



Welcome 😊

Today, you will learn about...

- Puberty



- Maturing

- Reproduction

- Media

- Anatomy

- Lifelong Health

- Growth

- Hygiene





Where do you usually get information about health?

- Friends

- Parents

- Teachers

- TV



- Movies

- Books

- Internet

- Do you think the information is accurate?



What does the media say about...

- How girls are supposed to look, think and act?



- How boys are supposed to look, think and act?



How do you know what you should be watching or listening to?

Think of the last movie you saw, or TV show you watched, or your favorite song –

- What messages about health did you see or hear from it?
- Does it talk about relationships? Dating? Friendships?
- Do you think it has a positive message about the world? About health?
- If you believed these messages would it help you to be healthier or could it possibly lead you to make unhealthy decisions?



Let's review...

- Males will go through 5 stages of growth during puberty
- It can take anywhere between ages 8 and 16 (sometimes even later) to complete these stages – these changes happen because of hormones your body makes
- Males will get taller
- Their shoulders will get wider
- Their muscles will grow
- They will start sweating more
- They will notice more hair on their bodies
- Their voices will get deeper
- Everyone goes through these stages at different rates so be nice to each other - do not make fun of someone bc of puberty
- Being Clean, Fresh & Healthy is also important
- Taking showers every day, or at least washing your body every day – this includes your face, armpits, private area and your feet
- Wash your hair as needed
- Wear deodorant & antiperspirant every day once you notice sweat under your arms
- Brush your teeth 2 times a day – visit dentist 2 times a year – FLOSS every day
- Avoid things that are dangerous to your health like tobacco, drugs & alcohol
- Wash your hands!!!!

Puberty

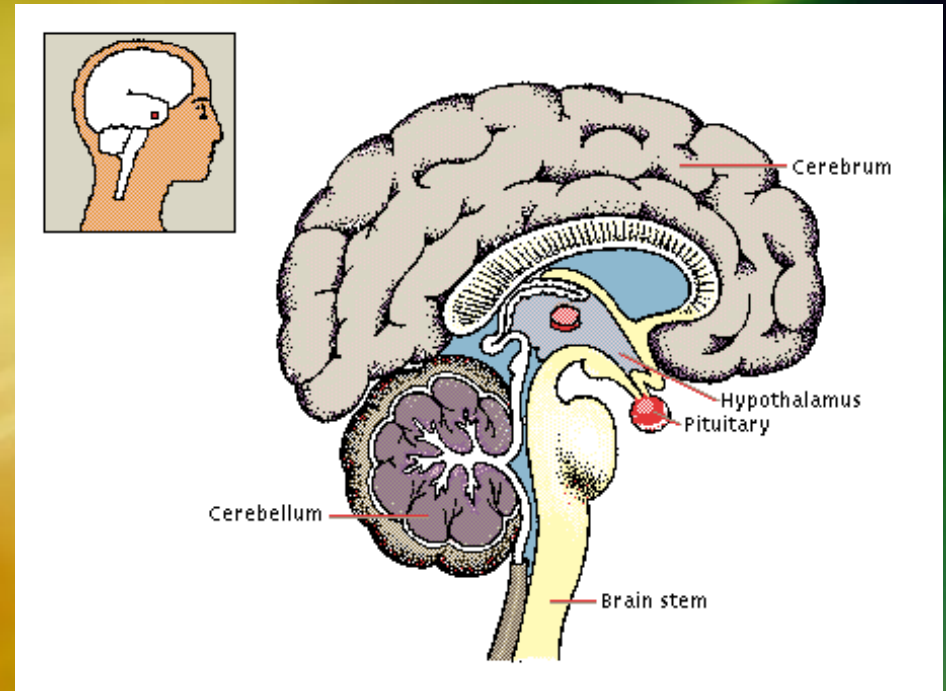


Puberty is a time in your life when your body will go through a lot of changes, it can happen anytime between the ages of 8 and 16. Girls tend to start puberty 2 years before boys do.

During puberty, your body will grow faster than at any other time in your life, except for when you were a baby.

