

Puberty

Why the rush to grow up?

What is Puberty anyway?

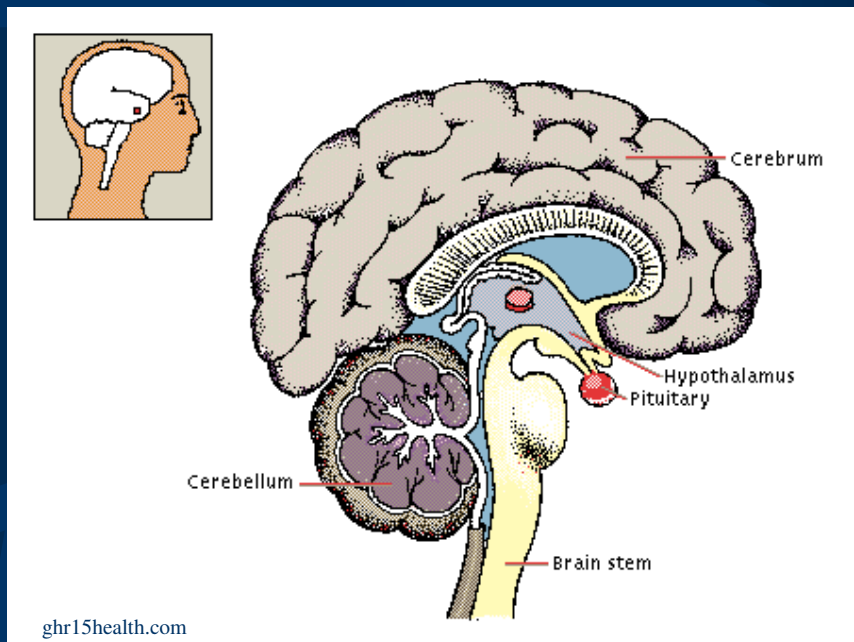
- Puberty is when your body starts to develop and change.
- This period of time is also referred to as adolescence.
- Everyone goes through puberty.

When does it happen?

- Everyone is an individual; therefore, each person experiences puberty at a different age.
- It usually happens somewhere between 8 and 16 years old.
- On average, boys enter puberty 2 years later than girls.

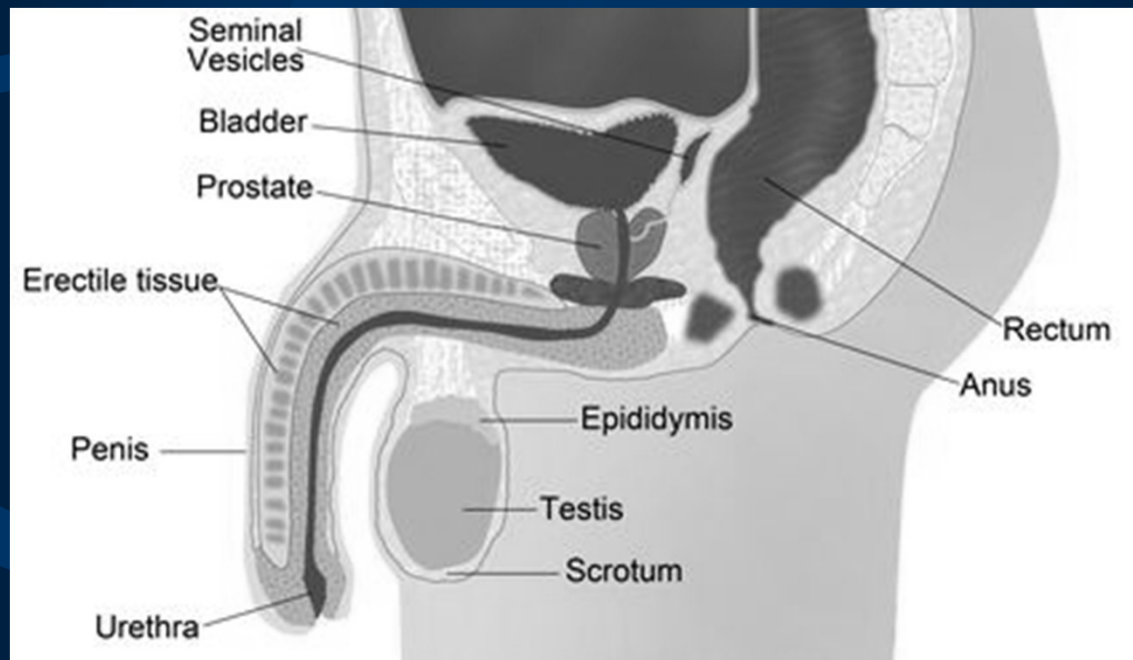
What happens?

