



Puberty and Reproductive Health



Why is this subject important?

- Important for you to know about your changing body.
- We should be calling our body parts by their real names and be comfortable with using those names.
- In the near future you will have to talk with medical providers about your health and body parts.
- People make healthier choices when they have correct information and have given some thought about what they believe in and what their future goals are.
- High rate of unintended pregnancies and sexually transmitted diseases.

Ground Rules

- BE RESPECTFUL OF OTHERS.
- Ask questions...in class, after class, at home. Any question is a good question.
- Protect other people's feelings and privacy.



WHAT IS PUBERTY?

Puberty is the process of physical changes when a child's body matures into an adult body and is capable of sexual reproduction.



Puberty usually occurs in girls between the ages of 10 and 14 and in boys between the ages of 12 and 16.



When does this happen?

The time when puberty begins varies greatly among individuals.

What changes occur?

Females

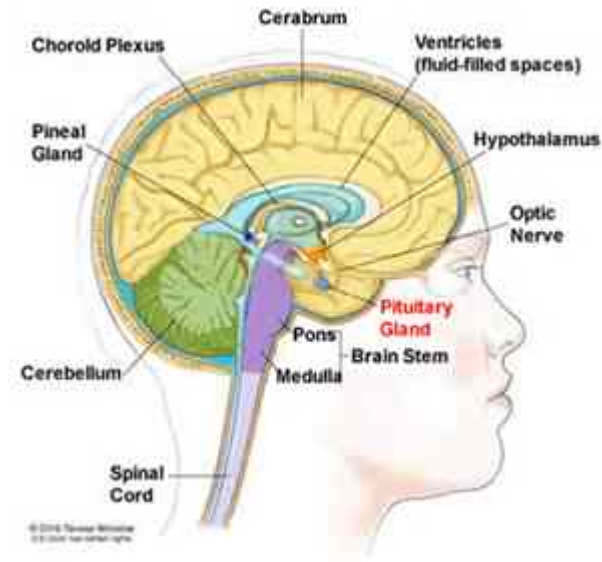
- ❖ Grow taller
- ❖ Skin gets oily resulting in acne
- ❖ Sweat glands develop leading to body odor
- ❖ Glands to scalp produce more oil
- ❖ Pubic hair and arm pit hair grow
- ❖ Hips widen and increased body fat to hips and thighs.
- ❖ Breasts develop (first sign of puberty in females)
- ❖ Menstruation starts

Males

- ❖ Grow taller
- ❖ Skin gets oily resulting in acne
- ❖ Sweat glands develop leading to body odor
- ❖ Glands to scalp produce more oil
- ❖ Body hair including pubic hair, arm pit hair and facial hair.
- ❖ Voice changes
- ❖ Muscles develop
- ❖ Shoulders become broader
- ❖ Penis and Testicles grow (first sign of puberty in males)

HORMONES

- The hypothalamus releases gonadotropin-releasing hormone (GnRH)
- GnRH tells the pituitary gland to release luteinizing hormone and follicle-stimulating hormone.
- These hormones then stimulate the gonads (sex organs which produce hormones). The gonads are testicles in males and ovaries in females.