What happens during Puberty?

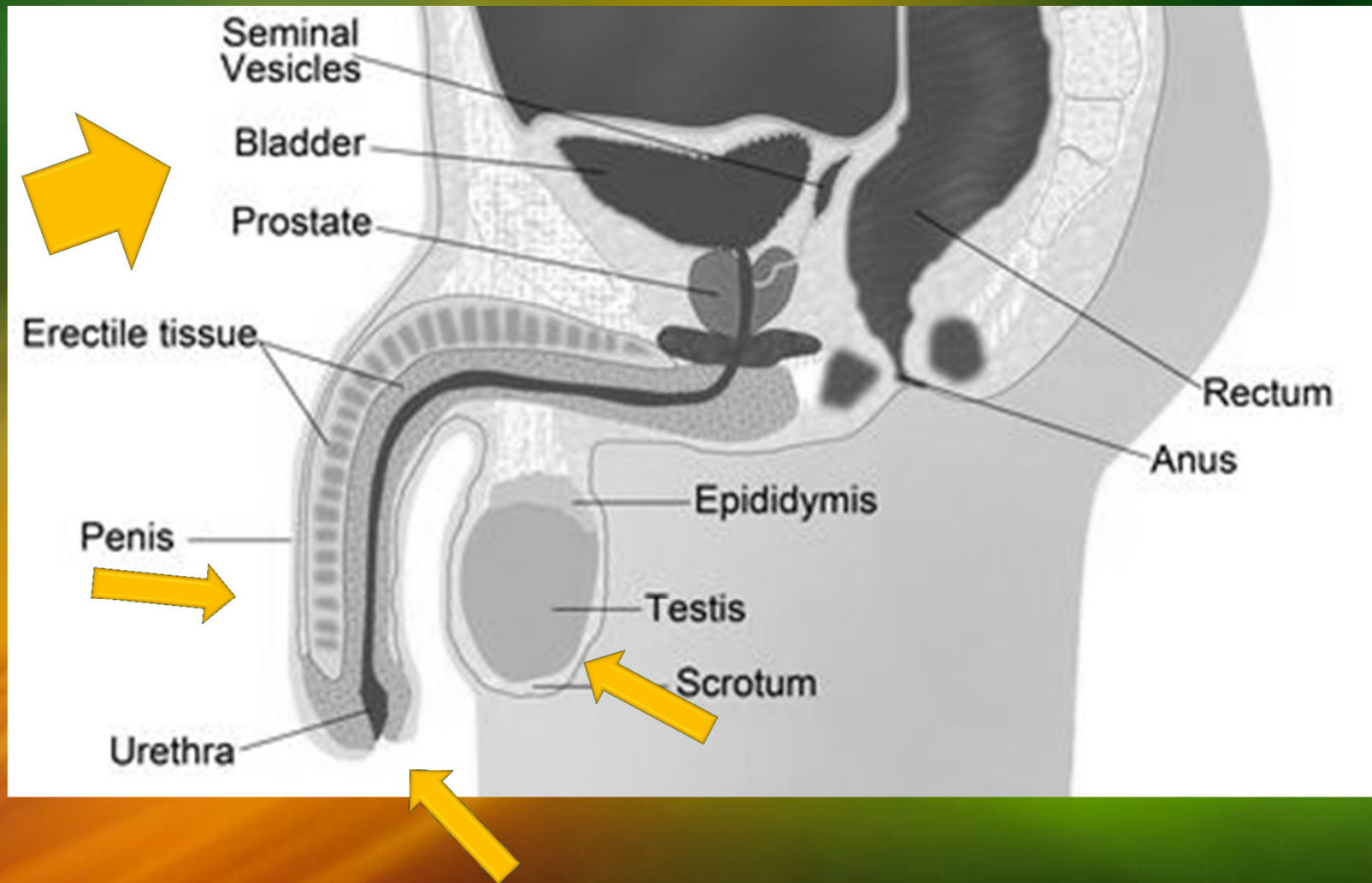
- The pea size gland in your brain, called the Pituitary Gland, will send out special hormones and signals to the body to start making hormones.
- Hormones tell your body what to do and how to change.
- Girls and boys both have hormones in their bodies.
- Testosterone is a very important hormone for boys and estrogen and progesterone are both very important hormones for girls.





