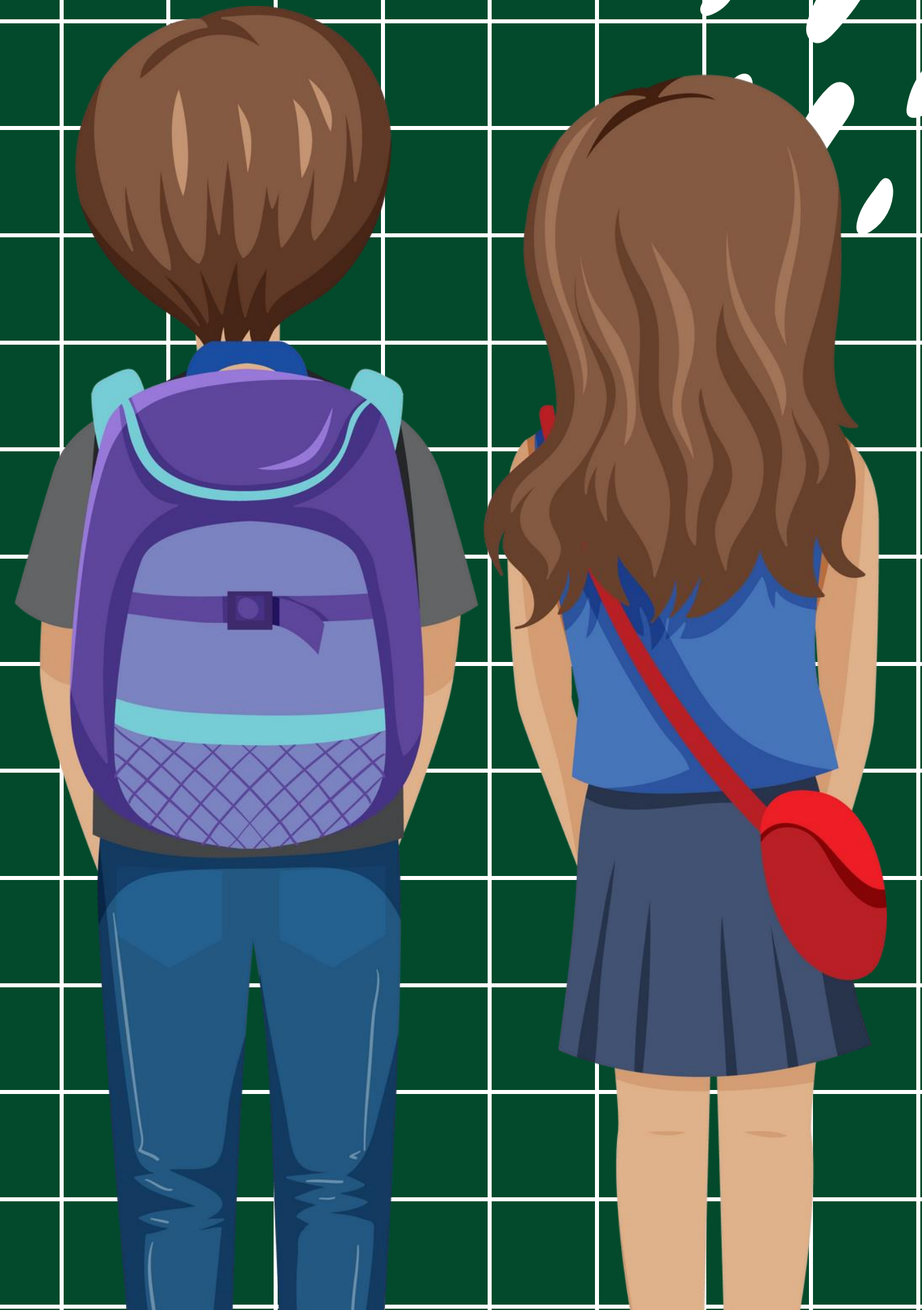
ALL ABOUT PUBERTY

Community Health Center of Southeast Kansas

CHC SEK School Health



LEARNING POINTS

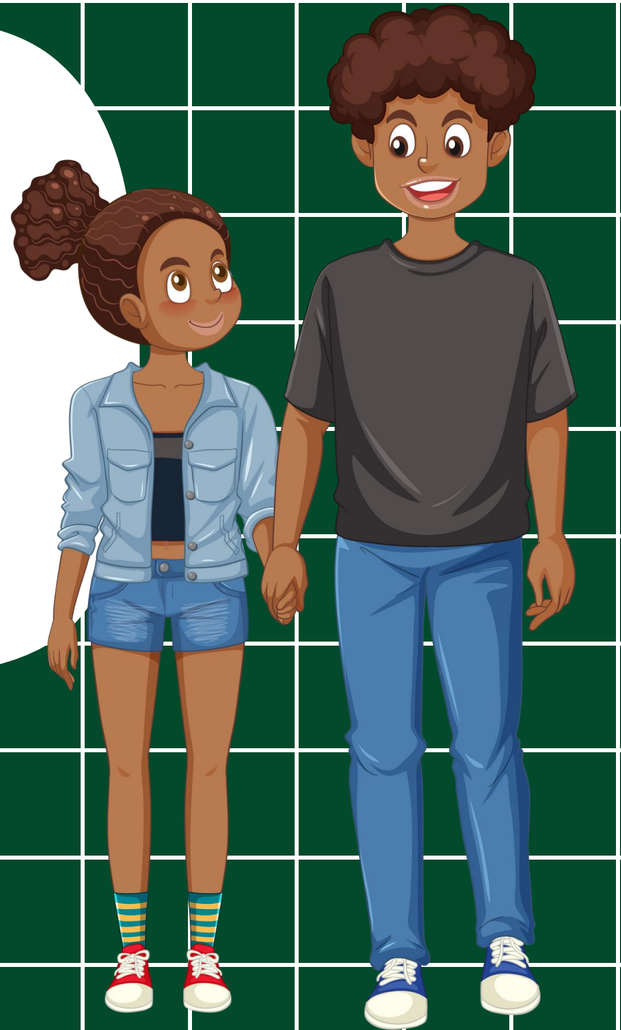
State what puberty is.

Describe the changes I can see and how to take care of my body

State what the reproductive organs are and how they work

WHAT IS PUBERTY?

Puberty describes the changes in boys and girls as they mature into adults and how their reproductive systems alter during this time.



WHEN DOES IT HAPPEN?

In general, girls begin puberty between 8 and 14 years old, with an average of 11 years old. Girls