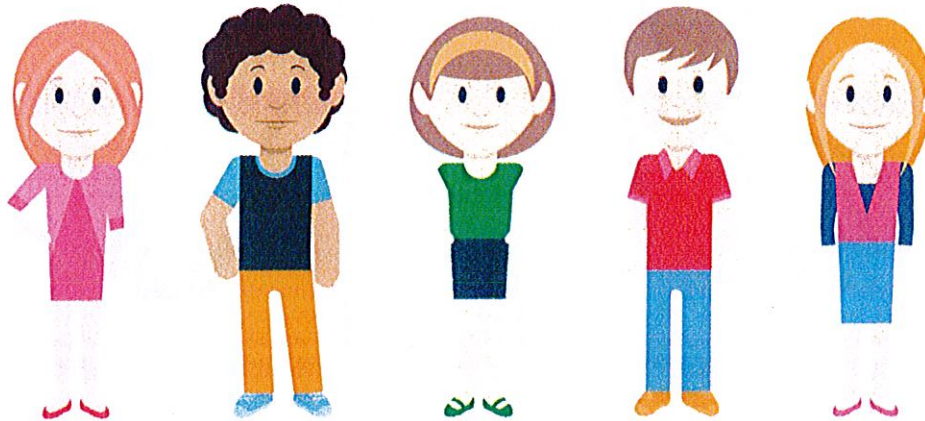


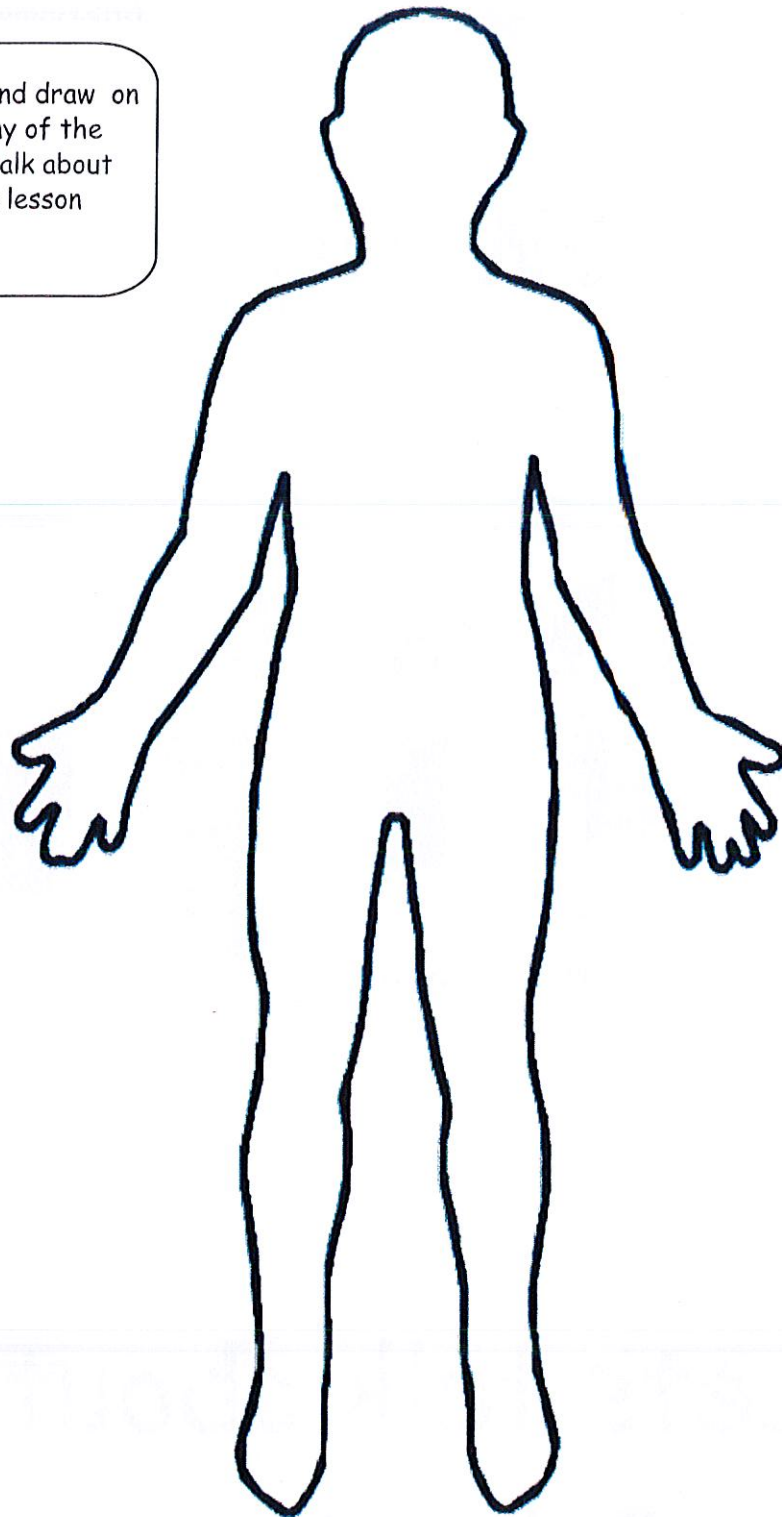
Growing up



Lets talk about
Puberty...

How my body will change during puberty

You can label and draw on this body any of the changes we talk about during the lesson



Puberty and body changes are a part of growing up.

