

# Puberty

## An overview

# What is puberty?

Puberty is the time when your body changes from being a child to a young adult.

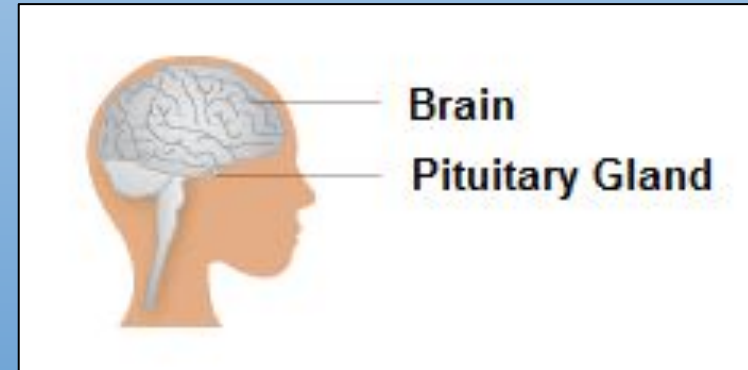
Your body is preparing itself to be able to reproduce (have a baby).

# Why does it happen?

Puberty starts when extra amounts of chemicals called hormones start to be produced in the body.

The body produces the sex hormones OESTROGEN, PROGESTOGEN and TESTOSTORONE which are responsible for many different changes in the body.

The brain and pituitary gland release the hormones that regulate the reproductive organs.



# What changes happen to girls?

Get taller and heavier

Bones grow bigger and heavier

Hips get wider and more curvy

Face changes shape

Voice gets a little deeper

Hair grows under the armpits, around the genitals (pubic hair)

Hair on arms and legs grows darker

Breasts and nipples get larger

Body sweats more

Internal and external sex organs grow

May have mood swings

# What changes happen to boys?

Get taller and heavier

Bones grow bigger and heavier

Chest broadens, shoulders widen

Face changes shape

Voice gets deeper

Hair grows under the armpits, around the genitals (pubic hair)

Hair on arms and legs grows darker

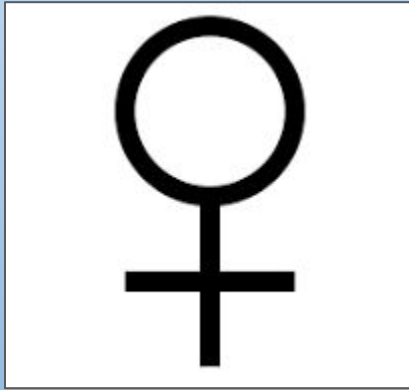
Hair grows on chest

Facial hair grows

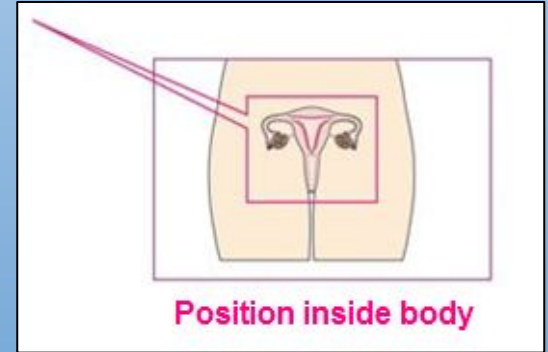
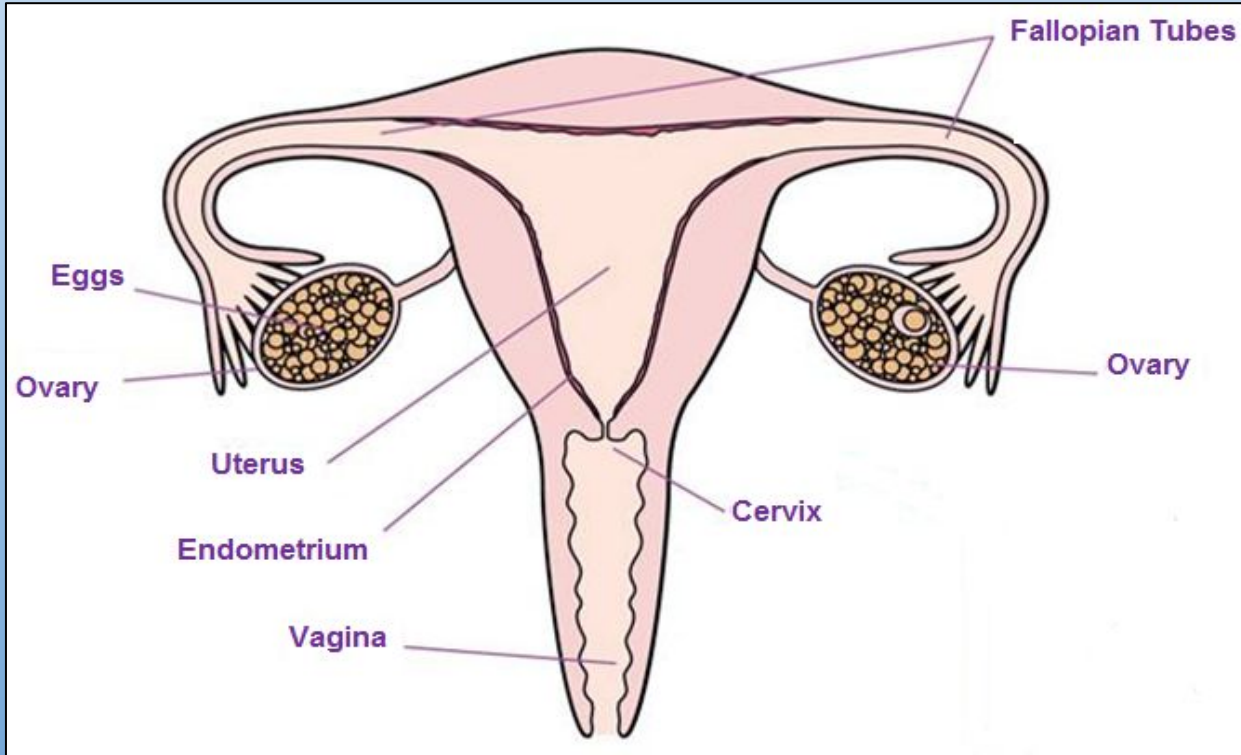
Body sweats more

