Know more.
Cringe less.

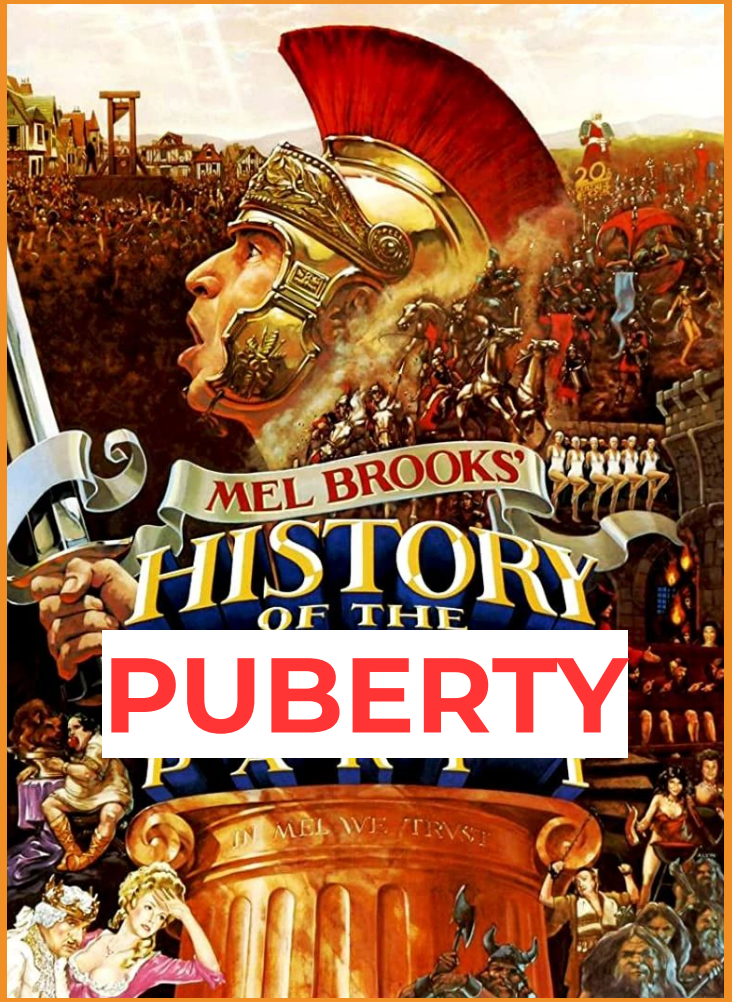
Roadmap

- ★ Help you LEAVE YOUR BAGGAGE at the door
- ★ REDEFINE puberty with updated data
- ★ Empower you with CONCRETE WAYS into conversations

Leave Your Baggage at the Door

- This is their puberty, not ours.
- Adolescence is seared into our own brains.
- Our kids don’t need to carry our baggage as well.
- Find your own trusted adult.




MEL BROOKS'
HISTORY
OF THE
PUBERTY



The Role of Sex Hormones in Puberty

*Note: EVERY body makes a little bit of each of these hormones

Physical Changes During Puberty

- BREAST DEVELOPMENT
- PENILE AND TESTICULAR GROWTH
- PERIODS
- ERECTIONS
- WET DREAMS
- GROWTH SPURTS
- VOICE DROPS



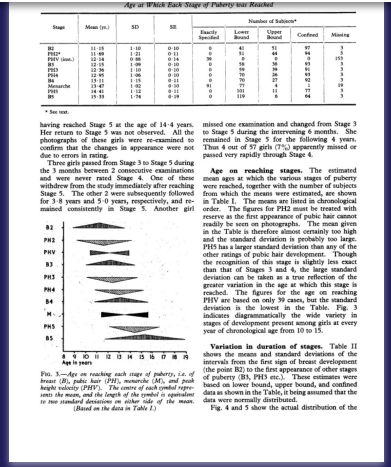

LH + FSH
DHEA+DHEAS
Testosterone
Estrogen, progesterone
Hair, Zits and B.O...
NOT Puberty,
but Instead
ADRENARCHE

The History of Puberty

Marshall and Tanner

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PHV (max.)	12·14	0·99	0·10	98	0	0	98	155
B3	12·04	1·09	0·10	0	58	36	93	3
PH3	12·36	1·10	0·10	0	59	36	95	3
PH4	12·95	1·06	0·10	0	70	26	96	3
B4	13·47	1·02	0·10	0	77	8	85	3
Menarche	13·47	1·02	0·10	91	77	8	176	19
PH5	14·41	1·12	0·11	0	101	11	77	3
B5	15·53	1·78	0·19	0	119	6	64	3

* See text.