Growing up can be an exciting time, but it may be a bit confusing if you don't understand the changes that are taking place.

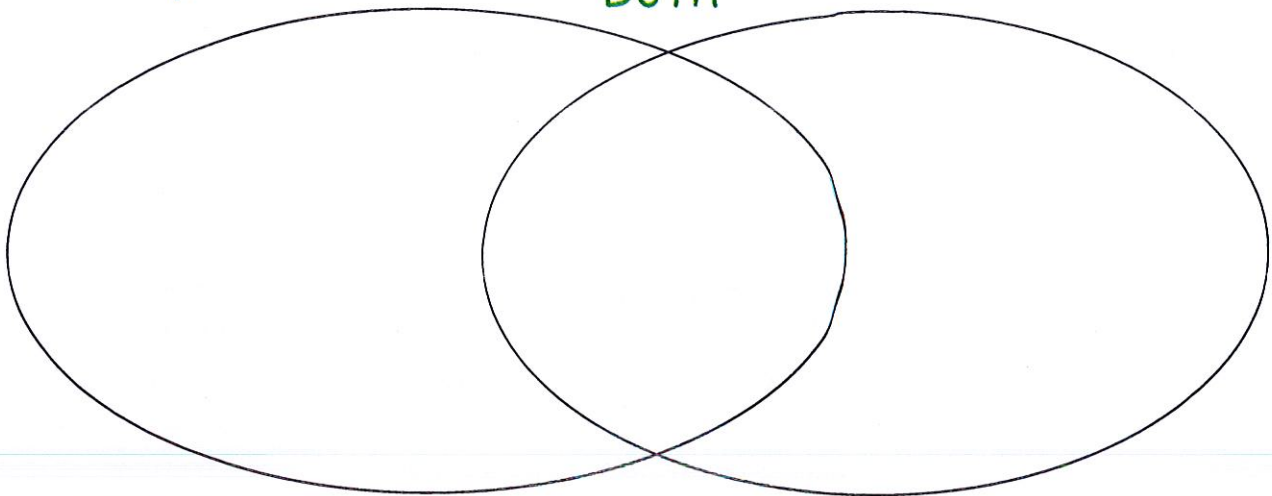
Hopefully today's lesson and this booklet will answer some of your questions

Put the letters in the correct section to show what happens during puberty to either boys, girls or both...

