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TAMPAX

Old Spice

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ALWAYS  
CHANGING

A CO-ED

PUBERTY

EDUCATION

GUIDE

FOR GRADES

7 & UP



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Always Changing describes what you will be experiencing physically and emotionally throughout puberty.

The program is intended to help you gain knowledge and develop life skills that will last you a lifetime.

Our goal is to inform, clarify and provide you with the tools you'll need to enjoy a long, healthy, active life!

## WELCOME TO LIFE!

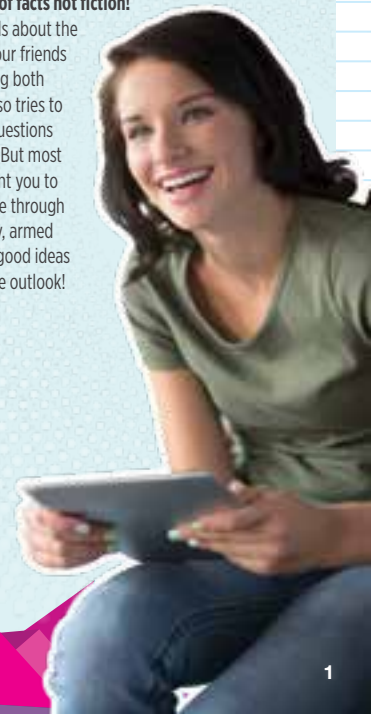
**Puberty is a time of big changes** - physically, emotionally and socially. It marks the start of your journey to adulthood. A time in which you develop the knowledge, skills and habits that lead to confidence and healthy self-image.

By now, the many changes to our bodies that take place during puberty are becoming obvious. For girls puberty typically starts between ages 8-12, for boys it starts between ages 9-13.

**These changes don't happen overnight:** some happen quickly and others take years! Remember it's a journey, not a race - your body is unique and it will determine when these changes take place. Not everyone starts or finishes puberty at the same time. The only thing for certain is that everyone goes through it!

**This booklet is full of facts not fiction!**

It will provide details about the changes you and your friends may be experiencing both inside and out. It also tries to answer the many questions you probably have. But most importantly, we want you to be ready to navigate through puberty more easily, armed with accurate info, good ideas and a healthy, active outlook!





## BEFORE YOU BEGIN

### LIFESTYLES PHYSICAL ACTIVITY QUIZ TAKE THE FIRST STEP TOWARDS GETTING ACTIVE

What do you know about physical activity, health, body image, self-esteem and puberty?

**1 People of all ages need to be active to be healthy. How many Canadians are not active enough to achieve health benefits?**

- a. All
- b. None
- c. One-third (1/3)
- d. Two-thirds (2/3)

**2 Benefits of regular physical activity include better posture and balance, stronger muscles and bones, improved self-esteem, increased energy and decreased stress.**

- a. True
- b. False

**3 Physical inactivity is as dangerous to your health as smoking.**

- a. True
- b. False

**4 How much physical activity do experts say children should do to stay healthy?**

- a. 15 minutes a day
- b. 30 minutes twice a week
- c. 60 minutes a day
- d. Accumulate 60 minutes of light activity a day

**5 If you're not active for at least 30 minutes at a time, you will not gain health benefits.**

- a. True
- b. False

**6 To stay healthy, people should choose a variety and range of activities to build endurance, improve strength and maintain flexibility.**

- a. True
- b. False

**7 Walking is one of the best ways to improve health through physical activity for the majority of people.**

- a. True
- b. False

**8 Fifty-seven percent of Canadian children and youth are not active enough for healthy growth and development.**

- a. True
- b. False

**9 The Canadian Physical Activity Guidelines for Children and Youth recommend:**

- a. Increasing the amount of time currently spent being physically active by 60 minutes or more per day
- b. Limiting the amount of time spent watching TV, surfing the internet and playing computer games to no more than 2 hours per day
- c. a. and b.



**10 Participating in physical activity can improve self-image, self-esteem and build confidence.**

- a. True
- b. False

**11 Individuals with disabilities can be physically active and participate in a wide range of activities.**

- a. True
- b. False

**12 Active living is...**

- a. Having a busy social life
- b. A way of life in which physical activity is valued and integrated into daily living
- c. A community health program
- d. A community sports program

ANSWERS:

- 1. d
- 2. a
- 3. a
- 4. c
- 5. b
- 6. a
- 7. a
- 8. a
- 9. c
- 10. a
- 11. a
- 12. b

CANADIAN PHYSICAL ACTIVITY GUIDELINES

WWW.CSEP.CA/GUIDELINES

## PHYSICAL ACTIVITY

### GET ACTIVE

As you grow into adulthood and gain more responsibilities, you are going to have to learn to take care of yourself. It's time to start paying attention to how you treat your body in order to stay healthy. Being physically active is a good place to start. Sport and physical activity are great ways of keeping your body feeling healthy while boosting your energy level! They help to make you strong and agile, and they make your heart and lungs work better too. There are a lot of activities you can get involved in, either with friends or on your own, but you don't have to join a team, play a competitive sport or go to a health club – the secret is to find something you enjoy and keep at it. To get you going, here are some ideas for getting active.

- Go rollerblading, skating, cycling, hiking or swimming with friends.
- Walk, longboard, skateboard, rollerblade or cycle to school instead of taking the bus.
- Walk up the stairs instead of using the elevator.
- Take a younger brother or sister to the park or playground and play some games.
- If you go to the beach, walk or jog barefoot on the sand.
- Grab a football or a baseball and gloves and play catch in the park.
- Be active in the winter too. Go tobogganing, skiing/snowboarding or build a snow fort!
- When you're talking on the phone, do some exercises such as holding a yoga pose or wall sit. No one will know you're chatting and exercising at the same time!
- Dancing is a great way to get fit and have some fun – so turn up the music and get moving!

### LIST SOME OTHER WAYS HOW YOU CAN GET ACTIVE.

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There are many things that stand in the way of people being physically active. These barriers (any condition that makes it difficult to make progress or to achieve an objective) can be real, feel real or be created by an individual.

### DID YOU KNOW THAT

- Aerobic exercise is the best way to strengthen your heart (the most important muscle in your body).
- Walking, jogging, cycling and swimming are great aerobic activities.
- If you have a really hard time talking while you're participating in aerobic physical activity, slow down; you are probably working too hard.
- Whole-body aerobic physical activity is an important part of maintaining a healthy weight.
- When developing your aerobic capacity begin slowly and gradually increase the time spent participating.

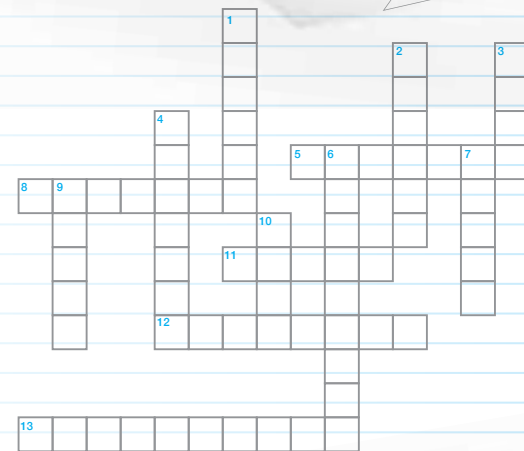
## PHYSICAL ACTIVITY CROSSWORD

### ACROSS

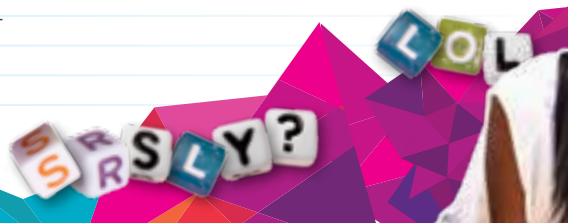
- 5 Sport and physical activity can help to make you feel \_\_\_\_\_.
- 8 A fun way to exercise? Turn up your music and start \_\_\_\_\_.
- 11 Exercising is a great way to \_\_\_\_\_ new skills.
- 12 A wet way to stay in shape is \_\_\_\_\_.
- 13 There are lots of \_\_\_\_\_ that you can participate in to stay in shape.

### DOWN

- 1 Lifting weights isn't the only way to make your body \_\_\_\_\_. Aerobic activity can produce the same results!
- 2 Exercising is a great way to develop new \_\_\_\_\_.
- 3 Regular physical activity is an important part of maintaining a healthy \_\_\_\_\_ weight.
- 4 You can exercise either on your own or with your \_\_\_\_\_.
- 6 When you're talking on the phone, try doing some simple \_\_\_\_\_ at the same time.



- 7 Your \_\_\_\_\_ is the most important muscle in your body.
- 9 Exercise can keep you \_\_\_\_\_ and flexible.
- 10 You don't have to join a \_\_\_\_\_ to stay physically fit and active.



ANSWERS:  
Across: 5-Healthy, 8-Dancing, 11-Team, 12-Swimming, 13-Activities  
Down: 1-Strong, 2-Skills, 3-Body, 4-Friends, 6-Exercises, 7-Heart, 9-Agile, 10-Team



## MAKING IT PERSONAL

You don't have to be an athlete to be fit. Living a healthy life is really a matter of making sure that your overall fitness is being developed by the activities you choose. Read below to learn about the various aspects of fitness, how they work together, and understand how they can **help you select activities that are right for you.**

### AGILITY

Agility is the **ability to make successive movements**, as efficiently and as rapidly as possible, **in different directions**. Developing your agility helps you dodge, make quick starts and stops as well as change direction when participating in a game of basketball or ultimate frisbee.

### COORDINATION

Coordination is the **harmonious working together of several body parts** and various sensory modalities [i.e. visual, touch, and kinesthetic (perception)]. Practice and repetition can really help you develop better "eye-hand" (as used in tennis) and "eye-foot" (as used in soccer) coordination.

### MUSCULAR STRENGTH

This is the **measure of force that** can be produced by a group of muscles (to jump or lift a weight). Although a basic level of strength is recommended before trying new and more difficult skills, you don't need bulky muscles to get active. Muscular strength is improved by progressive resistance training (lifting a heavy resistance against the muscle using 70 - 80% of your strength for a few repetitions). Your best bet, however, is to only build muscle strength under expert supervision.

### FLEXIBILITY

Flexibility is the **range of motion involving any individual joint**. The greater the freedom of movement, the less likely you will experience muscle pulls and strains.

You can improve your flexibility through static stretching and dynamic stretching. Static stretching is when you hold still in one position for about 10-30 seconds to stretch the muscles. Dynamic stretching is when you are actively moving while stretching at the same time. Perform the action multiple times, stretching a little farther each time without causing discomfort.

Remember stretching is recommended before and after your activity. Yoga is a wonderful activity for improving flexibility.

### MUSCULAR ENDURANCE

This refers to the **ability of a muscle to sustain or repeat a contraction for a period of time** such as walking, running or biking. These are examples of how you can condition the muscular endurance of your leg muscles. Whereas throwing a ball or frisbee can improve the muscular endurance of your arm muscles.

### CARDIO-RESPIRATORY ENDURANCE

This is likely the most important component of physical fitness for any age. It refers to the **ability of your heart and lungs to perform as an efficient team during sustained vigorous activity**. As you would expect, better cardio respiratory endurance means less effort and less fatigue. Any vigorous activity that increases both heart and breathing rate can improve cardio-respiratory endurance.

### BALANCE

This is the **ability to maintain equilibrium** when one's centre of gravity and base of support is altered. Balance is controlled by the semicircular canals in your inner ear, nerve endings in your muscles and joints, as well as the focus of your eyes during movement. Static balance is the ability to maintain equilibrium while your centre of gravity remains stationary - like standing on one foot. Dynamic balance refers to keeping your centre of gravity when moving - such as when riding a bike. Good balance is helpful in virtually all game, sport and dance activities. Improving your balance is best achieved by practice.

THINK OF OR FIND A ONE MINUTE ACTIVITY YOU COULD DO ON YOUR OWN TO IMPROVE EACH OF THE FOLLOWING ASPECTS OF FITNESS.

IT IS BEST TO USE LITTLE OR NO EQUIPMENT. [E.G. MUSCULAR STRENGTH - ½ PLANK (FROM KNEES) FOR 1 MINUTE OR 2 REPETITIONS OF 30 SECONDS].

