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CHANGING

A CO-ED PUBERTY EDUCATION GUIDE
FOR GRADES 5&6

This guide belongs to:

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PHE Canada
Physical & Health Education Canada

What's Happening?

This booklet is about Puberty and how it affects everyone, including you! Puberty causes changes in the way you look AND changes in the way you feel. It can start between the ages of 8 and 16, and it doesn't happen suddenly overnight.

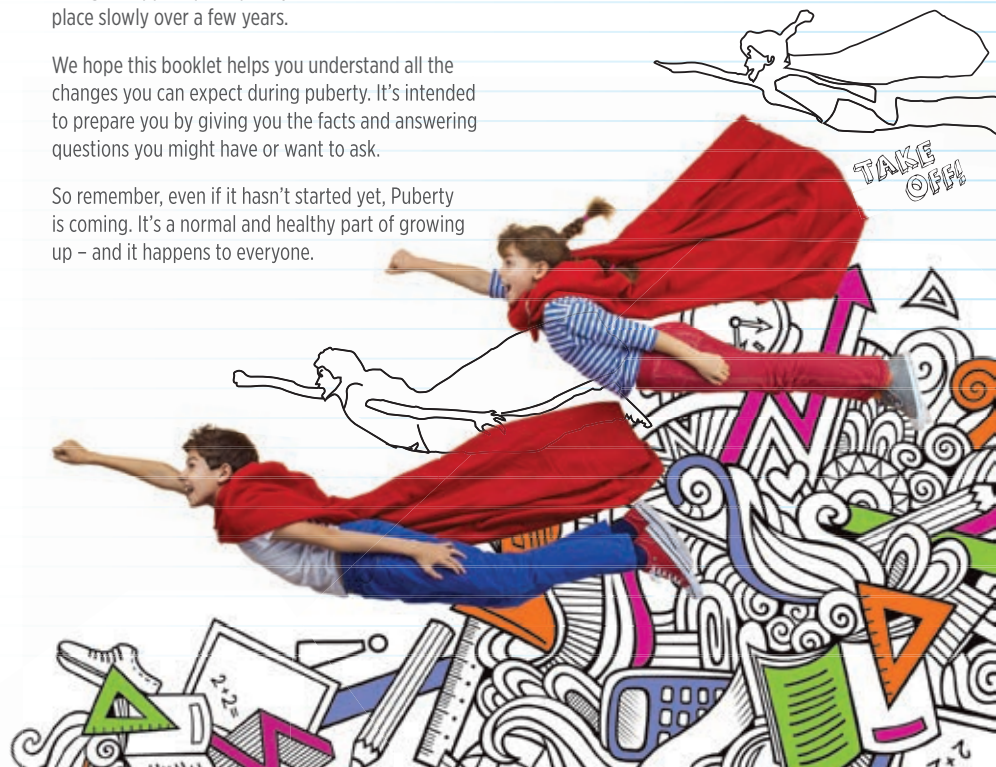
Your body decides when it's the right time for you to begin puberty. In fact, you'll notice that some changes happen quite quickly while others take place slowly over a few years.

We hope this booklet helps you understand all the changes you can expect during puberty. It's intended to prepare you by giving you the facts and answering questions you might have or want to ask.

So remember, even if it hasn't started yet, Puberty is coming. It's a normal and healthy part of growing up – and it happens to everyone.

Puberty means ...
when you get older and you start finding out
more about your body and how it's changing.

Marco, 11



Before we begin...

See if you can tell
what's True and
what's False:

What do you know about puberty?

1. Puberty happens to boys and girls.	True	False
2. When you go through puberty you might notice an increase in your appetite.	True	False
3. All girls start puberty before age ten.	True	False
4. Puberty is the third time in your life when you will grow very quickly.	True	False
5. Puberty starts because of hormones.	True	False
6. Voice changes happen to boys and girls at puberty.	True	False
7. Only boys get pimples at puberty.	True	False
8. Breast changes happen to boys and girls at puberty.	True	False

Check your answers
on Page 17!



Growing up and out

Puberty begins in the brain!

Long before you notice any of the changes of puberty, a part of the brain, the pituitary gland, begins making more of certain hormones. Hormones are powerful chemicals made in one part of the body that travel to other parts of the body.

Hormones from the pituitary gland travel to the testicles in boys, causing them to produce testosterone. Similarly, the ovaries in girls produce estrogen and progesterone, called sex hormones. These hormones cause all the changes of puberty that happen over a number of years.

How do you know when you're starting puberty?

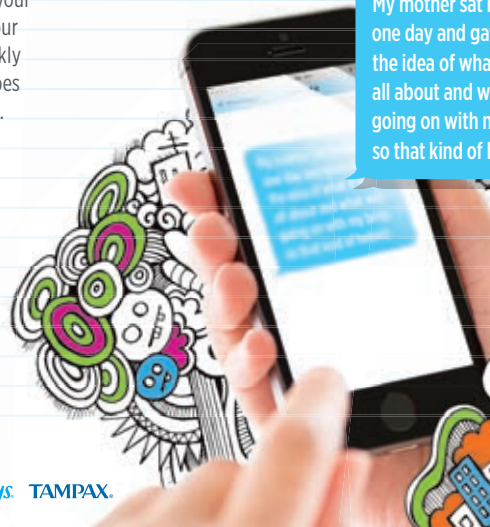
You suddenly start to grow taller and your body shape changes. Don't worry if your friends seem to be growing more quickly than you. Remember that everyone goes through puberty at his/her own speed. There are some things you can control and some things you cannot.

Some changes sound like a great deal of fun and some don't. But one thing is for sure, your body is changing.

Changing voices

The voices of both boys and girls become deeper but the change is far more noticeable in boys. Voice changes are due to the growth of the larynx (voice box). A boy's voice often changes, without warning, from high to low.

My mother sat me down one day and gave me the idea of what it was all about and what was going on with my body, so that kind of helped.



Changes that happen to boys and girls

Growth

Height and weight increase in spurts during puberty. The rate of growth is different for everyone. This is why you may suddenly find yourself a head taller or shorter than your best friend, even though you are the same age. You can grow several centimeters in a very short period of time. Because of rapid growth spurts, you may feel clumsy while you learn to manage your longer arms and legs and your bigger feet.

You will also notice an increase in your weight due to the increase in your physical size. Boys' shoulders and chests broaden. Girls develop broader hips.

Breasts

A girl's breasts begin to grow during puberty. They sometimes feel uncomfortable. Breasts can develop at different rates, and one breast may be slightly larger than the other.

Boys' breasts sometimes swell a little or feel uncomfortable during early puberty. This is normal and is a result of some of the changes in hormones.

Pimples & Acne

Zits, whiteheads and blackheads affect eight out of ten teens. This is caused by changes in your hormones.

During puberty oil glands beneath the skin begin making sebum, a white oily substance that keeps the skin moist. Sebum can get backed up in the ducts of the oil glands and cause whiteheads or blackheads. When one of these plugged ducts becomes infected with bacteria, the result is a pimple. Acne is a bad case of pimples.

Hair

Your hair may also become quite oily or greasy, and may need to be washed more often.

Body Hair

Hair will start to grow in the pubic area – the area of the body near your genitals between your legs. Hair will also grow under your arms and on your legs.

Skin & Sweat

During puberty, perspiration (sweat) increases and you may develop a more adult-like body odour. Sweat is your body's temperature regulator. It comes from millions of sweat glands all over your body.

Check it out!

Perspiration is normal and healthy, but to avoid the odour you need to wash your body daily and wear clean clothes. If odour or wetness is a problem you can use an underarm deodorant or an antiperspirant. It is important to remember, though, that deodorants are not substitutes for body wash and water!

