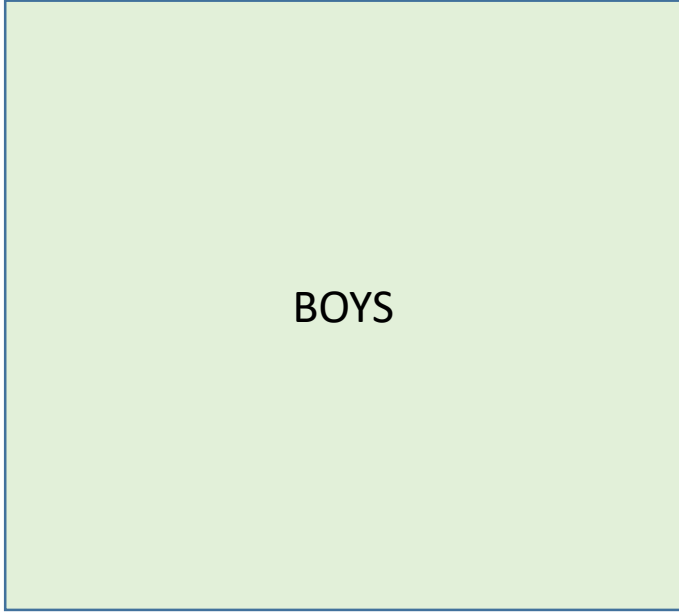
Hygiene

- 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.

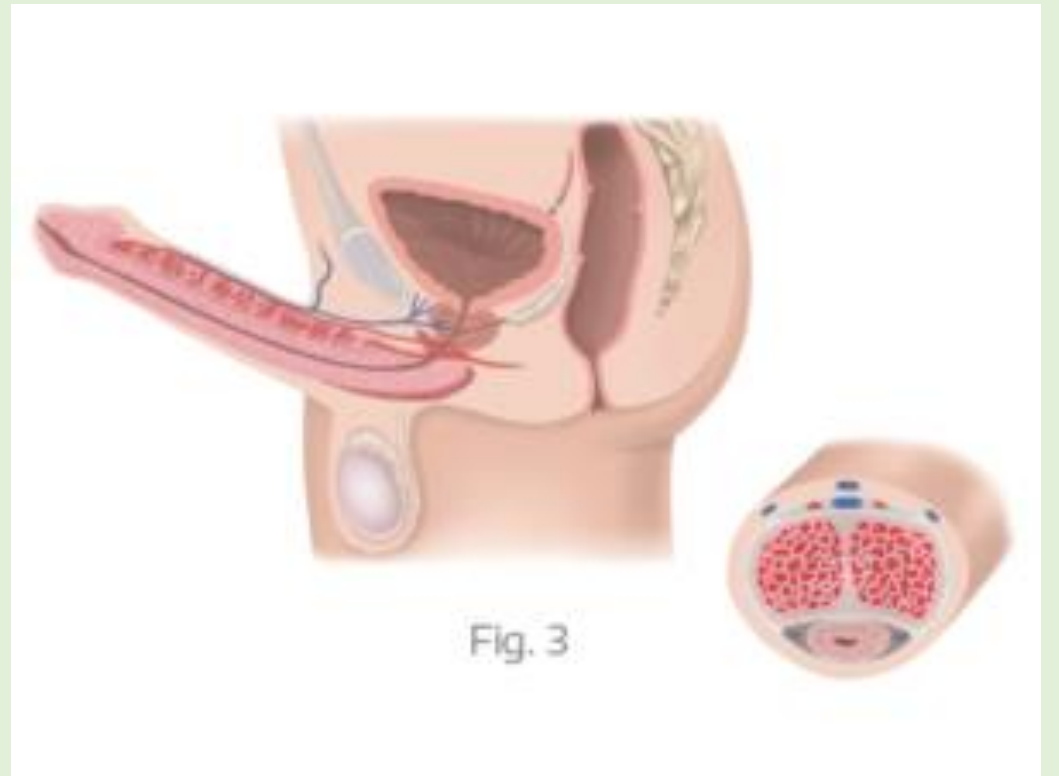
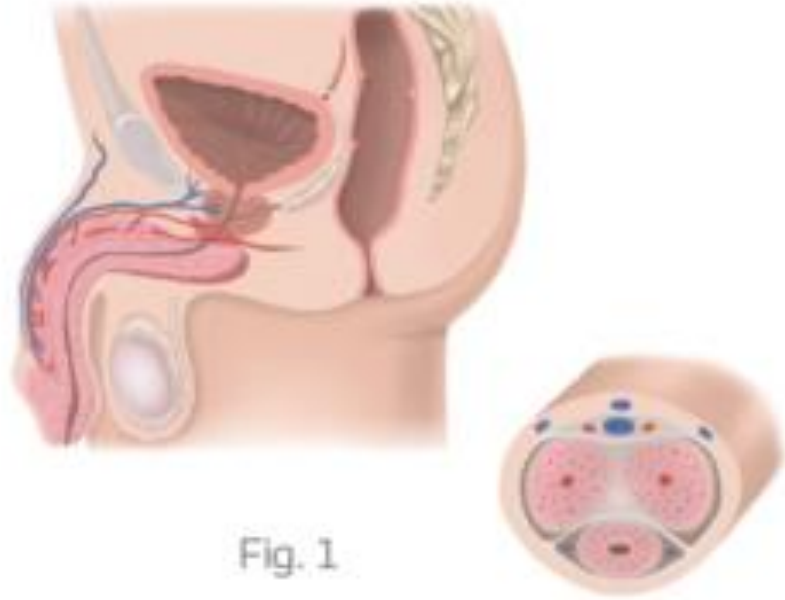
When these feelings happen, it can cause changes in how the penis feels.