Agility:

Coordination:

Flexibility:

Muscular Strength:

Muscular Endurance:

Cardio-Respiratory Endurance:

Balance:



# BARRIERS TO PHYSICAL ACTIVITY QUIZ

## DIRECTIONS

Listed below are reasons that people give to describe why they do not get as much physical activity as they think they should. Please read each statement and indicate, by circling your response, how likely you are to say each of the following statements:

HOW LIKELY ARE YOU TO SAY?	VERY LIKELY	SOMEWHAT LIKELY	SOMEWHAT UNLIKELY	VERY UNLIKELY
1 My day is so busy now, I just don't think I can make the time to include physical activity in my regular schedule.	3	2	1	0
2 None of my family members or friends like to do anything active, so I don't have a chance to exercise.	3	2	1	0
3 I'm just too tired after school to get any exercise.	3	2	1	0
4 I've been thinking about getting more exercise, but I just can't seem to get started.	3	2	1	0
5 I don't get enough exercise because I have never learned the skills for any sport.	3	2	1	0
6 I don't have access to jogging trails, swimming pools, bike paths, etc.	3	2	1	0
7 I'm embarrassed about how I will look when I exercise with others.	3	2	1	0
8 It's easier for me to find excuses not to exercise than to go out to do something.	3	2	1	0
9 I really can't see myself trying a new sport now.	3	2	1	0
10 It's just too expensive. My family can't afford for me to take part in any physical activity.	3	2	1	0
11 My free times during the day are too short to include exercise.	3	2	1	0

## HOW LIKELY ARE YOU TO SAY?

	VERY LIKELY	SOMEWHAT LIKELY	SOMEWHAT UNLIKELY	VERY UNLIKELY
12 My usual social activities with family or friends do not include physical activity.	3	2	1	0
13 I'm too tired during the week and I need the weekend to relax.	3	2	1	0
14 I want to get more exercise, but I just can't seem to make myself stick to anything.	3	2	1	0
15 I'm not good enough at any physical activity to make it fun.	3	2	1	0
16 Physical activity takes too much time away from other commitments - school, family, friends, etc.	3	2	1	0

## FOLLOW THESE INSTRUCTIONS TO SCORE YOURSELF:

Enter the circled number in the spaces provided, putting together the number for statement 1 on line 1, statement 2 on line 2, and so on.

Add the scores on each line. Your barriers to physical activity fall into one or more of six categories: lack of time, social influences, lack of energy, lack of willpower, lack of skill, and lack of resources.

A score of 5 or above in any category shows that this is an important barrier for you to overcome.

**REFLECTIONS:** I was surprised/not surprised about my findings to the barriers I have for being physically active.

<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>	Lack of time
1	+	11	+	16	=		
<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>	Social influence
2	+	7	+	12	=		
<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>	Lack of energy
3	+	13	+		=		
<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>	Lack of willpower
4	+	8	+	14	=		
<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>	Lack of skill
5	+	9	+	15	=		
<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>	Lack of resources
6	+	10	+		=		

Adapted from:  
[www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php](http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php)



## PHYSICAL ACTIVITY WORD SEARCH

- |   |  |  |  |                                      |
|---|--|--|--|--------------------------------------|
| <input type="checkbox"/> aerobic activity | <input type="checkbox"/> cardiorespiratory | <input type="checkbox"/> flexibility       | <input type="checkbox"/> physical activity | <input type="checkbox"/> swimming    |
| <input type="checkbox"/> agility          | <input type="checkbox"/> confidence        | <input type="checkbox"/> healthy lifestyle | <input type="checkbox"/> skateboarding     | <input type="checkbox"/> team player |
| <input type="checkbox"/> balance          | <input type="checkbox"/> endurance         | <input type="checkbox"/> hockey            | <input type="checkbox"/> soccer            | <input type="checkbox"/> volleyball  |
| <input type="checkbox"/> basketball       | <input type="checkbox"/> energy level      | <input type="checkbox"/> muscular          | <input type="checkbox"/> strength          | <input type="checkbox"/> willpower   |
| <input type="checkbox"/> benefits         | <input type="checkbox"/> fitness           | <input type="checkbox"/> participating     | <input type="checkbox"/> stretching        | <input type="checkbox"/> yoga        |

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	m	l	r	d	n	a	s	c	r	o	e	y	t	i	v	i	t	c	a	c	i	b	o	r	e	a
2	l	t	l	e	n	b	t	d	u	i	s	d	e	g	n	i	t	a	p	i	c	i	t	r	a	p
3	t	n	x	a	n	g	l	i	w	l	t	u	a	s	k	a	t	e	b	o	a	r	d	i	n	g
4	x	l	l	a	b	t	e	k	s	a	b	r	m	n	s	i	l	c	l	d	j	a	d	t	d	g
5	a	e	l	n	t	y	o	b	a	a	m	t	p	m	r	u	i	f	c	t	s	u	f	n	r	e
6	n	i	c	m	s	a	e	r	o	t	e	e	l	y	e	s	v	a	h	b	n	g	f	t	n	y
7	a	c	t	n	a	n	b	l	a	f	u	d	a	c	w	s	t	r	e	t	c	h	i	n	g	w
8	d	d	c	n	e	u	c	m	l	b	r	n	y	s	o	l	l	u	t	e	l	i	t	t	m	a
9	a	a	t	f	a	d	i	a	s	o	i	y	e	o	p	a	s	v	a	s	c	n	n	i	o	b
10	i	e	i	r	i	s	i	e	w	w	v	e	r	e	l	r	i	q	s	o	l	a	e	c	t	d
11	r	t	n	d	o	s	m	f	r	d	i	y	b	a	l	t	a	e	v	u	a	c	s	t	x	o
12	s	c	r	g	s	e	e	c	n	h	i	m	l	u	i	n	a	r	i	u	b	m	s	i	r	s
13	a	r	r	e	b	b	i	n	o	o	u	m	c	w	x	d	a	e	s	u	x	r	a	y	y	
14	w	a	a	n	u	a	n	r	u	c	c	o	r	i	a	b	a	l	g	s	r	c	m	b	t	e
15	p	i	d	a	l	l	e	u	n	k	l	a	c	e	n	i	c	u	a	i	i	a	n	i	r	i
16	a	t	p	a	w	t	c	m	n	e	r	e	y	w	h	g	c	c	u	l	a	i	d	e	s	
17	e	c	n	a	r	u	d	n	e	y	r	o	t	a	r	i	p	s	e	r	o	i	d	r	a	c
18	t	c	e	a	s	e	x	t	g	s	c	y	t	e	a	f	p	u	b	c	b	d	t	e	r	e
19	e	n	n	h	t	i	n	o	n	c	o	u	t	u	a	g	u	m	n	i	a	n	t	y	i	e
20	a	r	a	g	r	l	f	l	n	n	r	c	n	u	s	c	s	i	x	r	c	n	p	s	x	i
21	o	r	a	i	e	n	e	r	g	y	l	e	v	e	l	o	n	e	o	r	u	e	a	d	e	i
22	s	g	e	c	n	e	d	i	f	n	o	c	a	s	u	c	l	l	a	b	o	r	c	g	b	a
23	l	u	e	l	g	t	u	h	a	r	t	r	w	t	o	f	x	a	d	i	i	t	r	i	o	u
24	r	l	a	r	t	d	x	p	h	y	s	i	c	a	l	a	c	t	i	v	i	t	y	h	n	y
25	p	f	t	c	h	x	r	y	e	l	y	t	s	e	f	i	l	y	h	t	l	a	e	h	i	t
26	r	a	u	u	w	s	t	p	t	d	n	e	e	n	n	t	o	i	h	u	u	u	i	r	n	b

## FEELING GREAT INSIDE AND OUT

**Making a conscious effort to care for yourself helps you to feel more confident. That not only means personal grooming and physical activity but also supplying your body with the energy it needs.**

**You grow more during puberty than at any other time in your life (except for when you were a baby). To grow like this you need lots of energy, and most of your energy comes from the food you eat. This is why it is very important to make sure you eat a healthy, well-balanced diet.**

### EATING HEALTHY IS:

- > Making healthier snack choices.
- > Only having snacks when hungry or when extra energy is needed.
- > Eating foods from the different food groups (vegetable and fruit, grain products, milk and alternatives, and meat and alternatives) each day to meet your nutritional needs.
- > Balancing nutrient-rich foods with moderate amounts of other foods like sweets or fast foods.
- > For more information, check out Eating Well with Canada's Food Guide website at [www.canadasfoodguide.org](http://www.canadasfoodguide.org).

## NUTRITION



### EATING HEALTHY

You need to eat a wide range of foods to make sure you are getting all the goodness you need. Try to eat plenty of fresh fruit and vegetables (ideally 6–7 servings a day). You also need complex carbohydrates (found in peas, beans, broccoli, bread, pasta, cereals), and plenty of protein (found in fish, meat, cheese, milk, eggs and beans).



### REFLECTIONS:

I eat/do not eat healthy because:

Write a comment...

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## ENERGY BALANCE

Energy balance refers to the amount of energy needed to do all the things we want to do without getting tired. Energy balance is affected by your nutrition, physical activity and sleep. Ask yourself these questions to see if you're building up your energy supply.

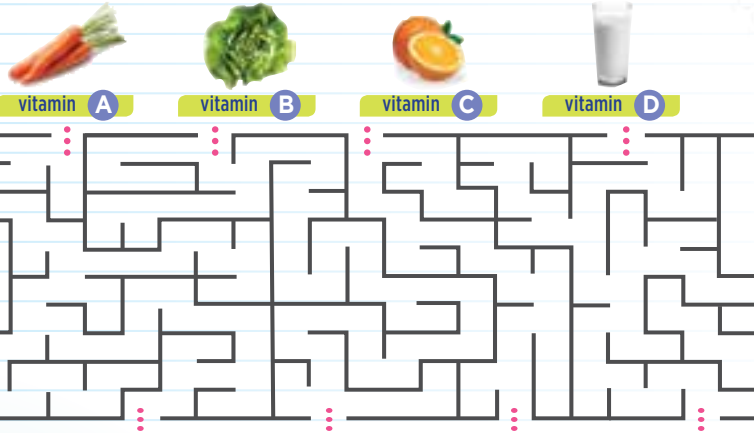
## A-MAZING BENEFITS

### MAKE THE CONNECTION:

There are lots of vitamins in the foods we eat. Different vitamins help our bodies in different ways. Draw a line between the vitamins and their benefits.

### REFLECTIONS:

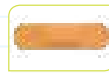
- 1 Do I try to eat a variety of foods and make healthier food choices more often to gain energy?
- 2 Do I try to make physical activity a part of each day?
- 3 Do I sleep at least eight to nine hours every night and feel good when I wake up?



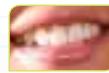
helps you see in the dark



helps your body make energy



helps you heal if you get a cut



helps your bones and teeth

MAKE THE CONNECTION ANSWERS:  
Vitamin A = see in the dark  
Vitamin B = make energy  
Vitamin C = heal a cut  
Vitamin D = helps your bones and teeth

## LABEL READING

### FIGURE OUT THE FACTS

What does the Nutrition Facts table tell you about this packaged food?

- 1 What is the serving size?
- 2 How many calories are in one serving?
- 3 How many grams of fat are in one serving?
- 4 Circle one nutrient on the Nutrition Facts table that is important to you. Circle the % Daily Value for this nutrient.
- 5 Decide if you want to get less or more of the nutrient you have circled:  
☐ Get less of this nutrient  
(Hint: Choose packaged foods with a low % Daily Value.)  
☐ Get more of this nutrient  
(Hint: Choose packaged foods with a high % Daily Value.)
- 6 Is this food a good choice for you?  
☐ Yes Why?  
☐ No Why?

Adapted from: [www.dietitians.ca](http://www.dietitians.ca)



Healthy eating means choosing a variety of foods that supply the necessary amounts of vitamins and minerals needed by the body, as well as enough calories to supply energy for all the daily activities that teenagers enjoy. By reading labels carefully you can find out if the prepackaged food you are buying or eating can provide you with these important vitamins, minerals and calories needed to perform daily activities to the best of your ability.

## FIGURE OUT THE FACTS





## UPS AND DOWNS

While Puberty is a time of exciting changes, it is also filled with confusing and difficult moments. You are becoming an independent person with your own opinions and views. You might notice Adults begin treating you differently and that your Parents give you more responsibilities. Fluctuations in hormone levels will affect you physically and emotionally causing changes in the way you look, the way you think and the way you feel. Relationships with friends become more and more important as they are experiencing these changes and feeling unsure of themselves too.

## YOUR PARENTS AND YOU

It can be hard to talk openly with your parents. Like you, they are adjusting to you growing up. Be honest and open with them about your feelings and you might discover that adults worry about some of the same things you do - what they look like, what other people think of them. Be patient as you negotiate for greater freedom and prove your ability to handle things responsibly. Learn to understand them as they learn to understand you. It's a time for give and take, and if you are able to compromise, you might find they will too!

## MOOD SWINGS

Boys and girls may experience sudden changes in their feelings. Boys may experience strong feelings of anger or aggression. Girls may experience strong feelings that make them laugh one minute and cry the next. These sudden mood changes are most likely from the increased amount of hormones in your body. Remember they happen to everyone, are temporary, and will settle down over time. Talking to a friend or someone you trust can help relieve these feelings.

## BOOST YOUR CONFIDENCE

Think everyone has confidence except you? They don't. Lots of people feel insecure at various times and in different situations. But there are ways to preserve your confidence.

- 1 Stop comparing yourself with others. You're you and you're special.
- 2 Think positive! There's an old saying that goes, "If you think you can or you think you can't, you're right."
- 3 Always "think you can" and see how having a positive attitude works for you.
- 4 Remember that if some things don't quite work out as you wanted - it happens to everyone. Learn something from it and move on!
- 5 If you act confident, even when you don't feel confident, you will start to feel more confident.

