

PUBERTY:

Understanding your changing body



sexualityandU.ca

YOUR LINK TO SEXUAL WELL-BEING

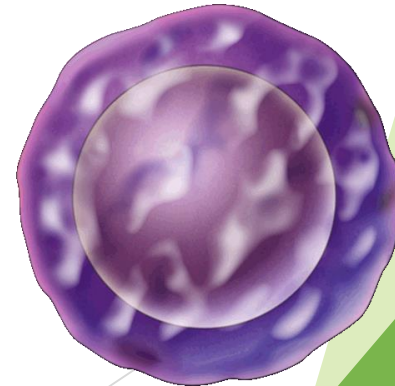
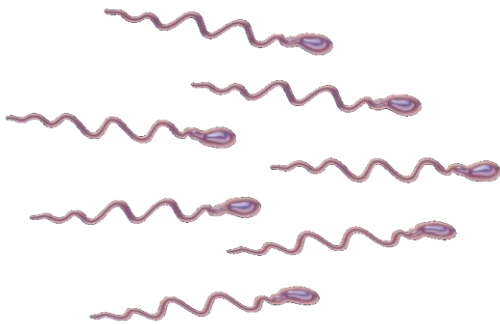


What's Happening?



What is Puberty?

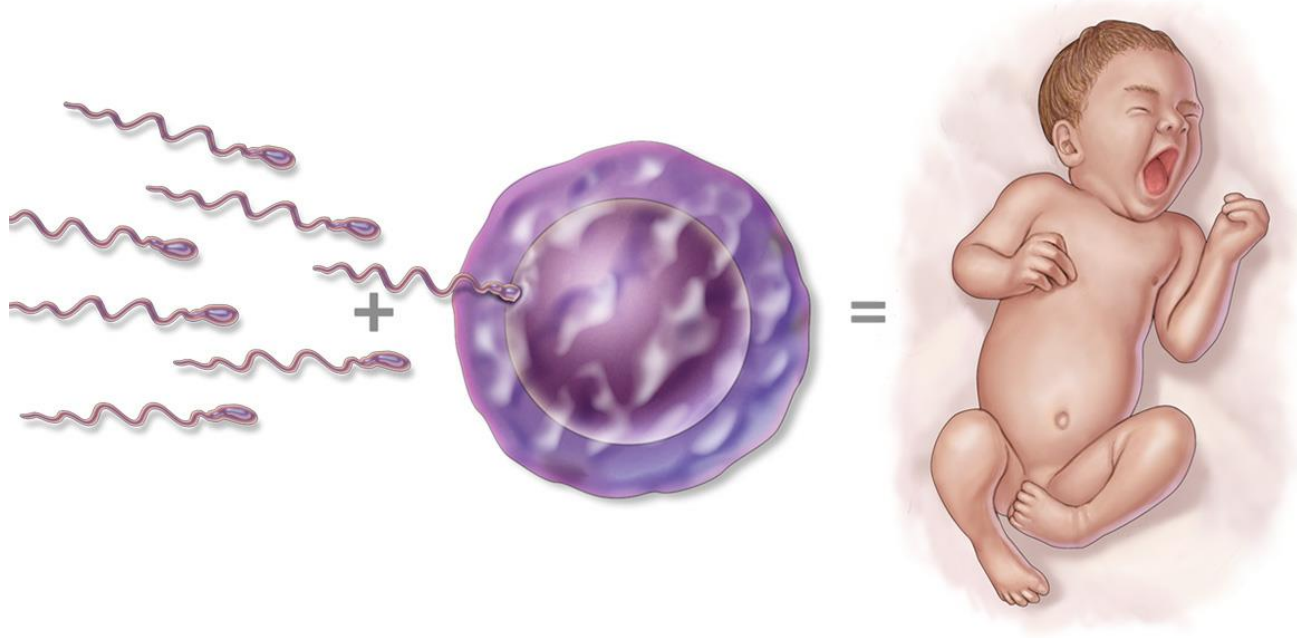
- It is the time when our bodies change toward an adult body.
 - Start to develop new feelings and interests
 - Start to make sperm cells
 - Or start to make egg cells



What is Puberty?