Here are the common changes for both boys and girls during puberty

- your body grows taller and broader
- your body may sweat more and you may develop body odour
- hair starts to grow under your arms, on your legs and in the pubic area
- your body will produce more oil, making hair and skin feel or look greasy

For Boys

- hair starts to grow on your face and sometimes on your chest
- your voice starts to get deeper
- your penis and testicles become bigger, and sperm start to be produced

For Girls

- your breasts start to grow
- vaginal discharge begins
- your period starts



Physical changes at puberty for BOYS

Male stages of development

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.



Physical changes at puberty for GIRLS

Female stages of development

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.



Feeling good in your skin

Of the many things your body goes through during puberty, changes in your skin are among the most noticeable.

Pimples are a natural occurrence during puberty. It happens when bacteria develops in blocked pores and subsequently turns into a pimple.

Acne, a more severe case of pimples, can't always be prevented (even by washing) but there are ways to try to prevent as well as treat acne from getting worse.

The good news is that you can do something about your acne in your daily routine and it's not complicated.

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 to help prevent pimples. Make sure to moisturize after each wash to keep the skin hydrated.

3

Treat – To help eliminate pimples quickly, use a benzoyl peroxide product to unclog pores.

Almost all teens have skin problems. It's part of not being a kid anymore.
So here's what to do...

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!



Skin care facts: True or False?

Try this quiz to find out how much you know about skin care. Decide whether each statement is True or False, then check your answers on Page 17.

1. Scrubbing skin hard will prevent pimples.	True	False
2. Squeezing pimples gets rid of them faster.	True	False
3. Chocolate and greasy foods cause pimples.	True	False
4. Pimples are not contagious.	True	False
5. Stress can cause pimples.	True	False
6. Blackheads contain dirt.	True	False
7. Pimples only affect teenagers.	True	False
8. Pimples run in families.	True	False
9. You can prevent pimples.	True	False

Acne do's and don't's

- Don't squeeze any pimple, this can cause scars and may cause acne to spread.
- Do follow the three steps to better skin.
- Do use hair and other beauty products with care. Look for the word "non-comedogenic" on the label. These products don't block pores.
- Don't scrub skin hard. This may actually spread acne or make it worse.
- Don't get too much sun; over time, this can make your acne worse.
- Do eat a healthy diet, participate in physical activity regularly and get proper rest.
- Do wear the proper sunscreen products for your face and for your body.
- Wash hair products out of your hair before laying on your pillow.

What's your skin type?

- 1 Does your face look shiny or feel oily?
 - a) all over
 - b) T-zone (across forehead, nose and chin)
 - c) rarely
- 2 Do you get pimples on your back, chest or neck?
 - a) frequently
 - b) sometimes or never
 - c) only when my skin is irritated
- 3 Do you get pimples or blackheads in the T-zone?
 - a) yes
 - b) sometimes
 - c) frequently, along with irritation afterwards
- 4 Which of the following do you have?
 - a) large uneven pores in the T-zone
 - b) a combination of fine and large pores
 - c) small, fine pores
- 5 Do some skin-care products make your face react with redness, a rash or an itch?
 - a) rarely or never
 - b) sometimes
 - c) often
- 6 Does your skin get dry or burn when you use soap or other skin-care products?
 - a) rarely or never
 - b) sometimes
 - c) often
- 7 Do you experience dry, itchy patches of skin on your face?
 - a) rarely or never
 - b) sometimes
 - c) often

WHAT'S YOUR SCORE?

Mostly A's – oily skin

Mostly B's – combination skin

Mostly C's – sensitive skin

(Even if you have some C's and some other answers, your skin type is still sensitive).

Research online what products are best for your skin type or ask a pharmacist at the local drug store.



Healthy-looking hair!

Nourish and protect your hair

Develop a routine for taking care of your hair, just as you do for your skin. It's simple: just use a shampoo, followed by a conditioner, every time you wash your hair.

- A shampoo not only cleans your hair, it can also help protect your hair from damage and can nourish it too.
- A conditioner untangles your hair and makes it easier to manage. It can also help keep it moisturized and protect it from damage.

Tips for healthy-looking hair

- Shampooing is good for your hair because it helps remove deposits, such as dirt, sebum, and styling products.
- Shampoo your hair regularly (daily if you want to) instead of using soap. Shampoos are specifically made to clean hair. If your hair looks or feels dirty between shampoos, you may need to shampoo more often.
- Massage conditioner into your hair with your fingertips, so the conditioner can spread throughout your hair. This will help keep your hair healthy-looking and strong.
- If your hair tends to be dry and delicate, you can protect your hair by shampooing and conditioning it less often and styling it gently with a wide-tooth comb.
- If your hair is cut very short, use a sunscreen on your scalp or wear a hat to protect against the harmful effects of the sun.

Smile!

Finally – don't forget your teeth!

Part of having a healthy body is making sure you keep your teeth clean. To keep them strong and healthy, make sure you brush them properly every morning and every night with a good toothpaste.

For best results, brush from gum to teeth and don't forget your tongue. You should also floss daily in between your teeth.

A GOOD TOOTHPASTE SHOULD:

- ✓ fight the decay that causes cavities.
- ✓ attack the plaque bacteria that causes gum problems.
- ✓ help prevent tartar.
- ✓ strengthen teeth.



Getting active!

Daily physical activity is a great way to keep your body healthy – it helps to make you strong and agile, and makes your heart and lungs work better too. There are lots of things you can do, either with friends or by yourself – the secret is to find something you enjoy and keep at it. Here are some ideas for getting active.

- Go rollerblading, skating, hiking or swimming with friends.
- Walk up the stairs instead of using the elevator.
- Walk on the beach or through trails.

I'd take up a sport that you enjoy, so you are keeping fit and healthy and having a good time. It's a great way to meet people as well.

Toby, 11



• **Dancing is a great way to burn off calories and have some fun – so turn up the music and get moving!**

• **Walk, longboard, skateboard, rollerblade or cycle to school instead of taking the bus.**

• **Take a younger brother or sister to the park or playground and play some ball games.**

• **Even in the winter you can stay active by tobogganing, skiing, ice skating and building snow forts!**

• **Keep connected with friends while being active! Do some exercises such as holding a yoga pose or wall sit.**

• **Find out how to get involved in physical activities at your school – perhaps join a sports team or participate in intramurals with your friends.**

GOAL!!

PUSH
YOUR
LIMITS!



Don't sweat it

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

Did you know?

You have two 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 and are mostly located under the arms and in the genital area. 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 control the smell. These are two different kinds of products.

Deodorants – these are basically perfumes which mainly help to mask or cover up body odour. Body sprays are a type of deodorant.

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

Deodorants and antiperspirants come in many different shapes and scents (including fragrance free) – try them out and select the one that works best for you. But remember: only an antiperspirant will help you to prevent wetness. So, if you want to feel dry and smell good, you can use an antiperspirant every day after your shower or bath.

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! Men and women have different types of sweat. For example, male sweat can be more acidic than female sweat.

Remember: The first step to keeping clean is to wash! A daily bath or shower keeps your body clean and reduces the bacteria that can lead to odour. Take a shower after intense or vigorous physical activity and make sure you change into clean clothes because clothing can also absorb odour.

SWEAT GLANDS ARE EVERYWHERE ON YOUR BODY, EXCEPT YOUR LIPS AND EARS. EACH PERSON HAS ABOUT 2.5 MILLION OF THEM.



Looking and feeling great

How much do you know about how to look, feel and smell great?

Just circle the answer you think is right for each question, then check the answers opposite.