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Fig. 4 and 5 show the actual distribution of the



The New York Times

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Early Puberty Onset Seems Prevalent

By SUSAN GILBERT

CHALLENGING medical dogma but supporting doctors' observations, a new report shows that many girls are starting puberty far earlier than is widely considered normal.

The findings suggest that the textbook timetable of puberty onset, which is based on decades-old research on British white girls, is either outmoded or irrelevant in this country.

Medical books say that it is abnormal for girls to show the first signs of maturing, like pubic hair and breast development, before the age of 8. But the new study found that a large percentage of American girls have one or both of these characteristics at 7 and, in some cases, even at 3.

The surprisingly early onset of puberty was true for white girls and African-American girls in the study. But there were significant racial differences, with African-Americans showing the first signs of sexual maturation at an age slightly over a year earlier than whites.

Other studies have shown that the age of puberty onset varies considerably according to factors like race and ethnicity, nutrition, environmental conditions and geographic location.

But the authors say the new study, which appears in the current issue of Pediatrics, is the first large-scale, multiracial investigation of exactly when American girls begin puberty.

The research confirms what many doctors have suspected for years.

"The reason I did this study is that in my clinical practice, I was seeing a lot of young girls coming in with pubic hair and breast development, and it seemed like there were too many, too young," said Dr. Marcia E. Herman-Giddens, the principal investigator and an adjunct professor of maternal and child health at the University of North Carolina at Chapel Hill School of Public Health. "I wanted to see if my experience in one such a large proportion of girls developing this early."

The findings come from examinations of 17,077 girls from 3 years old to 13 years old in pediatricians' offices around the country. About 96 percent of the girls were white, and 16 percent were African-American.

The study found that by the age of 8, 15 percent of the white girls and 48 percent of the African-American girls had some breast development, pubic hair or both. In contrast, medical textbooks say that just 1 percent of girls have more than 4 show these signs of puberty.

The study also found that 7 percent of the white girls and 27 percent of the African-American girls had begun puberty by the age of 7. And 1 percent of the whites and 3 percent of the African-American had some pubic hair or breast growth as early as the age of 3.

In the study, the average age when puberty began was just under 9 years old for African-Americans and roughly 10 to 10½ for whites. Textbooks place the average age of puberty onset at between 11 and 12, according to the study.

Dr. Herman-Giddens said that she did not know whether American girls were maturing earlier than in the past because no comparable study had ever been done. Most prior studies looked only at girls 8 and older and did not include differnu rafles, she said.

But the age when girls begin to menstruate, which can be a year or more after puberty starts, has not changed appreciably, she said. For white girls, that average age has hovered around ages 11 and 13 for 45 years, the study found. Though statistics on African-American girls do not go back that far, their age of menarche, or first menstrual period, has shown a similar fluctuation roughly the last 30 years, according to the study.

Why African-Americans begin puberty so much earlier than whites is a mystery. Heavy girls tend to menstruate earlier than others, and African-American girls tend to be heavier than white girls, Dr. Herman-Giddens said, but she controlled for differences in body size in her study.

One weakness of the study is that it did not follow the girls to find out which ones had early puberty caused by hormonal imbalances or illnesses, said Dr. Myron Genel, a pediatric endocrinologist at Yale and associate dean of the Yale University School of Medicine. It is not known, for example, whether puberty at age 3 is more likely to reflect a health problem than puberty at age 7.

Dr. Genel, whose commentary on the report also appears in Pediatrics, said for many of these girls, the signs of puberty were probably normal because experience had shown the timing of sexual development to be highly variable.

"We see one or two girls a month who are referred to us for evaluation because of early sex-hair development or early breast development," he said. "For the most part, these signs are benign. They don't reflect underlying pathology."

Signs of sexual maturation may begin before 8.

Health Watch

By JANE E. BRODY

A Noisy Cure for Colic

GRANDMAS have been the source of much health wisdom. So Lisa VonCanon, a

air-conditioner, a dishwasher or a vacuum cleaner.

