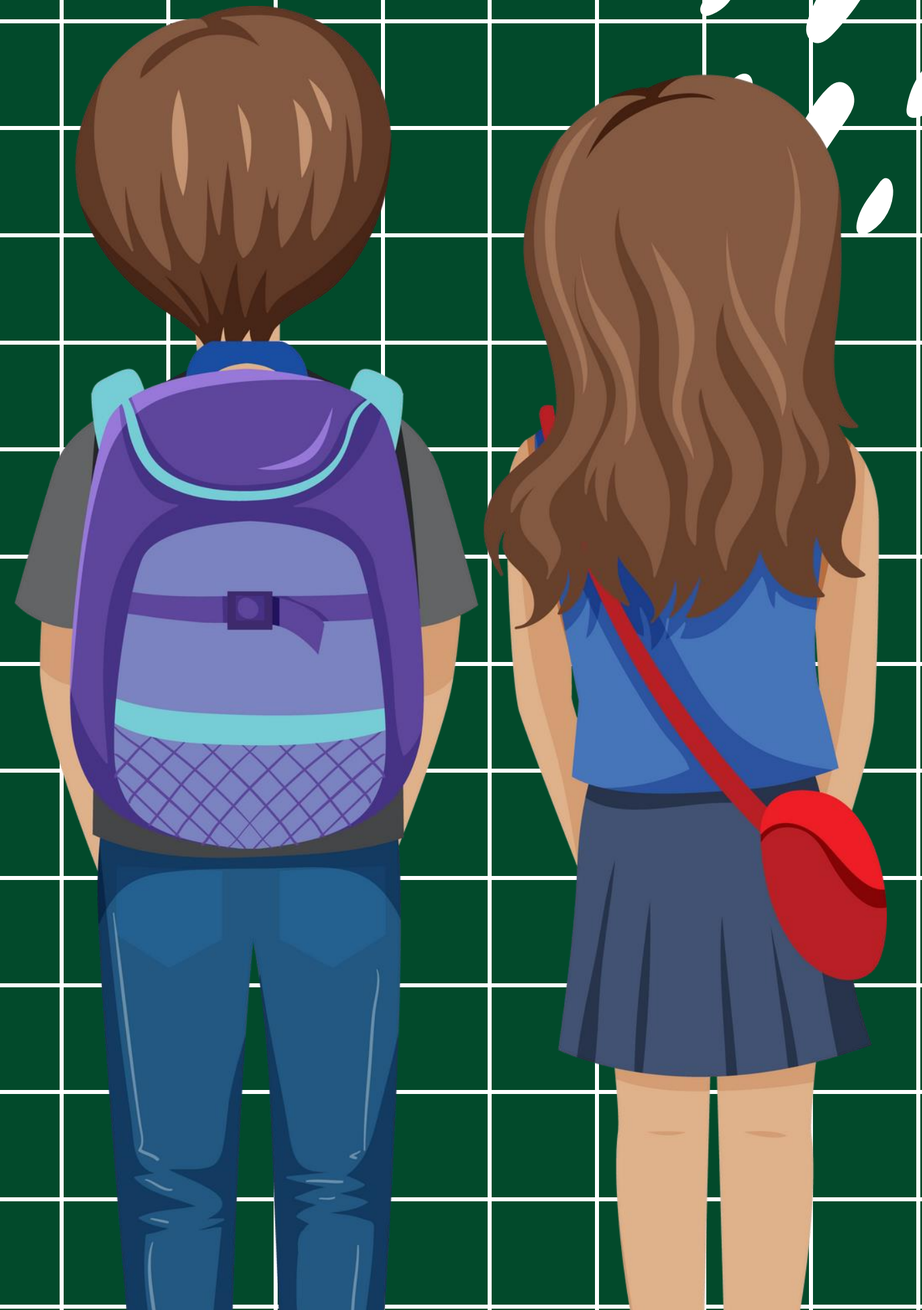
ALL ABOUT PUBERTY

Community Health Center of Southeast Kansas

CHC SEK School Health



LEARNING POINTS