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.

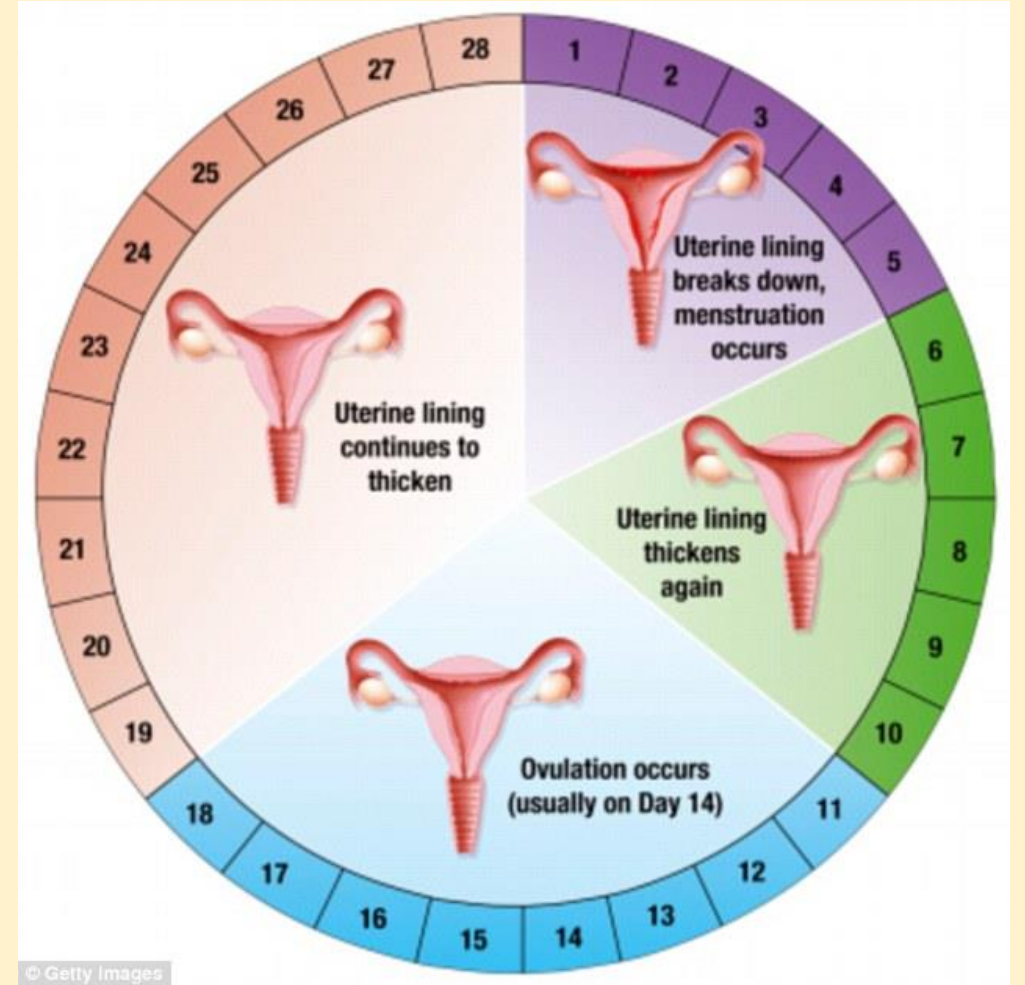
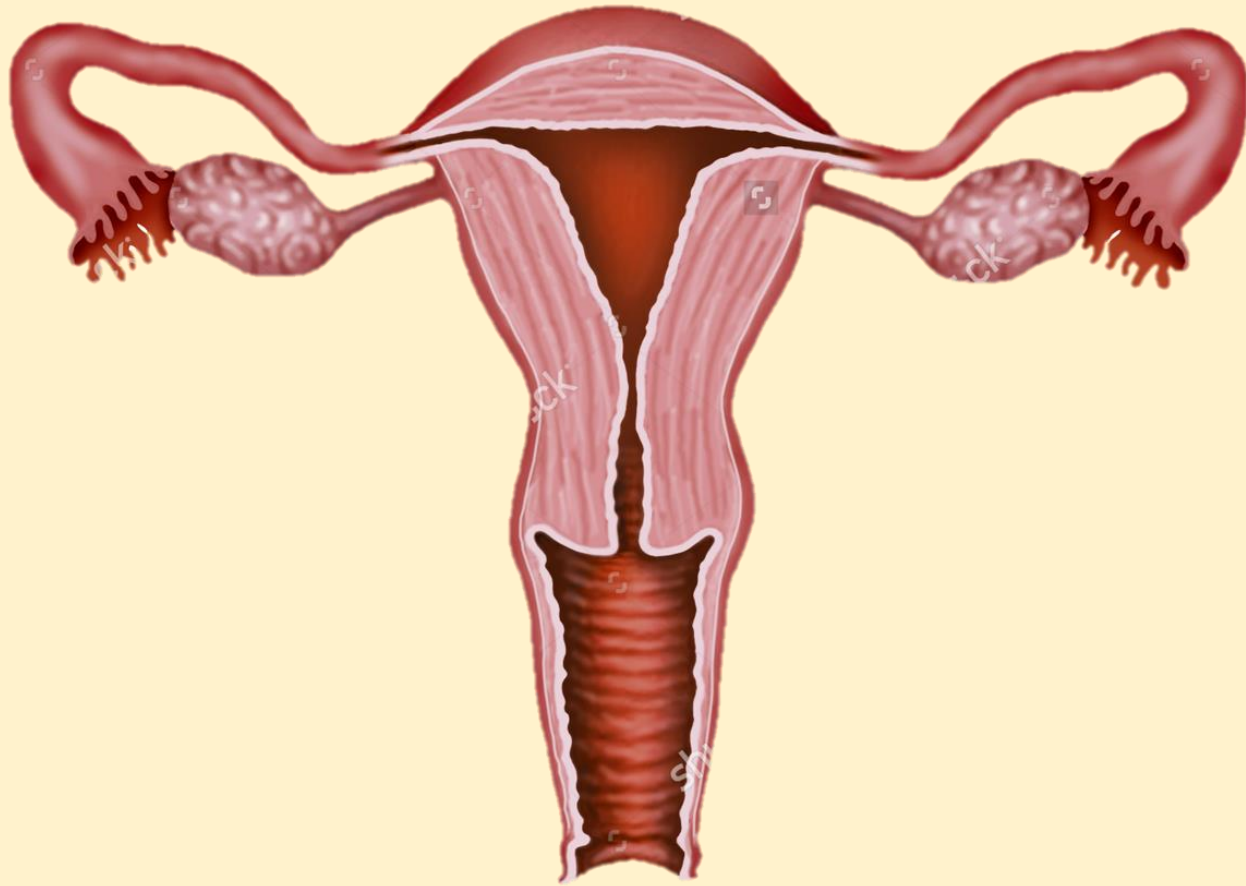
You cannot control wet dreams. They will decrease as you go through puberty and should stop by the time puberty is over.

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.