



Western
Health

Puberty

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Objectives:

You will learn:

- What puberty is
- Why puberty happens
- What changes take place
- How to take care of your changing body



Puberty: What is it ?

- A time of change, as your body begins to develop and mature to become an adult.
- It's helpful to know about these changes before they occur.
- Everyone experiences puberty.



Why does puberty happen?

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

Female hormones are:

- Estrogen
- Progesterone

Male hormones are:

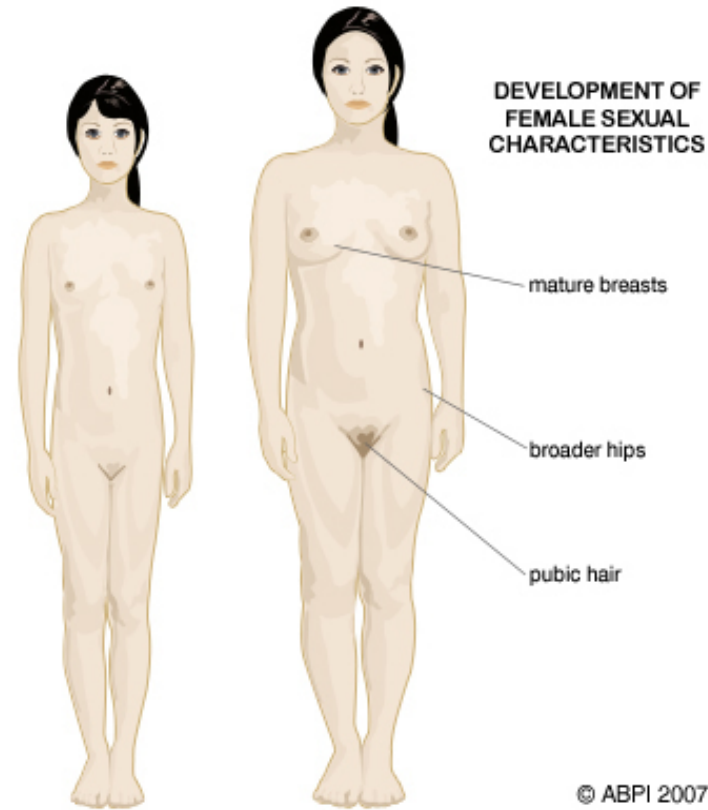
- Testosterone



Girls and Puberty:

Starts between the ages of 8-13 years.

- Growth spurt
- Develop curves
- Breasts begin to bud
- Growth of body hair
- Menstrual period begins
- Reproductive organs get bigger



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Menstruation:

- Every girl is born with reproductive organs.
- At puberty they begin to function.
- Hormones trigger the start of your menstrual period.
- Every month one ova (egg) is released by the ovaries. This is called ovulation.
- The egg travels down to the uterus through the fallopian tubes.
- The uterus builds up a lining in order to nourish a fertilized egg.

Menstruation:

- If the egg isn't fertilized, both the egg and the lining of the uterus dissolve and exit the body through the vagina.
- Usually begins 1- 1½ years after the start of breast development.
- Most periods last between 3-7 days.
- It may take 1-2 years before your periods become regular.
- It is important to keep track of your monthly cycle.



Before your period:

You may have:

- Food cravings
- Emotional changes
- Physical changes:
 - Feeling bloated or puffy
 - Sore and swollen breasts
 - Headaches
 - Back aches



During your period:

You may get menstrual cramps:

- Warm baths
- Hot water bottle
- Exercise

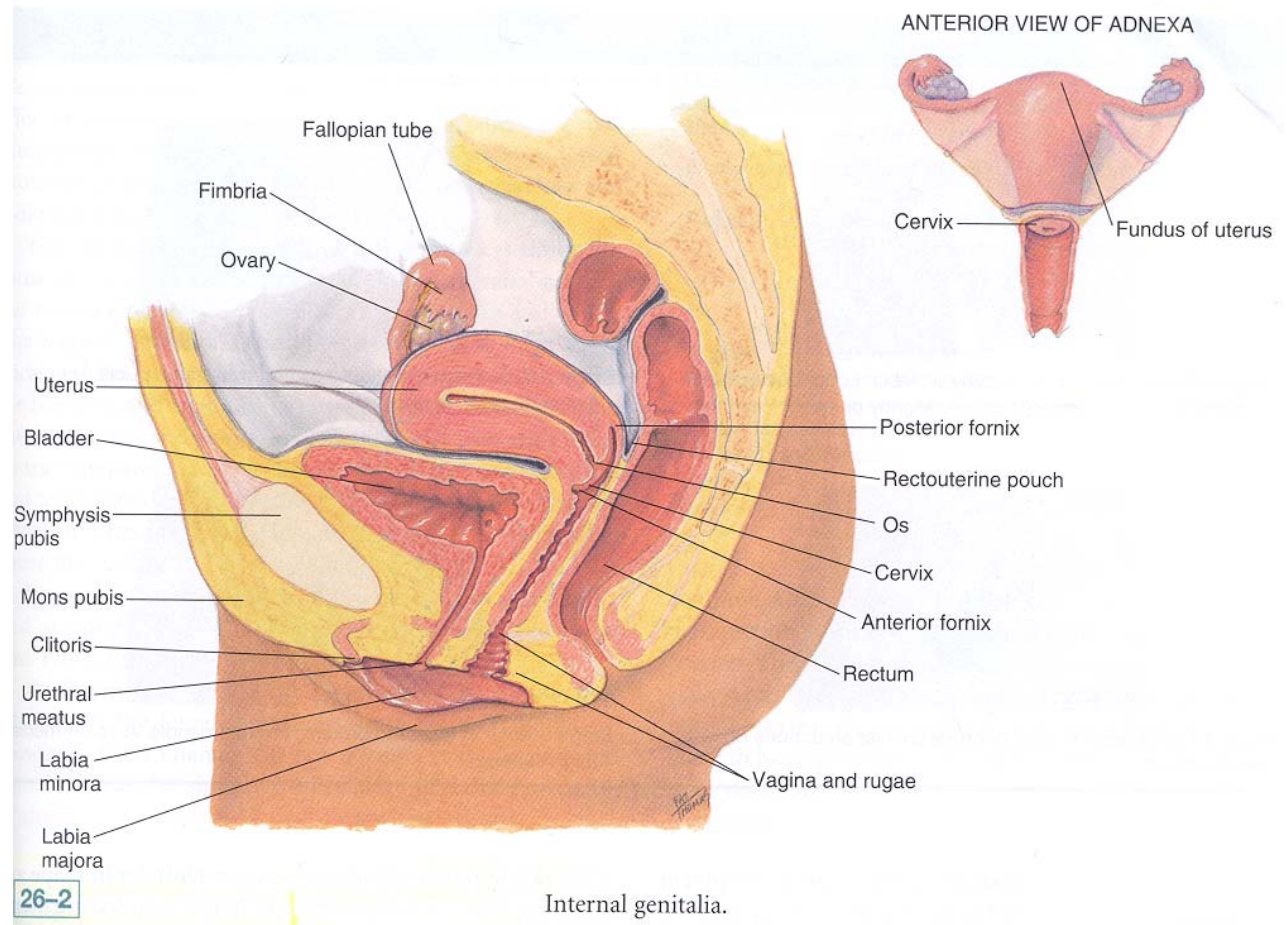


You might get pimples:

- Wash your face in the morning and before bed with a mild cleanser.
- Keep your hands and hair off your face.



Female reproductive organs



What affects your period:

- Unhealthy body weight
- Too much exercise
- Stress
- Illness



Feminine products:

- There is a variety of products you can use including scented or unscented products.



Sanitary Pads

- Change pads every 3-4 hours depending on bleeding.

Tampons

- Change tampons every 4-8 hours.
- Do not leave tampons in longer than 8 hours.

Menstrual Cup

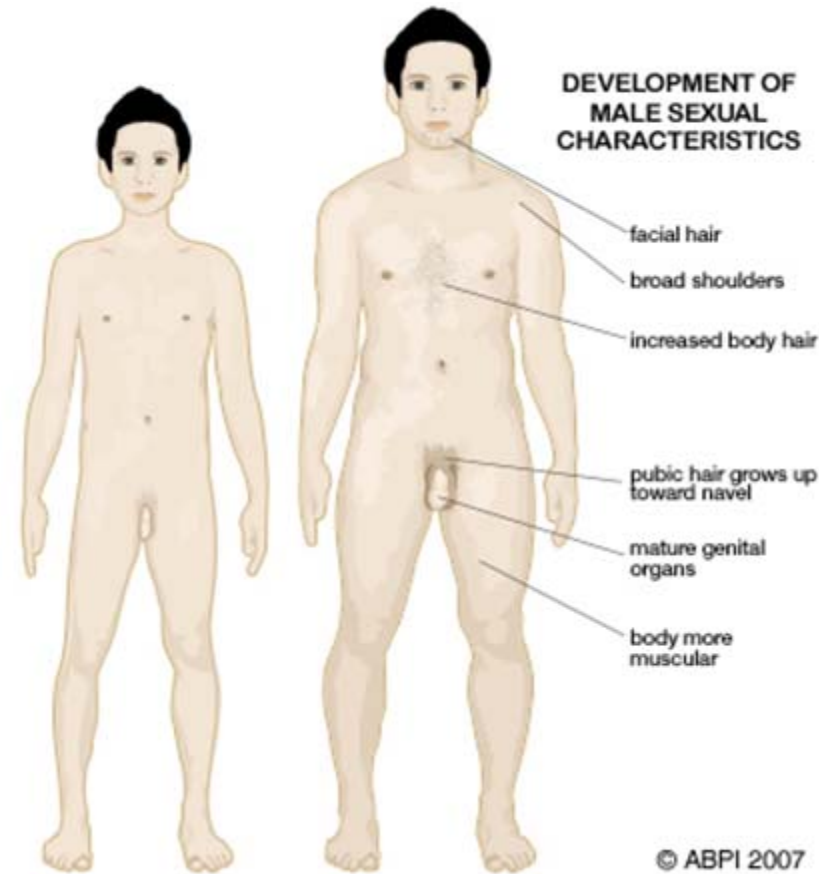
- Small reusable menstrual cup that is inserted into the vagina to collect menstrual flow.