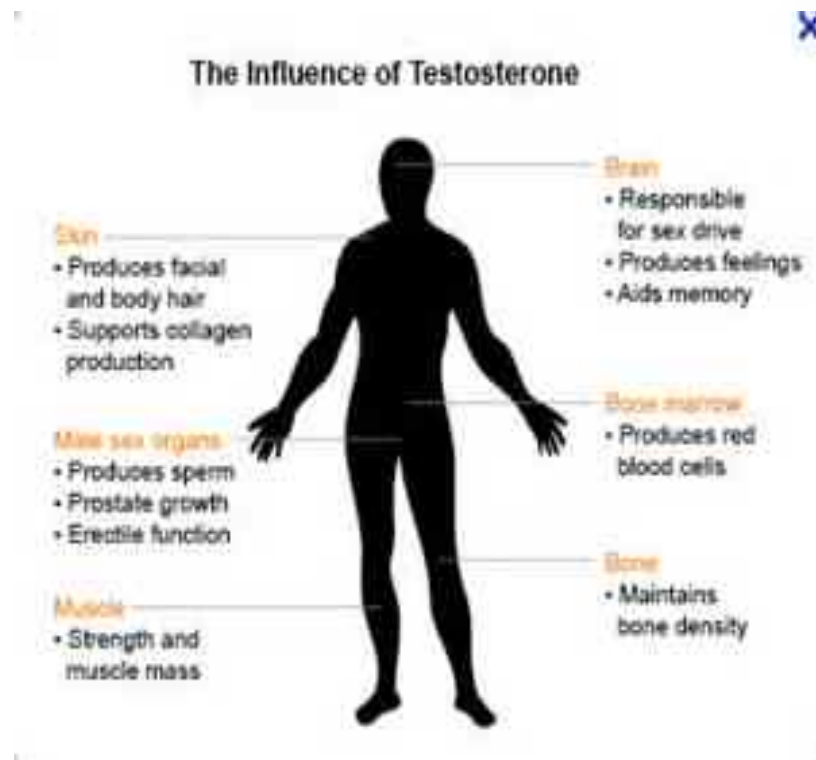
Male Sex Hormones

The main male sex hormone is called testosterone.

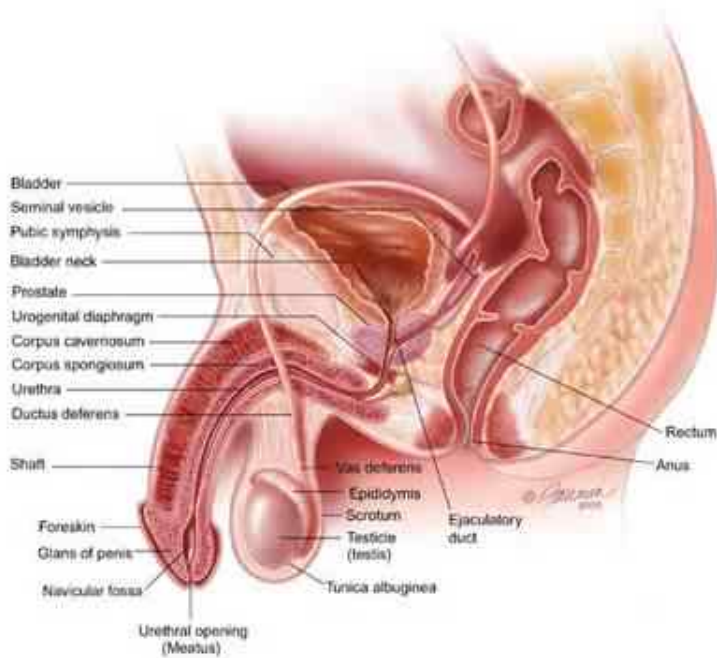
Testosterone's main function is enlargement of the testicles and with it the production of sperm.

Secondary functions are

- Increased body hair growth
- Larynx enlargement and thickening of the vocal cords to lower voice pitch
- Thickening of the skin
- Increased muscular growth
- Growing and strengthening of the bones



Male Anatomy and Physiology

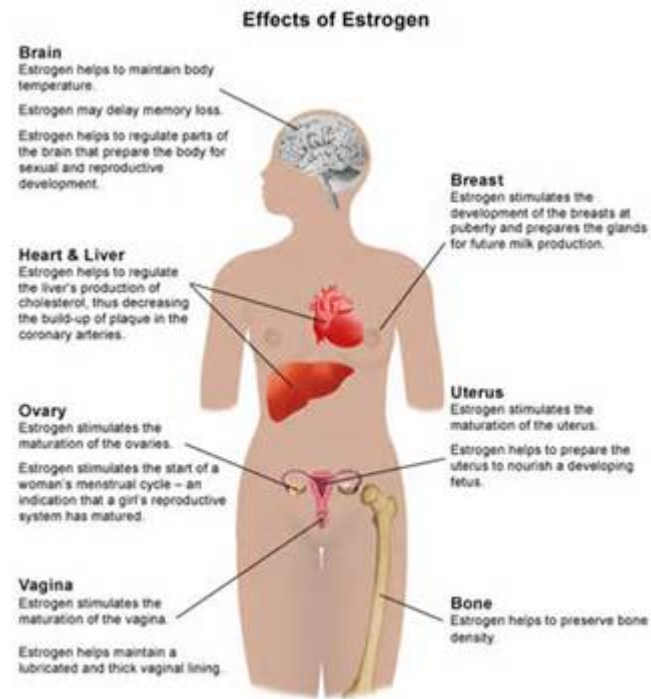


- Penis
- Scrotum
- Testes or testicles
- Epididymis
- Spermatozoa
- Spermatic Cords
- Vas Deferens
- Seminal Vesicles
- Semen
- Prostate Gland
- Cowper's Gland
- Urethra