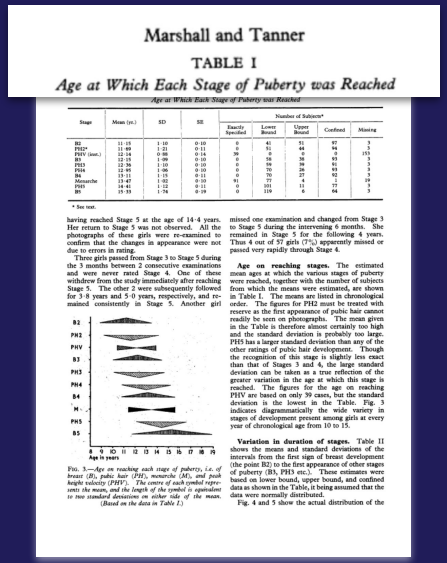
Pets' Power to Soothe

Ask cat or dog lovers and they are likely to tell you that their pets are as good companions as people or even better, always ready to offer uncon-

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The History of Puberty



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P3	12·54	1·09	0·10	0	58	38	95	3
PH3	12·56	1·10	0·10	0	59	36	95	3
PH4	12·95	1·06	0·10	0	70	26	96	3
P4	13·41	1·02	0·10	0	77	8	85	2
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PH5	14·41	1·12	0·11	0	101	11	77	3
B5	15·33	1·78	0·19	0	119	6	84	3

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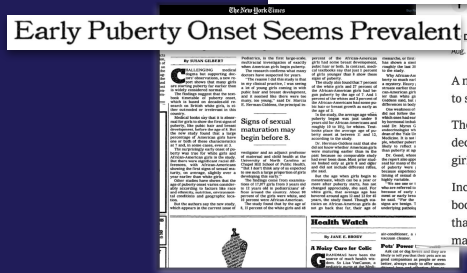
Denise Grady

Aug. 9, 2010

A new study finds that girls are more likely today than in the past to start developing breasts by age 7 or 8.

The research is just the latest in a flood of reports over the last decade that have led to concern and heated debate about whether girls are reaching puberty earlier, and why it might be happening.

Increased rates of obesity are thought to play a major role, because body fat can produce sex hormones. Some researchers also suspect that environmental chemicals that mimic the effects of estrogen may be speeding up the clock on puberty, but that idea is unproved.



The New York Times

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By SUSAN GILBERT

Signs of sexual maturation may begin before 8.

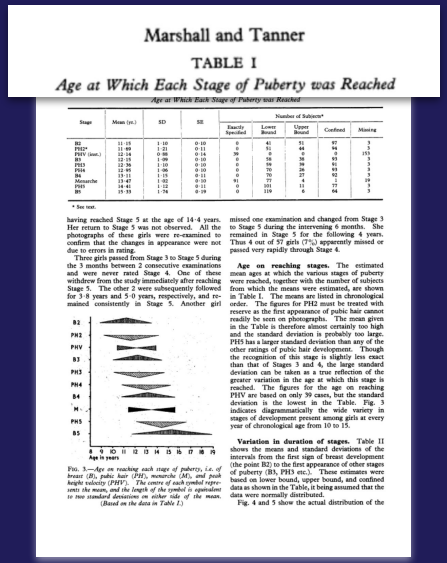
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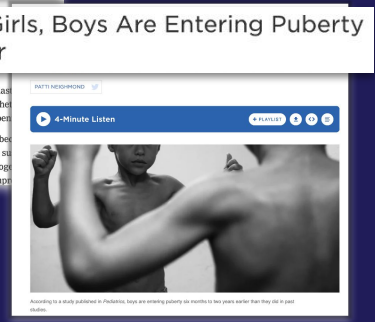
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A Noisy Cure for Colic