develop more quickly than boys and usually finish puberty in around 4 years. In general, boys begin puberty between 9 and 14 years old, with an average of 12 years old. Most boys finish puberty after around six years.

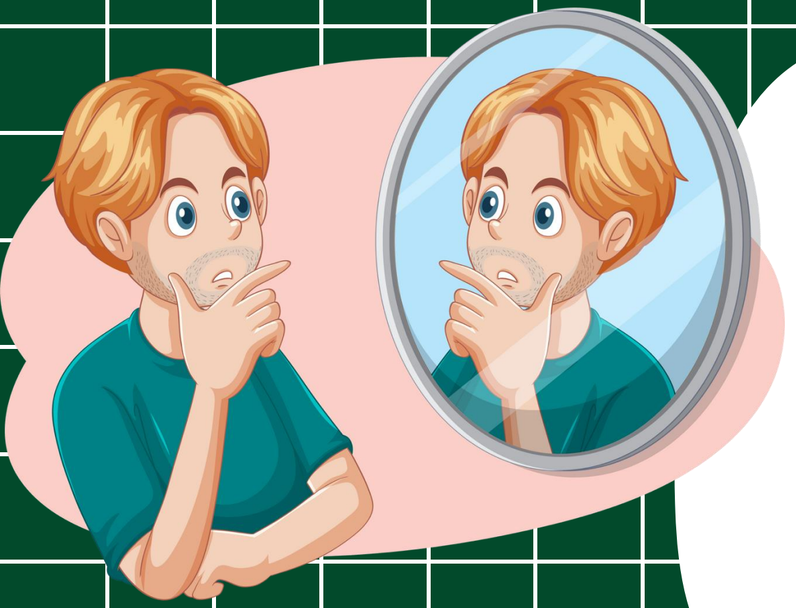


HORMONES



Hormones are chemical messengers which are produced in glands and carried around the body by the blood to specific organs in the body. Hormones bring about puberty and regulate the reproductive system.

TESTOSTERONE



Testosterone is a hormone produced by the testes. Testosterone controls the development of sexual characteristics in males.