4 Wearing sweaty clothes that have not been washed recently

- a) is fashionable
- b) can make you feel uncomfortable
- c) will make you feel fresh and clean

5 A good way to prevent body odour is

- a) take a daily bath or shower
- b) use an antiperspirant or a deodorant
- c) take a daily bath or shower with body wash and use an antiperspirant or deodorant

1 Perspiration odour begins

- a) at birth
- b) during puberty
- c) when you are an adult

2 The best way to take care of oily hair is by

- a) brushing hair frequently
- b) washing hair less often to let the oil dry out
- c) washing hair more often with a mild shampoo

3 When you wash your face you should

- a) wash gently with a mild cleanser
- b) scrub hard
- c) use a strong cleanser



6 An antiperspirant works by

- a) preventing odour
- b) helping to prevent odour and reduce wetness
- c) only reducing wetness

7 When you're going through puberty you sweat differently than young children because

- a) you eat more unhealthy food
- b) you didn't have apocrine glands when you were young
- c) your apocrine glands are more active

8 You can get healthier looking skin by

- a) staying away from people with acne
- b) squeezing pimples
- c) eating a well-balanced diet

9 The best time to apply your antiperspirant is

- a) right after washing
- b) when you notice odour
- c) after you exercise

10 Feeling emotional during puberty

- a) happens to everyone
- b) can be a result of hormone changes your body is going through
- c) both a & b

HANGING
WITH
FRIENDS



To see the answers, you must read this page upside down.

Score 10 points for each correct answer.
1-b; 2-c; 3-a; 4-b; 5-c; 6-b; 7-b; 8-c; 9-a; 10-c
0-30 points – Did you read pages 8-11? Everything you need to know to answer these questions is there!
40-50 points – Re read pages 8-11 to “brush up” on your knowledge. You’re almost there.
60-70 points – You seem to have a good grasp on looking and feeling great... but you could be feeling even better with another read through of pages 8-11!
80-90 points – You’re in great shape. Knowledge is the best way to help you stay fresh and clean!

Answers!

Feeling great inside & out

Your body is very special and needs to be looked after.

Part of discovering more about who you are means respecting the body that you live in!
Taking care of your body by keeping it healthy can help you feel great!

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 you get your energy from the food you eat. This is why it is very important to make sure you eat a healthy well-balanced diet.

You should eat a variety of foods from all 4 major food groups to make sure you are getting the nutrition you need. Try to eat plenty of protein (found in fish, meat, cheese, milk, eggs and beans).

You also need complex carbohydrates (found in quinoa, beans, rye, whole wheat, rice) and plenty of fresh fruit and vegetables (ideally 6 portions a day).

TIPS

Make sure you eat breakfast every day
– it boosts your energy.

Some healthy breakfast ideas are:

- whole grain bread or toast with peanut butter and banana.
- muesli with fresh milk and fruit.
- protein bar and an orange.
- fruit and Greek style yogurt.

For more ideas visit:
www.canadasfoodguide.org



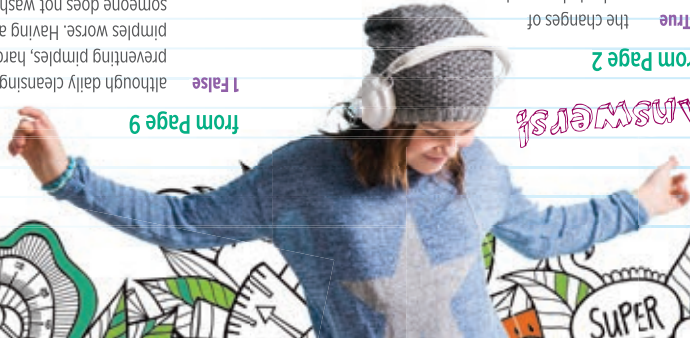
To see the answers, you must read this page upside down.

- 1 True the changes of puberty happen to all boys and girls at different times.
- 2 True because one of the changes in puberty is a growth spurt, your body needs more energy, which comes from a healthy diet from a variety of foods.
- 3 False some girls begin to notice puberty changes before they reach the age of ten, others not until later.
- 4 True the first period of rapid growth was before you were born, when you grew from one cell to billions of cells. The second time of rapid growth was the first year of life. Most babies triple their weight in the first year. Puberty is the third time in your life when you will grow quickly.
- 5 True the brain sends messages to other parts of the body to begin the production of hormones that start puberty.
- 6 True the voice box (or larynx) in boys and girls grows larger and thicker changing the tone of the voice. A boy's voice will deepen more than a girl's voice.
- 7 False eight out of ten teens experience pimples at puberty although slightly more boys have acne.
- 8 True some families are more prone to suffer from pimples than others.
- 9 False a daily cleansing routine with an anti-bacterial facewash or lotion can help prevent acne. If you already have pimples, anti-bacterial creams and lotions can help to clear the skin.
- 1 False although daily cleansing may be beneficial in preventing pimples, hard scrubbing can make pimples worse. Having acne does not mean that someone does not wash enough.
- 2 False picking at pimples can cause infection and sometimes even scarring.
- 3 False it is now believed that factors other than diet can cause acne. However, a well-balanced diet can contribute to overall health, well-being and in some, good skin.
- 4 True pimples are not contagious.
- 5 True stress can contribute to skin problems. Although it does not cause pimples, it may make them worse.
- 6 False blackheads are caused when sebum (oil) in a blocked pore is exposed to air and oxidizes (turns black), hence the name 'blackhead'.
- 7 False pimples can affect anyone in the age range 10 to 30, and sometimes even later, although people suffer most in their teens.
- 8 True some families are more prone to suffer from pimples than others.
- 9 False a daily cleansing routine with an anti-bacterial facewash or lotion can help prevent acne. If you already have pimples, anti-bacterial creams and lotions can help to clear the skin.

from Page 9

from Page 2

Answers!



Canada's Food Guide

Recommended Number of Food Guide Servings per Day

	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Girls and Boys			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

Health
CanadaSanté
CanadaYour health and
safety... our priority.Votre santé et votre
sécurité... notre priorité.

What is One Food Guide Serving?

Look at the examples below.



Fresh, frozen or
canned vegetables
125 mL (1/2 cup)



Leafy vegetables
Cooked: 125 mL (1/2 cup)
Raw: 250 mL (1 cup)



Fresh, frozen or
canned fruits
1 fruit or 125 mL (1/2 cup)



100% Juice
125 mL (1/2 cup)



Bread
1 slice (35g)



Bagel
1/2 bagel (45 g)



Flat breads
1/2 pita or
1/2 tortilla (35 g)



Cooked rice,
bulgur or quinoa
125 mL (1/2 cup)



Cereal
Cold: 30 g
Hot: 175 mL (3/4 cup)



Cooked pasta
or couscous
125 mL (1/2 cup)



Milk or powdered
milk (reconstituted)
250 mL (1 cup)



Canned milk
(evaporated)
125 mL (1/2 cup)



Fortified soy
beverage
250 mL (1 cup)



Yogurt
175 g
(3/4 cup)



Kefir
175 g
(3/4 cup)



Cheese
50 g
(1 1/2 oz.)



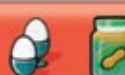
Cooked fish, shellfish,
poultry, lean meat
75 g (2 1/2 oz.)
125 mL (1/2 cup)



Cooked legumes
175 mL (3/4 cup)



Tofu
150 g or
175 mL (3/4 cup)



Eggs
2 eggs



Peanut or
nut butters
30 mL (2 Tbsp)



Shelled nuts
and seeds
60 mL (1/4 cup)

Oils and Fats

- Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.