Boys and Puberty:

Generally boys start puberty later than girls, between the ages of 10 and 16 years.

Body size increases:

- Taller
- Shoulders widen
- Muscles get bigger
- Voice deepens
- Skin becomes more oily
- Growth of facial and body hair



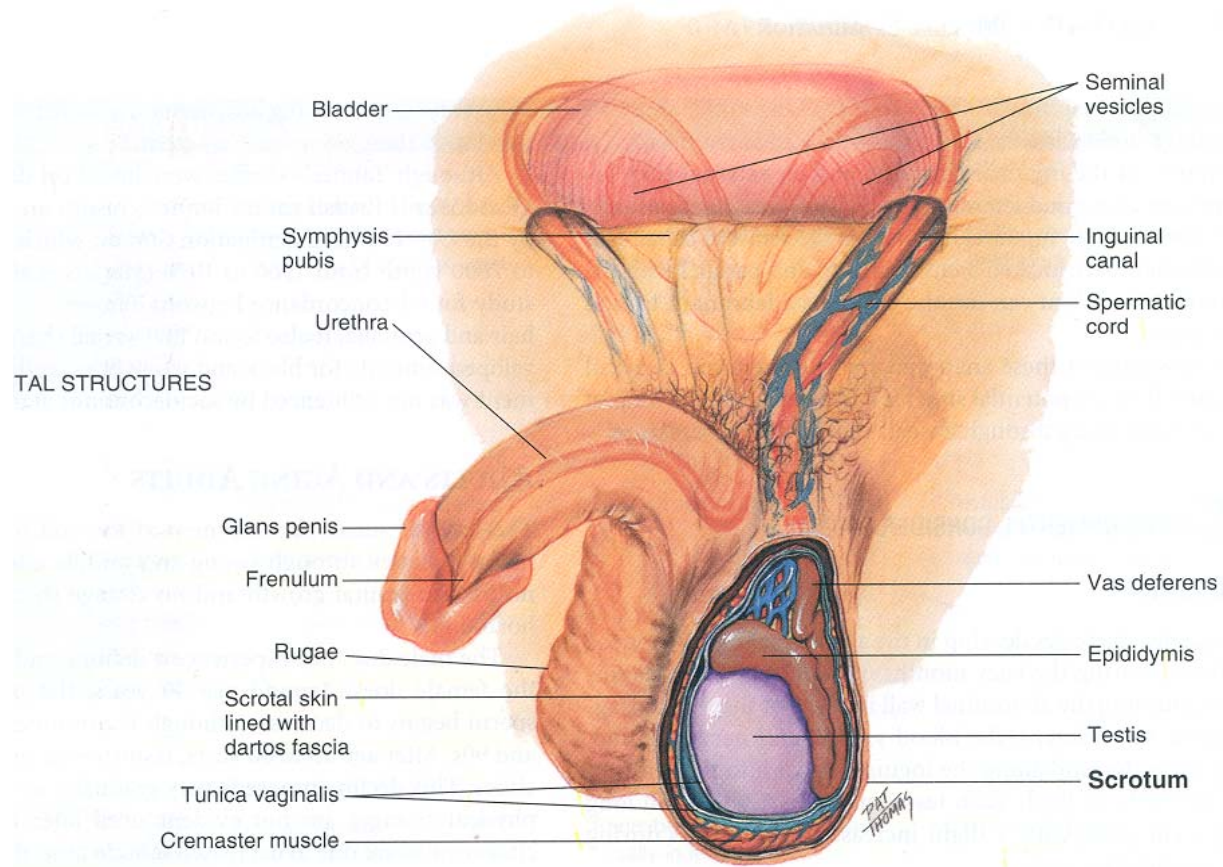
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Physical changes:

- Penis and testes get bigger and start to hang lower.
- Body begins to produce sperm.
- Start experiencing erections (the penis becomes stiff and hard).
- During an erection, you may ejaculate semen (sperm and other fluids).
- Can occur when sleeping (nocturnal emission or wet dream).
- It is a normal occurrence and will stop as you get older.



Male reproductive organs



Body Image:

- How you see yourself or how you think others see you.
- Body size and shape are determined by genetic factors.
- Body image can be influenced by the media and pop culture.
- Learn to be comfortable with who you are and how you look.



Taking care of your body:

Hygiene

- Shower daily and put on clean clothes.
- Use antiperspirant or deodorant.
- Brush your teeth 3 times/day and floss daily.
- Keep your hands and hair off your face.
- Wash your face twice a day with a mild cleanser if pimples are a problem.



Taking care of your body:

It's important to take care of yourself.

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.



Summary:

- Puberty is a stage of life that everyone experiences.



- Puberty can start at different ages and everyone develops at different rates.
- It is a time of emotional and physical changes.
- Puberty is a normal part of growing up.