CHANGES IN BOYS AND GIRLS

- Growth rate increases
- Underarm hair grows
- Pubic hair grows
- Body smell gets stronger
- Emotional changes



CHANGES IN BOYS

- Voice breaks (gets deeper)
- Testes and penis enlarge
- Testes begin to produce sperm cells
- Shoulders become wider
- Hair grows on the face and chest



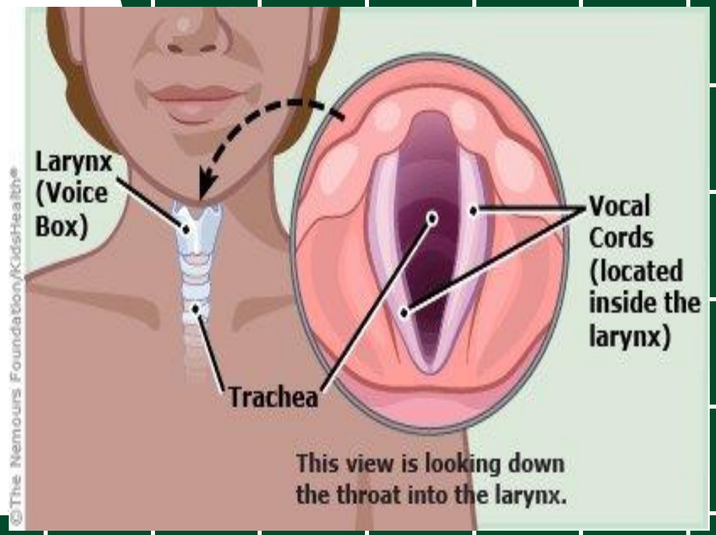
MUSCLE GROWTH

- This typically occurs over time and in some spurts, this can lead to some clumsiness and awkwardness
- Increase in height and sometimes weight
- Muscle Growth
- Males develop muscle and growth changes a year or two later than girls



Voice Changes

- Boys and Girls will both experience change due to thickening vocal cords.
- More dramatic in boys and while embarrassing at times this is normal and nothing to worry about.