Boys

Both

Girls



- A. Breasts develop
- B. Sperm is produced
- C. Reproductive organs develop
- D. Voice breaks
- E. Testicles grow
- F. Periods start
- G. Skin becomes greasy and you sweat more
- H. Hips broaden

- I. Pubic hair grows
- J. Shoulders broaden
- K. Facial hair develops
- L. Ovaries grow
- M. Hair grows under arms
- N. Penis grows bigger, longer and wider
- O. Mood swings

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B	R	E	A	S	T	S	V
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T	P	E	R	I	O	D	G
E	L	C	N	Z	W	L	I
S	K	T	I	I	N	U	N
T	Y	I	P	B	S	T	A
E	H	O	R	M	O	N	E
S	R	N	P	U	B	I	C

BREASTS
ERECTION
HORMONE
PERIOD
VAGINA
PENIS
TESTES
PUBIC
HAIR

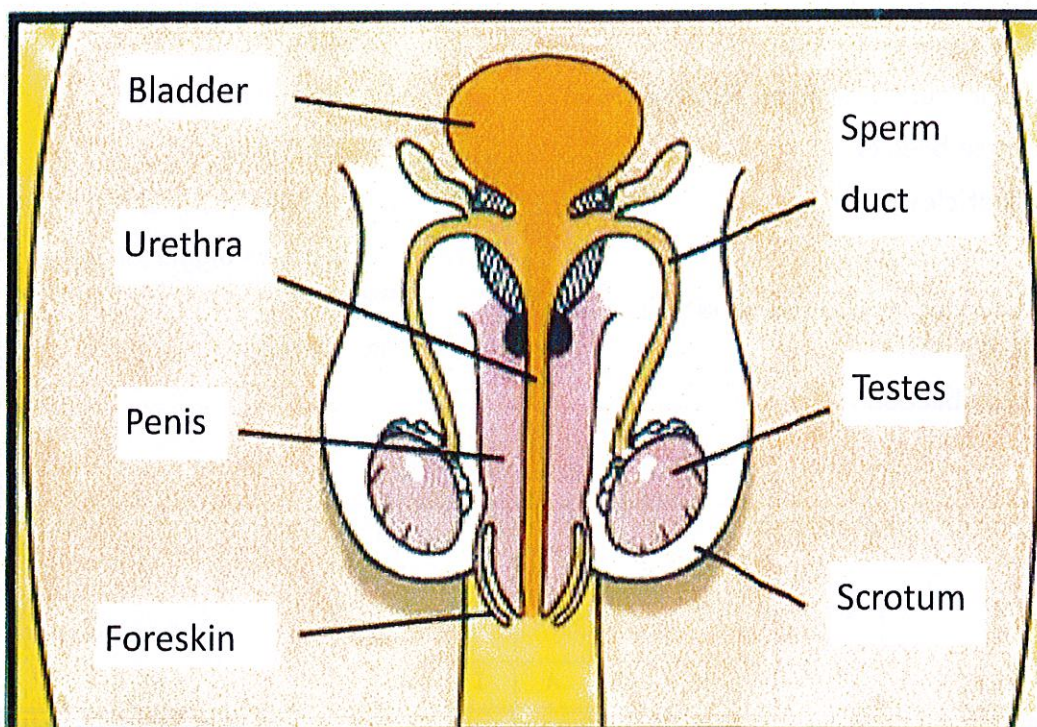
The Male Reproductive system

The main function of the male reproductive system is to produce sperm. Sperm is the male reproductive cell.

When a sperm joins with a female egg in a woman's body, this is called fertilisation, and a baby can develop from the fertilised egg.

Sperm is produced in the testes (or testicles), and leaves the testes through the sperm duct. The sperm are mixed with fluids produced by the prostate gland. The mixture of sperm and fluid is called semen. It leaves the body by the urethra, the tube in the centre of the penis.