## WORDS MATTER

Words can be harmful and can damage self-confidence. Part of growing up is understanding the consequences of what you say and how it can affect the confidence of others. Think of something someone has said to you or about you. How did it make you feel?

"You run like a girl" or "you throw like a girl" are common phrases we've all heard or maybe even said. But did you ever think how these words affect the confidence of the person you are talking to. Particularly during sensitive times such as puberty, these words aren't as innocent as they seem.

Puberty is the perfect time to reconsider how the common words and phrases we use every day are potentially hurtful.

Ask yourself, how will what I am about to say make someone else feel? How would it make me feel?

CHECK OUT

WWW.ALWAYS.COM

BE

UNSTOPPABLE

## DEPRESSION

### SIGNS AND SYMPTOMS OF DEPRESSION

It's hard to put into words how depression feels, and people experience it differently. There are, however, some common situations and symptoms that teens with depression experience.

- Constantly feel irritable, sad, or angry.
- Nothing seems fun anymore, and there just isn't any point in trying.
- Feel bad - worthless, guilty, or just "wrong" in some way.
- Sleep too much or not enough.
- Frequent, unexplained headaches or other physical illnesses.
- Just can't concentrate. Grades may be plummeting because of it.
- Feel helpless and hopeless.



## DAY-TO-DAY STRESS

### THE MOST COMMON SOURCES OF STRESS FOR TEENS ARE:

- Disagreements with peers (e.g., being bullied, break-up with boyfriend or girlfriend, dating relationship problems).
- Family issues or disagreements with parents.
- School-related concerns or pressures.
- Own thoughts, feelings, or behaviours (feeling depressed or lonely, getting into trouble because of behaviour).

### OTHER SOURCES OF STRESS MIGHT INCLUDE:

- Chronic illness or severe disagreements in the family.
- Death of a loved one.
- Moving to a new community.
- Changing schools.
- Taking on too many activities or having too high expectations.
- Family financial concerns.
- Unsafe living environment/neighborhood.

CHECK OUT

**WWW.MINDYOURMIND.CA**

A GREAT RESOURCE FOR

ADOLESCENT MENTAL HEALTH ISSUES!

## DECREASE STRESS WITH THE FOLLOWING BEHAVIOURS AND TECHNIQUES:

- Participate in physical activity and eat regularly.
- Avoid anything with caffeine in it (energy drinks, iced cappuccino's, etc.) which can increase feelings of anxiety and agitation.
- Don't use illegal drugs, alcohol and tobacco.
- Learn relaxation exercises (abdominal breathing and muscle relaxation techniques).
- Rehearse and practice situations which cause stress (e.g., practice presentations, if talking in front of class creates anxiety).
- Learn to feel good about doing a competent job rather than demanding perfection.
- Learn practical and effective coping skills. For example, break a large task into smaller, more attainable tasks.
- Decrease negative self talk. Challenge negative thoughts about yourself with alternative neutral or positive thoughts. "My life will never get better" can be transformed into "I may feel hopeless now, but my life will probably get better if I work at it and get some help."
- Take a break from stressful situations. Activities like listening to music, talking to a friend, drawing, writing, or spending time with a pet can reduce stress.
- Build a network of friends for support in stressful situations.

## ABUSE/VIOLENCE

Abuse and violence can take anyone as a victim. It can take on many forms: verbal, emotional and physical. Some abuse is less obvious than others, but it is equally as traumatic.

### IF YOU ARE BEING ABUSED, YOU NEED TO KNOW:

- You are not to blame for the violence or the threats.
- You do not deserve to be abused.
- You have a right to live without fear.
- You have the right to a safe, healthy relationship and to have your own life.
- You cannot control the abuser's behaviour.
- More information is available at: [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) and type violence in the search bar



**READY TO TALK? 1-800-668-6868 or ask online at [www.kidshelpphone.ca](http://www.kidshelpphone.ca)** You can see the Ask Us Online tab on the homepage easily.

Kids Help Phone is a free, anonymous and confidential phone and on-line professional counselling service for youth. Big or small concerns. Available 24/7 and 365 days a year.



Sometimes I feel...

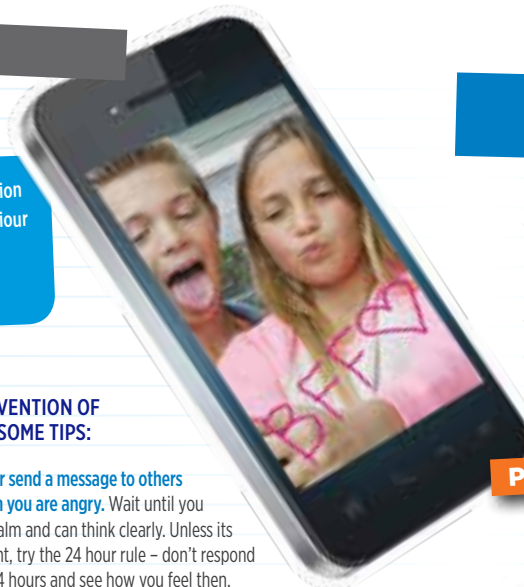




## WHAT IS CYBERBULLYING?

"Cyberbullying involves the use of information and communication technologies to support deliberate, repeated, and hostile behaviour by an individual or group that is intended to harm others."

- Bill Belsey, Cyberbullying.ca



### AWARENESS AND EDUCATION ARE THE KEYS TO THE PREVENTION OF CYBERBULLYING! AN OUNCE OF PREVENTION. HERE ARE SOME TIPS:

#### Never give out or share Personal Information!

This includes your name, the names of friends or family, your address, phone number, school name (or team name if you play sports). It also includes pictures of yourself and your e-mail address.

**Ask permission before sharing any information** with a website, a "chat buddy" and even when registering a product purchased for your computer (like a game).

**Passwords and PINS are secret.** Never tell anyone except your parents or guardian. Change your password regularly.

#### Don't believe everything you read or are told on line.

Just because someone online tells you that they are 15 doesn't mean they are! Even adults can't tell when a male pretends to be a female or a 50 year old pretends to be a 15 year old.

#### If someone treats you rudely or meanly - do not respond.

Online bullies are just like offline ones - they WANT you to answer so don't give them the satisfaction!

#### Never send a message to others

**when you are angry.** Wait until you are calm and can think clearly. Unless its urgent, try the 24 hour rule - don't respond for 24 hours and see how you feel then.

#### Make sure that your messages are calm and factually written.

You will usually regret sending a "Flame" (*angry*) to someone else. Once you've sent a message, it is VERY hard to undo the damage!

**Never open a message from someone you don't know.** If in doubt about it, ask your parents, guardian or another adult.

**If it doesn't look or "feel right," it probably isn't.** Trust your instincts. While surfing the internet, if you find something that you don't like, makes you feel uncomfortable or scares you, turn off the computer and tell an adult.

**You don't have to be "Always on."** Try going off the grid every so often. Give yourself a break. Spend time with your family and friends off line. Try a little less virtual reality and a lot more actual reality!

### IF YOU ARE THE VICTIM OF A CYBERBULLY, WHAT CAN YOU AND YOUR PARENTS DO?

**Do not keep this to yourself! You are NOT alone! Tell an adult you know and trust!** It is very hard to solve such problems on your own.

**Don't reply to messages from cyberbullies!!!** Even though you may really want to, this is exactly what cyberbullies want. They want to know that they've got you worried and upset. They are trying to mess with your mind and control you, to put fear into you. Don't give them that pleasure.

**Do not erase or delete messages from cyberbullies.** You don't have to read it, but keep it, it is your evidence. Unfortunately you may get similar messages again, perhaps from other accounts. The police and your ISP (Internet Service Provider), and/or your telephone company can use these messages to help you. You might notice certain words or phrases that are also used by people you know. These messages may reveal certain clues as to who is doing this to you, but don't try and solve this on your own. Tell an adult you know and trust. **GET HELP!**

FOR MORE INFORMATION  
PLEASE VISIT  
**WWW.CYBERBULLYING.CA**  
AND  
**WWW.PREVNET.CA**



## THE IMAGE GAP!

Body image is the “picture” you have of your body as well as the way you think others see you. But, sometimes we are harder on ourselves than what others are actually thinking.

The difference between how we see ourselves (self-image) and how we'd like to be (ideal self-image) is called “our image gap”. You can choose to change the way you are, or becoming more accepting of yourself.

Many people say they are unhappy with their bodies and tend to focus on the things they would like to change. This negative focus affects the way they feel about ourselves (self-esteem) and how we think we look.

- 1 Who do you know that thinks they need to look different and have resorted to unhealthy behaviours to look different?
- 2 How many friends have negative thoughts about how they look which aren't true? What advice would you give them? Is this advice you would follow if a friend told you?

## DEVELOPING A POSITIVE ATTITUDE TOWARDS YOUR BODY

### TIPS ON DEVELOPING A POSITIVE ATTITUDE

- › Make a decision to enjoy life - don't sit on the sidelines of life!
- › Use your sense of humour to keep things fun!
- › Hang out with friends that make you feel good about yourself!
- › Body changes during puberty are normal!
- › Remind yourself of one of your best qualities daily!



## THERE ARE SEVERAL WAYS TO DEVELOP A HEALTHY BODY IMAGE. HERE ARE SOME IMPORTANT THINGS TO REMEMBER:

- › There is no “ideal” weight for you but rather a healthy weight for you.
- › Eating Well with Canada's Food Guide can help you make healthier food choices.
- › Eat fruits and vegetables, lean meats and legumes, and foods low in fat.
- › Participate in daily physical activity.
- › Practice healthy personal care routines (e.g., brush your teeth, wash your hands and face, get at least 8 – 9 hours of sleep a night).
- › Don't compare yourself to everyone else. Puberty affects everyone differently and at different times.
- › Girls should try different feminine hygiene products to find what works best for them. Having periods takes some getting used to.



## BLOGGING ACTIVITY



### A BLOG IS A...

**WEB LOG:** a shared on-line journal where people can post diary entries about their personal experiences and hobbies.

**IF YOU WERE TO WRITE A BLOG TO HELP MAKE A POSITIVE INFLUENCE ON A READER WHO MAY HAVE A NEGATIVE BODY IMAGE - WHAT WOULD IT LOOK LIKE AND WHAT WOULD IT SAY?**

- › What type of picture would you use? Describe or draw it.
- › What would you say?

**TITLE:** \_\_\_\_\_

**PICTURE:** \_\_\_\_\_ **BLOG:** \_\_\_\_\_



Sometimes I feel...





## BODY CARE

### FEELING GOOD IN YOUR SKIN

Acne is a natural occurrence: it starts when the pores become blocked with dead skin cells and dirt. Bacteria can then develop in the clogged pore causing a pimple. The good news is that you can do something about your acne and you don't have to wait to "grow out of it"!

#### ACNE DOs AND DON'Ts

- **DO** the three steps to better skin.
- **DO** eat a healthy diet.
- **DO** participate in regular physical activity.
- **DO** get proper rest.
- **DON'T** squeeze any pimple, this can cause scars.
- **DON'T** get too much sun.
- **DON'T** scrub skin hard. This may make acne worse.

If you do develop pimples, don't let this knock your confidence or self-esteem. Other people don't notice them half as much as you do! Try to look your best – it will help increase your confidence.

### 3 STEPS TO BETTER SKIN

- 1 CLEAN** – To help get rid of everyday dirt and oil on your face, wash twice daily with a gentle soap or cleanser which can be medicated or non-medicated. Deep cleanse with a cleanser containing salicylic acid.
- 2 PREVENT** – To help prevent pores from becoming clogged, use a salicylic acid product all over the face.
- 3 TREAT** – To help eliminate pimples quickly, use a benzoyl peroxide product.



## HEALTHY LOOKING HAIR & SMILE

### NOURISH AND PROTECT YOUR HAIR.

Develop a routine for taking care of your hair, just as you do for your skin. Use a shampoo, then a conditioner, every time you wash your hair.

Shampoo helps remove deposits, such as dirt, sebum and styling products. It cleans your hair, protects and nourishes your hair.

Conditioner untangles your hair and makes it easier to manage and can help keep it moisturized.

#### TIPS FOR HEALTHY LOOKING HAIR AND SCALP

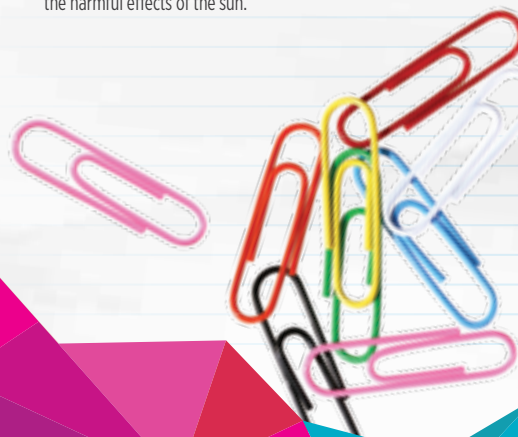
- Shampoo hair regularly (even daily) – don't use soap.
- Shampoo is designed to clean your hair and scalp. Shampoo more often if your hair looks or feels dirty between shampoos.
- Conditioner is designed to keep your hair looking healthy and strong. Use your fingertips to make sure it spreads throughout your hair.
- Choose a shampoo and conditioner that's right for your scalp and/or hair type.
- If your hair is cut very short, wear a hat to protect against the harmful effects of the sun.