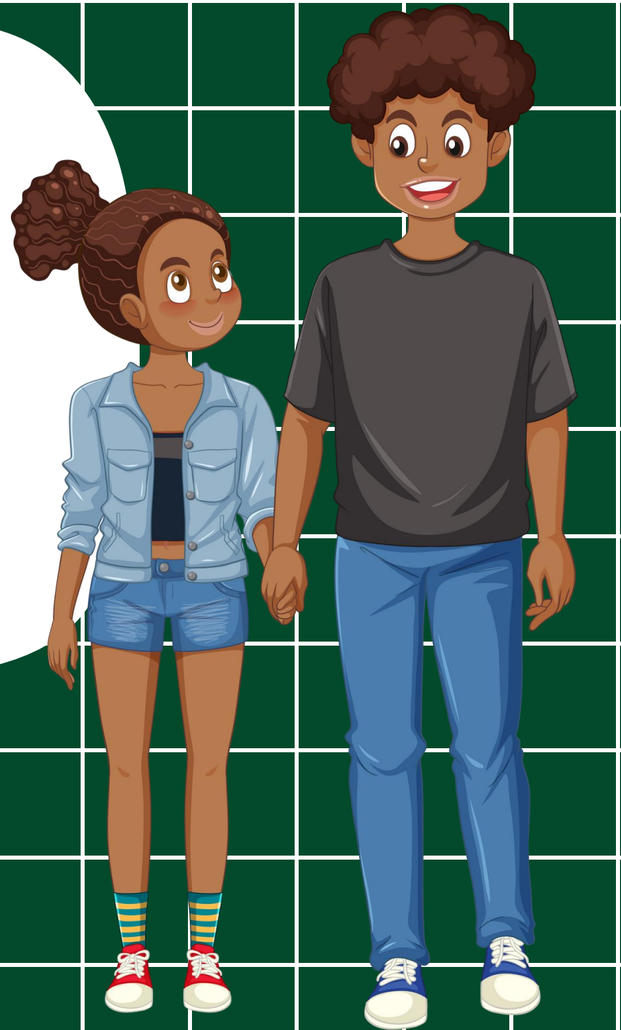
State what puberty is.

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.

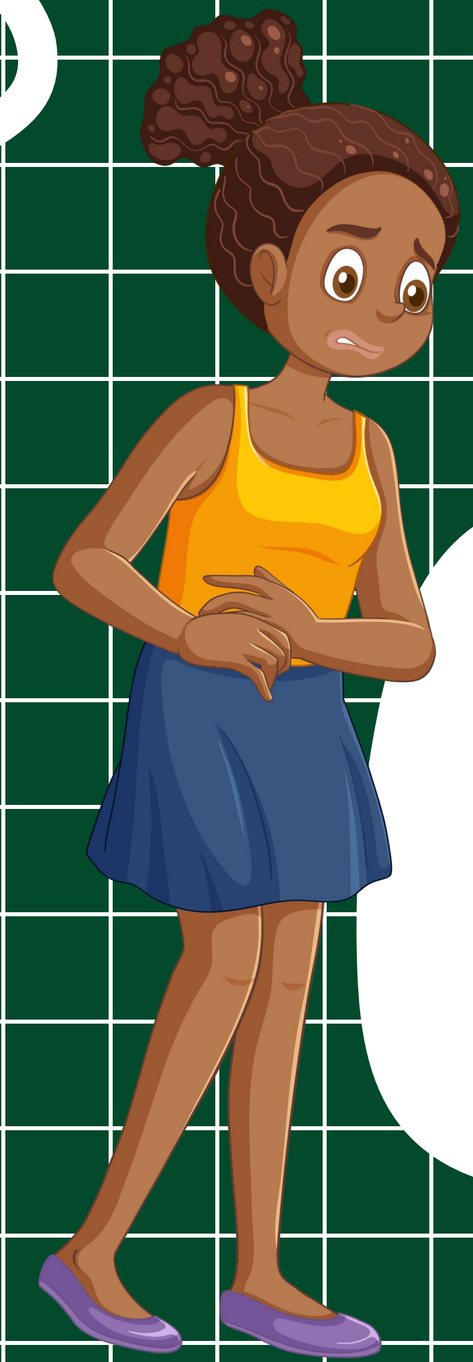


WHEN DOES IT HAPPEN?