Now we are going to learn more
about the changes males go
through

Review - Male Anatomy



What else?



- Remember that erections (when the penis fills up with extra blood and becomes hard or stiff, larger and points up) can happen at any time during puberty. This is normal and if it happens around other people it is best to avoid embarrassment by finding a place to sit down. If you are sitting down it is much less likely that anyone else will notice this happening to you.



- Also – the male body is making sperm and these sperm need a fluid called semen or ejaculate to live outside the body

- sometimes during puberty a male's body will release this fluid during sleep. When this happens at night it is called a “wet dream” or a “nocturnal emission”.



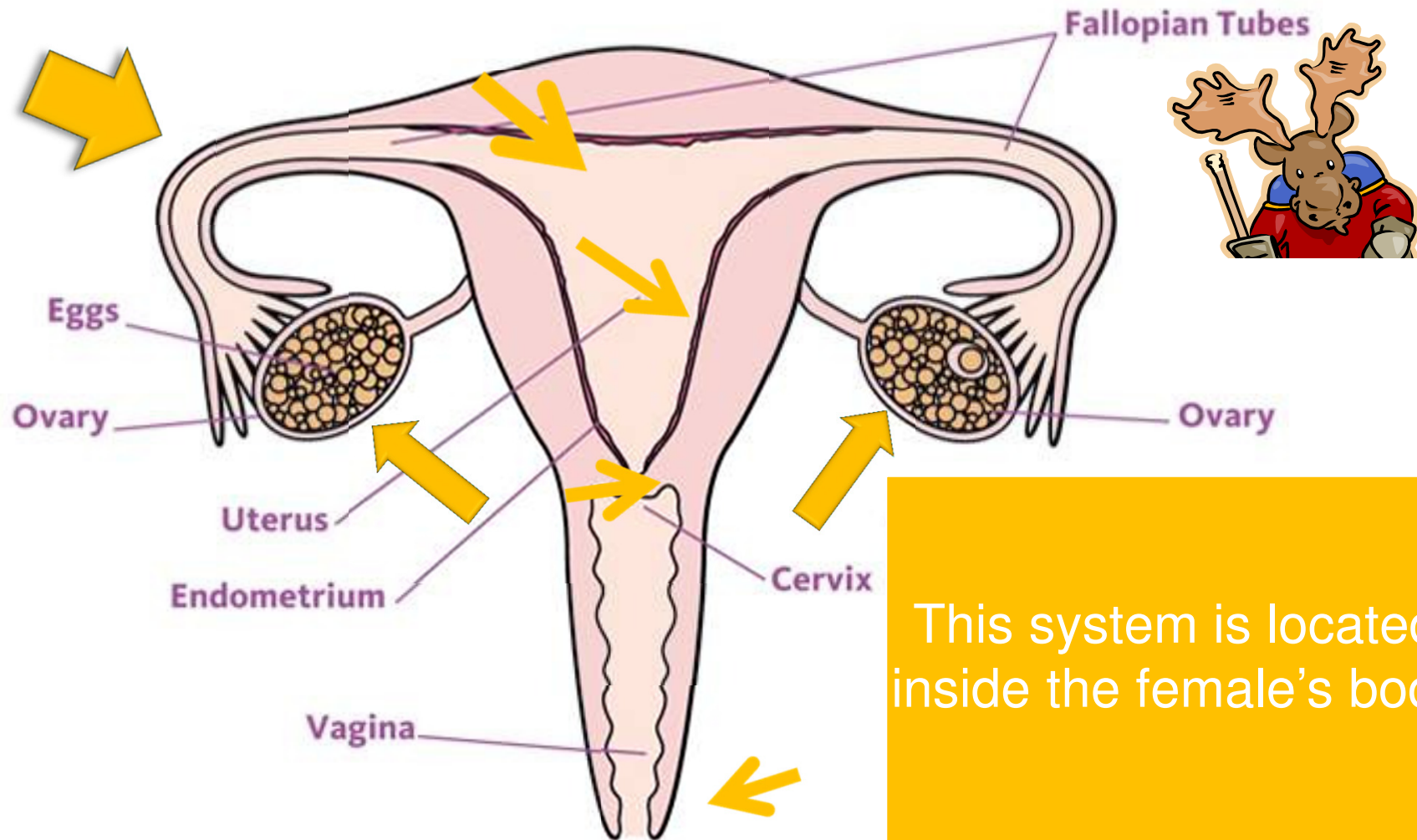
- The release of sperm from the penis is called “ejaculation”.