### DON'T FORGET YOUR TEETH!

A clean mouth is an important part of overall body health. To keep your teeth and gums strong and healthy, make sure you clean your mouth every morning and every night. For best results, FLOSS first, then brush with toothpaste from your gum line to the edge of your teeth – fronts AND backs. Then rinse with a mouthwash. After all, you want your teeth to last as long as you do!

#### Your TOOTHPASTE should...

- Fight the decay that causes cavities.
- Attack the plaque bacteria that causes gum problems.
- Help prevent tartar.
- Strengthen teeth.



# SHAVING 101: FOR GIRLS

## FACTS ABOUT BODY HAIR AND ITS REMOVAL

During puberty, thicker and darker hair begins to appear in many new places such as legs, underarms and in the pubic area. Hair is nothing to be embarrassed about. All women have it.

If women choose to remove hair from unwanted areas, there are a variety of methods available – either by shaving, waxing or cream.

## UNDERARMS

This hair is usually coarse and grows about 50% faster than leg hair. It provides a place for bacteria to grow so keeping your underarms shaved is one way to stay fresh. Every 2-3 days is typical.

## LEGS

Although most similar to underarm hair, leg hair doesn't hold bacteria so shaving as regularly is not necessary. Although many women make a personal choice to shave their legs on a regular basis, some may also choose to shave any unwanted hair before wearing certain clothing, such as a bathing suit.

## PUBIC AREA

This hair is coarse, thick and dark and it tends to grow more rapidly than leg and underarm hair. As a result, some women are self conscious about this, especially when wearing a bathing suit.

## DID YOU KNOW?

Nearly all the skin of the human body, except the palms of our hands and the soles of feet, is covered with hair. The density, thickness, colour, rate of growth, and texture, vary from one part of the body to another, and from one person to another. The qualities of each type of hair is pretty much hereditary.

## SHAVING

Shaving is a personal choice and has been a very popular method of hair removal. And like most things, it takes practice and a little know-how. Here are a few simple steps to get you started:

- Hydrate hair in warm water for two to three minutes to make it easier to cut.
- Soaking too long in the tub before shaving causes skin to wrinkle and swell and prevents a close shave.
- Don't shave your legs dry! Always apply lots of moisture-rich shave gel to prepare your hair and skin for shaving.
- Help prevent getting nicks and cuts by avoiding the use of a dull blade!
- Use a light touch when shaving. Let the razor do the work, not you.
- Shave your legs in the direction that's most comfortable for you.
- Always rinse and air-dry your razor because wiping the blade can damage it.



# SHAVING 101: FOR GUYS

At some point during puberty, boys start to notice traces of hair on the upper lip and chin. At first you may not need to shave very often. But eventually it will start to grow in faster and thicker so you may start shaving more regularly or even daily. Like most things, the more you shave the better you get at it. Here are some tips to not only get you started but get a closer, more comfortable shave!

**WASH YOUR FACE** This removes oil, dirt and dead skin cells that can matt down the hair on your face and neck and block your razor's path.

**HYDRATE** the areas you want to shave - it not only opens pores to cleanse your skin but also softens your hair making it easier to cut. A hot shower is ideal but if you are washing at a sink, hydrate your face and neck with warm water for 3 minutes.

**APPLY SHAVE GEL OR CREAM** using slow, circular motions to cover all the areas you shave. This creates a protective blanket that helps to lock in moisture and soften facial hair for smoother razor glide and less tugging of the hair. For sensitive skin, let the shave gel soak in for about a minute.

**USE A MULTI-BLADE RAZOR** for a closer more comfortable shave. Make sure it isn't dull before you start. Some razors have an indicator strip that fades to white when it's time to change.

**USE LIGHT GENTLE STROKES** throughout your shave - let the razor do the work, not you. Applying too much pressure leads to redness, irritation or nicks.

**RINSE YOUR BLADE FREQUENTLY** to prevent build up on the blades.

**PULL SKIN TIGHT** for a more consistent shaving surface for your razor. Shave with the grain of your hair first and then against it for a closer shave. If you aren't sure, rub your hands over your face and neck, if you feel resistance, then that is against the grain.



## TRICKY AREAS

Leave your chin and around your lips for later on in your shave as these are the toughest to reach and most vulnerable areas plus it lets the shaving gel soak in longer to soften your facial hair even further.

Curling your top lip over your teeth to stretch the skin and help you reach hairs with less effort.

## WHEN YOU ARE DONE:

Rinse your razor thoroughly and shake off excess water. Don't wipe blades or bang your razor against the sink, as this can damage the fine shaving edges.

Rinse your face and neck with cold water to close pores.

Pat your face dry - don't drag a towel across it as it may still be tender.

Apply after-shave to moisturize and calm your skin. These are developed to be quickly and easily absorbed by your skin to help refresh and seal in your skin's natural moisture barrier.

**Gillette Venus.**



## DON'T SWEAT IT

Just as some glands produce more oil, your sweat glands can produce more sweat (perspiration). Perspiration is very important as it helps your body regulate its temperature.

You have 2 different kinds of sweat glands. The first type, called eccrine glands, produce perspiration that is clear and odourless.

These glands start working as soon as you are born. The second type, called apocrine glands, only become active when you start puberty.

They produce a different kind of perspiration which can smell unpleasant when it comes in contact with bacteria on the skin. This smell is known as body odour. A lot of apocrine glands are located under your arms, so many people use underarm deodorants or antiperspirants to help control the smell.

### TOP TIPS

The first step to keeping clean is to wash! A daily bath or shower gets rid of the dirt and oil on your skin, and reduces the bacteria that can lead to odour. Your clothes can absorb body odour as well – so when possible, take a shower after physical activity classes, and make sure you change into clean clothes.

### THERE ARE 2 DIFFERENT KINDS OF PRODUCTS:

**ANTIPERSPIRANTS** - these help stop body odour from developing by reducing underarm wetness – a main cause of underarm body odour.

**DEODORANTS** - these are basically perfumes which mainly help to mask or cover up body odour. Body sprays and splashes are types of deodorants.



### DID YOU KNOW?

- Men and women have different types of sweat. For example, male sweat can be more acidic than female sweat.
- Females have a lot more apocrine glands than males.
- If all your eccrine glands worked at maximum output, they would produce about 10 litres of perspiration a day!



There are products for those people who sweat a lot more than others, such as Secret® Clinical\* antiperspirant. Products like these are specially made to provide odour and wetness protection and designed to be applied at night to help provide protection the next day (even if you shower the next morning). But remember, only an antiperspirant will help to prevent wetness. So, if you want to feel dry and smell good, you should use an antiperspirant every day.

All antiperspirants are deodorants, but not all deodorants are antiperspirants.

\*clinically proven extra effective wetness protection

Sweat glands are everywhere on your body, except your lips and ears. Each person has about 2.5 million of them.

### PERSPIRATION IS TRIGGERED BY:

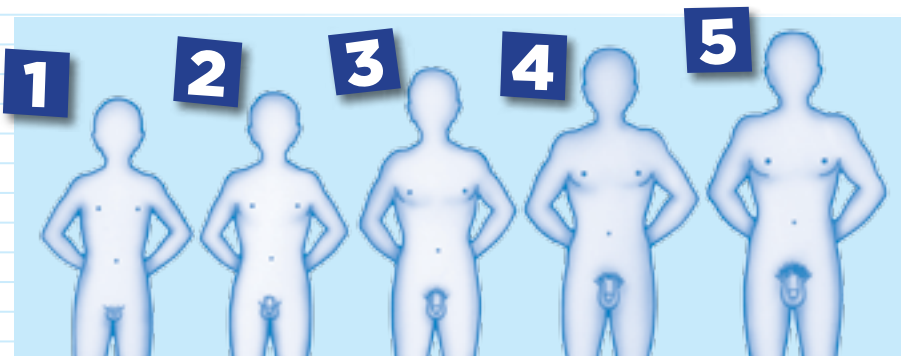
heat	pain
physical activity	mental stress
physical stress	hormonal changes



## STAGES OF MALE PUBERTY

The male stages of development are typically described by the Five Tanner stages of genital and pubic hair growth, along with other signs of male maturation: the deepening of the voice, the growth spurt, muscle development, and the growth of facial and body hair.

It is important to emphasize that each boy's progression through the stages will be slightly different according to his own body's timetable, and boys usually move through the stages of puberty one or two years later than girls.



### STAGE ONE:

Up to ages 9 to 13

- Childhood stage; no visible signs of pubertal development.

### STAGE TWO:

May begin ages 9 to 15

- Testicles and scrotum grow larger.
- Fine, straight hairs start growing at the base of the penis.

### STAGE THREE:

May begin ages 11 to 16

- Testicles and scrotum continue to grow.
- Penis grows larger.
- Pubic hair becomes darker, thicker and curlier.
- Vocal cords increase in size, causing voice to deepen.
- Height and weight may start to increase noticeably.

### STAGE FOUR:

May begin ages 12 to 17

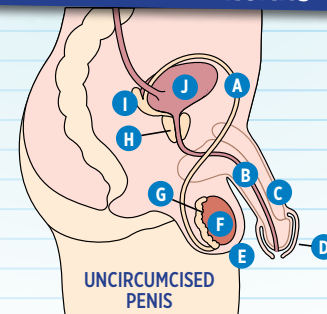
- Growth spurt continues.
- Shoulders begin to broaden and physique becomes more muscular.
- Penis grows in width as well as length.
- Pubic hair coarsens and takes on a triangular shape
- Underarm hair appears.
- Traces of hair may appear on upper lip and chin.
- Testicles start to produce sperm; ejaculation occurs for the first time.

### STAGE FIVE:

May begin ages 14 to 18

- Adult stage; overall look is that of a young man.
- Genitals and pubic hair have an adult appearance.
- Growth spurt slows down.
- Facial hair growth becomes heavier.
- Body hair growth, especially on the chest, may continue into the twenties.

## DIAGRAM OF MALE REPRODUCTIVE ORGANS



- A** - vas deferens (sperm duct)
- B** - urethra
- C** - penis
- D** - foreskin
- E** - scrotum
- F** - one of two testicles
- G** - epididymis
- H** - prostate gland
- I** - one of two seminal vesicles
- J** - bladder

The male reproductive system provides the sperm needed to fertilize a female's egg. This can only happen once boys have started to produce sperm. During puberty the levels of the hormone testosterone in a boy's body begins to rise and this causes the penis and testicles to get bigger and the testicles to begin producing sperm. Testicles do not make any sperm before puberty.

Sperm are the male reproductive cells, in the same way that the eggs inside a woman are the female reproductive cells. These male and female cells are necessary to reproduce. Sperm, under high magnification, look like tadpoles, they appear to have a head and a long tail.

The testicles have to be slightly cooler than the normal body temperature to produce healthy sperm. Because of this, the penis and scrotum hang outside your body to keep the sperm cooler than body temperature. If you become cold, you may notice that your penis and scrotum shrink. They are drawing themselves closer to your body to keep warm. When you are hot, they will hang loose away from your body.

When you are sexually excited, sperm are released from the testicles and epididymis and move through the sperm ducts towards the penis. Along the way they mix with fluid so they can move more easily. The sperm and this fluid are now called semen. It is whitish and quite sticky. The sperm are too tiny to see – a drop of semen the size of the period at the end of this sentence would contain more than 1000 sperm.

Semen leaves the penis through the urethra. This is a tube that goes through the middle of the penis. (Urine also leaves the body through the urethra, but never at the same time as semen).

Sperm are made in the testicles – the two balls that hang outside your body in a sac (scrotum) just underneath your penis. The testicles make loads of sperm – about 1000 sperm per second. Sperm are stored in the epididymis, which is the tube that can be felt at the back of each testicle.



## PENIS SIZE FACT AND FICTION

Surveys show that most men and boys either think their penises are too small or they wish they were bigger. For most adolescent males it is an ongoing concern.

- False** Tall men, with husky, builds have bigger penises than short and skinny men.
- False** Men with big thumbs, big hands, big feet have larger than average penises.
- False** Some racial or ethnic groups have larger penises than other racial, ethnic groups.
- False** Men with larger penises have more sex drive than men with smaller penises.

## AMAZING SPERM FACTS

During puberty, a boy starts to make sperm in the testes and will continue to make new sperm every day, about 400 million sperm a day.

A new sperm takes four to six weeks to mature. During that time it travels through long coiled tubes in the testicles.