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.

ESTROGEN

Estrogen is produced by the ovaries. It controls the development of the body during and after puberty.



CHANGES IN GIRLS

- Body grows taller and wider
- Voice gets a little deeper
- You being to grow hair under your arms and in your pubic area
- Your body may sweat more and develop a body odor
- Your skin may become oiler
- Ovaries start to release egg cells (the menstrual cycle begins)
- Hips start to widen
- Breasts start to develop



BREAST CHANGES

- Hormonal changes cause fluid to build up in your breasts, this can make them sore. Soreness in your breasts is also common before you get your period
- Breast growth can take 3-5 years and in some cases 10 years for full development
- Your skin may itch or show stretch marks. These are signs of the skin stretching as your breasts grow.
- Breasts come in all shapes and sizes.



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



SELF-CARE DURING PUBERTY

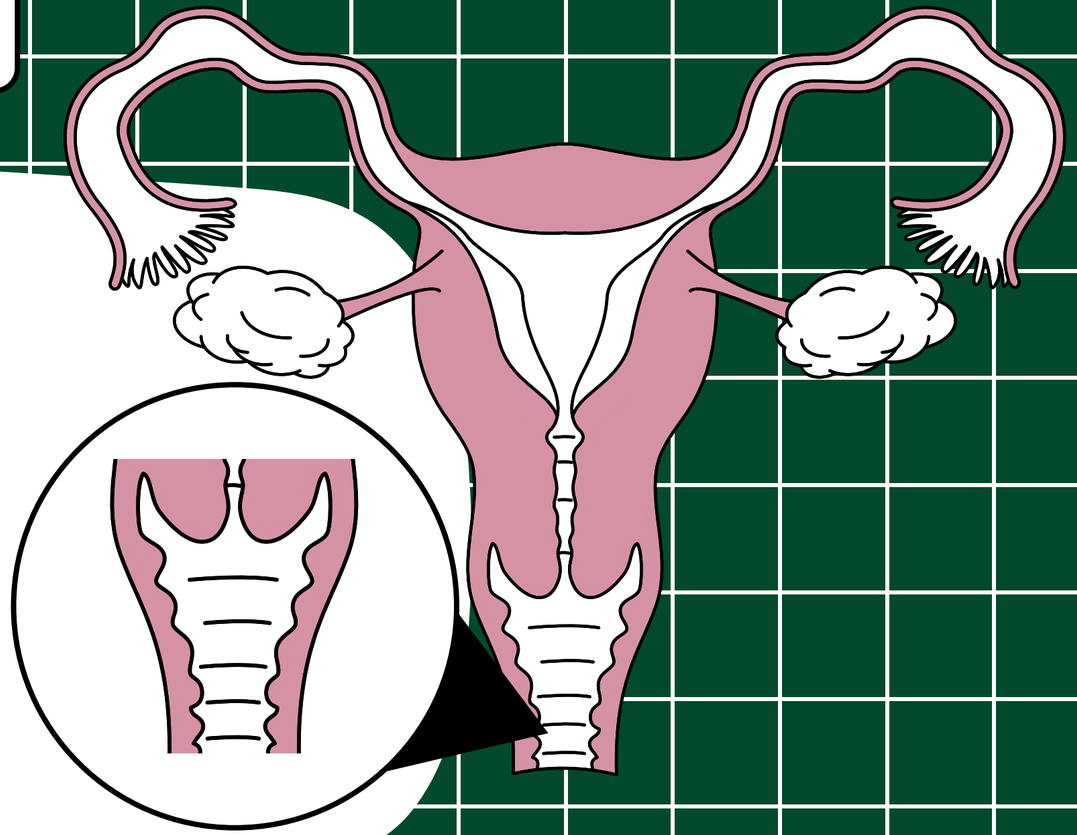
- Use deodorant or anti-perspirant on the underarms
- Wash face daily to help prevent acne
- Brush teeth twice a day
- Use shampoo on your hair to prevent oiliness
- Shower daily
- Eat a well balanced diet
- Get plenty of exercise
- Get enough sleep



