



Western
Health

Growing Up

September 2012



Objectives:

You will learn:



- Why changes happen
- When changes happen
- What these changes will be
- How to take care of your changing body

Why does puberty happen?

- When you reach a certain age your brain releases a special hormone that starts the changes.
- Boys and girls have different hormones that affect different parts of their bodies.



Hormones:

Female hormones are:

- Estrogen
- Progesterone

Male hormones are:

- Testosterone



When will it happen?

These changes occur over 3-4 years.

Girls:

- Puberty usually starts between the ages of 8-13.

Boys:

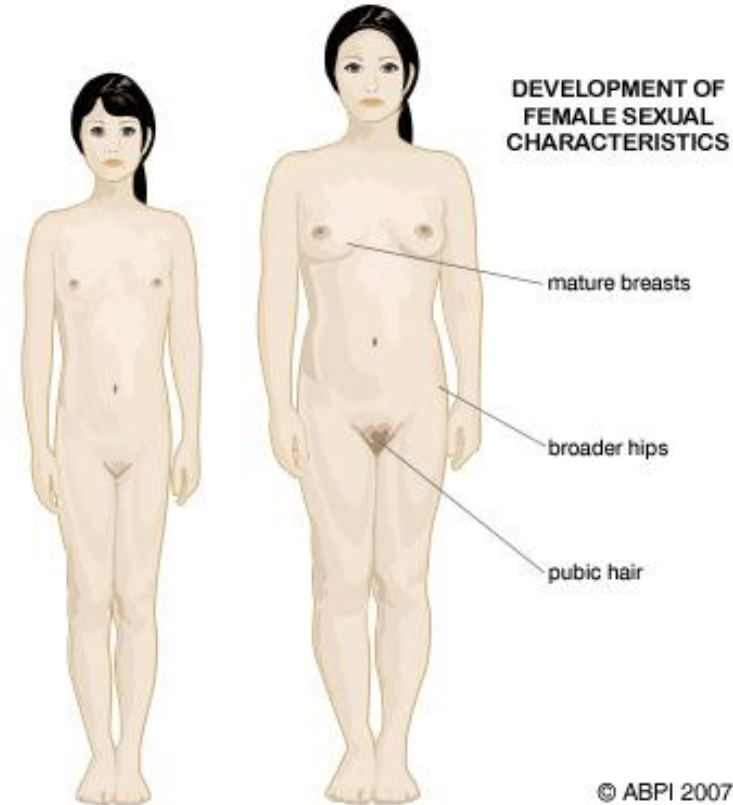
- Generally boys start puberty later than girls.
- Between the ages of 10 and 16.

What will happen: Girls

Growth spurt: taller

Taking shape:

- Hips get bigger
- Breasts begin to bud
- Develop curves
- Growth of body hair
- Increase sweating; skin becomes more oily
- Menstrual period
- Reproductive organs get bigger
- Emotional changes

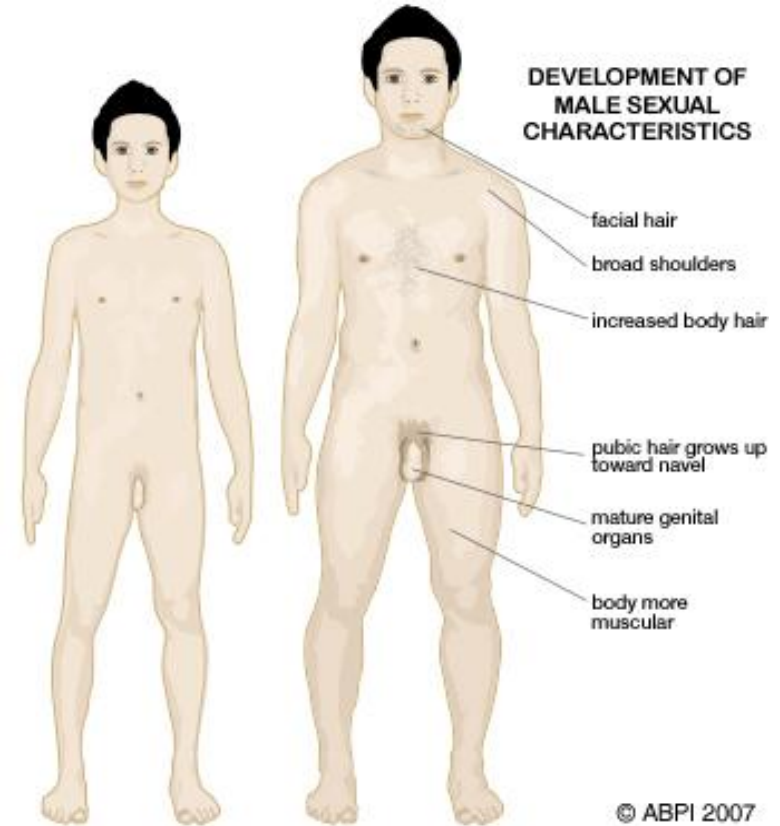


What will happen: Boys

Growth spurt: taller

Taking shape:

- Shoulders widen
- Muscles get bigger
- Voice deepens
- Growth of body hair
- Emotional changes
- Increase sweating;
skin becomes more oily
- Reproductive organs get bigger



What to expect:

- Gaining weight:



It's a normal part of growing up.

- Girls can gain 40-50 lbs
 - Boys can gain 50-60 lbs
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- You can grow 20% of your final height.
 - Around 10" for girls ages 10-14
 - Around 12" for boys ages 12-16



Taking care of your body:

Hygiene

- Shower daily; put on clean clothes.
- Use antiperspirant or deodorant.
- Wash hair and keep it away from your face.
- Wash hands often and keep them away from your face.



Taking care of your body:

Sleep

- 8-10 hours/ night



Nutrition

- Eat a well balanced diet.
- Make time for breakfast.



Exercise

- 30 minutes a day/ 6 days a week.



Emotional changes:

- Begin to develop a social conscience.
- Need to be accepted by others.
- Prefer to spend time with friends rather than family.
- Body image begins to develop:
 - Remember everyone is unique.
 - Be comfortable with who you are and how you look.



Taking care of yourself:

- Sometimes it's challenging to cope with your body's physical changes.
- Don't compare yourself to others.
- Treat your body well.
- Develop confidence.
- Get ready for more changes.



Summary:

- Puberty is a stage of life that everyone experiences.
- People start puberty at different times and develop at different rates.
- It's a time of emotional and physical changes.
- Puberty is a normal part of growing up.