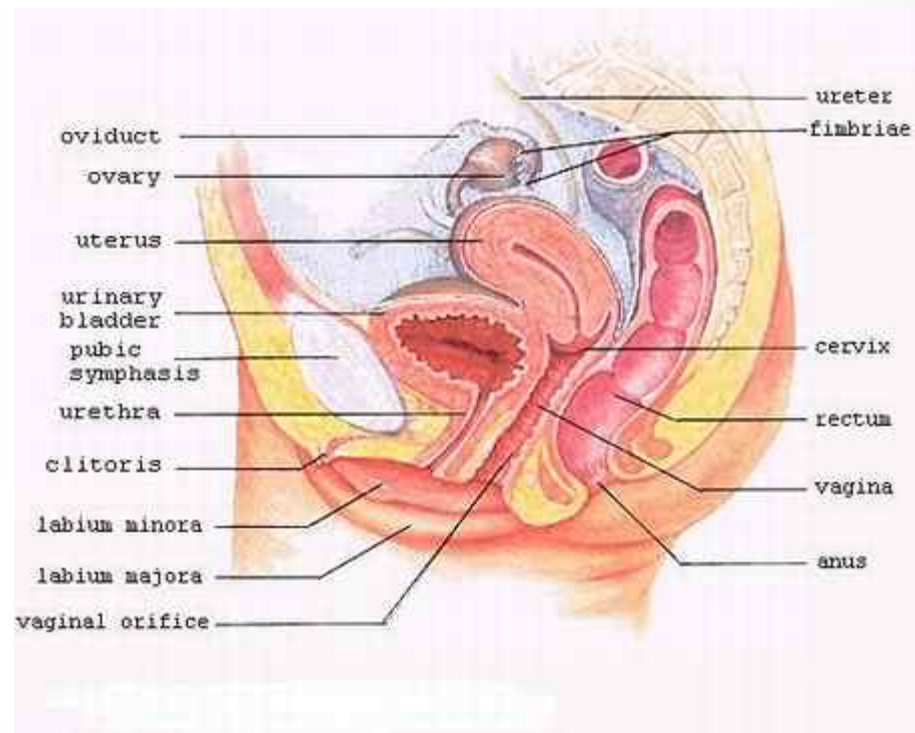
Female Sex Hormones

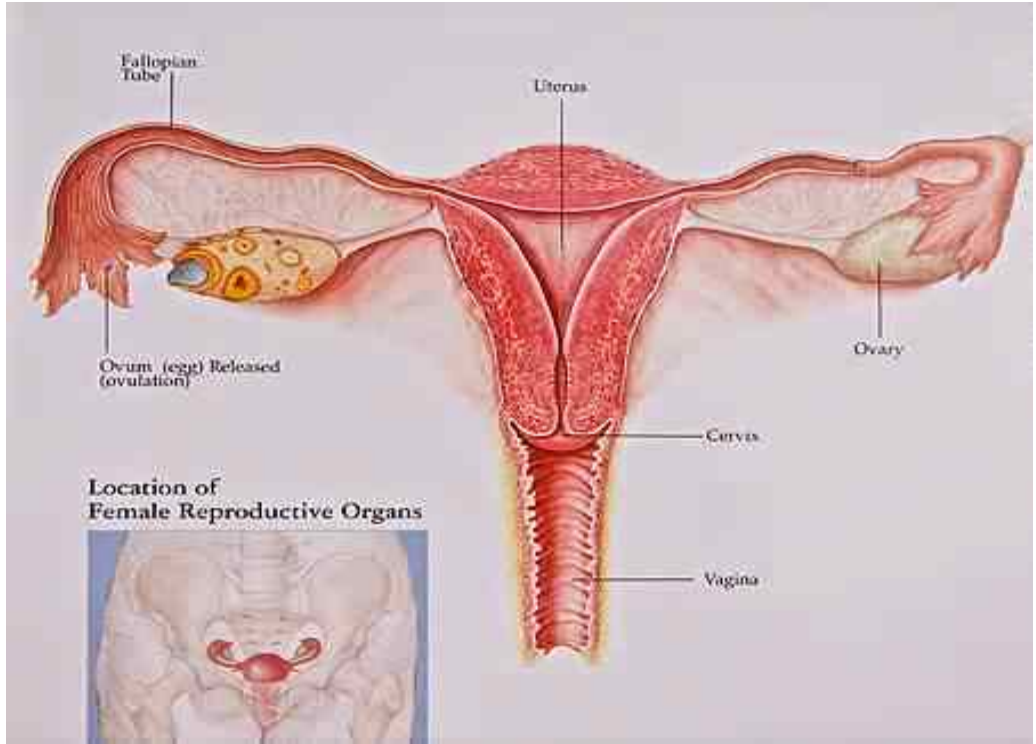
- The main female sex hormones are called estrogen and progesterone.
- Estrogen is responsible for the development of breast growth and accumulation of body fat around the hips and thighs.
- Both estrogen and progesterone are involved in the release of ova (egg), regulation of the menstrual cycle and pregnancy.