- The cells necessary to make a new human

egg + sperm = baby



PUBERTY: Understanding your changing body

We will talk about the changes that
happen that others can see

And changes that are private



When we talk about these things
IT IS NORMAL to feel



Curious



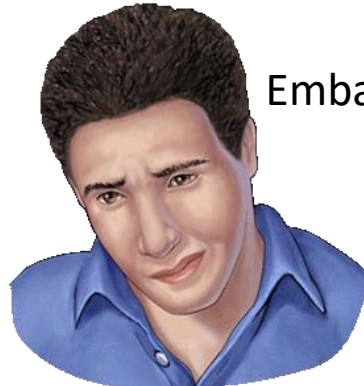
Disgust



Comfortable



Shy



Embarrassed



Excited



What causes these changes?

- ▶ Hormones - chemical messengers that travel in the blood stream from the place where they are made (called glands) to the place where they do their work
- ▶ Each hormone has a specific job



When do changes happen?

- ▶ anywhere between 8 and 17
- ▶ most people begin between the ages of 10 and 14
- ▶ when you start makes no difference to how you develop
- ▶ no age is better any other one



When do changes happen?

- ▶ For some, most of the changes happen in a few years
- ▶ For some, changes happen slowly over lots of years
- ▶ For most, the changes will last 2 to 5 years

THESE ARE ALL NORMAL

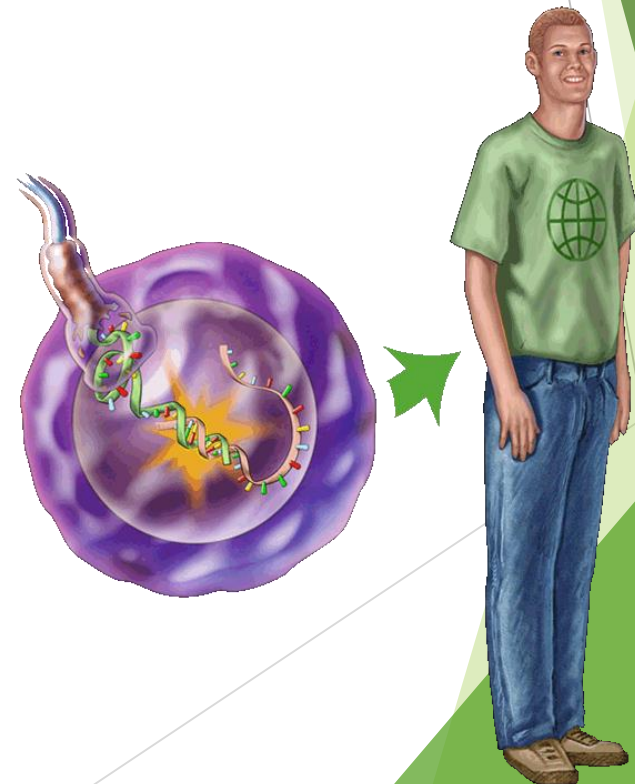
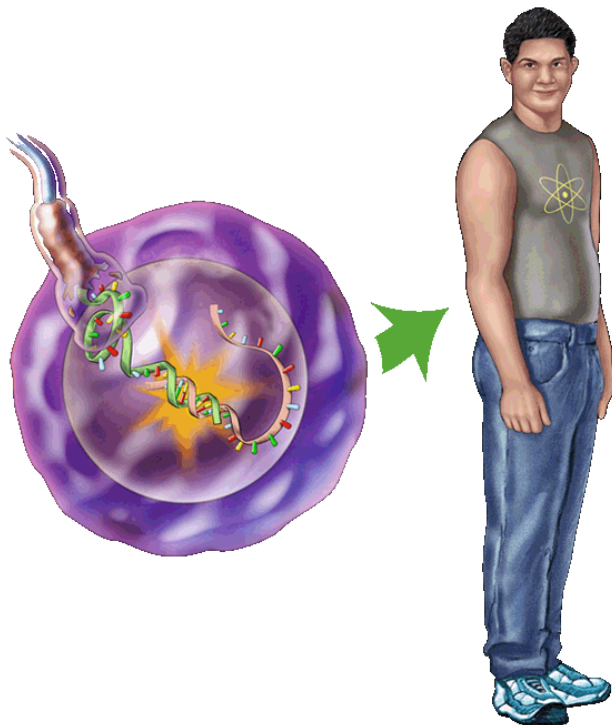
Physical Changes