Solving problems and making decisions

There are other changes that can occur during puberty besides physical ones. You are probably starting to experience more freedom at school and at home. And, probably more responsibilities too! As a result, you will be making more decisions on your own than when you were younger. You will need to evaluate and make sense of all the influencing factors in your life such as friends, parents, teachers and things you see in the media and read on the internet. At times, it can be hard to know what to think and how to act!

Learning to make the right decisions for YOU is an important part of growing up. It's easy to get into situations that are challenging when you don't take the time to think about your decisions. Can you think of a time when you got into trouble because you acted "without thinking"? Remember, great decision-making skills are learned – no one is born with them!



How is your decision-making?

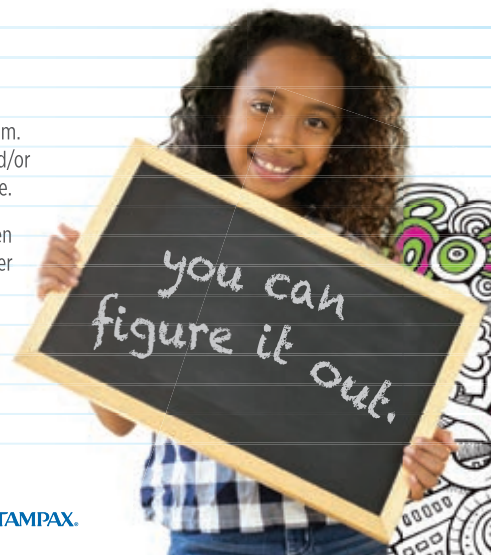
Ask yourself these questions. Answer YES or NO.

1. Do I take time to make a decision?	Yes	No
2. Do I usually think about other people's feelings before I make a decision?	Yes	No
3. If my decisions don't turn out well, do I learn from the results?	Yes	No
4. Do I try to get all the facts before I make a decision?	Yes	No
5. Can I tell the difference between a small decision and a big decision?	Yes	No
6. Do I know where to go to when I need help making a decision?	Yes	No
7. Do I make my own decisions?	Yes	No

If you answered yes most of the time, then you've already got an "A" in decision-making.

Here is how some youths solve problems

- I IDENTIFY** the problem. "The problem is..."
- D DESCRIBE** all the ways teens might solve the problem. Brainstorm a list: Talk to a parent, sister, brother, and/or research information from a trustworthy internet site.
- E EVALUATE** all the possible solutions, what will happen if you choose that solution, will the problem get better or worse?
- A ACT** on one of the solutions and try it out.
- L LEARN.** Did the solution solve the problem, would I do it differently the next time?



Changes in boys!

The male reproductive system provides the sperm needed to fertilize a female's egg.

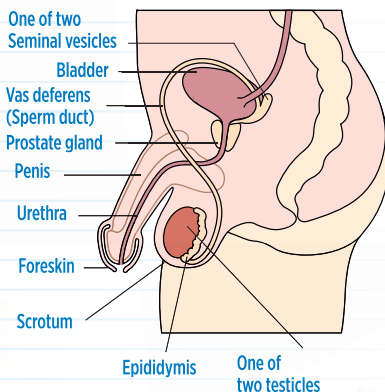
This can only happen once boys have started to produce sperm. During puberty the levels of the hormone testosterone in a boy's body begins to rise and this causes the penis and testicles to get bigger and the testicles to begin producing sperm. Testicles do not make any sperm before puberty.

Sperm are the male reproductive cells, in the same way that the eggs inside a woman are the female reproductive cells.

Both of these two cells are necessary to reproduce. Sperm, under high magnification look like tadpoles in that 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.

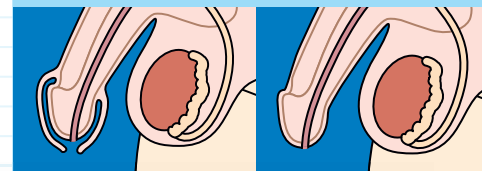
Semen leaves the penis through the urethra. This is a tube that goes through the middle of the penis. (Urine also leaves the body through the urethra, but never at the same time as semen)

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.

For more information, visit:
www.aboutkidshealth.ca
 and type penis care into the search box.

Male Circumcision

This minor surgical procedure, usually performed soon after birth, removes all or part of the foreskin of the penis. The operation is not usually considered medically necessary, but can be performed for religious or cultural reasons, or because it is believed to make it easier to keep the penis clean. To help prevent the growth of bacteria, uncircumcised boys and men should wash under the foreskin every day. Only water should be used in the genital area, as soap is drying, and can lead to dry skin and itchiness.



Un-circumcised

Circumcised



Erections

There are different causes for getting an erection. When a boy or man is sexually excited, or sometimes for no reason at all, his penis becomes harder and stands away from his body. This is an erection.

Why does it go hard? Does it have a bone inside?

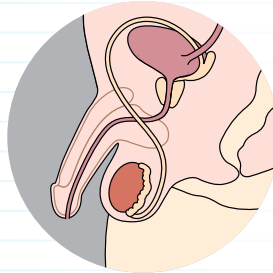
No. It goes hard because it fills with blood. It doesn't have any muscles in it either, which is why you can't move it around very much.

You can get an erection if your penis is touched or rubbed; if you have happy or exciting thoughts, if you see someone attractive – there are lots of causes. You can even get an erection for no reason at all, even sometimes when you don't want to have one, which might take you by surprise!

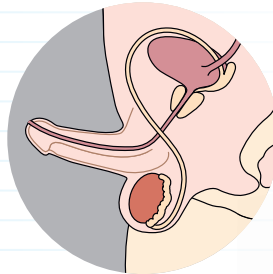
*But don't worry –
it's the same for all boys and men.*

Don't worry

...if you think everyone will know when you've got an erection. It's not as noticeable as you think, and it will soon go away.



Soft



Erect

Ejaculation

When semen spurts out of the penis, it is called ejaculation. It happens when muscles at the base of the penis start to expand and contract (tighten). This pushes the semen through the urethra and out through the tip of the penis.

But this won't happen every time you have an erection. It will usually happen if you are very sexually excited.

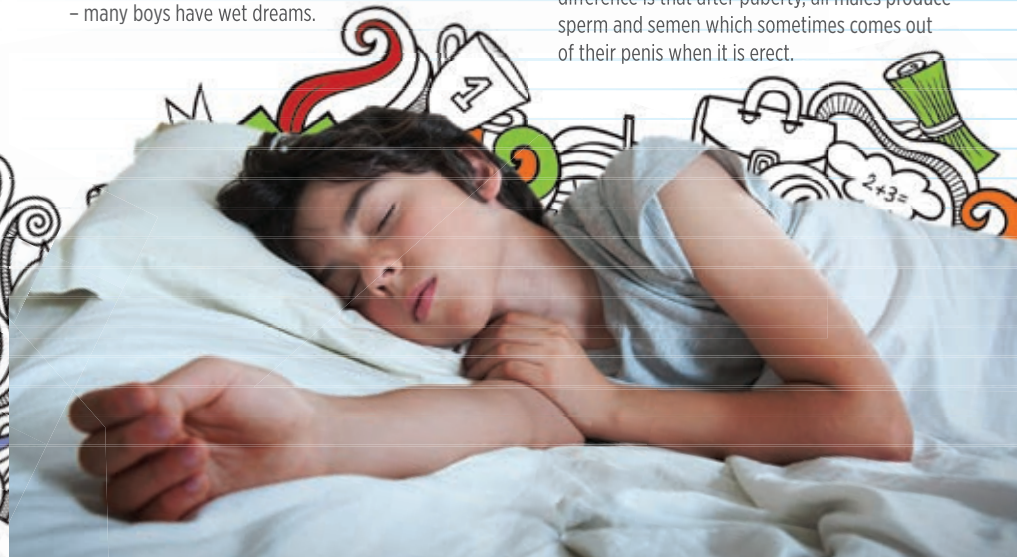
Nocturnal emissions

Sometimes you can ejaculate when you are asleep. This is called a wet dream. It happens without you knowing about it – you may notice that your pyjamas or sheets feel a bit wet or sticky when you wake up. This is nothing to worry about – many boys have wet dreams.