Urine also comes out of the urethra, but not at the same time as semen.



Bladder—Stores urine

Urethra—Carries sperm or urine to outside the body

Penis— Goes stiff and hard when blood vessels in the penis get larger and fill with blood

Testes (or Testicles)—There are two of these which make sperm

Scrotum—A sac containing the testes

Sperm duct—Carries the sperm away from the testes

Foreskin— the retractable roll of skin covering the end of the penis

The Female Reproductive System

What happens during your menstrual cycle?

After puberty, hormones signal one of your ovaries to release an egg cell each month. The egg is released into the fallopian tube and this is called ovulation.

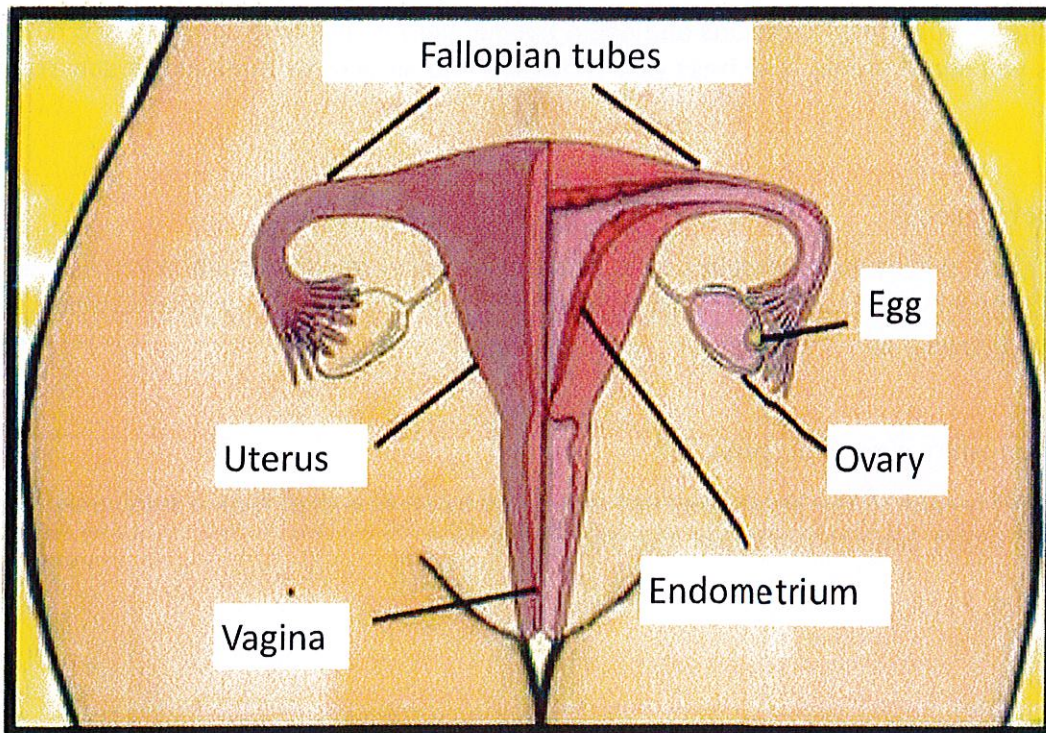
If there are sperm in the fallopian tube, the egg can be fertilised and the egg begins to develop into a baby.

The egg (fertilised or not) moves through the fallopian tube into the uterus (womb).

Meanwhile, in preparation for the egg, the lining of the uterus (the endometrium) becomes thickened with a layer of tissues and blood cells. If the egg is fertilised, it attaches itself to the endometrium which nourishes it as it grows into a baby.

However, most of the time, the egg will not be fertilised, so the endometrium will not be needed. It starts to dissolve into a reddish fluid and flows out of the body through the vagina.

This is called menstruation or, your period.



Endometrium—spongy blood filled tissue that lines the uterus

Egg—Also called ovum. This is the female reproductive cell

Fallopian tubes—Two tubes connecting the ovaries to the uterus.