External sex organs grow

# Girls



# Female Reproductive System



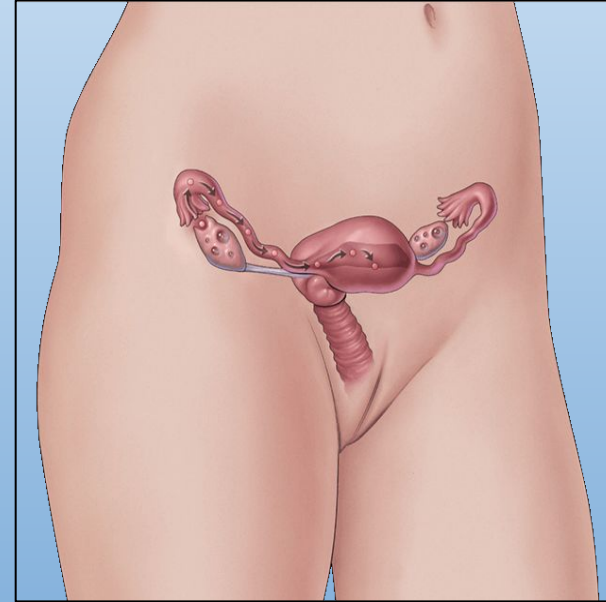
# What are periods?

Periods (menstruation) happen due to the hormones changing in your body.

Even before birth, a girl has 1-2 million tiny eggs (Ovum) in her ovaries. When puberty is reached an egg is released each month from her ovaries.