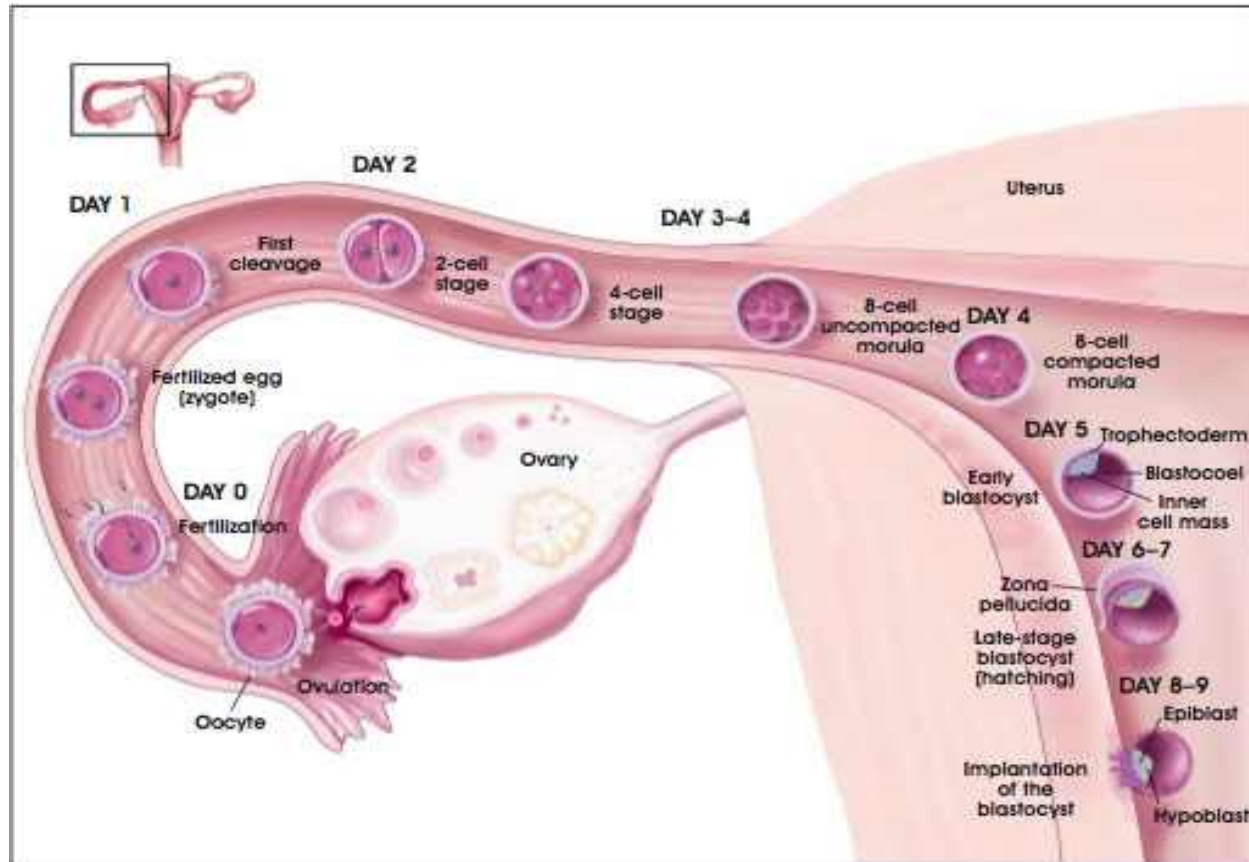
Female Anatomy and Physiology

- Labia Majora
- Labia Minora
- Clitoris
- Vagina
- Cervix
- Uterus
- Ovaries
- Fallopian Tubes