What about girls?

Boys and girls go through different things during puberty. It is important that we learn to understand each other.

Female System



This system is located inside the female's body.



Female Growth Stages

Stage 1 between ages 8 and 11

- Ovaries are enlarging
- Begin to produce hormones
- Probably will not notice any physical change

Stage 2 between ages 8 and 14

- Breast growth begins
- Growth in height and in weight
- Body hair starts to grow

Stage 3 between ages 9 and 15

- Breasts continue to grow
- Body hair continues to grow
- Internal self-cleaning process begins
- May get first menstrual period
- Menstrual means “month” in Latin

Stage 4 between ages 10 and 16

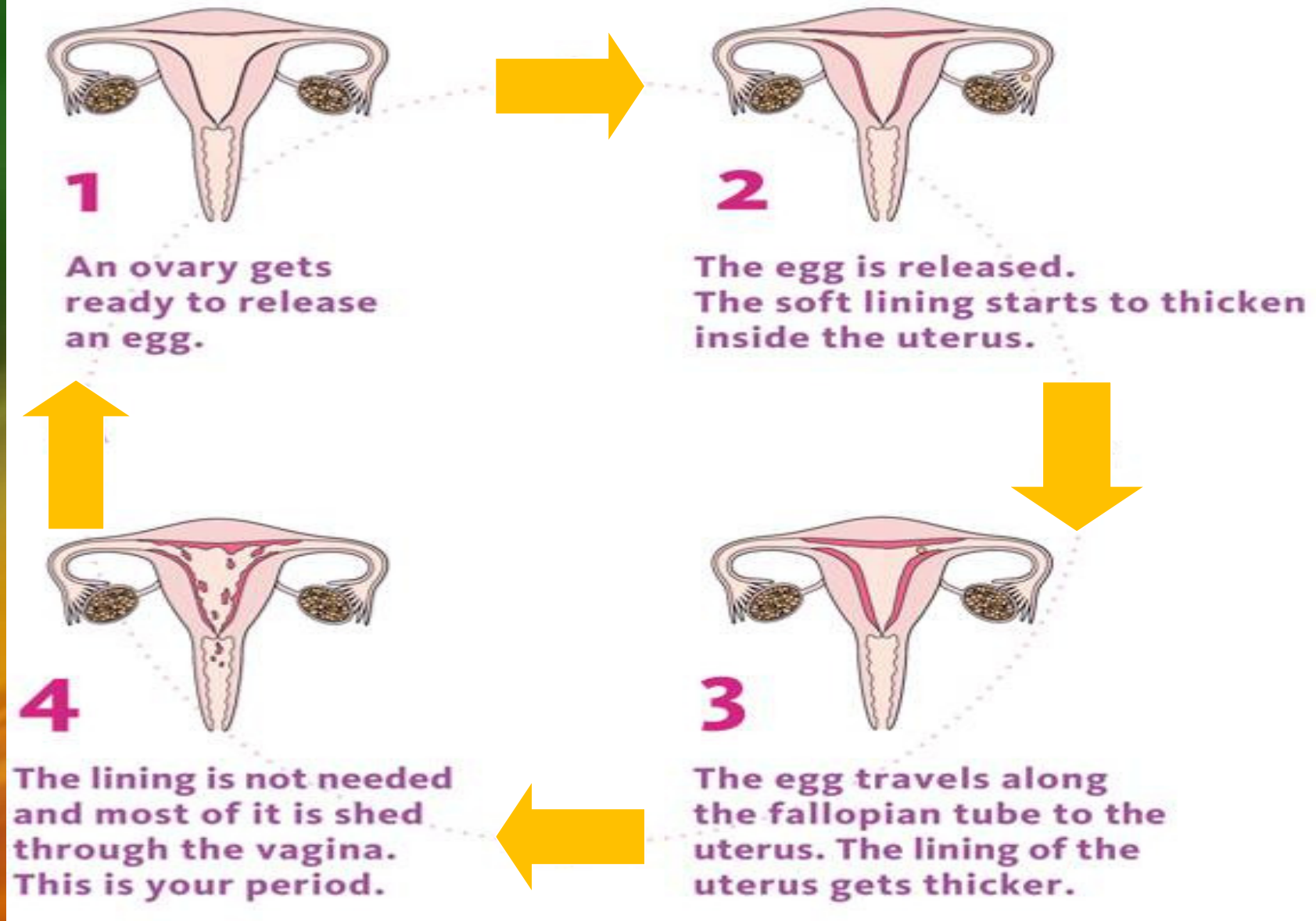
- Underarm hair starts to grow
- Most females will get their first menstrual period during this stage