Pets' Power to Soothe



Like Girls, Boys Are Entering Puberty Earlier

PATTI NEKHOMOND

4-Minute Listen

+ PLAYLIST

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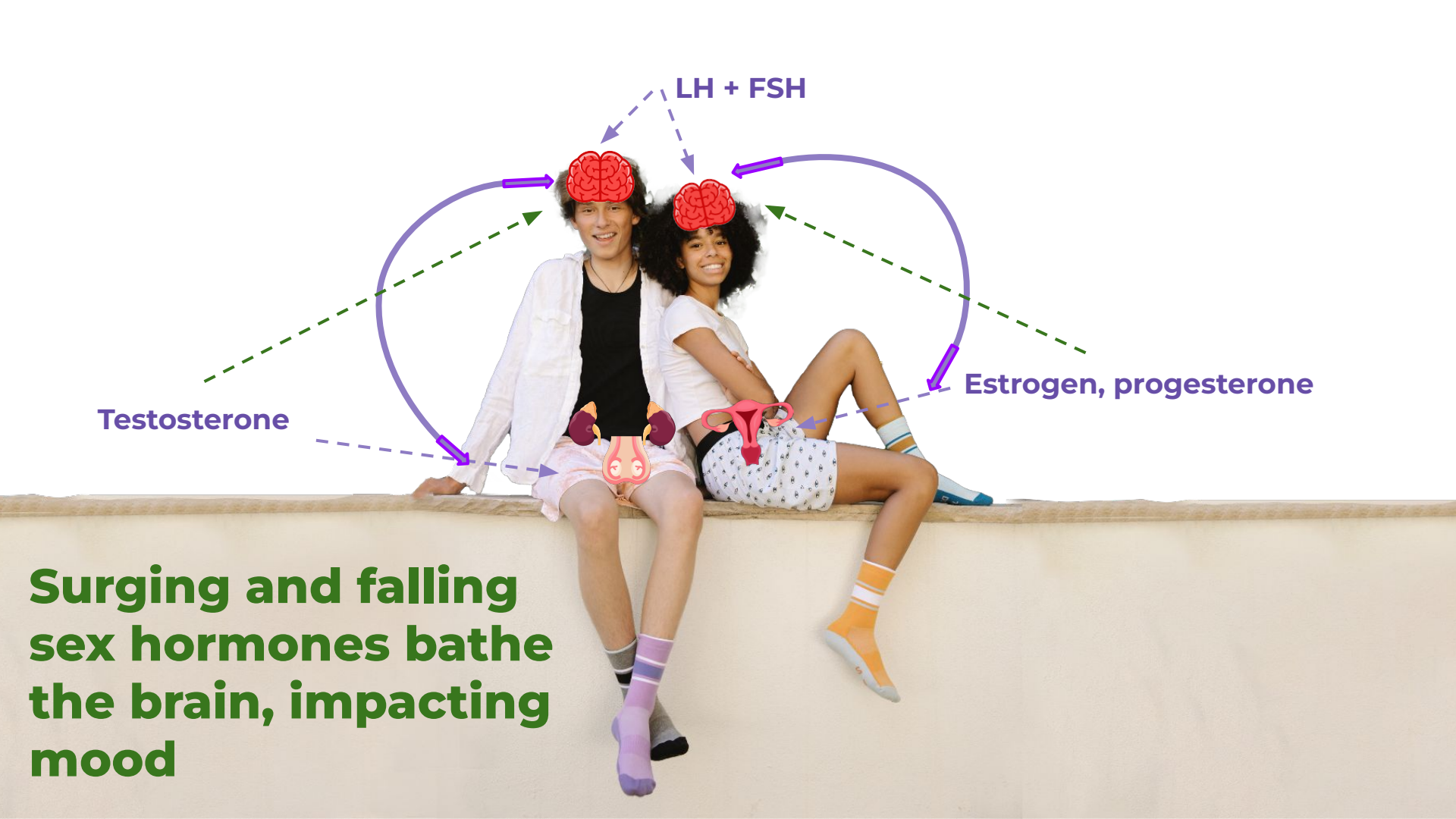
2012
H-G looks at boys

Puberty Has Expanded

- ➔ Stretched timeline means puberty + adolescence overlap
- ➔ This isn’t a girl-only conversation
- ➔ It’s impacted by outside forces
- ➔ Data (and kids) continue to evolve