Once sperm are mature, they travel up through the 35-45 cm sperm duct or vas deferens and over the bladder. They are then stored until they are ejaculated.

A normal ejaculation contains 150 - 500 million sperm.

If a male has only one testis (born that way or sometimes an accident or cancer causes the loss) the remaining testis doubles its sperm production.

### SOME OF MY FRIENDS SAY THEY HAVE ALREADY ENGAGED IN SEXUAL ACTIVITIES. WHAT SHOULD I DO?

With so much pressure around making the right decision it can help to talk about your feelings with someone you can trust (e.g., a parent, caregiver, teacher, school counselor, nurse, doctor or another adult who you feel comfortable confiding in).

Having sexual relations with someone is an important decision in your life. Abstinence is the only way to avoid getting pregnant and getting sexually transmitted infections and diseases.

## BE TESTICULAR AWARE

### STEPS TO BEING TESTICULAR AWARE

- 1** Know how your testicles normally look and feel.
- 2** Know what changes to look for. During puberty, changes occur as the testicles and scrotum grow larger.
- 3** Look and feel for changes. The testicular self-examination (TSE) should be done every month so you can become familiar with the normal size and shape of your testicles. Your doctor may do a testicular exam, which is a normal part of a regular health check.
- 4** Report any changes to your doctor.

## A TESTICULAR SELF-EXAM MAY BE DONE TO CHECK FOR TESTICULAR CANCER

### HERE'S WHAT TO DO:

It's best to do a TSE during or right after a hot shower or bath. The scrotum (skin that covers the testicles) is most relaxed then, which makes it easier to examine the testicles.

Examine one testicle at a time. Use both hands to gently roll each testicle (with slight pressure) between your fingers. Place your thumbs over the top of your testicle, with the index and middle fingers of each hand behind the testicle, and then roll it between your fingers.

You should be able to feel the epididymis (the sperm-carrying tube), which feels soft, rope-like, and slightly tender to pressure, and is located at the top of the back part of each testicle. This is a normal lump.

Remember that one testicle (usually the right one) is slightly larger than the other for most guys - this is also normal.

When examining each testicle, feel for any lumps or bumps along the front or sides. Lumps may be as small as a piece of rice or a pea.



## QUESTIONS BOYS ASK

### IS IT NORMAL TO PUT ON WEIGHT DURING PUBERTY? HOW TALL WILL I BE?

Definitely. An adult man has a broader and more muscular body than a young boy. Puberty is not a good time to limit the amount of food you eat. You are meant to put on weight during puberty because your body is growing. You are likely to put on more weight than your body needs only if you eat too many fatty and sugary foods and don't exercise enough. It's difficult to predict how tall you will be, but height is usually determined by heredity, that is, how tall your parents and grandparents are. If both parents are tall, chances are you will probably be tall. If both parents are short, you may be shorter. But this is not true for everybody. Occasionally, a boy will continue to grow or get another growth spurt in his late teens.

### WHEN I EXAMINED MY TESTICLES, I FOUND A RIDGE DOWN THE BACK. IS THIS NORMAL?

Yes. What you can feel is the epididymis where the sperm is stored. There is an epididymis down the back of each testicle. If you find any other lumps, you should visit your doctor to get a full checkup.

### WHEN WILL I SHAVE?

It depends on how soon your facial hair appears and how thick it becomes, as well as your personal preference. Generally, heavy facial hair doesn't develop until later in puberty, maybe not until you're 16 or older.

### DOES A LOT OF BODY HAIR MEAN YOU HAVE MORE TESTOSTERONE?

No, testosterone is the hormone that starts body hair growing. How much hair you have is determined by your racial/ethnic group and heredity, not by how much testosterone you have.

### I THINK I'M GROWING BREASTS

It's quite normal for boys to have some swelling around the breasts and nipples. This area can also feel a bit sore. It won't last for long.

### DOES IT MATTER WHAT SIZE YOUR PENIS IS?

Not at all! Penises vary in length and shape, but not as much as you may think. Remember, the size of your penis has nothing to do with your masculinity or fertility.

### SOMETIMES I GET ERECTIONS FOR NO APPARENT REASON, AND I FEEL EMBARRASSED THAT SOMEONE WILL NOTICE.

It is normal to get erections at different times, even if you are not thinking about someone you're attracted to or sex. Don't worry that someone will notice – erections are not as noticeable as you think. Try to ignore the erection, and it will go away on its own.

### DO MEN STOP HAVING ERECTIONS WHEN THEY GET OLDER?

No. If a man is healthy, he can have erections all his life.

### I HAVE BEEN HAVING WET DREAMS FOR THREE YEARS NOW. WILL THEY EVER STOP?

You will experience wet dreams less frequently as your body progresses through puberty. Generally, as you grow older, you will have more control over your body. Some boys experience wet dreams regularly, while others have very few. It is nothing to worry about.

### WHAT IF SOMEONE NOTICES YOUR ERECTION?

Most people are likely to notice you acting in such a way as to try to hide one than they are to notice you have one. Your best bet is to act naturally and don't call attention to it. And remember, it always feels noticeable to YOU because you're the one that feels it. But unless you're wearing something tight fitting (like stretchy bicycle shorts) it really isn't as noticeable as it feels.

### I HAVE LUMPS UNDER MY NIPPLES. SOMETIMES THESE ARE TENDER. THEY SEEM TO HAVE BECOME LARGER. ARE THESE BREASTS? WILL THEY GO AWAY? WHAT CAN I DO ABOUT THIS?

You probably have a condition called "gynecomastia". This is some degree of temporary breast development that often occurs in many adolescent boys (approximately 60 percent of 14 year olds). It may consist of just small lumps under one or both nipples (often these are tender), or it may progress to further development so that the male breast has the appearance of a small female breast. It may also involve changes in the nipple and areola (the dark tissue surrounding the nipple). The areola may enlarge and protrude and show some change in color. All this occurs because during puberty both boys and girls are producing more sex hormones, estrogen and testosterone. And in some males, their breast tissue may be temporarily more sensitive to the effects of these hormones. (Not everyone knows that boys, as well as girls, have breast tissue under the nipple.) Gynecomastia is usually not a problem. It occurs most often between the ages of 12 and 14 years and then goes away without any treatment.

### ONE OF MY TESTICLES HANGS DOWN FURTHER THAN THE OTHER. IS THIS NORMAL? WHAT CAUSES IT?

Yes it's normal. The right testicle hangs lower than the left. This is because the blood supply to the right testicle is different than the left. The testicle is suspended by a structure called the spermatic cord. This is like a rope or bungy cord. The spermatic cord contains the sperm duct, nerves, arteries and veins. The right spermatic vein attaches directly to the inferior vena cava and at a level lower than the left spermatic vein attaches to the left renal vein. Hence the left side is held higher in the scrotum and the right side hangs lower.

## QUESTIONS BOYS ASK

### IS THERE A WAY TO KICK START PUBERTY IF I FEEL MY BODY ISN'T DEVELOPING AS FAST AS MY FRIENDS' BODIES ARE? CAN DHEA (STEROID HORMONE FOUND IN MALES AND FEMALES) BE USED TO DO THIS? IS IT DANGEROUS TO TAKE?

Occasionally endocrinologists or primary care physicians will recommend several injections of male hormone (testosterone) to "jump start" puberty in a male with a diagnosis of constitutional delay of puberty (late-starter). This may speed things up, but doesn't result in a taller adult stature. There is no preparation of DHEA that is standardized or FDA approved for use in this age group. Therefore the answer to your question about using DHEA is no, it cannot be used. Use of any potent steroid hormone can be dangerous and harmful.

### WHEN WILL I GET MUSCLES?

During puberty, some boys might become worried about their bodies after seeing what some of their friends look like. For instance, lots of boys are concerned about their muscles. You may have already noticed some boys starting to get chest muscles (called the pectoralis muscles or pecs for short). Others may have broad shoulders (the deltoids, or delts for short). Other boys might still be slimmer and smaller.

Remember that puberty happens on its own schedule, so there's no rushing it if you're a little slower to develop muscles. Maybe you've considered lifting weights to help yourself get bigger. It's important to know that if you haven't quite reached puberty, this will tone your muscles, but it won't build up any muscles yet. Eating nutritious food and being active (like riding your bike, swimming, and playing sports) will help you be a kid who's strong and fit. In time, you'll reach puberty and you can start building your muscles too.

More Questions?  
Try [www.kidshealth.org](http://www.kidshealth.org)

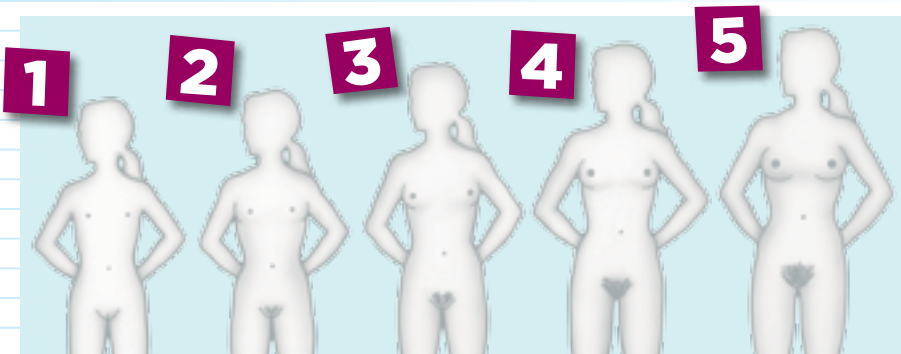




## STAGES OF FEMALE PUBERTY

The female stages of development are typically described by the Five Tanner stages of breast development and pubic hair growth, along with other signs of female maturation: the growth spurt, the onset of vaginal discharge, and the start of menstruation.

The drawing below describes these five stages with average age ranges. It is important to emphasize that each girl's progression through the stages will be slightly different according to her own body's timetable.



### STAGE ONE:

Up to ages 8 to 12

- Childhood stage; no visible signs of pubertal development.

### STAGE TWO:

May begin ages 8 to 14

- Height and weight increase rapidly.
- Breast buds appear; nipples become raised and this area may be tender.
- Fine, straight hairs start growing close to the labia.

### STAGE THREE:

May begin ages 9 to 15

- Height continues to increase.
- Breasts become rounder and fuller.
- Pubic hair becomes darker, thicker and curlier.
- Hips may start to widen in relation to waist, giving a softer, more rounded shape.
- Vagina begins secreting a clear, whitish fluid called vaginal discharge.
- For some girls, ovulation and menstruation begin late in this stage.

### STAGE FOUR:

May begin ages 10 to 16

- Underarm hair appears.
- The nipple and the dark area around it (areola) may stick out from the rest of the breast.
- Pubic hair starts to form a triangular patch in front and around sides of the genital area.
- For many girls, ovulation and menstruation begin during this stage.

### STAGE FIVE:

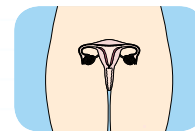
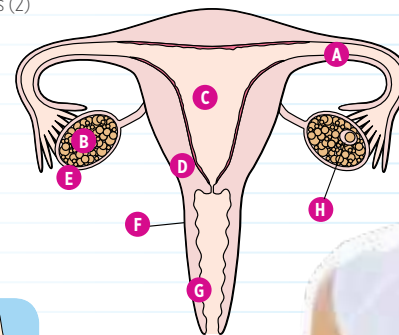
May begin ages 12 to 19

- Adult stage; overall look is that of a young woman.
- Areola rejoins breast contour and breast development is complete.
- Pubic hair forms a thick, curly, triangular patch.
- Adult height is probably reached.
- Ovulation and menstruation occur regularly.

Understanding the reproductive system is as important as understanding any other organ system of the body. Use this guide to learn the system and understand the function of each part, learn the correct terminology and pronunciation as well understand the approximate location, size and shape of each organ. By becoming familiar with the female anatomy, girls and boys can better grasp what happens during the menstrual cycle.

## DIAGRAM OF FEMALE REPRODUCTIVE ORGANS

- A** - fallopian tubes (2)
- B** - ovum (eggs)
- C** - uterus
- D** - endometrium
- E** - ovaries (2)
- F** - cervix
- G** - vagina
- H** - ova



Position inside the body

Unlike a boy who can easily see his genitals, a girl may have no concept of what her external genitalia looks like. Examine your external genitalia by placing a mirror between your legs. An easy way of explaining the female external genitalia is to say that from front to back there are three openings in a girl's body:

**URETHRA:** A very small opening, the tube that drains urine from the body.

**VAGINAL OPENING:** The passageway to the uterus, opening through which the menstrual blood flows. Sometimes the vaginal opening is covered with the hymen, a thin piece of skin. The hymen looks slightly different on each girl and some girls are born without one.

**ANUS:** A small opening through which bowel movements leave the body.

Washing the entire vulva often is important as it is an area where bacteria grow and cause odour. White smegma develops in the folds of the labia. It is best not to use perfumed soaps or powders in the genital area, to avoid irritation.