- A small thing in your brain, called the Pituitary Gland, sends out signals. It and your body start to make hormones.



OK. So what are Hormones?

- Hormones tell your body what to do and how to grow.
- In the male body, testosterone is the most important hormone. Testosterone is responsible for development of male characteristics such as body and facial hair, muscle growth and strength, and a deep voice
- It is made in the testicles.



Growth in 5 Stages

- **1. Normal Age Range: 9-12, Average: about 10**
Male hormones are becoming active, but there are hardly, if any, outside signs of development. Testicles are maturing, and some boys start a period of rapid growth late in this stage.
- **2. Normal Age Range: 9-15, Average: 12-13**
Increase in height and change in body shape.
- **3. Normal Age Range: 11-16, Average: 13-14**
Body hair starts to get darker and coarser. Height growth continues and body/face shape look more adult. Voice begins to deepen (and crack).
- **4. Normal Age Range: 11-17, Average: 14-15**
Underarm hair develops. Facial hair increases on chin and upper lip. Voice gets deeper and skin gets more oily.
- **5. Normal Age Range: 14-18, Average: around 16**
Nearing full adult height and physique. Facial hair grows more completely and shaving may begin now or soon. During the late teens and early twenties, some men grow a bit more and develop more body hair, especially chest hair.

What else?

- Involuntary Erections—the penis has a spongy tissue inside, muscles can allow blood to flow into the tissue but not right back out causing the penis to become larger and stiff.
- During puberty this may happen at any time.
- During puberty, the male's body also begins producing sperm. Semen, which is composed of sperm and other bodily fluids, may be released during an erection. This is called ejaculation.
 - Sometimes, this may happen while the male is sleeping. This is called a nocturnal emission or "wet dream." This is a normal part of puberty and should stop happening as you get older.

What about my friends?

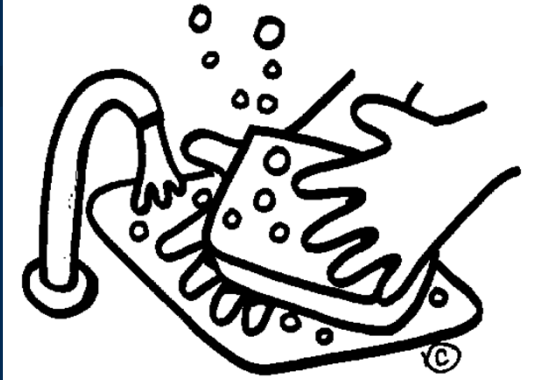
- Adolescence is also the time in life when we start to learn about who we are, who we care about and who we want to be our friends.
- This can cause tension between us and our parents, our friends, our teachers, etc.
- Please remember that words and actions can hurt others, and to be respectful of your classmates whether you are friends with them or not.
- If you want to be respected you have to give respect first.

How you treat others says more about you than it does about them...

What's Hygiene?

- Hygiene keeps your body clean, fresh, and healthy!
- Now that your bodies are changing you need good hygiene to keep you looking and feeling your best.

Hand Washing



- Turn on warm water
- Put soap in hands; Antibacterial soap is good, but any soap will do.
- Rub hands together and lather soap for at least 15-20 seconds. Be sure to get all fingers and fingernails
- Rinse from the wrist down.
- Dry hands well with a clean towel or paper towel.
- Use paper towels to turn off the water and open doors after washing if possible.

When to wash your hands

Germ Farm



Scrub'em!

www.1st-in-handwashing.com

- Wash hands:
 - After using restroom
 - Before eating or cooking
 - After sneezing or coughing
 - After petting animals
 - After touching anything dirty

Hair Washing

- Wash your hair regularly
- Use shampoo
- Use conditioner as needed



Bathing / Showering

- You should take a bath or shower **DAILY!**
 - If you are not allowed to take a shower every day you can use a clean, wet facecloth with soap to clean yourself.
- Wash your whole body with soap.
- Be sure to wash your feet, genitals, and armpits well. This will keep them from smelling bad.
- Don't forget your face (should probably wash your face first).