Ovary—Gland on either side of the uterus, which contains eggs and produce female hormones

Uterus—Also called womb. Muscular organ where a baby develops and grows until birth

Vagina—Flexible passage to the outside of body, through which menstrual fluid flows and babies are born

Some of your questions answered...

Boys

What is an erection?

This is when the penis stiffens and gets hard. This happens when the blood vessels in the penis get larger and fill with blood.

What is ejaculation?

The release of semen from the penis. Semen is pushed out of the body by contractions of the prostate gland and seminal vesicles.

Why do erections sometimes happen for no reason?

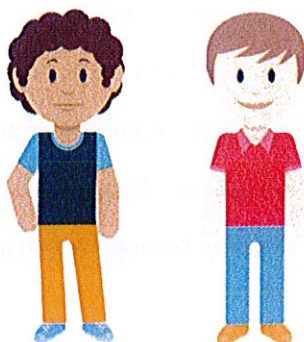
These are called involuntary erections and are a normal part of growing up. They are not as noticeable as you might think. The best way to make it go away is to think about something else.

What is a wet dream?

This is also called a nocturnal emission. It is nothing to worry about, it's when you ejaculate in your sleep. There may be a damp patch on your pyjamas when you wake up. Wet dreams are a normal part of growing up.

Does it matter what size your penis is?

Everybody is different. A big penis does not make you more of a man than a small one. When they are erect, most penises are about the same size.



Girls

When will I start my periods?

Everyone has their own internal body clock. Your periods usually start about two years after your breasts begin to develop, and soon after you grow under arm and pubic hair. Some girls start as young as 9 and others not until they are 15 or 16.

How often will I have my period?

It takes a little while for your periods to become regular, and this is nothing to worry about. Most girls have their periods about every 28 days, but this can vary.

How long will my period last?

A period usually lasts from 3-7 days. Again, this varies, as we are all different.

How will I know if my period is due?

It's a good idea to mark on a calendar each time your period starts, so you can predict when your next period will be due.

How much blood will I lose?

Over a menstrual period, lasting 3-7 days, you will only lose about 2 tablespoons of blood.

What are period pains?

Some girls do feel uncomfortable during their periods. They may complain of a dull ache in the lower abdomen or lower back.

What can I do if I get period pains?

Exercise—gentle exercise like a long walk and deep breathing can help

A warm bath—this will help you relax

Pain relievers—always check with an adult (a parent), school nurse or doctor before taking any medicines.

How do I use a pad?

Pads usually have a sticky strip and this fixes them in your underwear. Pads need to be changed regularly. If your flow is heavy, every 2-4 hours and if lighter, 4-6 hourly. If pads are not changed often enough, they may smell, so changing them regularly is really important.

What should I do with my used pad?

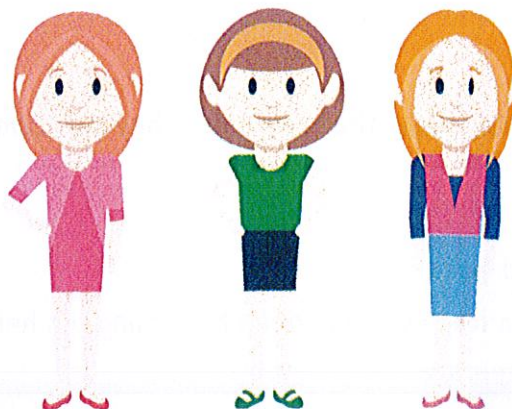
Wrap it up in toilet paper, or the wrapper off your fresh pad and place it in a bin.

What if my period starts and I haven't got a pad?

You can easily use toilet paper until you can get one. If it happens in school, you can ask your teacher for help, as spare pads are always kept in school. If you think your periods will be starting soon, it's a good idea to always carry a pad with you in your school bag.