## AMAZING OVUM FACTS (PLURAL OVA)

- A girl is born with hundreds of thousands of ova resting deep inside her ovaries.
- The ovum is the largest human cell, and yet is no bigger than the tip of a pencil lead.
- Ova carry one half the codes or genes that determine human life, while sperm carries the other half.
- It is believed that the ovaries take turns ovulating from one month to the next - one month the left ovary, and the next month the right ovary.
- Each ovum is encased in a lining sac called a follicle. At puberty some of the follicles start to mature and move toward the surface of the ovary.
- A mature follicle forms a tiny blister-like bubble on the surface of the ovary. At ovulation the ovum pops out and is pulled into the fallopian tubes.

**BODY GROWTH:** As well as getting taller, your hips have probably gotten wider and your thighs and bottom have gotten larger. An adult woman has more body fat than a young girl.

It might be reassuring to talk to your doctor if you haven't experienced any of the changes of puberty by the age of 14, or if your breasts and pubic hair have started to grow, but your periods haven't started by the age of 16.

**BREASTS:** Breasts grow to be different shapes and sizes, and develop at different rates. Don't worry if one breast is bigger than the other. They'll be about the same size once puberty is finished. Many women have slightly different sized breasts all their lives.

**PERIODS:** The start of your period is probably the biggest change that takes place for a girl during puberty. Don't worry if you haven't started yet - you soon will. As a rough guide, your periods will probably start:

- About 2 years after your breasts start to develop.
- Soon after you grow pubic hair.
- A year or so after you start to notice some vaginal discharge.

**DISCHARGE:** You've probably noticed that your underwear gets stained with a creamy white/yellowish fluid, particularly about 2 weeks after your period. This daily discharge comes from your vagina and is perfectly normal. It helps prevent the vagina from drying out and helps protect it from infections. All women have vaginal discharge and the amount varies throughout the menstrual cycle. Pantliners can sometimes be a good way for women to feel fresh/clean especially when expecting your period because vaginal discharge can feel sticky/uncomfortable when it wets the underwear.

**SWEAT AND BODY ODOUR:** Sweat glands, found mainly under your arms, start to work. These cause perspiration which can lead to body odour.

**BODY HAIR:** Hair will have grown in your pubic area - the v-shaped area around your vagina - and also under your arms and on your legs. Some women choose to get rid of some of this hair, particularly from their legs and under their arms.

Shaving is quick and easy, and it can help skin look and feel smoother by removing the top layer of dead skin cells. To protect your skin before and after shaving, wash with soap and water, and use a moisture-rich shave gel and a razor designed for sensitive and hard-to-reach places.

**PIMPLES AND GREASY HAIR:** Almost everyone gets acne on their face at some time during puberty. This is because your skin can start to get oily. Special glands in your skin become more active and start to produce an oily substance called sebum. Your hair may also become oily or greasy, and may need to be washed more often.

*I suppose it's personal, what happens to you in puberty, but it's more what you feel than the physical side.*

*Eleanor, 15*

*always.* TAMPAX.



## MENSTRUATION

### PERIODS: WHY DO WE HAVE THEM?

Your Menstrual Cycle is a complex sequence of events a female reproductive system goes through every month that makes it possible for you to have a baby one day if you want to. It describes the time from the first day of one period to the beginning of the next.

Every month, once you reach puberty, a hormone or chemical messenger, called estrogen, sends a signal to only 1 of your 2 ovaries to release an egg. Your ovaries alternate releasing eggs. Usually only 1 egg is released but sometimes 2 or more are released.

This release of an egg is called ovulation. It happens about 2 weeks before you have your period. The egg then travels along the fallopian tube towards the uterus. The uterus is about the size of a clenched fist. If you have sexual intercourse around this time (especially if protection is not used), the egg may be fertilized by the man's sperm and you could become pregnant.

When your ovary releases an egg, your body gets ready just in case you do get pregnant. A different hormone, called progesterone, causes the endometrium (a soft spongy lining of blood and tissue) to thicken inside the uterus. If the egg is fertilized, it will settle in this lining, where it will be nourished and protected as it develops into a baby.

If the egg is not fertilized, the lining of the uterus is not needed then it leaves your body through your vagina as a reddish fluid containing blood and tissue. This is menstruation and can last anywhere from 3-7 days but it's usually about 5 days.

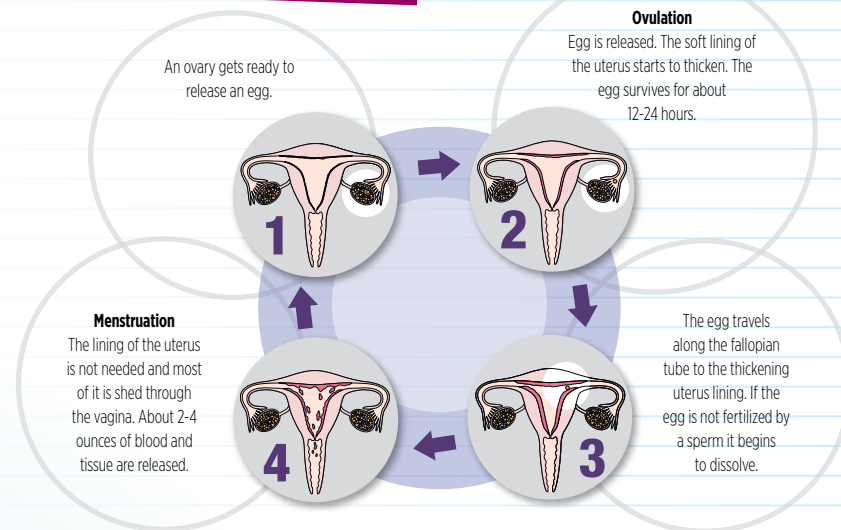
**What if I get my period at school?**

Carry Tampax® Pocket Pearl® on-the-go protection

Then your menstrual cycle starts again! About the same time your period stops, one of your ovaries starts to get ready to release another egg, the uterus begins to develop a thick lining again, the egg is released... and so it goes on, month after month...



## MENSTRUAL CYCLE



Most women have their period every month. The average time between the first day of one period and the first day of the next period is about 28 days, but anywhere between 21 and 35 days is normal.

You may notice that your menstrual cycle is not very regular. You might not even have a period for 2 or 3 months, and when it does come it might last 1 day or 10. Relax, this is normal. Your body might need time to settle down into a regular cycle. This may take 2 years or more.

Your periods stop when you become pregnant. Then the lining of the uterus stays where it is and grows to nourish the fertilized egg as it develops into a baby.

Most women have periods from puberty until they are about 50 years old. At around this age, women's bodies go through another change called menopause. At this time, the ovaries stop releasing eggs and the menstrual cycle comes to a stop.

**THE AVERAGE WOMAN  
HAS APPROXIMATELY  
500 PERIODS  
IN HER LIFETIME.**

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*I started when I was 15 – later than most of my friends – but it didn't bother me. The later the better, I figure!*

*Audrey, 17*

Periods are a sign that your body is well and healthy. There are lots of misunderstandings or myths about things you can't do when you have your period. In fact, your daily activities don't have to change much at all.

## DON'T WORRY

In spite of what you might have heard, when you have your period:

- You can wash your hair.
- You can eat ice cream.
- You can have cold drinks.
- You can walk barefoot.
- You can touch babies.
- You can exercise.
- You can eat pickles.
- You can swim in the ocean.
- You can eat meals with others.

Ask your mother or grandmother about old myths. They might know some other ones.

The loss of blood from menstruation can cause you to lose iron which can make you feel tired!

Try eating red meat and dark green leafy vegetables (like spinach or anything high in iron) along with a glass of orange juice (or anything high in vitamin C as this helps the iron absorb into your body more efficiently).

FOR OTHER HEALTHY CHOICES

REFER TO EATING WELL

WITH

CANADA'S FOOD GUIDE

AT

WWW.CANADASFOODGUIDE.ORG

The first time most girls notice some natural discharge is some time before their first period starts. Discharge is natural and healthy – your mother will have it too.

The amount of discharge varies through the menstrual cycle and from woman to woman. Most women notice more discharge around the middle of their cycle. This coincides with ovulation (when an egg is released from the ovary), which generally occurs about 14 days before a period. You will have discharge for most of your adult life.

MY PERIOD IS SO IRREGULAR I NEVER KNOW WHEN I AM GOING TO GET IT. BUT MY BFF'S PERIOD IS ALMOST EXACTLY EVERY 28 DAYS.

Archana, 14

## MENSTRUAL CALENDAR

Visit [WWW.PERIODCALENDAR.COM/TAMPAX](http://WWW.PERIODCALENDAR.COM/TAMPAX) to use a calendar to keep track of your menstrual cycle and help you get ready for your next period. It's a great way to determine where you will be in your menstrual cycle during upcoming special events. The more you use it, the better prepared you will be!

## CRAMPS AND PMS

### PERIOD CRAMPS

Period cramps are when you feel some discomfort during your period. Not all women have cramps, and some women only have them occasionally. But don't be surprised if you do get them – after all, there's lots going on inside you! They're part of having a period.

### PRE-MENSTRUAL SYNDROME

Pre-menstrual syndrome, or PMS, is the name given to symptoms which you might experience 1–14 days before your period begins and affects most women at some point in their lives. You'll bounce back again after your period starts.

Different women experience a different combination of symptoms – sometimes just 1 or 2, sometimes more. Some women have PMS throughout the time they have periods, while others may only notice it more when they reach their late 30s or early 40s.

IF I HAVE REALLY BAD PERIOD CRAMPS, SOMETIMES ALL I WANT TO DO IS CURL UP IN A BALL. WHAT CAN I DO?

For answers to questions like these, check out page 44.

Jackie, 15

### RELAX

If you regularly have a lot of discomfort, you should talk to an adult about it or see your doctor for help.

You might feel a bit low, tired or irritable just before your period is due, and more lively again afterwards. It's those hormones playing up again!

### PMS SYMPTOMS MAY BE PHYSICAL AND/OR PSYCHOLOGICAL AND INCLUDE:

- breast tenderness
- feeling swollen or bloated
- changes in appetite
- headaches
- acne or skin rash
- constipation or diarrhea
- abdominal cramps
- feeling sad, tired, irritable or clumsy

### PERIOD CRAMPS ARE USUALLY ONE OR MORE OF THE FOLLOWING:

- an ache or cramp in the lower part of your belly
- backache
- an ache along your inner thighs

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## COMMON INFECTIONS

All women have some kind of vaginal discharge throughout their menstrual cycle. It is completely normal if it is a clear or whitish fluid and has no unpleasant odour. However, you may have an infection if any discharge:

- > smells unpleasant
- > is thick
- > is yellowish or darker
- > causes itching or burning

You should see a family doctor who will be able to recommend the proper treatment. Vaginal infections are very common and can easily be treated.

However, if they are not dealt with, they may cause serious problems later on – so it's best to deal with them at the first sign of any symptoms. Individuals who are sexually active could also have a partner who is also infected. Their partner will need to be treated as well, otherwise the infection could continue to pass between them.

## HPV STANDS FOR

Human Papillomavirus. This is a very contagious sexually transmitted infection (STI) that can be transferred just from skin contact, not just from having sex. HPV has been found to cause cervical cancer, some other rare cancers and genital warts. About 70 percent of adults will have at least one HPV infection in their lifetime.

## HOW DO I PROTECT MYSELF FROM CERVICAL CANCER?

One way to protect yourself from cervical cancer is to get regular cervical cancer screenings (PAP tests) starting at age 21, and once every 3 years for females who are or ever have been sexually active.

For further information, talk to your parents/guardian or contact your local public health department, or see your physician.

## TIPS TO AVOID GETTING AN INFECTION

After going to the toilet, always remember to wipe from front to back. This avoids spreading any bacteria from your anus to your vagina or urinary opening, and possibly causing an infection.

Avoid heavily perfumed soaps or shower gels. These can sometimes irritate the delicate skin around the vagina and make you more susceptible to infections.

Be aware that vaginal infections are more likely to occur if you have been taking antibiotics.

Practice safe sex if sexually active, as some vaginal infections are sexually transmitted. Condoms are an effective means to help protect against sexually transmitted infections (STIs).

## WHAT IF I HAVE MY FIRST PERIOD WHEN I'M AT SCHOOL?

Virtually all girls are taken by surprise when they get their first period – even if they are quite well informed – so don't worry. It's probably a good idea to carry a pad and a clean pair of underwear in your bag just in case. (Keep them in a spare pencil case or a make-up bag). But if you haven't got a pad, it's fine to use some toilet paper or facial tissues if you need to. (And any stains in your underwear will soon wash out with cold water and some soap). Ask a friend or a teacher to help you – no one will mind. Most schools keep spare pads for times just like this. Remember, it's something that every adult knows about and no one will mind.

## IS THERE ANYTHING I WILL NOT BE ABLE TO DO WHEN I HAVE MY PERIOD?

No – having a period is a normal and healthy part of being a woman. It doesn't have to stop you from doing the things you usually do. You can still go to school, help at home, see your friends, do sports – whatever you want. If you want to go swimming, you should use a tampon. It's a good idea to get into the habit of changing your tampon before and after you go swimming.