Stage 5 between ages 12 and 19

- Females are now physically an adult
- Breast and hair growth is complete
- Menstrual cycle is well established and ovulation happens monthly



Menstruation Cycle





Why? How? When?



- Menstruation or a girl's period is a sign that a female's body is mature
- The female's body prepares to release an egg every month from puberty through menopause (when a woman stops releasing eggs from her ovaries) – this is called ovulation
- The lining in her uterus is made up of blood, vitamins, and tissue
- A female's body sheds the lining through the vagina – this is why there are maxi pads and tampons – to catch and absorb this fluid
- It is not a lot of fluid and takes between 3-7 days for the body to shed it all
- Every month a female's body will go through this 28-35 day cycle
- Females can have pain and mood swings associated with their periods
- Periods usually begin after the following start happening:
 - Usually between 9-15 years old
 - About 2 years after their breasts develop
 - Soon after they grow pubic hair
 - After they start to notice vaginal discharge

Puberty & Reproduction

Now that you understand what females and males go through during puberty – let's look at why your bodies change...

To prepare for reproduction as an adult



What does it mean to reproduce?

- Make another
- Have offspring
- Become a parent



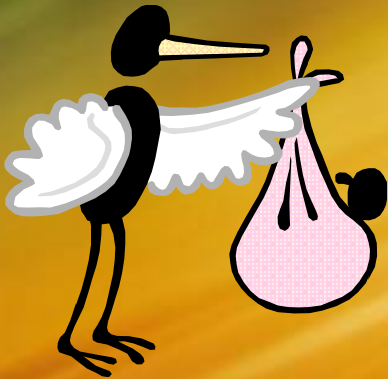
- There are two ways reproduction happens –
 - Asexually – plants and some animals only need the DNA from one to make another
 - Sexually – needs the DNA from two to make another
 - It takes gametes to reproduce, in humans those gametes are called sperm and eggs (or ova)
 - This is how Humans reproduce
 - A sperm and an egg join and reproduction begins – this is called fertilization

Think about the answers to the following questions:

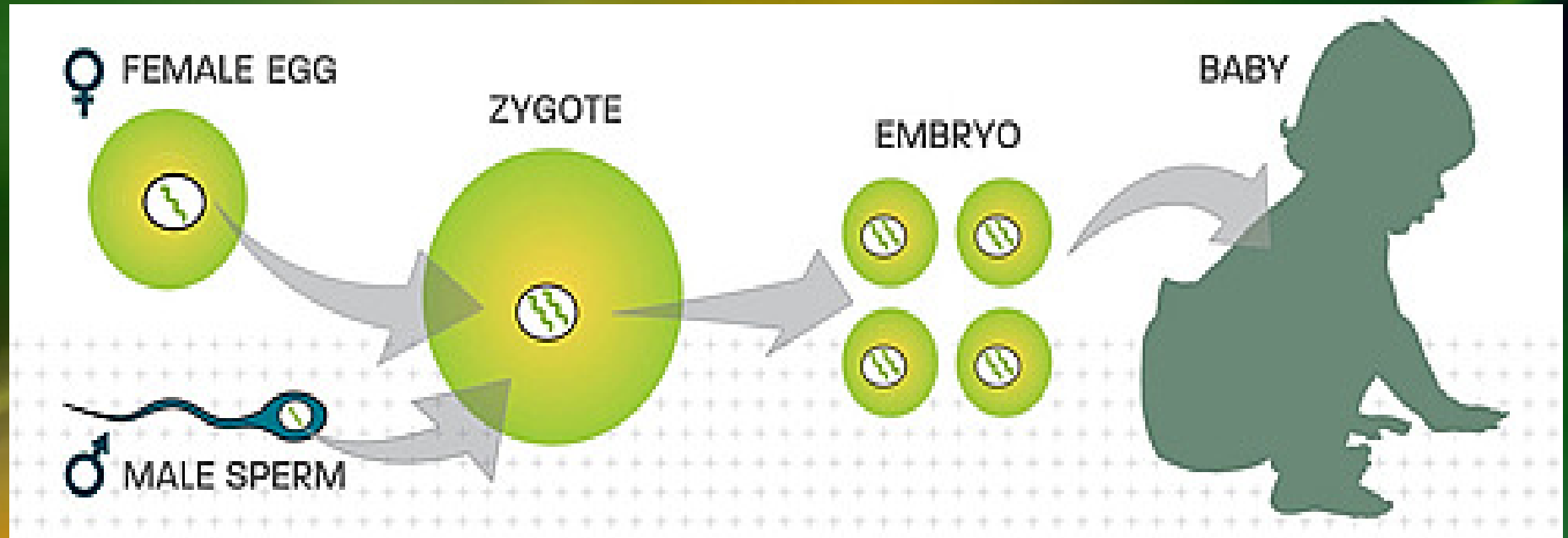
- Think of 2 animals that reproduce the same way humans do.
- Think of 2 animals that do not act as parents – they leave as soon as their offspring is born
- How much \$ does it take to raise a human child from birth to 18 years old – estimate?
- What kind of things does a child need from its human parent? What does your parent/guardian provide for you?
- What animal has the most responsibility as a parent?



Where did you think babies came from when you were little?



Reproduction Happens When...



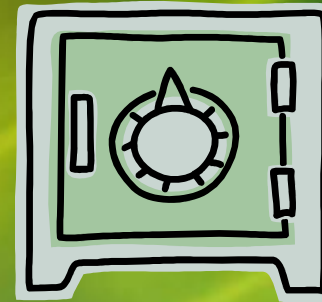
How long does this process usually take?

Review: Do the following things happen to boys, girls, or both?

- Pubic & Underarm hair grows
- Interests and friendships change
- Testosterone becomes very important in the body
- Pimples and acne may begin
- Hips get wider
- Shoulders get wider
- Voice gets deeper
- Menstruation Begins
- Feet grow fast
- Emotions can change very quickly