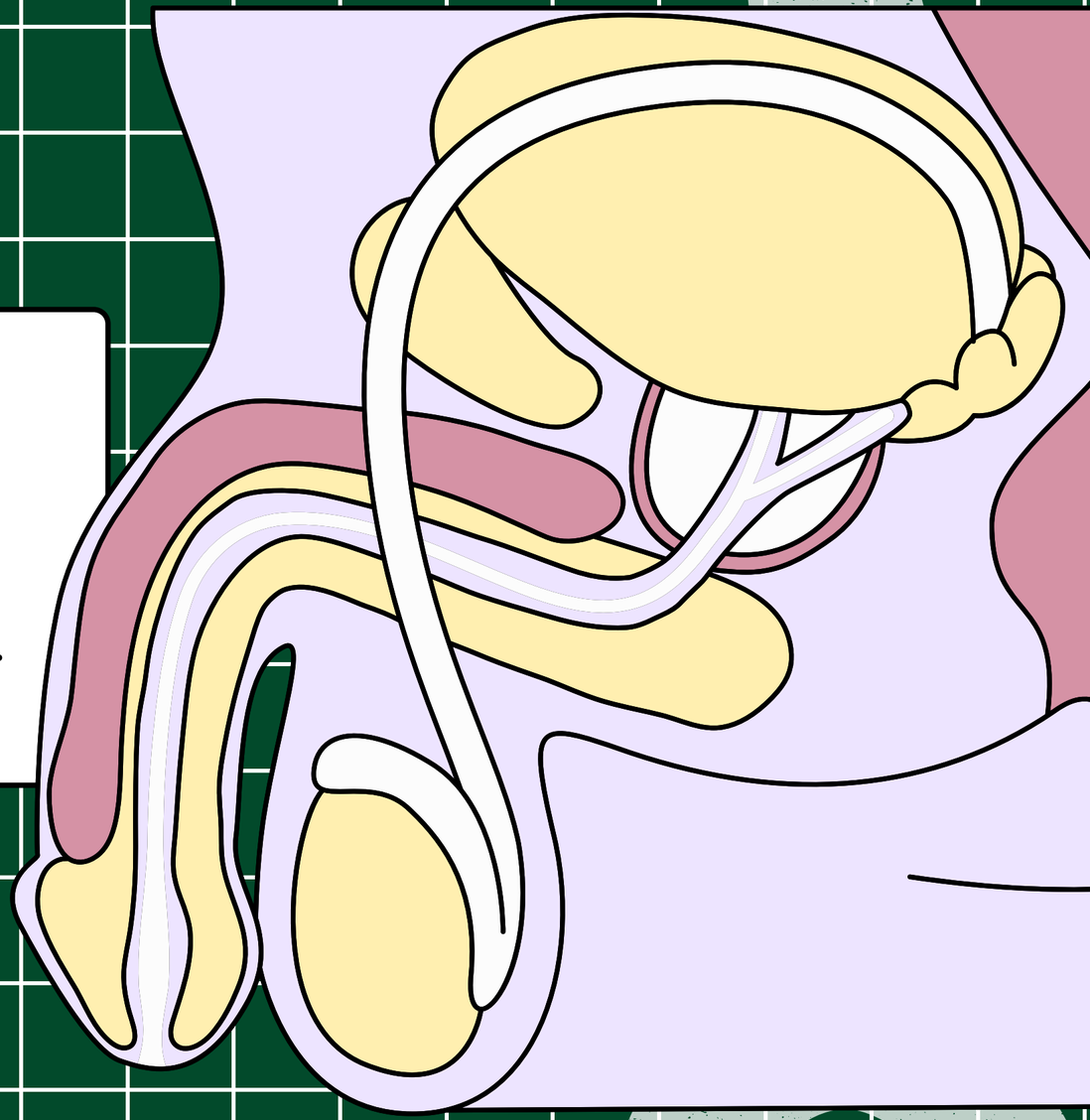
SELF-CARE DURING PUBERTY

- Use deodorant or anti-perspirant on the underarms
- Wash face daily to help prevent acne
- Brush teeth twice a day
- Use shampoo on your hair to prevent oiliness
- Shower daily
- Eat a well balanced diet
- Get plenty of exercise
- Get enough sleep

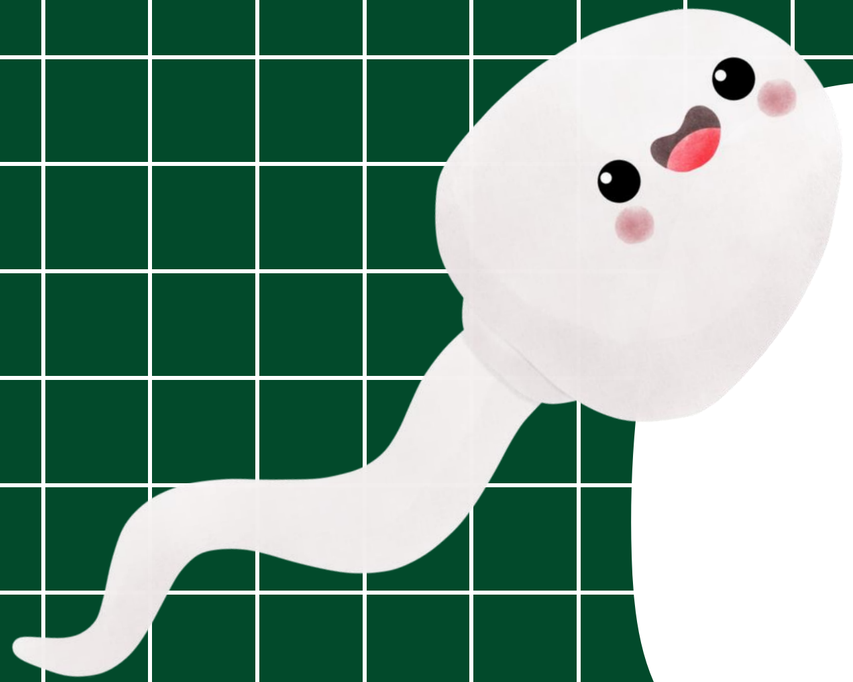


ROLE OF THE MALE REPRODUCTIVE SYSTEM

The key role of the male reproductive system is to produce sperm cells in the testes. The male reproductive system is controlled by hormones.



SPERM



- Contains genetic information for procreation
- Is transported in Semen
- This is the white ejaculate fluid that comes from the penis.

NATURAL BODY RESPONSES

- Erections: Increased blood flow to the penis causing it to become hard.
- Emotional Changes: More intense emotions that occur during hormonal changes.
- Important to talk with someone you trust, adult, teacher, or healthcare provider to get the right information.



BE RESPECTFUL

•Remember to ALWAYS show respect to both boys and girls during this changing time!
•Change is hard
•Everyone is embarrassed
•Be kind
•NEVER tease about body changes, hygiene or emotions.