- ▶ Grow taller and heavier
- ▶ Bones grow bigger and heavier
- ▶ Nose and jaw get bigger and face gets longer
- ▶ Get more muscles
- ▶ Hair and skin can become oily and you may get spots
- ▶ Body sweats more
- ▶ Hair grows on the face, under the armpits, around the genitals (pubic hair).
- ▶ May get more hair on arms, legs and chest.
- ▶ Voice gets deeper
- ▶ Penis and testicles grow bigger and longer



What will I look like when I grow up?

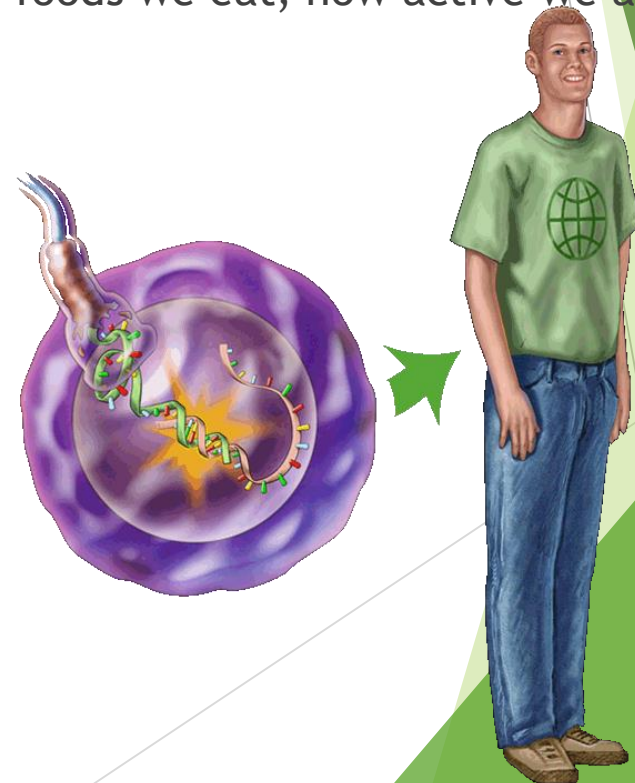
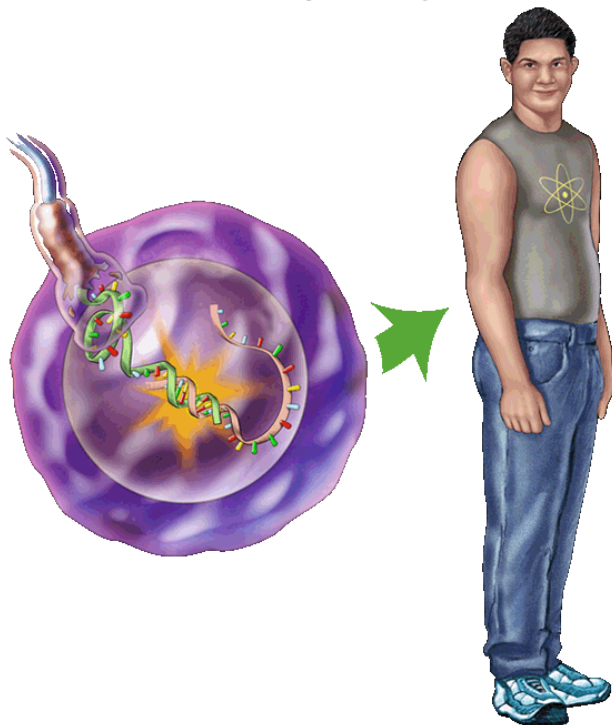
- That depends mostly on your **HEREDITY**, the **GENES** you got when an egg cell and a sperm cell from your birth parents came together to make the cells that developed into you