*The average ejaculation
generally contains more
than 40 million sperm.*

You just need to put your pyjamas and sheets in the laundry, and if you'd like to speak to someone about it, talk to an adult or someone you trust.

Males of all ages can get erections. The only difference is that after puberty, all males produce sperm and semen which sometimes comes out of their penis when it is erect.



Shaving

At some point during puberty, both boys and girls notice an increase in hair on different parts of their bodies. Girls may have darker and coarser hair on their legs and under their arms; boys may also notice traces of hair on their upper lip and chin. You may choose to shave this hair. You may not need to shave very often at first. Eventually the hair will grow in faster and thicker, and you may start shaving more regularly. Like most things, the more you shave the better you get at it. Here are some expert tips to help you get started:

1: Prepare your skin

Cover your skin with warm water to open up your pores and get your skin ready. There are also pre-shave products available that ready your skin by removing excess oil and dirt.

2: Apply shaving gel or cream

Evenly massage a thin layer of shaving gel or cream onto your skin to lock in moisture. These products, especially gel products, are formulated to help you get a smoother shave and reduce skin irritation.

3: Shave the easy areas

Using light gentle strokes, shave in the same direction as your hair grows. For boys, begin with your sideburns, cheeks and neck. Rinse the blade frequently under warm water after every stroke or so. Pull your skin tight with your free hand to avoid nicks and when shaving against the grain for a closer shave (only if you need to).

4: Shave the harder areas

For boys, shave your upper lip and chin last as they can be more challenging. Some people find it easier to curl their top lip over their teeth or sticking their chin out to stretch out the skin in these areas.

5: Protect your skin

Rinse off excess cream with cool water when you are done. Gently pat (don't rub) your skin dry. Use a moisturizer to help refresh and seal in the skin's natural moisture barrier.

Questions and answers

Why do girls have periods and boys don't?

Only females have periods – not males. This is because females carry the necessary organs to become pregnant. A period is part of the natural cycle – called the menstrual cycle – that the body goes through to enable a woman to have a baby.

Why is it so difficult to ask questions about your sexuality? 🙄

Many girls and boys have concerns about sex and sexuality while they are growing up. It is not always easy to ask the questions that you want to have answered or to begin talking about what may be worrying you. It is very important to find a parent, teacher, caregiver or another adult who you feel comfortable confiding in as well as asking any questions you want answered.

Does it matter what size my penis or breasts are?

Not at all! Penises vary in length, and both penises and breasts vary in shape and size from person to person, but not as much as you may think! Remember, the size of your penis or breasts have nothing to do with your 'manhood' or 'womanliness' or whether you can become a parent.



Questions and Answers

Do men stop having erections when they get older?



No. Healthy males of all ages, can get erections. The difference is that only after puberty do males produce sperm and semen. Then they produce sperm for the rest of their lives.

Antiperspirant or deodorant... which one should I use?

Antiperspirants help control wetness, deodorants help control odour. So, if you're not sweating and just want to mask the smell, you can go with a deodorant. If you want to control the wetness, try an antiperspirant. And, not to worry, most antiperspirants do double duty as deodorants.

What causes odour?



Sweat starts out nearly odourless, but is quickly broken down by bacteria on your skin to produce that certain underarm smell. Why the armpits? Those bacteria thrive in warm, wet, environments. Also, there are particular types of sweat glands – called apocrine glands – that are only found in a few areas, such as the armpit. Sweat from the apocrine glands is much more odorous than that produced by the more common types of sweat glands, like the eccrine glands that are found all over the body.

How do deodorants and antiperspirants work?

Deodorants neutralize odour by killing the odour-causing bacteria on your skin, and by leaving a fragrance behind that keeps you smelling good. Antiperspirants go to work in your sweat ducts to prevent sweat from reaching the surface of the skin. Less sweat means less body odour.

How do I use deodorant or antiperspirant?

For best results, follow the directions on the package. If you are using body spray, give it a good shake first, then hold the can about 6 inches from your armpits and spray yourself for two seconds. Apply to the underarms only.

Can I build up a tolerance to deodorants or antiperspirants?

No. You can't build up a tolerance or become immune to a deodorant or antiperspirant. So, when you find something you like, you can stick with it.

If a regular strength product is not strong enough, try using a clinical strength product or talk to your doctor about prescription-strength antiperspirants.

When will I shave?

It depends on how soon your facial hair appears, 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.

What's the difference between body wash and bar soap?



Bar soap is easy to apply, either alone or with a washcloth, and great for removing dirt, debris, and oil from the skin. If you have a tendency to sweat a lot, bar soap is ideal. However, if your skin is delicate, dry, or eczema-prone, you might want to stick to a body wash. Body washes come in squeezable bottles that are fast, portable, and convenient to use. They tend to be less messy than bar soap and come in a variety of scents. Some also have benefits like hydrating, moisturizing, and long lasting scents. Plus, a little amount can go a long way – especially if you use a bath puff.

Changes in girls!

Starting your period is probably the biggest change that takes place for a girl during puberty. Periods are a natural part of every woman's life. They are a sign that her body is healthy and working properly.

Periods, what are they?

A period is when you lose fluid, including blood, from your vagina (the opening between your legs). It happens to most women each month and usually lasts somewhere between 3 and 7 days. Most girls start having periods between the ages of 10 and 16. There is no "right" time; your periods will start when your body is ready.

How much blood will I lose?

The average woman loses about 4-12 teaspoons of menstrual fluid during her period, but only a small amount of it is blood. It might look like a lot, but it's not as much as you think. Anyway, your body contains more than 5 quarts of blood, so it doesn't miss the little bit you lose during a period and quickly makes up for it. When you first start to have periods, they may not be very regular. After the first period, the next one might be 2 or 3 months later, and it might last 1 day or 10. Your body will take a while to settle into a regular cycle – this might take 2 years or more. Relax, this is normal.

As a rough guide, your periods will probably start:

- about 2 years after your breasts start to develop.
- soon after you grow pubic hair.
- after you start to notice some vaginal discharge.

Discharge

A small amount of clear or whitish fluid will start coming out of your vagina. You will notice it because it will leave a slight mark in your underwear. All women have vaginal discharge – the amount varies through the menstrual cycle.

When my period first started, it wasn't all that bad. I just woke up in the morning and it was there.

Louisa, 12

Periods why do we have them?

Only women have periods – not men. This is because only females can become pregnant.

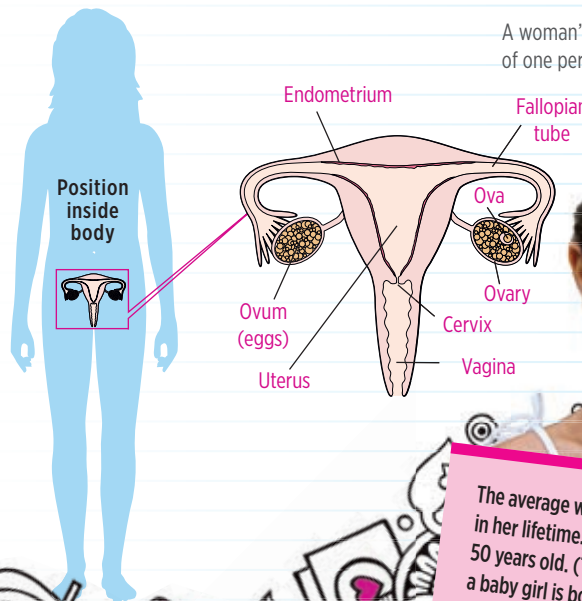
A period is part of the menstrual cycle – the natural cycle the body goes through to enable a woman to have a baby.