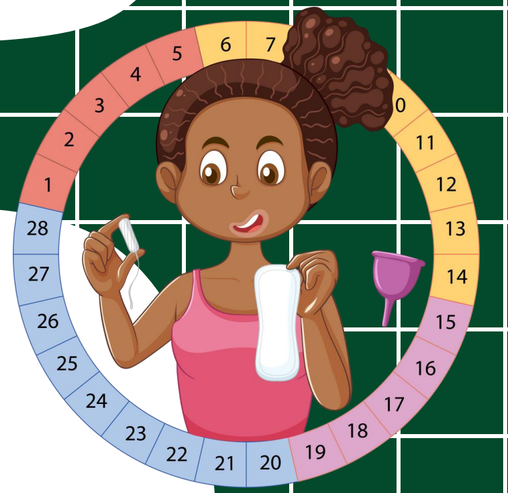
FEMALE ANATOMY

Vagina

entrance to the reproductive system, where period/menstrual flow exits the body and the urethral opening is just in front of. Notice the space and how a tampon can fit .



WHAT IS A PERIOD?

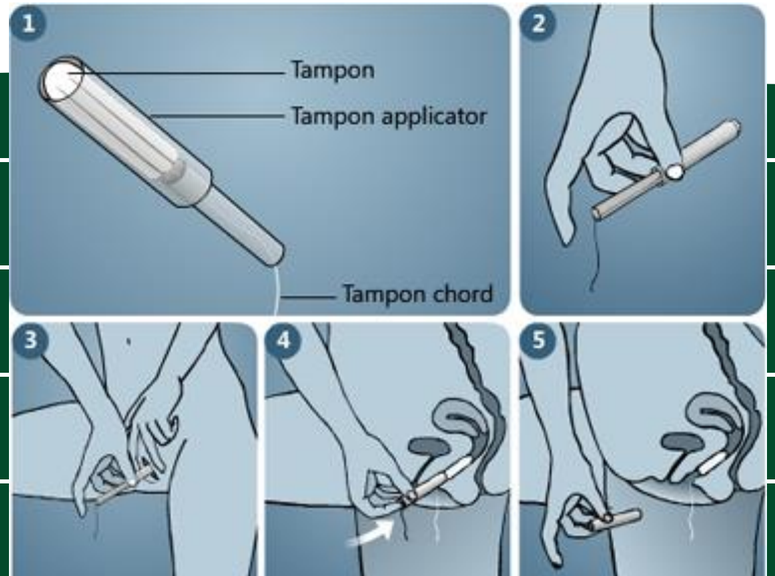


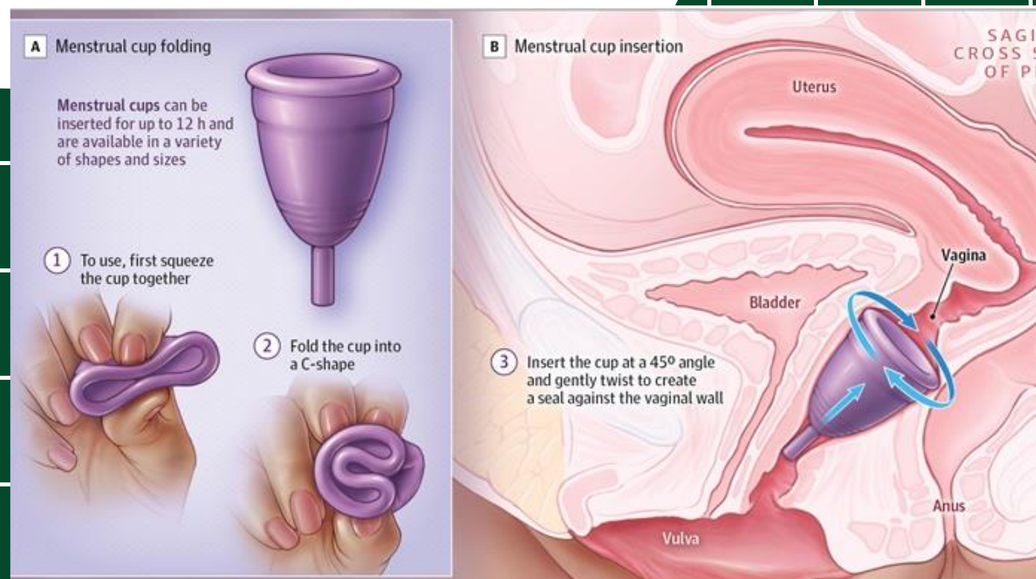
•A period is when females pass blood from the vagina for a few days each month.
•The scientific name for this is menstruation
•Periods can start at different ages for different people
•You get your period every month but in the beginning and for several months after starting your period it can be irregular.
•No one can tell you are on your period unless you tell them.
•Girls usually only bleed a few tablespoons each week on their periods.
•May experience cramping and more intense emotions before start of menstruation.