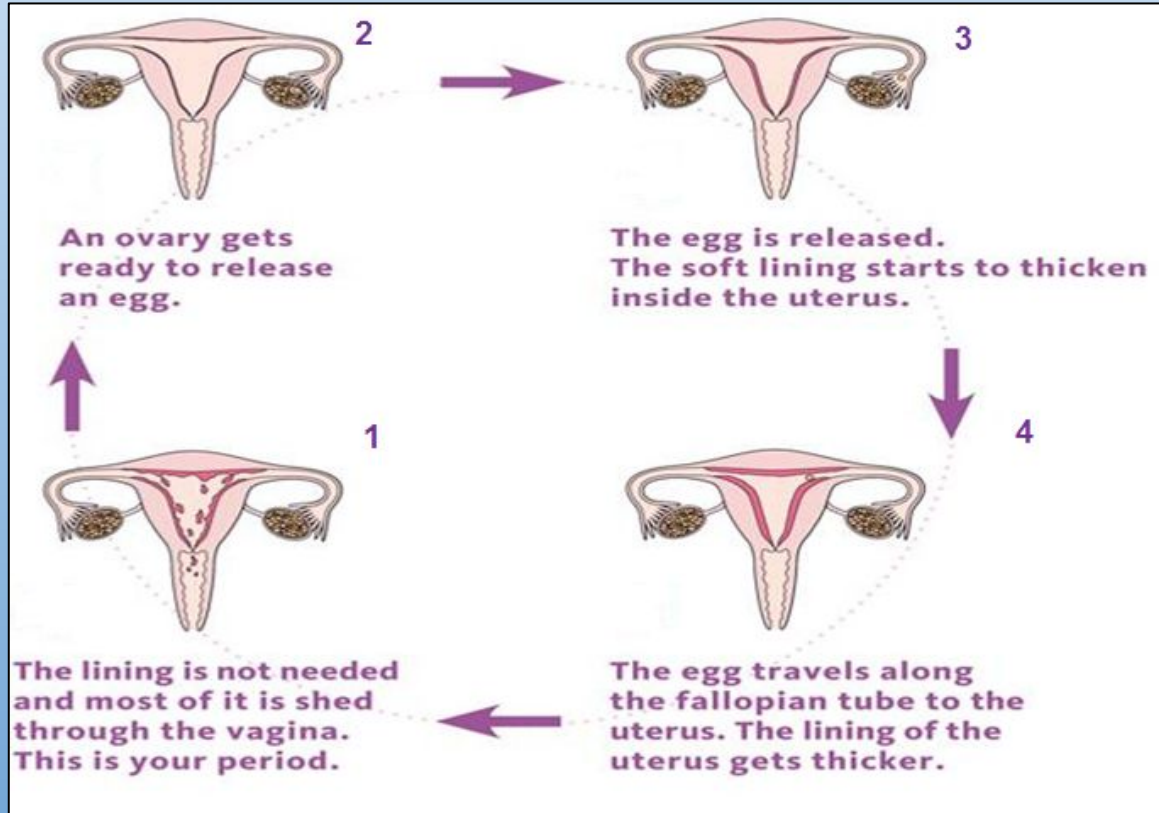
The egg moves from the ovary and along the fallopian tube and down into the (womb) uterus.

If the egg is not fertilised by a sperm then the lining of the uterus and the egg leave your body through your vagina; this is your period.





# The Menstrual Cycle



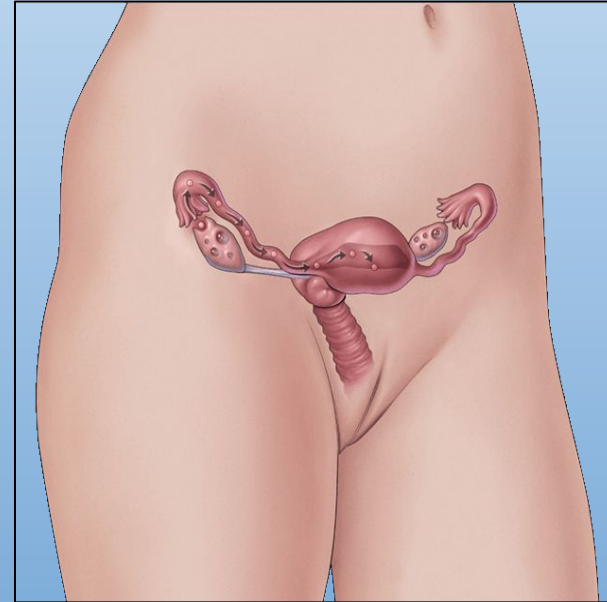
# What are periods?

Bleeding can last between 3 and 8 days.

Blood flow may be heavier in the first few days.

The average blood loss is only around 80ml (roughly 3 tablespoons).

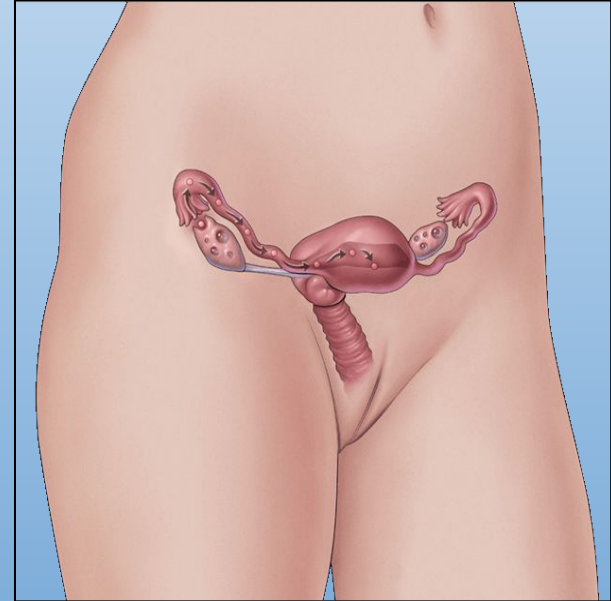
Periods happen once a month but your body takes time to get into a routine so for the first year or so the time between each period may vary.