Bathing

- Rinse well
- When done, dry off with a clean dry towel
- Make sure to dry every part (like between toes)

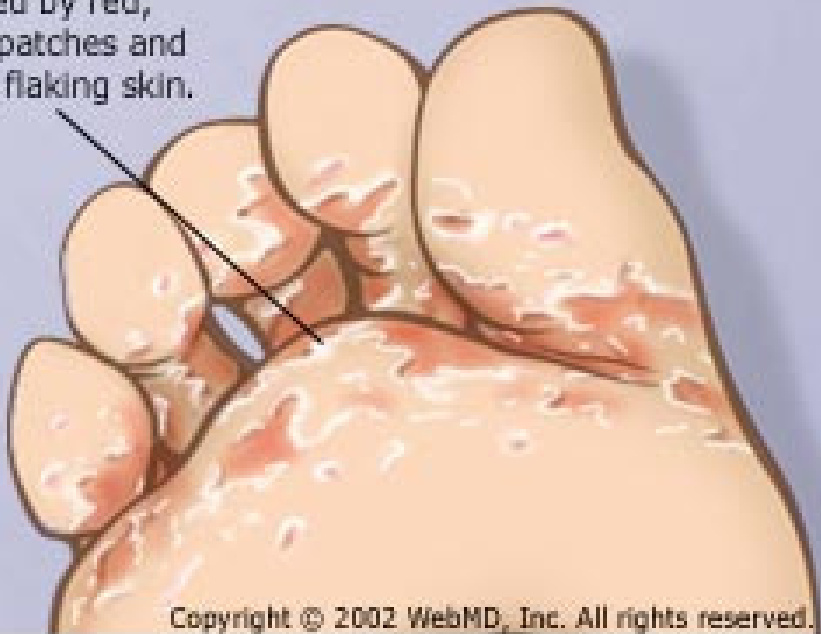


Take good care of your feet

- Do not wear wet shoes
- Keep your toenails clipped
- Wear clean socks

Athlete's Foot

Athlete's foot is marked by red, itchy patches and white flaking skin.



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Teeth cleaning

- Brush teeth at least 2 times a day
- Use a soft bristle toothbrush
- Use fluoride tooth paste
- Brush tongue (this helps prevent bad breath)
- Floss daily (this cleans between teeth where brushing can't reach)

Other Things to Remember

- Change underwear daily
- Wear clean clothes
- Wear deodorant and or antiperspirant This can keep your armpits from smelling bad.
- Keep nails (both fingers and toes) trimmed neatly and clean

How to stay healthy...

Remember to....

- not use tobacco or drugs (including prescriptions that do not belong to you), not drink alcohol before you are 21, not drink alcohol in excess as an adult, go to the doctor and dentist, build positive relationships, talk to adults about what is bothering you, protect yourself from other dangers (strangers, environmental dangers, etc), not lie about your age online or otherwise, not give personal information to strangers, avoid exposure to the sun, etc.

How to help others who are choking

If a choking person is not coughing or is unable to speak, that's your cue to perform the Abdominal Thrust maneuver immediately.

- *1* Ask the choking person to stand if he or she is sitting.
- *2* Place yourself slightly behind the standing victim.
- *3* Reassure the victim that you know the Heimlich maneuver and are going to help.
- *4* Place your arms around the victim's waist.
- *5* Make a fist with one hand and place your thumb toward the victim, just above his or her belly button.
- *6* Grab your fist with your other hand.
- *7* Deliver five upward squeeze-thrusts into the abdomen.
- *8* Make each squeeze-thrust strong enough to dislodge a foreign body.
- *9* Understand that your thrusts make the diaphragm move air out of the victim's lungs, creating a kind of artificial cough.
- *10* Keep a firm grip on the victim, since he or she can lose consciousness and fall to the ground if the Heimlich maneuver is not effective.
- *11* Repeat the Heimlich maneuver until the foreign body is expelled.

Questions

- Don't be afraid to talk to your parents or trusted adults if you have any questions...remember that they went through this also.