PERIOD PRODUCTS

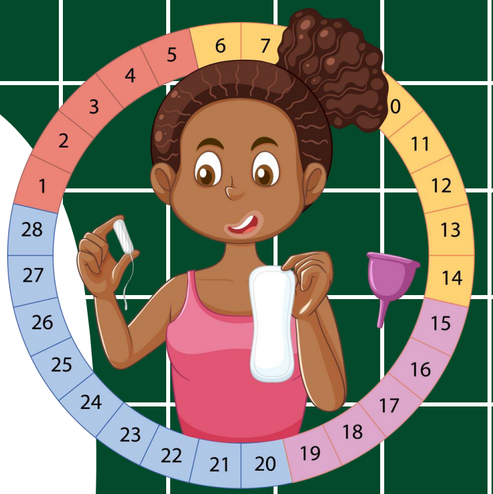
•Girls use pads, tampons and menstrual cups to catch the blood that comes from the vagina during menstruation
•Pads are a sticky strip of material that absorbs the blood. They are placed in the underwear and should be changes frequently.
•A tampon is a small plug of material that fits inside the vagina to absorb the blood. This should also be changes frequently.
•A menstrual cup is a small, flexible cup that is made of silicone or latex rubber. Instead of absorbing your flow, like a tampon or pad, it catches and collects the blood.





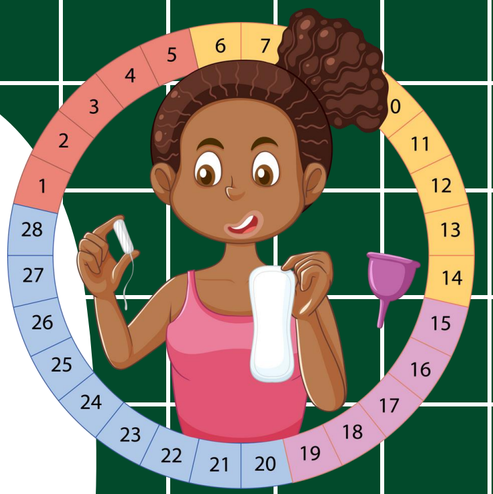


PREMENSTRUAL SYNDROME



- Symptoms brought on by hormone changes 1-14 days before menstruation begins.
- Symptoms include: breast tenderness, bloating, headaches, acne, constipation or diarrhea, cramps, feeling tired, feeling irritable and sad or down.
- Not all women get PMS
- Ways to help: exercise, healthy diet, reduce caffeine and sugar.

TOXIC SHOCK SYMPTOMS



- This is a rare but serious infection!!
- Can be caused by not using tampons properly and leaving them in to long!
- Symptoms include: Sudden fever-(102°F/38.8°C or higher), vomiting, diarrhea, sunburn-like rash, muscle aches, dizziness, near fainting or fainting.
- Seek medical help immediately if symptoms are noted

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.