# How might you feel?

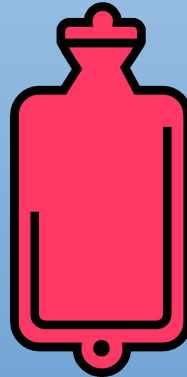
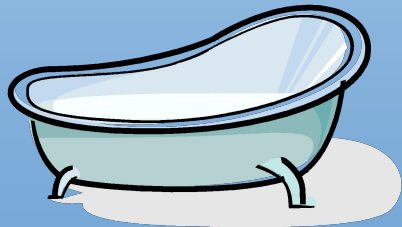
Many girls will feel PMS (premenstrual syndrome), symptoms can include:

- Tender breasts
- Headaches
- Mood swings
- Stomach cramps
- Feeling bloated
- Tiredness
- Spots
- Food cravings
- Difficulty concentrating



# What might help?

- Have a warm bath
- Massage your stomach
- Have a nice warm drink
- Use a hot water bottle or use a heat pad.
- Eat a well balanced diet.
- Exercise



# What might help?

There are different types of protection you can use during your period to absorb your period to stop it getting on to your clothes/underwear.

The choice is a personal choice and different for each girl.

1. Sanitary Towels
2. Tampons

# What are sanitary towels?

Worn outside your body, in your underwear.

Many different absorbencies.

Wings provide extra protection.

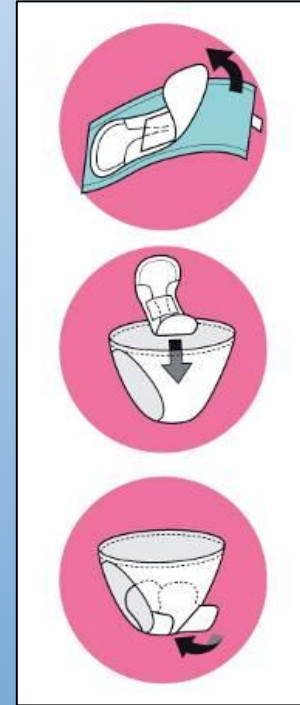
Change frequently to keep fresh and dry (generally every 4-6 hours, more often when your period is heavy).

They will start to leak if you don't change them!



# What are sanitary towels?

1. Pull off paper strip or wrapper.
2. Attach sticky part securely to center of underwear.
3. For wings, peel off paper strips and wrap around sides of underwear.



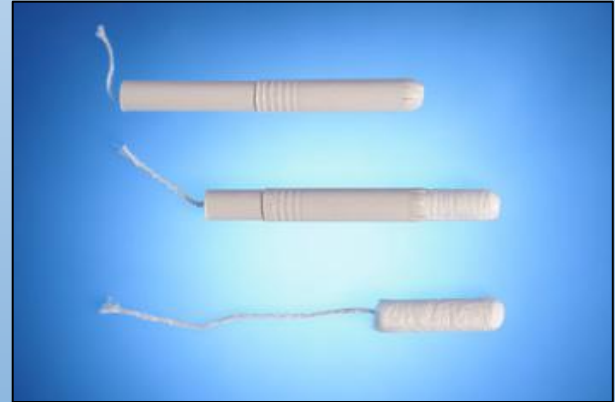
# What are tampons?

Worn inside your body in your vagina to absorb menstrual flow.

Different range of absorbencies.

Good for swimming and gymnastics.

Should be changed regularly (every 4-8 hours, more often when your period is heavy).





# Managing periods

Mark on a calendar the date of your first period.

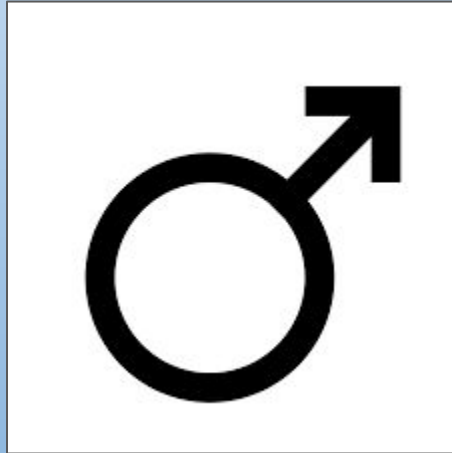
Count 28 days from the day of your FIRST blood show, this will give you a rough idea of when your next period will be.