Girls and women have two almond-sized ovaries, each containing thousands of eggs (ova). When a girl reaches puberty, the hormone estrogen tells an ovary to release one egg every month.

The two ovaries "take turns" releasing an egg every other month. Usually only one egg is released at a time, but on rare occasions two or more are released. This release of an egg is called ovulation. It happens about two weeks before a girl's period.

The egg travels along the fallopian tube (oviduct) towards the uterus (also called the womb). The uterus is about the size of a closed hand. If the egg is not fertilized by the time it reaches the uterus a girl's period will begin.

A woman's menstrual cycle lasts from the first day of one period to the beginning of the next.



The average woman has approximately 500 periods in her lifetime. They stop when a woman is about 50 years old. (This is called the menopause). When a baby girl is born, she has approximately 200,000 eggs in each of her ovaries.

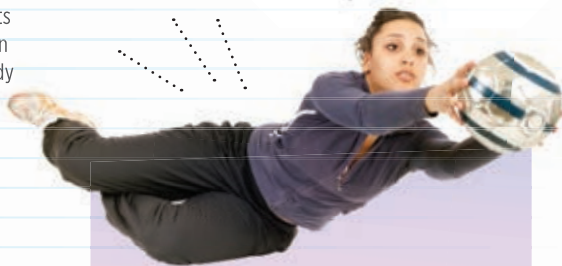
And then the cycle starts again!

Your period lasts for a few days as the body gets rid of part of the lining of the uterus. Then when your period stops, one of your ovaries gets ready to release another egg. The uterus starts to develop a thick lining again and the egg is released and travels along the fallopian tube.

Many countries around the world have myths about periods. Here are a few.

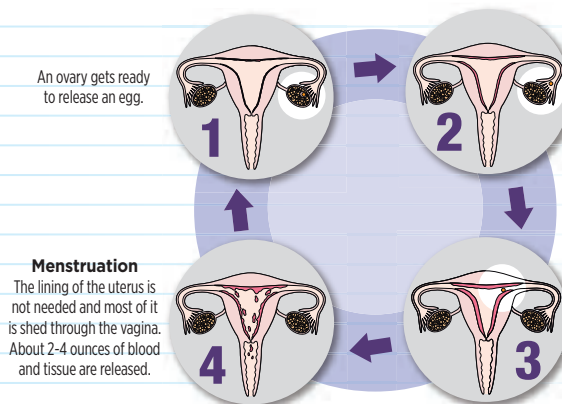
When I have my period:

- I can't wash my hair.
- I can't eat ice cream.
- I can't eat fried foods.
- I can't do any exercise.



Myths

Most of these myths and taboos have been handed down from generation to generation. Ask your mother or grandmother – they might know some other ones.



Cramps

What are they?

Some girls and women hardly notice any discomfort during a period. Others might have what are called period cramps. For a day or so they may experience:

- An ache or cramp in the lower abdomen.
- An ache in the lower back.
- An ache along the inner thighs.

What can I do about cramps?

- Take a warm bath.
- Rub your stomach gently with your hand to make it feel warm.
- Hold a heating pad over your clothes against your lower stomach. Or use a portable heating pad.
- Get active! Being physically active helps relieve the pain as well as helps take your mind off the pain.

If cramps continue to be a problem for you, make sure you check with an adult before taking any kind of medication.

Menstruation? Premenstrual? PMS?

Menstruation means having periods. It comes from the Latin word for month (mens).

Premenstrual Syndrome (PMS) is the name for symptoms some girls experience 1 to 14 days before their period begins. These symptoms can be physical and/or emotional, and includes headaches, breast tenderness and feeling moody or sad. It's normal to feel up and down at times; this is caused by the changes in your hormones.

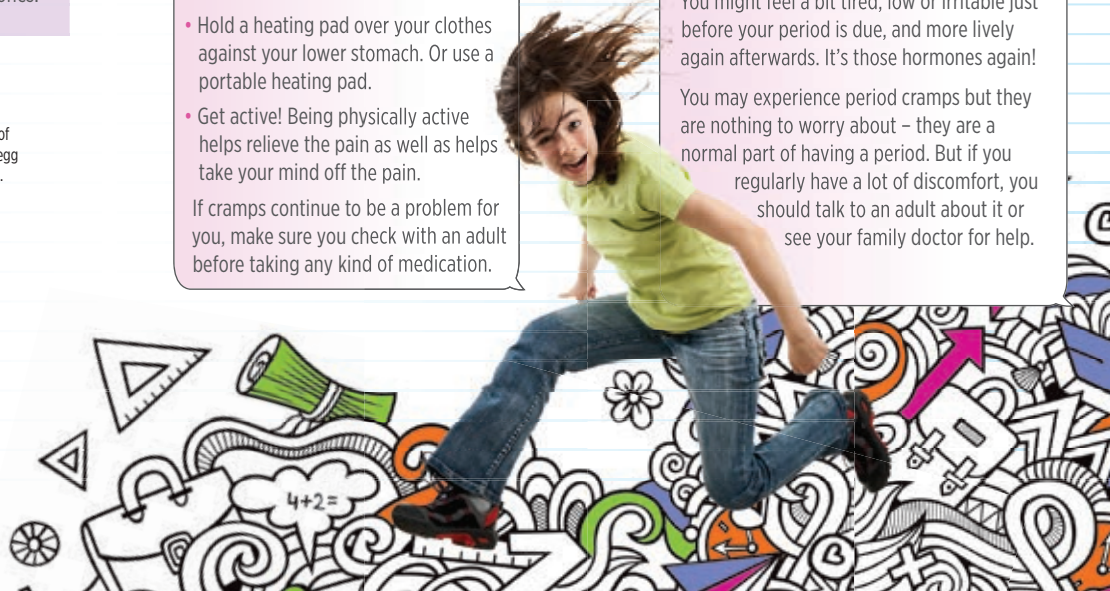
Will anyone know when I have my period?

Not unless you tell them.

How will my period make me feel?

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

You may experience period cramps but they are nothing to worry about – they are a normal part of having a period. But if you regularly have a lot of discomfort, you should talk to an adult about it or see your family doctor for help.



Feminine hygiene products

Feminine protection is a long name for the products you use either before and/or during your period to absorb the flow of menstrual fluid.

There are three types of feminine hygiene products: Pantliners, Pads (sometimes called feminine napkins or sanitary napkins) and Tampons.

Who can I ask for help?



It's always good to talk to someone about the way you think and feel about the changes going on in your body. The best person to talk to is probably your mother, guardian or perhaps your father. But if you don't feel comfortable talking to them, sometimes another older person such as an aunt, teacher 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.

Be ready at school

Just about all girls are taken by surprise by their period, even if it's not their first. That's why it's good to be prepared, especially at school.

- Wearing a thin pantliner every day will ensure you are prepared when your period comes.
- Make a locker or backpack period preparation kit for school. In a paper or other discreet bag, include a pad and a clean pair of underwear.
- Keep a pad discretely in an inside pocket, in your purse or backpack.
- Toilet paper or facial tissue will work until you can get a pad. Your period won't start all at once, so you have a little time.
- Ask a friend, a school nurse or a teacher to help you out. Most schools keep extra pads for times just like this.