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## MY TWO BEST FRIENDS HAVE STARTED THEIR PERIODS BUT I HAVEN'T. IS THERE SOMETHING WRONG WITH ME?

No – everyone is different. Periods can start at any time between the ages of about 10 and 16. Only your own body can decide when is the right time for your periods to start.

Your friends and/or parent/guardian may be able to help and advise you when you do start. (It might be reassuring to talk to your family doctor if you haven't experienced any of the changes of puberty by the age of 14; or if your breasts and pubic hair have started to grow, but your periods haven't started by the age of 16).

## WILL I SMELL WHEN I HAVE MY PERIOD?

Menstrual fluid can start to smell when it comes into contact with the air. However, you can help to minimize this by changing your pad or tampon regularly and by washing yourself regularly too.

## WHY DO I FEEL DISCOMFORT DURING MY PERIOD?

You are not alone – most women feel some kind of cramps during their period at some point in their lives. You get cramps when your uterus contracts (squeezes) slightly to help get rid of most of its lining.

Not all women feel the same discomfort, some women only feel pain occasionally, and some women never feel any pain. That's because all women are different, and so are their periods.

FOR MORE INFORMATION

PLEASE VISIT:

[WWW.CANCERCARE.ON.CA](http://WWW.CANCERCARE.ON.CA)

[WWW.HPVINFO.CA](http://WWW.HPVINFO.CA)

[WWW.HEALTH.GOV.ON.CA/EN/MS/HPV/](http://WWW.HEALTH.GOV.ON.CA/EN/MS/HPV/)

### WHY DO MY BREASTS HURT OR FEEL TENDER RIGHT BEFORE MY PERIOD?

The change in the level of hormones is responsible. This causes fluid to build up in your breasts, and this makes them sore and feel heavier. It may also be helpful to limit caffeine intake as caffeine in coffee, tea, chocolate, energy drinks causes your body to retain fluid and may add to the breast sensitivity. But don't worry, this feeling will soon go away when your period has finished.

### WILL I LOSE MUCH BLOOD?

The amount of blood in the menstrual fluid varies from woman to woman, and from day to day, during your period. A period usually ends quite lightly, with most menstrual fluid lost in the first few days. Even then, it doesn't come out very quickly. You lose about 5 tablespoons of menstrual fluid during your period, but only about 2 tablespoons of it is blood. Although some women do lose a bit more. It might look like quite a lot but it's not as much as you think. Your body contains more than 166 tablespoons of blood so it doesn't miss the little bit you lose during a period and quickly makes up for it.

### DO TAMPONS STOP THE NATURAL MENSTRUAL FLOW?

No, a tampon just soaks up the menstrual fluid inside your body instead of outside your body, like pads. It doesn't block the flow.

### WHAT CAN YOU DO TO HELP WITH CRAMPS?

Be physically active, take a long walk, swim, do stretching exercises, or practice yoga! The more physical activity you do, the better you will feel. Take a warm bath, as this will relax the body. Place a warm heating pad or hot water bottle on your abdomen for 15 to 20 minutes. If cramps continue to be a problem, you should check with your parents/guardian, doctor or contact your local public health department before taking any medications.

### IS IT OKAY TO HAVE A BATH OR SHOWER WHEN I HAVE MY PERIOD?

Definitely. During your period is the most important time to keep yourself fresh and clean.

### CAN A TAMPON GET LOST INSIDE YOUR BODY?

No, there's nowhere for it to go. The opening of the cervix, which leads from the vagina into the uterus, is far too small to let a tampon through. For the same reason, it's impossible to put a tampon in too far.

### DOES A TAMPON STRETCH THE VAGINA?

Absolutely not. Normally, the walls of the vagina lie flat against each other, but remember that they can expand far enough to accommodate a baby and then return to their normal position.

### SOME OF MY FRIENDS SAY THEY HAVE ALREADY ENGAGED IN SEXUAL ACTIVITIES. WHAT SHOULD I DO?

With so much pressure around making the right decision it can help to talk about your feelings with someone you can trust (e.g. a parent, caregiver, teacher, school counselor, nurse, doctor or another adult) who you feel comfortable confiding in.

Having sexual relations with someone is an important decision in your life. Abstinence is the only way to avoid getting pregnant and getting sexually transmitted infections and diseases.

### WHEN CAN I START TO USE TAMPONS?

Whenever you like. Some girls find it easiest to use pads to start with until they have settled into the routine of periods, but you can use tampons from your very first period if you like.

### WHAT HAPPENS IF THE CORD OF THE TAMPON BREAKS?

This is very unusual because the cord is strong and is securely fastened to the tampon to make sure it doesn't come loose. However, if this does happen, it is usually quite easy to reach and remove it with your fingers.

### IS IT NORMAL TO PUT ON WEIGHT DURING PUBERTY?

Definitely. An adult woman has more body fat than a young girl. It is common to put on weight during puberty because of the changes your body is going through. The key to nourishing these changes is to make healthier food choices and avoiding foods that are high in fats or sugars.

### WHO CAN I TALK TO IF I'VE GOT SOME CONCERNS?

It's always good to talk to someone about your worries – you normally find you've been worrying over nothing. The best person to talk to is probably your parents/guardian. But if you don't feel comfortable talking to them, sometimes another older person such as an aunt or a friend's mother can help a lot. Older sisters can be very useful, as can friends at school – especially if they have already started puberty themselves.



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## FEMININE HYGIENE PRODUCTS

















**Feminine protection is the name for products** used during your period to absorb the flow of the menstrual fluid (pads or tampons).

During your period, there are 2 main products you can use: pads or tampons. Pads are worn outside your body, inside your underwear. They have a sticky part on the back which keeps them firmly in place in your underwear.

Tampons are worn inside your body, in the vagina. For the days in between your periods, you can use pantliners to help keep you feeling clean.

### QUICK-PICK CHART

Use the chart below to find the right pad size for your body and flow. By knowing what pad to use, you'll feel more comfortable and know that you'll be protected against leaks.

	SLENDER	REGULAR	LONG/HEAVY	OVERNIGHT
<b>RADIANT</b>				
<b>INFINITY® STYLISH &amp; ABSORBENT</b>				
<b>ULTRA THIN THIN &amp; ABSORBENT</b>				
<b>MAXI THICK &amp; ABSORBENT</b>				

Shorter Pad & Daytime Protection

Longer Pad & Overnight Protection

## PANTLINERS

Pantliners are designed to absorb discharge that is normal any day of the month. Imagine an all-day clean feeling, like when you've just put on a fresh pair of underwear in the morning.



## FEMININE HYGIENE PRODUCTS

### PANTLINERS ARE ALSO A GOOD OPTION:

- If you've just started menstruating, because your cycles may be irregular and your period may come unexpectedly.
- At the end of your cycle in case you are not sure whether your period has stopped.

There are a variety of pantliners available, and they come in a wide range of sizes and shapes (thin, regular, long, maximum protection and thigh) so you can choose the one that's best for you.

FOR MORE INFORMATION  
ON WHAT PANTLINER  
IS RIGHT FOR YOU,  
VISIT  
**ALWAYS.COM**



### IT'S UP TO YOU

Most girls start off using pads during their periods and we recommend that you do too. However, once they understand their menstrual flow, some girls begin using tampons so they can swim and participate fully in all their daily activities. Why not try different options to find out what suits you best? If you need advice, talk to your mom, school nurse or other trusted adult.

*always* TAMPAX®



## PADS

Pads come in different shapes and sizes because each girl is different – so are her periods and the level of protection she needs during the different days of her period.

Some Pads have “wings” that wrap around the sides of your underwear to help the pad stay in place when you are moving around. Wings also offer extra side protection to protect against leaks.

Pads are available in several absorbencies (slender, regular, super, maximum protection). With today's technology, thin pads can offer just as much protection as thick pads. For heavier flow days or overnight protection, you may want to try an overnight pad or a pad with a higher absorbency, to ensure that your underwear is covered.

### TYPES OF ALWAYS PADS:

**Always® Radiant Infinity® and Always Infinity®** each have a super-absorbent thin pad made with a super-soft cover and unique material that feels incredibly light.

**Always® Ultra-Thin** is a thin pad that provides great protection and comfort without the bulk of a maxi pad.

**Always® Maxi** is a thicker pad with a close body fit and gentle, panty-hugging shape for comfort.

The first pads were sold in the late 1890s. They were produced mainly for use by dancers and actresses. Since then, pads have been available to women around the world.

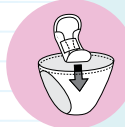


## HOW TO USE A PAD IT'S REALLY EASY!



On the back, pull off the paper strip or the wrapper that covers the sticky part.

Attach the sticky part securely to the center of your underwear – and that's it!



When using pads with wings, do exactly the same, then peel off the paper strips on the wings, wrap them around the sides of your underwear, and press firmly to the underside.



When you need to change your pad, you just have to pull it off. (Start by removing the wings).



PRODUCTS, SUCH AS ALWAYS, USE COLOURS AND PRODUCT IMAGES TO HELP YOU FIND THE RIGHT PAD FOR YOU:

- 1 Colour band**  
- indicates pad absorbency.  
(e.g., yellow is regular absorbency)
- 2 Pad image**  
- shows if pad has wings or not.



## CHANGING YOUR PAD

How often you change your pad depends on how heavy your flow is and the kind of pad you're using. Near the beginning of your period, when the flow is heaviest, you may need to change your pad more regularly. Of course, you will wear a pad for longer during the night.

You need to change them regularly to keep yourself fresh and clean and to make sure you are always protected. Remember to wash your hands before and after changing your pad.

**Don't flush pads down the toilet because they can block it.**

Some pads come individually wrapped in handy disposal wrappers – just fold or roll the used pad in the wrapper of the new one and put it in the bin.

## WHAT TO DO WITH A USED PAD

- Fold it up.
- Wrap it in the wrapper or toilet paper.
- Place it in the sanitary napkin disposal bin located in the ladies washrooms.



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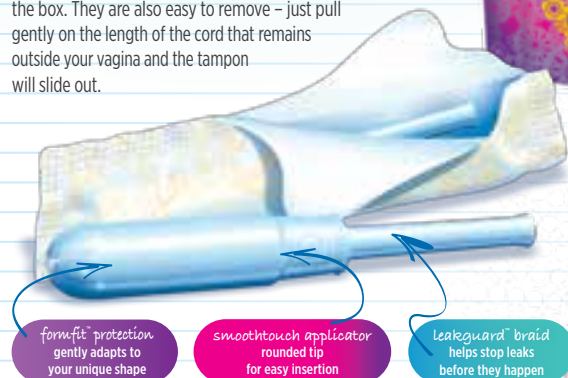
## TAMPONS

Tampons are worn inside your body, in the vagina.

The vagina is a flattened muscular tube about 10 centimetres long. It has an amazing ability to stretch and regain its shape – remember that most women give birth through the vagina and it soon returns to its usual size.

Tampons are made of a soft, absorbent material compressed into a small cylindrical shape, with a cord running through the middle. It is held in place by the walls of your vagina, and will expand to fit your shape as it absorbs your menstrual flow.

Tampons absorb the menstrual flow and they come in a range of absorbencies. Tampons are easy to insert – all the information and instructions you need are included on the leaflet inside the box. They are also easy to remove – just pull gently on the length of the cord that remains outside your vagina and the tampon will slide out.



Your menstrual flow may vary throughout your period. The flow is often heavier at the beginning and lighter at the end. Many girls find they need to use more than one absorbency of tampon to feel comfortable and protected throughout their period. You need to choose the right combination of absorbencies for your flow and it might take a bit of practice. For your convenience, there are also multi-packs available, which include different absorbencies in one box.



## AS A GUIDE:

Tampax® offers reliable protection that is both comfortable and easy to use and are available with three types of applicators: plastic, compact and cardboard. All of the applicators have a smooth tube for comfortable insertion.

Products like Tampax Pearl® Active plastic offers reliable protection, no matter what your favorite activity, during your period. Plus, the plastic applicator is super easy to use.

### Tampax Pearl® plastic and Tampax Pearl® Active plastic

- Designed to fit your unique shape
- Smooth plastic applicator with rounded tip and anti-slip grip for comfortable insertion
- LeakGuard™ Braid helps stop leaks before they happen for Tampax's best-ever leak protection

### Tampax Radiant™ plastic

- Combines Tampax's best-ever leak protection
- One-of-a-kind resealable wrapper for discreet disposal
- A CleanGrip™ plastic applicator designed for incredible comfort

### Tampax Pocket Pearl™

The same features and protection of the full-sized Tampax Pearl plastic but small enough to fit in your pocket. Extendable smooth plastic applicator with rounded tip and anti-slip grip for comfortable insertion.

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## INSERTING A TAMPON

### STEP 1

Wash your hands and unwrap a fresh tampon. Stand or sit **in a comfortable position**: some women find it easiest to crouch down with their knees apart or to stand with one foot on the toilet seat or bath. Hold the outer insertion tube by the finger grip rings with your thumb and middle finger.