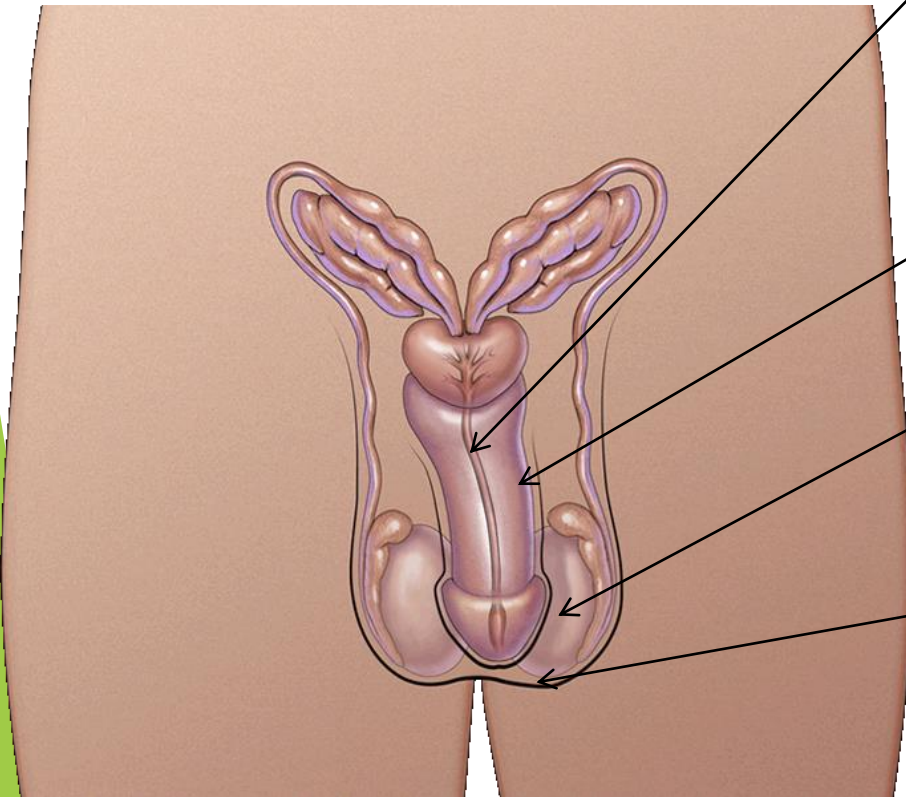
What will I look like when I grow up?

- ▶ Genes mostly determine how tall you will grow, the color of your hair, the color of your eyes, and your overall body shape.
- ▶ Other things that affect our body are the foods we eat, how active we are and how much sleep we get.



What are the sex organs?

These parts are also called the reproductive organs and genitals



Urethra

- the tube through which urine and semen leaves the boy's body

Penis

- tube-like organ that hangs outside the body
- come in all sizes and shapes, determined by our genes

Testicles or testes

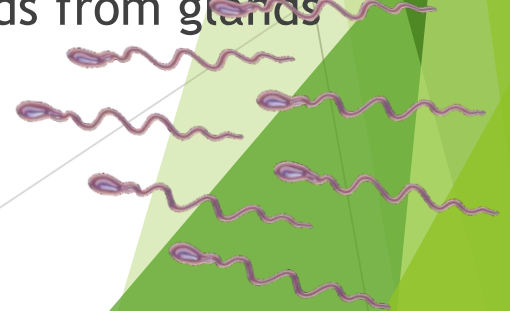
- usually two, one hangs lower
- Where sperm are made

Scrotum

- bag of skin that holds testicles
- keeps them at right temperature to make sperm, slightly cooler than body's temperature

What happens on the inside?