Personal hygiene

Did you know that good personal hygiene can help protect you from infections? After going to the bathroom, wipe from front to back to avoid spreading bacteria from your anus to your vagina.

- Avoid heavily perfumed soaps or shower gels – these can sometimes irritate the delicate skin in the vulva area.
- Remember, vaginal infections are more likely to occur when taking antibiotics.

If you get a vaginal infection, it can easily be treated. Any discharge that:

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

can be a sign of infection. You should see a family doctor who will be able to recommend the proper treatment.

For tips on feminine hygiene visit:
<http://www.cwhn.ca/en/node/44816>

Pantliners

Pantliners are products designed for daily hygiene that are worn outside of your body but inside of your underpants, like a pad. They are available in a wide range of sizes and shapes — Thin, Regular, Long and Maximum Protection. To choose the one that's right for you, go to always.com.



When should I use a pantliner?



Pantliners are great for absorbing daily vaginal discharge or light flow during your period. Unlike a pad, pantliners are small and thin, so you can wear them every day and you may even forget you are wearing one! They will also help you feel clean and confident, especially in the early months before your period becomes regular. Because they have an adhesive strip on the back, just like a pad, pantliners stick to your underwear and stay put, even during exercise or sleep.

How often should I change my pantliner?



Every girl is different, so just change it as often as you need to stay feeling fresh and clean, up to once every 3–4 hours. To dispose of it, treat it like a pad. (See page 38 for how to dispose a pad).

Tampons

Tampons are made of soft, absorbent material compressed into a small, cylindrical shape, with a cord securely fastened to it. They are worn inside your body, in the vagina. Tampons are held in place by the muscular walls of your vagina and expand as they absorb your menstrual flow. (Don't worry: the vagina has the amazing ability to stretch and regain its original shape). Lots of girls start with Tampax® Pearl® Active Plastic™ tampons because the SlenderFit™ applicator is 20% Slimmer*.

*vs. Tampax Pearl among similar absorbency.



Does putting in a tampon hurt?

No, inserting and wearing a tampon shouldn't be painful. It just takes a little practice. You'll find instructions in the leaflet inside the box, or visit always.com under the products section. There is a video showing how to insert a tampon.

What is Toxic Shock Syndrome?

Toxic Shock Syndrome (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 a tampon for longer than the recommended time period. The most important thing to know is that if you get a fever and feel sick while you are using a tampon, take it out right away. Tell an adult you are worried about TSS and contact your family doctor. Tell the family doctor you've been using a tampon so you can get the best treatment quickly.

How do I choose a Tampon?

Choose a tampon with the minimum absorbency needed to control your flow. Many girls find that a tampon with a gently rounded tip and plastic applicator, like Tampax Pearl® is great for new tampon users as it offers a more comfortable insertion experience.

How often should I change a tampon?

It depends on how heavy your flow is, but tampons should be changed at least every 4 hours to 8 hours. Don't leave a tampon in for more than 8 hours, and use it only for menstruation.

How do I get rid of a tampon?

Complete instructions are usually included in the leaflet inside every package of tampons.

For detailed instructions and visuals on how to insert a tampon visit Always.com

Pads

Pads absorb your menstrual flow when you have your period. They have a soft, absorbent, cotton-like layer on the top and a sticky tape on the back to keep them firmly in place. All Always® Pads help give you clean, dry protection throughout your period, from light days to heavy days and all the days in between. Plus, they come individually wrapped, making them a perfect fit for even small purses.

No one else is quite like you and neither is their period. That's why pads come in different shapes, sizes and protection levels. To make choosing the right pad easier, first choose your pad type.



PAD TYPES:

MAXI: Thicker pad with a close body fit and gentle, panty-hugging contour for comfort is available with or without wings.

ULTRA THIN: Slim comfort and invisible fit for great protection (without the bulk) is available with or without wings.

Once you've chosen a type of pad (Maxi or Ultra Thin), choose the absorbency and length.

Length and absorbency range:

SLENDER: For light to moderate flow. Shorter pad from front-to-back and side-to-side than Regular, making them ideal for girls with a small panty size.

REGULAR: For moderate flow, average length and width, based on a small panty size.

LONG SUPER: For heavy to extra-heavy flow with longer length for added front-to-back leak protection.

OVERNIGHT: For extra heavy flow/overnight use. Longer than Long Super.

MAXIMUM PROTECTION: For extra heavy flow, longer than Overnight.

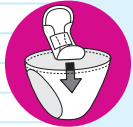


For more information about what pad might be right for you visit Always.com and click on Products.

How to use a pad — it's really easy!



- 1 Pull off the paper strip that covers the sticky part on the back.



- 2 Attach the sticky part securely to the inside center of your underwear.



- 3 When you need to change your pad, just pull it off to remove it.

Most pads come individually wrapped in handy disposal wrappers — just put the used pad in the wrapper of the new one and put it in the trash.

How often should I change a pad?

You should change your pad every 4-6 hours. Change it more often if your flow is heavy. How often you change it also depends on what kind of pad you are wearing. Your pad may start to leak if you wear it too long.

HOW TO GET RID OF A PAD 😊

- Fold or roll it up.
- Wrap it in tissue or toilet paper.
- Put it in the trash. (There are often napkin disposal bins located in each stall in a women's washroom).
- Don't flush pads down the toilet because they can clog it.
- Wash your hands.



always Pads

This chart shows you which pads are available at the store. When you have had your period a few times you will get better at knowing which products work best for you. You can also visit [always.com](https://www.always.com) and click on **Products** for more information.

	SLENDER	REGULAR	LONG/HEAVY	OVERNIGHT
RADIANT				
INFINITY® STYLISH & ABSORBENT				
ULTRA THIN THIN & ABSORBENT				
MAXI THICK & ABSORBENT				

Shorter Pad & Daytime Protection

Longer Pad & Overnight Protection

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. Ask a friend or a teacher to help you – no one will mind. Most schools keep spare pads for times just like this. (And any stains in your underwear will soon wash out with cold water and some soap). Remember, it's something that every adult knows about and no one will mind.

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. Your body will start having periods when it is ready. Your friends 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.

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. For more active sports such as 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.

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.

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.



Questions and Answers

Is it normal to gain 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 without gaining unnecessary weight is to make healthier food choices and avoiding foods high in sugar or that are highly processed.

Is it okay to have a bath or shower or go swimming when I have my period?

Definitely. During your period is the most important time to keep yourself fresh and clean (If you are going swimming you will want to use a tampon as previously mentioned).

Why do I feel all heavy and awkward?

Before your period your body sometimes stores more water than usual, which can leave you feeling bloated. It's also normal to feel a bit clumsy during puberty – that's because you're growing and changing so fast.

How do I choose a bra that fits?

Most shops that sell bras have specially trained women who can help you. They will measure you properly and help you choose the bra that fits you best. There are lots of different ones to choose from, so you're bound to find one you like. Your guardian or a friend could help you choose. You will need to choose several new bras over time as your breasts grow.

Who can I talk to about my period?

You can always talk to a parent, grandparent or guardian. Sharing with an adult you trust, like a favorite aunt, a teacher, or a counselor is also a good option.



Measuring guide

1

Measure around your chest, just below your breasts.

2

Add 5 inches if it is an odd number; add 4 inches if it is an even number. This is your bra measurement.

3

To find out what cup you need, measure around the fullest part of your breasts.

If the two numbers are the same, you need an AA-cup.

If the two numbers differ by 1 inch, you need an A-cup.