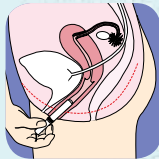
### STEP 2

With your other hand, spread the folds of skin around the vaginal opening. Place the tip of the outer tube of the tampon applicator (**not the end with the cord hanging out**) in the opening of your vagina.



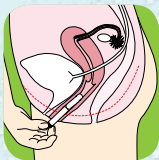
### STEP 3

As the picture shows, the vagina slants upward towards your back. So, **gently slide the applicator** in an upward and backward direction. (It sometimes helps to rotate or twist the applicator slightly from side to side). Stop pushing when your thumb and finger touch your body.



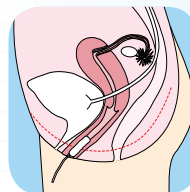
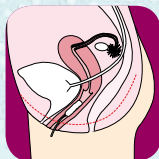
### STEP 4

Still holding the applicator on the rings, push the bottom of the small tube completely up inside the big tube. **This slides the tampon out of the applicator and into your vagina.**

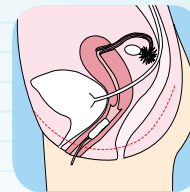


### STEP 5

Hold tightly onto the two tubes that are now one inside the other. **Gently take out both applicator tubes together.** You'll see that the cord of the tampon is hanging down outside your body.



INCORRECT



CORRECT

When your tampon is inserted properly, it should be comfortable to wear. If it feels uncomfortable, it is probably not placed far enough into your vagina. The uncomfortable feeling comes from the tampon rubbing against the muscle opening of the vagina. If this happens, remove the tampon and try again with a fresh one.



### RELAX. Using a tampon takes a bit of practice.

Inserting a tampon seems tricky at first, but after a while it will seem as easy as putting on pants. The first time you use a tampon, you may want to talk it over with your mother or a friend. They'll be able to reassure you.



**Worrying about it may make you tense**, making insertion even harder. Practice inserting a tampon during your period when your flow is moderate – the tampon should glide in easily. It's a good idea to start with a slim applicator tampon.



**Once you have more experience** in using tampons, you will feel really comfortable and may even forget that you are wearing one.



**PRACTICE!!!** Sometimes you may have trouble inserting a tampon. It often takes some practice, but once you're used to it, you'll find it very easy. The first thing to remember is that the vagina slopes back toward the small of your back, so make sure you are inserting it at the right angle. Another common problem is that girls don't put a tampon in far enough, which can make it very uncomfortable. Check the video on how to insert a tampon at [always.com](http://always.com).



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## REMOVING A TAMPON

Relax - if you tense up it will be more difficult to take out. Just pull gently on the cord, in a down and forward direction. It should slide out easily. If not, it probably means you don't need to change it yet because it hasn't absorbed all the fluid it can. On days when your flow is lighter, particularly near the end of your period, you may have to pull a little bit more.

Tampax® Tampons with cardboard applicators and paper wrappers can be flushed down the toilet. They are flushable and biodegradable. Tampax Pearl® Tampons with plastic applicators and wrappers should not be flushed down the toilet.

### WHAT YOU NEED TO KNOW

It's impossible to put a tampon in too far.

- A tampon can't get stuck. The muscular walls of the vagina release the tampon when you pull gently on the cord and it will slide out easily.
- A tampon cannot get lost inside your body because there's nowhere for it to go. The opening of the cervix, which leads from the vagina into the uterus, is far too small to let a tampon through.
- Read the in-pack leaflet in your box of tampons carefully before you use a tampon to make sure you use them correctly.
- Remember to wash your hands before and after removing or inserting a tampon.

Change your tampon regularly, every 4-8 hours, and never wear a tampon for more than 8 hours.

### Tips

Tampons do not need to be changed every time you go to the toilet. Simply move the removal cord out of the way to keep it clean. **Never leave a tampon in for more than eight hours.**



### What happens if the cord of the tampon breaks?

This is very unusual because the cord is strong and securely fastened to the tampon to make sure it doesn't come loose. However, if this does happen, it is usually easy to reach and remove it with your fingers.

## TOXIC SHOCK SYNDROME

One thing you may have heard about is TSS. TSS is a very rare but serious illness that can occur with tampon use. TSS can occur in men, women and children. However, about one half of all cases of TSS occur in women who are menstruating, and this is usually associated with using tampons. TSS is treatable but early recognition and treatment are important.

### What are the symptoms?

To put your mind at rest, here's a list of the symptoms of TSS to keep an eye out for, and some tips on what to do if you think you have any of them. The symptoms are similar to the flu, and include: a sudden high fever (usually 102° F/38.8° C or higher), vomiting, diarrhea, a sunburn-like rash, dizziness, muscle aches, fainting or feeling near-faint when standing.

Any one of these symptoms could be an indication of TSS, though you may not experience all of them.

### What should I do if I have any of these symptoms?

- Remove any tampon you are wearing immediately and contact your doctor.
- Tell your doctor you have been using a tampon and are concerned about TSS.

### How can I reduce my risk of getting TSS during my period?

#### You can reduce your risk by:

- Alternating tampons with pads during your period.
- Always using the tampon with the lowest absorbency for your flow.

- Menstrual TSS can occur 1-2 days before your period starts through 1-2 days after your period ends.
- TSS can recur, so if you have had it once, you can have it again. Therefore, you should talk to your doctor before using tampons if you have had TSS or symptoms of TSS in the past.
- Don't use a tampon before or between periods.
- Never use a tampon to absorb vaginal discharge.
- Don't worry too much about TSS - just be aware!

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WANT MORE INFO?

GO TO:

TAMPAX.CA



## BE BREAST AWARE

The breasts are constantly changing through life. Being breast aware means, knowing how your breasts normally look and feel. That way, if there are any significant changes, you'll be more likely to notice them early. There are steps to follow to become breast aware.

## STEPS TO BEING BREAST AWARE

- 1 Know how your breasts normally look and feel.
- 2 Know what changes to look for. During puberty certain changes occur as the breasts develop: breast buds appear; nipples become raised; area may be tender; breasts become rounder and fuller; the nipple and areola may stick out from the rest of the breast.
- 3 Look and feel for changes. There is more than one way to check your breasts. There is no right or wrong way, and no need to follow a particular routine unless that is what works for you. Choose a way that is comfortable for you.
- 4 Report any changes to a doctor.

## PAP TEST

**CERVICAL CANCER** is a common cancer. Any woman can be affected by it, although it tends to be more frequent in women who are sexually active.

**HOWEVER, IT CAN BE PREVENTED.** A simple, painless test, carried out by a doctor or a nurse, can detect early warning signs that the cancer may develop.

This test is called a **PAPANICOLAOU TEST** (also called Pap smear, Pap test, cervical smear, or smear test). It is used to check your cervix (the lower part of your uterus) to see if all the cells are normal and healthy. To do this, a small instrument (called a speculum) is inserted into your vagina to hold it open, and the cervix is gently wiped with a swab that picks up a few cells. These are sent away to a laboratory to be examined under a microscope.

**IF THERE ARE ANY SIGNS OF ABNORMAL CELLS, YOUR DOCTOR WILL RECOMMEND THE APPROPRIATE TREATMENT.**



It is very important that you have a regular Pap test. That way, you can be sure that any potential problems are picked up at an early stage. Testing begins typically between ages 21-25 if sexually active, and is repeated every three years if results are normal. A yearly STI screen is important if you are sexually active.



## MORE QUESTIONS?

Try [www.cbcf.org](http://www.cbcf.org), click on your region and select the 'Be Breast Healthy' tab.

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### › ABSTINENCE

Refraining from sexual intercourse.

### › BLADDER

The organ that holds urine.

### › EMBRYO

A fertilized egg, from the second to the eighth week of development.

### › ENDOMETRIUM

The soft spongy lining of blood and tissue that thickens inside the uterus. It nourishes the developing baby during early pregnancy, or is shed during menstruation.

### › ERECTION

Hardening of the penis.

### › ESTROGEN

A female hormone, produced in the ovaries, that is responsible for many of the changes that take place in females during puberty.

### › FALLOPIAN TUBES

Two tubes connecting the ovaries to the uterus through which the egg travels.

### › FERTILIZATION

Joining of a female egg and a male sperm to form an embryo.

### › HORMONES

The special chemicals that regulate the growth and activity of body tissues and organs.

### › HPV

Human Papillomavirus. This is a very contagious sexually transmitted infection (STI) that can be transferred just from skin contact, not just from having sex.

### › HYMEN

A flexible membrane that partially covers the vaginal opening.

### › MEMBRANE

A thin, soft, pliable layer of body tissue.

### › MENOPAUSE

The stage at which women stop having periods (usually around the age of 50 years).

### › MENSTRUAL CYCLE

The time measured from the beginning of one period to the beginning of the next.

### › MENSTRUATION

The monthly discharge of the lining of the uterus (the endometrium) which passes out of the body through the vagina.

### › OVA

The eggs found inside the ovaries. They are the female reproductive cells.

### › OVARIES

Two glands, one on either side of the uterus, which contain a woman's egg cells (ova) and produce the hormones estrogen and progesterone.

### › OVULATION

The periodic release of a mature egg from one of the ovaries.

### › PAPANICOLAOU TEST

It is used to check your cervix (the lower part of your uterus) to see if all the cells are normal and healthy.

### › PITUITARY GLAND

A small gland beneath the front of the brain which is responsible for triggering the production of the hormones that start puberty.

### › PMS (PREMENSTRUAL SYNDROME)

A combination of emotional and physical symptoms such as tension, worrying, breast tenderness and bloating. These may occur 1-14 days before a period and last for a few days.

### › PROGESTERONE

A female hormone that causes a soft spongy lining of blood and tissue (endometrium) to thicken inside the uterus. It also prepares the body for pregnancy.

### › PUBERTY

The stage of life when human males and females become capable of reproduction.

### › SEBUM

An oily, lubricating substance produced by glands in the skin to keep it soft.

### › SEMEN

A fluid which contains sperm and various other secretions.

### › SPERM

The male reproductive cell.

### › TESTICLES

The male reproductive glands, which produce sperm and the male hormone, testosterone.

### › TESTOSTERONE

A male hormone that is responsible for many of the changes that take place in males during puberty.

### › TSS

Toxic Shock Syndrome. A full description of TSS and how to reduce the risk of getting it are given in this booklet on page 55.

### › URETHRA

A canal that carries urine from the bladder to the outside of the body. In males, the urethra is also the passageway for semen.

### › UTERUS

(Also called the womb). The female organ lined with soft nourishing tissue that carries a baby until it is born.

### › VAGINA

A flexible passageway in a female leading from the uterus to the outside of the body, through which menstrual fluid flows.



## RESOURCES

### CANADIAN ASSOCIATION FOR THE ADVANCEMENT OF WOMEN AND SPORT AND PHYSICAL ACTIVITY (CAAWS)

Phone: 613-562-5667  
Fax: 613-562-5668  
[www.caaws.ca](http://www.caaws.ca)

### DIETITIANS OF CANADA

Phone: 416-596-0857  
Fax: 416-596-0603  
[www.dietitians.ca](http://www.dietitians.ca)

### NATIONAL EATING DISORDERS INFORMATION CENTRE

Phone: 416-340-4156 or  
1-866-NEDIC-20 (1-866-633-4220)  
Fax: 416-340-4736  
e-mail: [nedic@uhn.on.ca](mailto:nedic@uhn.on.ca)  
[www.nedic.ca](http://www.nedic.ca)

### FREE TO BE ME

[www.freetobeme.com](http://www.freetobeme.com)

### KIDS HELP PHONE (NATIONAL OFFICE)

Phone: 416-586-5437  
or 1-800-668-6868  
Fax: 416-586-0651  
e-mail: [info@kidshelpphone.ca](mailto:info@kidshelpphone.ca)  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

### HEALTH CANADA

e-mail: [info@hc-sc.gc.ca](mailto:info@hc-sc.gc.ca)  
[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

### PUBLIC HEALTH AGENCY OF CANADA

[www.publichealth.gc.ca](http://www.publichealth.gc.ca)

### CANADIAN CANCER SOCIETY

Phone: 416-961-7223  
Fax: 416-961-4189  
e-mail: [ccs@cancer.ca](mailto:ccs@cancer.ca)  
[www.cancer.ca](http://www.cancer.ca)

## INTERNET RESOURCES

VISIT THE FOLLOWING SPONSOR BRAND WEB SITES FOR ADDITIONAL INFORMATION:

*always*

[www.always.com](http://www.always.com)

**TAMPAX**

[www.tampax.com](http://www.tampax.com)

**Gillette**

[www.gillette.com](http://www.gillette.com)

*Venus*

[www.gillettevenus.ca](http://www.gillettevenus.ca)

*Old Spice*

[www.oldspice.ca](http://www.oldspice.ca)

*Secret*

[www.secret.com/en-ca/](http://www.secret.com/en-ca/)