Is it ok to use tampons?

Yes, tampons are safe to use, and can be worn to go swimming. However, it is important to read the instructions and change them often. It's a good idea to chat to a grown up first if you want to try them.



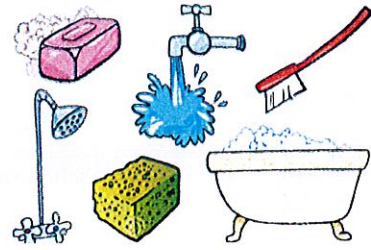
Keeping clean

As these changes take place you will need to take more care of your body. As your sweat glands are more active, keeping your skin clean and fresh is very important. When sweat comes into contact with bacteria on your skin, it can create an unpleasant odour.

A daily wash, bath or shower is the best way to keep clean, paying special attention to your armpits, genital area and feet. It's a good idea to use an anti-perspirant deodorant and wear clean socks and underwear every day.

Hair—your hair will be more greasy due to overactive oil glands on your scalp. You'll need to wash it more often, to keep it looking clean and shiny, but washing too often may make it more greasy.

Skin—Spots can be a normal part of puberty. It's important to wash your face at least twice a day to keep greasy skin at bay. If spots are a big problem, your doctor may be able to help.



Eating well

Eating a good variety of healthy foods is especially important as your body is changing and growing.

You need to include:

Dairy products—milk, yoghurt, cheese, for healthy bones and teeth

Protein foods—meat, fish, eggs and pulses for growth and repair

Vegetables and fruit—to provide fibre and vitamins.

Breads and cereals—To provide energy.



Keeping fit and healthy

Regular exercise will help to keep you fit and healthy, and give you more energy (it is quite usual to feel tired at times during puberty). You need to aim

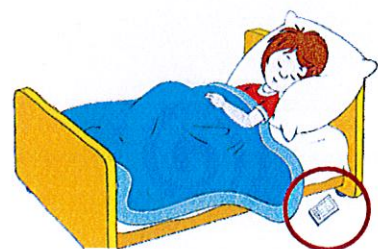
for 60 minutes of activity a day.

Sleeping well

Try to get around 9-11 hours sleep every night. During sleep, our immune system strengthens, growth hormones are released, the brain makes sense of the day's events, memory and concentration functions are increased, our bodies get the rest they need and our emotional wellbeing is restored.



Avoid using phones, iPad's, computer games etc. before bed as these make your brain active!



A poem about Puberty...



My body's going through changes, right before my eyes,
my school nurse came to talk to me, so it wouldn't come as such a surprise.

We're going to start growing taller, and that's what is called a growth spurt,
and my school nurse has assured me, that this definitely won't hurt.

Our body shape will start to change, girls growing breasts and wider hips.
Boys' shoulders will start to broaden, and we'll all get bigger feet that might make us trip.

Girls will start their periods, and we really mustn't fret,
we know how to deal with them now, and we'll manage them, I bet!

Boys' voices will deepen, and they'll have erections and wet dreams,
but this is perfectly normal, as you grow into your teens.

Both boys and girls will start to grow hair on our bodies in new places.
We might even grow the odd spot or two on our lovely faces.



There may be a strange smell coming from under our arms,
this BO can be washed away, so don't worry, just keep calm.

There's lots going on with our bodies, and our mind might be boggled too.
We might feel quite confused or upset at times, but that is really quite normal—let me tell you.



Everyone develops differently, at their own individual pace,
but just about everyone catches up, it's definitely not a race.

Puberty is an exciting time, it's a rollercoaster ride,
but there'll always be an adult there to help, standing by our side.

Remember!

If you are worried about anything, or are unsure about anything, don't be afraid to ask.

Poem written by:
Stacey Soulsby
School Health Staff Nurse

Use this page to write down any notes or questions you might have...

Handwriting practice lines consisting of multiple rows of dotted lines on a lined background, intended for writing notes or questions.



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