If the two numbers differ by 2 inches, you need a B-cup.

If the two numbers differ by 3 inches, you need a C-cup.

If the two numbers differ by 4 inches, you need a D-cup.

Example

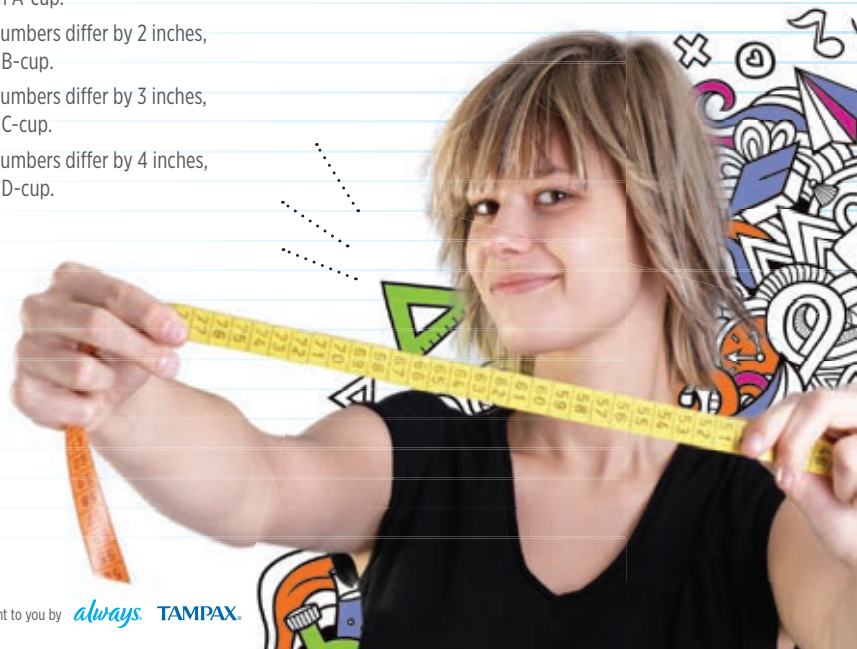
Natalie's first measurement was 27 inches. Adding 5 inches gives 32 inches. This is her bra measurement.

Natalie's second measurement was 33 inches.

The difference in the two numbers is 1 inch, so she needs an A-cup. So, Natalie's bra size is 32A.

Have more questions?

Visit [always.com](https://www.always.com) to get advice from the experts.



Glossary

ACNE (AK-nee) a bad case of pimples

ANUS (AY-nus) the opening where feces or bowel movements leave the body

APOCRINE GLANDS (AHPO-krine) sweat glands under the arms and in the genital area

AREOLA (ah-REE-uh-luh) the area of darker skin around the nipple

BLACKHEAD a pore clogged with sebum and dark in colour because it is exposed to air

BREASTS the milk-producing glands in a woman

BLADDER a sac inside the body that holds urine

CIRCUMCISION (sir-kum-SISH-un) the operation to remove the foreskin of the penis

ECCRINE GLANDS (ECC-krine) sweat glands found all over the body

EGG also called an ovum, it's the female reproductive cell

EJACULATE (ee-JACK-you-late) to eject or discharge semen, the act of ejaculation

EJACULATION (ee-JACK-you-lay-shun) when semen comes out of the penis

EMBRYO (EM-bree-oh) the fetus during its first eight weeks of development in the uterus

ENDOMETRIUM (en-doe-MEE-tree-um) spongy, blood-filled tissue that lines the uterus

ERECTION (e-REK-shun) occurs when the penis fills with blood and becomes hard

ESTROGEN (es-tro-jen) a female sex hormone produced in the ovaries

FALLOPIAN TUBES (fuh-LOPE-ee-un) narrow tubes between the ovaries and the uterus

FETUS (FEE-tus) the unborn baby, after eight weeks of development in the uterus

FORESKIN (FOUR-skin) the skin around the head of the penis

GENITALS (JEN-a-tulls) the inside and outside sex organs

HORMONES (HOR-moans) chemical messages that tell parts of the body what to do

LABIA (LAY-bee-ah) the folds of skin around the opening of the vagina

MENOPAUSE (MEN-oh-paws) the end of a woman's menstrual cycles, usually occurring when she is in her late forties or fifties

MENSTRUATION (MEN-stroo-AY-shun) the monthly shedding of the lining of the uterus if a woman is not pregnant. Also referred to as a period.

MENSTRUAL CYCLE (MEN-stroo-al SIGH-cul) the process of ovulation and menstruation that occurs approximately once a month beginning at puberty and ending with menopause

MENSTRUAL FLUID (MEN-stroo-al FLOO-id) the uterine lining, consisting of spongy tissue and blood, that flows out the body through the vagina during a woman's period

NIPPLE (nip-pull) the small raised part in the centre of the breast

NOCTURNAL EMISSION (nok-TUR-nal eh-MISH-un) an ejaculation that occurs involuntarily while asleep, also called a wet dream

OVARIES (OH-vah-reez) the two glands that make the female sex hormones and egg cells

OVULATION (OV-you-lay-shun) the release of a mature egg from the ovary

OVUM also called an egg, it's the female reproductive cell

PENIS (PEE-niss) the tube-shaped sex organ of males which hangs outside their body

PERIOD (peer-ee-uhd) the time when a woman is menstruating

PERIOD CRAMPS (peer-ee-uhd kramps) also referred to as menstrual cramps - physical discomfort experienced during a female's period

PIMPLE (pim-pel) A small hard inflamed spot on the skin.

PITUITARY GLAND (pih-TYOU-ih-terry) the gland at the base of the brain which is responsible for producing hormones, some of which regulate the developmental changes which occur during puberty

PROGESTERONE (PRO-jes-ter-own) a female sex hormone produced in the ovaries

PROSTATE GLAND (PROSS-tate) a male gland near the bladder that adds fluid to semen

PUBERTY (PEW-bur-tee) the stage of life during which human males and females become sexually mature

PUBIC AREA (PEW-bik) the area between the legs where the genitals are located and where pubic hair appears during puberty

SCROTUM (SKROW-tum) the soft sac in males that holds the testicles or testes

SEBACEOUS GLANDS (suh-BAY-shus) the oil releasing glands of the skin

SEBUM (SEE-bum) the oily substance made in the sebaceous glands

SEMEN (SEE-men) a white, milky liquid that carries sperm out of the penis during ejaculation, also called seminal fluid

SMEGMA (SMEG-muh) a secretion from the sebaceous glands that produces a white, cheesy substance found between the folds of the vulva and under the foreskin of the penis

SPERM (SPURM) the male sex cell required to fertilize an egg in order to make a baby

SWEAT GLANDS (SWET) the parts of your body that regulate body temperature by releasing water and salt

TESTICLES (TES-ti-kuls) male sex glands that make hormones and sperm

TESTOSTERONE (tes-TAH-stuh-rone) the male hormone, produced in the testicles, that causes many of the changes of the male's puberty

TOXIC SHOCK SYNDROME a rare illness (or infection) associated with tampon use

URETHRA (you-REE-thrah) the tube through which urine and semen leaves the male body, and urine leaves the female body

UTERUS (YOU-ter-us) the hollow muscular organ in females that holds and nourishes the fetus, or unborn baby. Also called the womb

VAGINA (VAH-je-ye-nah) the passageway of muscles that joins the uterus to outside the body

WET DREAMS an ejaculation that occurs involuntarily while asleep, also called a nocturnal emission

WHITEHEAD sebum trapped beneath the surface of a pore, which can become enlarged and inflamed, and cause a pimple

VULVA (VUL-vah) the outside sex organs of a female