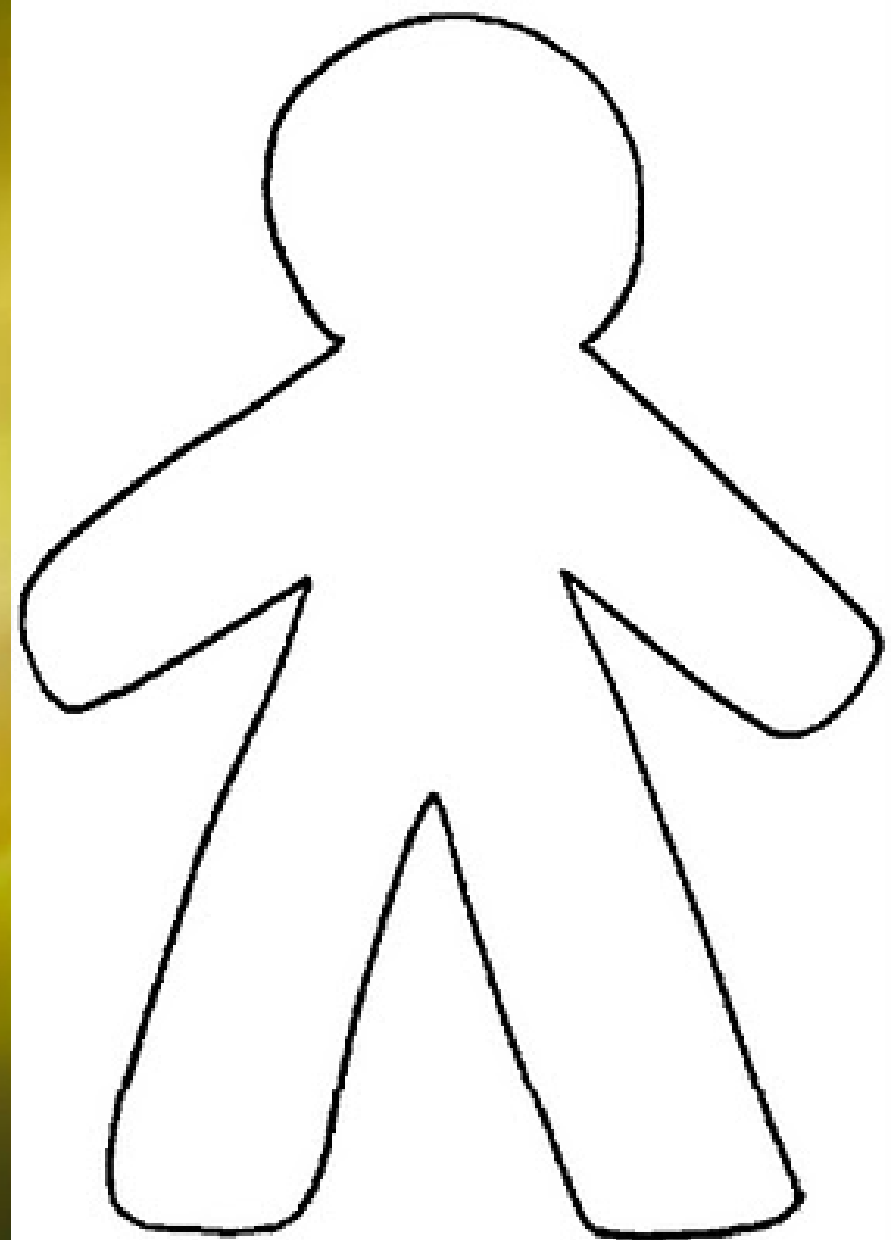
Now that your bodies are headed toward adulthood it is very important to talk about being safe.



Sometimes young people have things happen to them and to their bodies that are hurtful or unhealthy. We don't want this to happen to any of you and we hope that you do what you can to protect yourself and those around you.

Green, Yellow & Red

- Think about this blank drawing as if it was a typical 5th grader
- Where on this 5th grader would it be okay for most people to touch them?
 - This is the **GREEN** zone
- Where would it be okay for only certain people, like family and friends, to touch them?
 - This is the **YELLOW** zone
- Where would it not be okay for anyone to touch them?
 - This is the **RED** zone



Private

- The **RED** zone should include at least the areas covered by a modest bathing suit but could also extend to other areas depending on how you feel
- This part of your body is private to you and no one should be having contact with this part of you unless it is for medical purposes, like an injury, illness or exam by a doctor
 - Keep in mind that being curious about each other's bodies is normal but getting involved with another person's body in this way is adult behavior and it can have a devastating impact on young people
- You deserve to grow up safely



Staying Healthy

It is important to be healthy not only while going through puberty but throughout your life.