- ▶ Hormones from the pituitary make the testicles grow and they start making more testosterone and producing sperm
- ▶ After puberty you make *200,000 - 400,000* sperm cells a day for the rest of your life
- ▶ Sperm build up in tubes around the testicles
 - ▶ They travel along some tubes and mix with fluids from glands



What can cause an erection?

- ▶ Boys get erections for all kinds of reasons - they might happen if you :
 - ▶ Are thinking about something sexually arousing
 - ▶ When you wake in the morning and have to urinate
 - ▶ When you are relaxed
 - ▶ When you are anxious or frightened
 - ▶ For no reason at all



Does penis size matter?

- ▶ Testicles grow first so your penis may look as if it is shrinking.
- ▶ It isn't
- ▶ It can take a while for your penis to grow.
- ▶ Penises, like noses and ears and hands, come in all sizes and shapes and colours. They vary how they curve and stick out when erect.
- ▶ Penises, when erect, are more alike in size than when they are soft.
- ▶ They all work.

Personal Hygiene

Sweating

- ▶ Body produces more sweat; body odor
- ▶ Bathe/shower daily with soap
- ▶ Shampoo hair regularly
- ▶ Control underarm odor and wetness with deodorant or antiperspirant
- ▶ Change sweaty clothes



Personal Hygiene

Skin Care

- ▶ Oil glands in your skin become more active
- ▶ Oil and dead skin cells lead to acne
- ▶ Cleanse skin twice a day
- ▶ Don't worry; acne is a normal part of puberty, and steps can be taken to reduce it

Healthy Bodies

- ▶ Stay active - exercise!
- ▶ Eat nutritious foods
- ▶ Regular bathing and dental care
- ▶ Personal safety

Puberty:

Emotional Changes

It is not just your body that changes during puberty - your **mind and feelings** change too.

Sometimes:

- You may feel **lonely and confused**.
 - You may have **mood swings** (including irritability, tearfulness, overwhelming happiness and confusion).
 - You may want **more independence**.
 - You may also become **argumentative and bad tempered**.



What causes conflict with parents?

- ❖ Homework
- ❖ Clothes
- ❖ Games consoles (i.e. Wii, X-Box, Playstation)
- ❖ Internet usage
- ❖ Music choices and volume
- ❖ Friends
- ❖ Bedroom
- ❖ Choice of leisure activities

How to keep parents happy

- ❖ Keep them involved, **tell them** how you are feeling about things.
- ❖ Ask their advice, **listen** and if you disagree tell them why.
- ❖ Accept that they have the right to lay down some rules, be willing to **meet them halfway**.
- ❖ Try **not to lose your temper**, if you show them you can accept when they say no, maybe they will be willing to say yes in the future.
- ❖ When going out, tell them **where and with who**, agree a time when you will return and ALWAYS let them know if you are going to be late.
- ❖ **Help more** around the house, without waiting to be asked!

What causes conflict with friends?

- ❖ Other friendships, new friends.
- ❖ Misunderstandings, arguments.
- ❖ Choice of things to do together.
- ❖ The way they talk to you, making you feel bad about yourself.
- ❖ They do not listen to you, they only talk about themselves.
- ❖ Jealousy.
- ❖ Many other reasons.

Give and take with friends

- ❖ Try to not demand too much support and attention without giving some in return, they will feel resentful and used.
- ❖ Show mutual respect.
- ❖ Be honest with them.
- ❖ If you let a friend tell you how to behave and what to do, then you are not being fair to yourself or to them.

Who to Talk To

- ▶ Family member: Your mom, dad, uncle, grandpa, or other trusted adult etc.
- ▶ Teacher, school nurse, counselor
- ▶ Doctor

Any Questions?