Moods are a BIG Part of Puberty





Surging and falling sex hormones bathe the brain, impacting mood

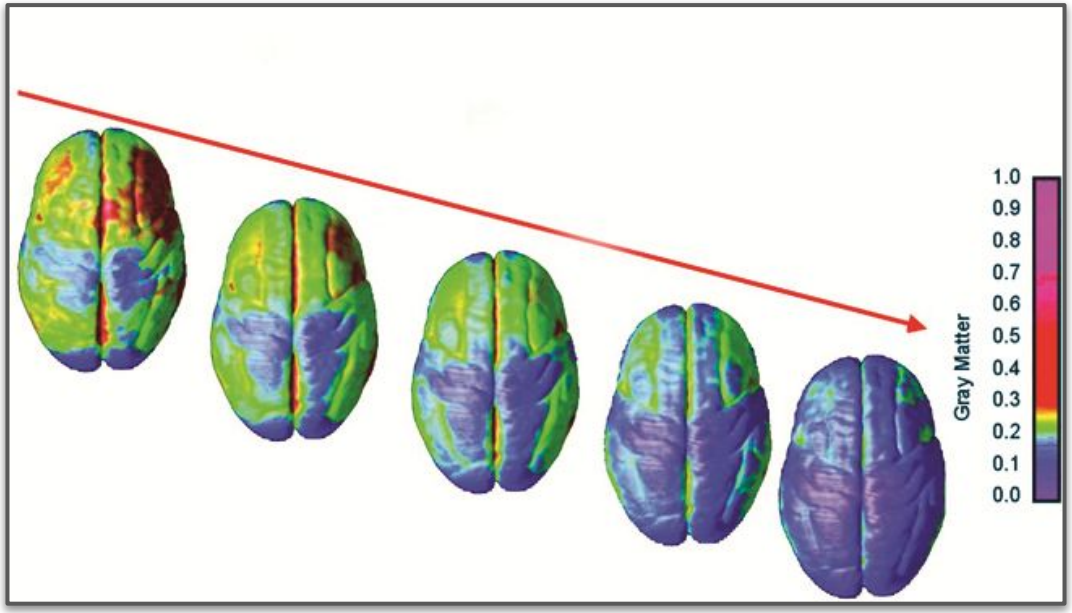
How to Handle Mood Swings

- ➔ Cool down
- ➔ Pivot, don’t engage
- ➔ Words not always needed
- ➔ Validate, validate, validate
- ➔ Take a do over

How to Know if it's *Just* a Mood Swing?

- ➔ Changes in MOOD DURATION?
- ➔ Changes in APPETITE?
- ➔ Changes in SLEEP PATTERNS?
- ➔ Changes in FRIENDSHIPS?

Brain Development: Parallel Play



So Why Even Bother?

- ➔ Conversation builds MUSCLE MEMORY
- ➔ They’re still listening if they’re still IN THE ROOM
- ➔ They LOVE understanding the science
- ➔ We all learn more when we’re PART OF THE CONVERSATION

Crushes are a REAL Thing



Realities of Today's Porn

- ➔ Average age of porn exposure is 12 YEARS OLD
- ➔ Phone or no phone, they're STILL EXPOSED
- ➔ Today's porn is DIFFERENT

How the Heck to Talk About Porn?

- ➔ To define porn you need to define SEX
- ➔ If you’re asked, get their POV
- ➔ Lead with CURIOSITY, ditch the shame
- ➔ If you have a 10-year old, IT’S TIME

WE'RE FLIPPING PUBERTY POSITIVE

OOMLA puberty essentials

PUBERTY PORTAL

PODCAST

SPEAKING & CONSULTING

CURRICULUM

NEWSLETTER

SOCIAL MEDIA

BOOKS





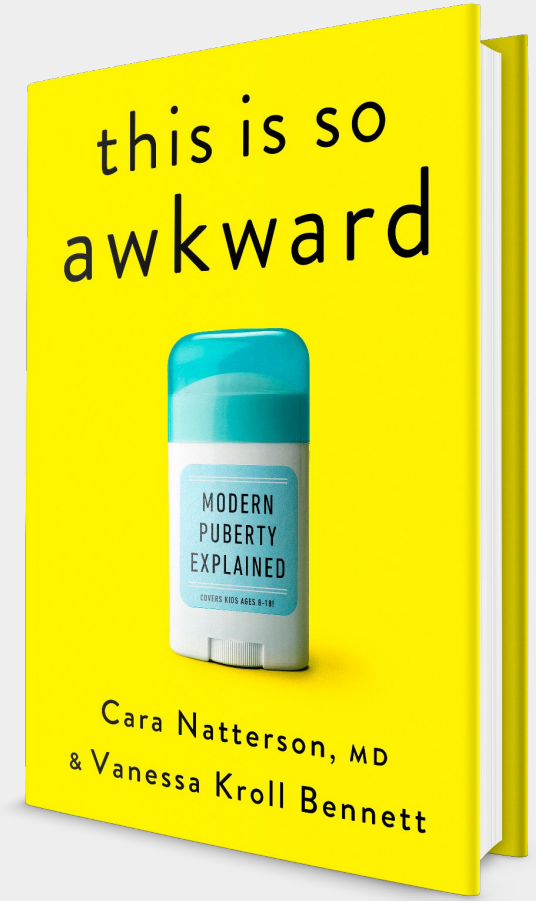


More info on https://www.modernpuberty.com/



http://modernpuberty.com/

PRH.com/ThisIsSoAwkward



Know more.
Cringe less.