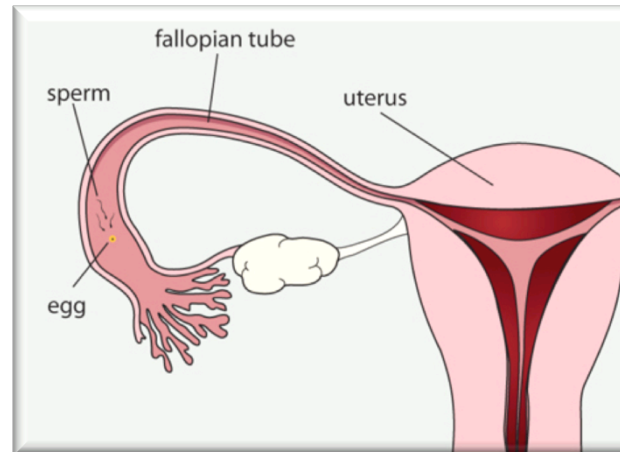
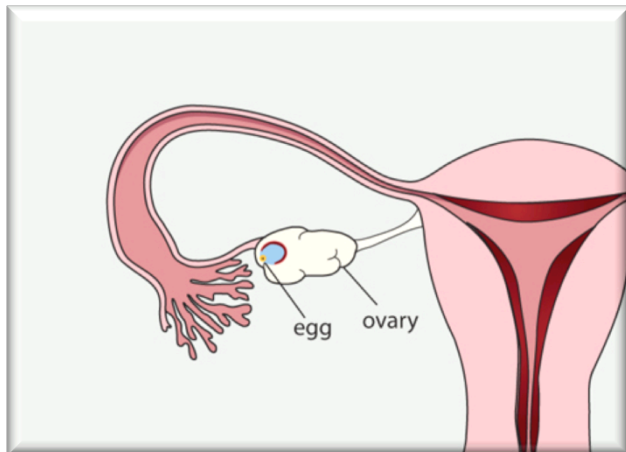
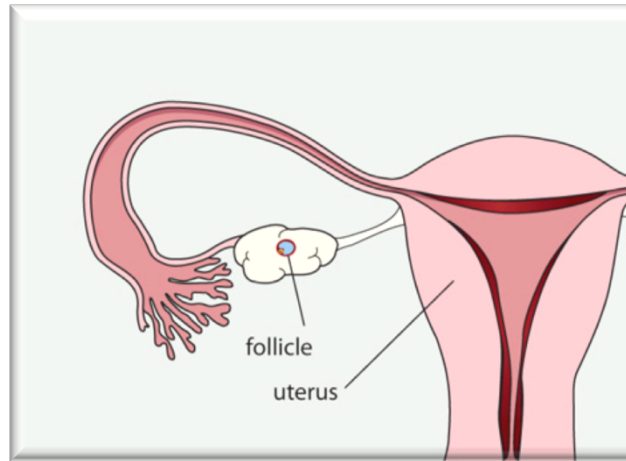
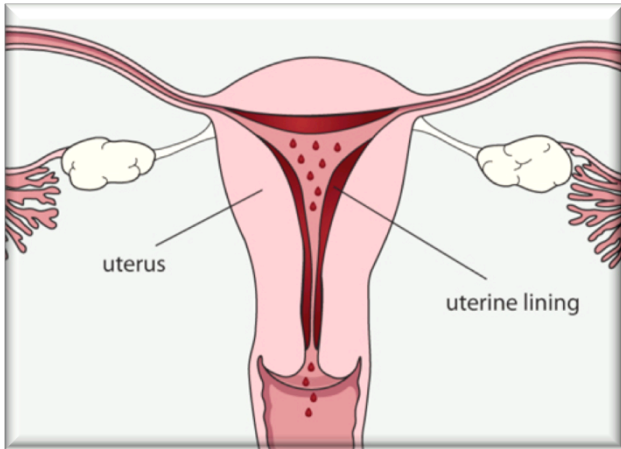