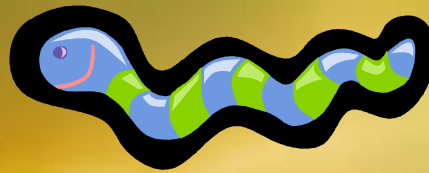
How to stay healthy...

Remember to....

- Get plenty of sleep, eat well-balanced meals, accept your body, 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.
- Do your best to prevent diseases

What causes disease?

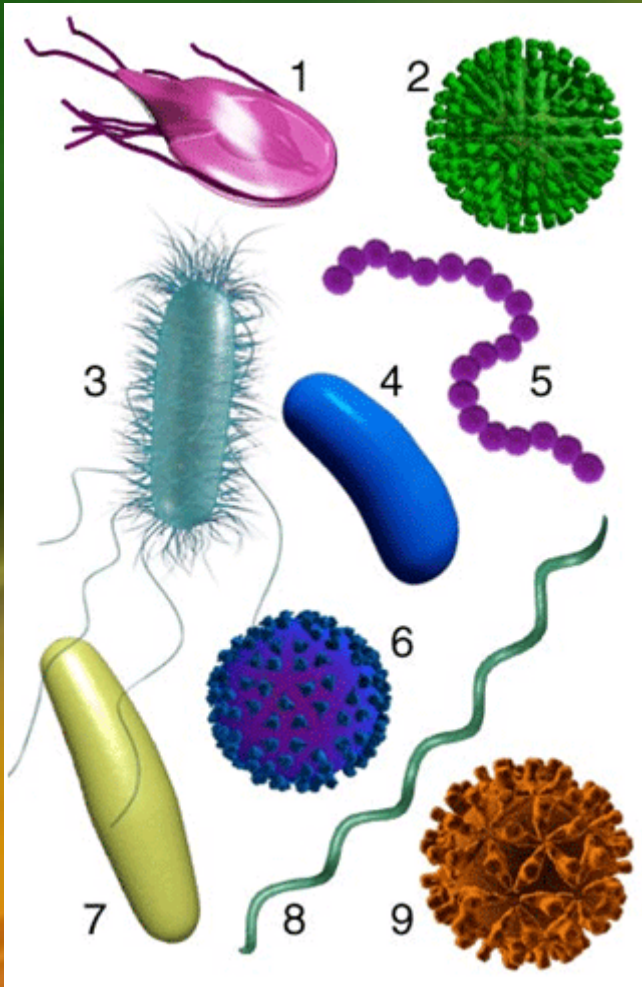
- Microorganisms and other pathogens, come in five different types: bacteria, fungi, protozoa (act like animals), helminths (parasitic worms), and viruses



- They usually cause damage to your body
- Some are passed from person to person



Have you heard of these?



1- Giardiasis – protozoan that causes stomach problems

2- Influenza – caused by RNA viruses

3- Food poisoning – usually caused by common bacteria such as Staphylococcus or E. coli

4- Malaria - parasitic disease that flu-like symptoms

5- Strep throat – germ called Group A Streptococcus bacteria

6- HIV/AIDS – destroys the immune system

7- Tuberculosis –bacterial infection that involves the lungs, but may spread to other organs

8- Lyme disease – bacterial infection spread through the bite of the blacklegged tick

9- Hepatitis B – virus that causes liver damage

Other Things to Remember

- Change underwear daily
- Wear clean clothes
- Wear deodorant and or antiperspirant
- Keep nails (both fingers and toes) trimmed neatly and clean
- Try not to share things that touch other people's mouths – this includes water bottles & chap stick



How to talk to your parent/guardian/trusted adult

- Remember that they went through puberty too
- They want to talk to you about what is going on in your life
- It may feel uncomfortable but it is worth the effort to go to them for help and information
- They are probably just as embarrassed as you are and have been waiting for the “right” time to discuss these things with you
- Think about some ways that would make it easier to talk to them – you can do it!
- You only get to grow up once so it's best to make it as healthy as possible 😊