Always carry some spare knickers and sanitary towels in your bag.

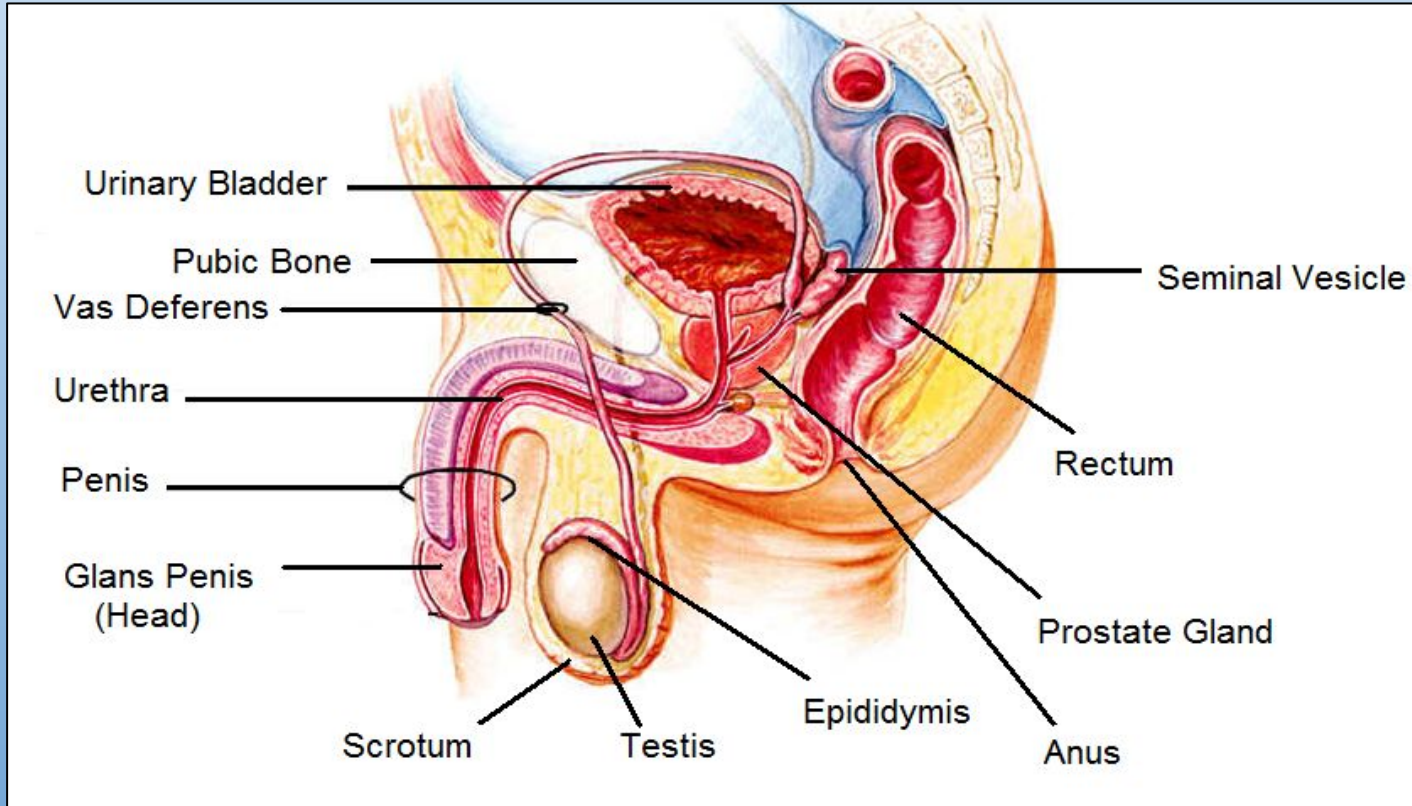
REMEMBER periods will not have a set pattern in the beginning, they will eventually settle into their own pattern.



# Boys



# Male Reproductive System



# Male Reproductive System

The reason boys have a reproductive system is because it provides the sperm needed to fertilize a female's egg, which can then develop into a baby.

During puberty the levels of the hormone testosterone in your body begin to rise. This causes the penis and testicles to get bigger and the testicles to produce sperm.

The testicles cannot make sperm before puberty.

Sperm look like tadpoles, with what appear to be a head and a tail.

# Personal Hygiene



# Why do we sweat?

Sweat is your body's natural way of helping you to cool down.

Sweat can also sometimes become smelly when the chemicals it contains mixes with bacteria that live naturally on your skin.



**Any questions?**