Conception



Menstruation



Other changes



Nobody likes The Puberty Fairy.

- Normal to feel emotional, unsure of yourself and awkward during puberty.
- Childhood friendships and relationships might change because our adult personalities are shaping.
- Be kind to each other. Remember your peers are going through the same thing.

Taking care of yourself



Hygiene

- Shower daily with soap
- Consider using antiperspirant/deodorant

Acne

- Wash face daily with soap and water
- Don't scrub too hard
- Over the counter medications with Salicylic Acid work well.

Sleep

- At least eight hours of sleep every night. Likely will need more than this.

Exercise

- 60 minutes daily

Diet

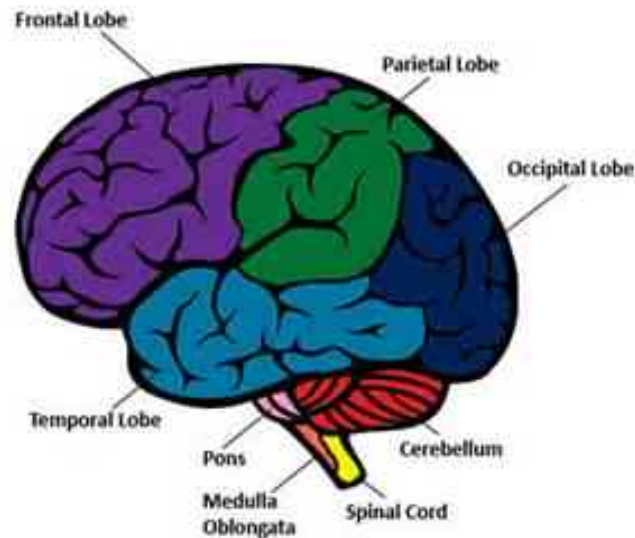
- 5 fruits/vegetables daily
- 3 servings of dairy daily. Calcium needed for growing bones
- 8 glasses of water daily
- Avoid soft drinks or any sugar sweetened beverages

Breast Self Exams and Testicular Self Exams

- Once per month check your body for abnormal lumps/bumps
- No one will know your body as well as you do.
- Breast cancer not common at young age but good to get into a regular routine of monthly self checks.
- Testicular cancer often occurs at a young age starting in the teenage years. Testicular cancer is very treatable.
- If you find something abnormal. Talk with your parent and see a medical provider.

Listen to your Gut!

Your brain is not fully developed yet. Your frontal cortex is 80% developed and it will take until age 26 until it is 100% developed. Until that time reason, logic and decision making are not 100%. However your gut is 100%. Listen to your gut!



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NO!

- Everyone here should know how to say NO and how to accept NO as an answer.
- Coercion is wrong.

WHAT PART OF
NO
DON'T YOU UNDERSTAND?

Know your risks.

Pregnancy



- If you don't use birth control the risk of getting pregnant within a year is 85%

Know your risks

Sexually Transmitted Diseases

- ❖ Gonorrhea
- ❖ Chlamydia
- ❖ Syphilis
- ❖ Trichomoniasis
- ❖ Herpes Simplex
- ❖ Human Immunodeficiency Virus (HIV)
- ❖ Hepatitis B
- ❖ Hepatitis C
- ❖ Human Papillomavirus



Talk with your parents or a trusted adult

- Health related concerns or questions
- Relationships
- Sex



Online Resources

- www.Scarleteen.com



- www.watchwellcast.com



- www.cdc.gov



- www.teenshealth.org



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