

# Our Bodies

Growing and Changing





# Puberty

**Puberty** is a time when a person's body, feelings, and relationships change from a child's into an adult's. **These changes are physical, emotional, and social.** Puberty happens to everyone although everyone goes through the changes of puberty **at different times in their life.**



# What happens during puberty?



On average girls begin puberty at ages 10-11 and complete puberty ages 15-17.

Boys generally begin puberty at ages 11-12 and complete puberty at ages 16-17.

## Physical changes -

Growth spurt

Breast development

Under arm and pubic hair growth

First period (menarche)

Presence of vaginal discharge

Increase in fat mass

Sweat more (body odour)

Oily skin/spots



## Physical changes-

Growth spurt

Facial hair growth

Deepening of voice

Increase in lean muscle mass

Underarm and pubic hair growth

Enlargement of genitals

First ejaculation

Sweat more (body odour)

Oily skin/spots

## Emotional changes-

Mood swings

Feeling more sensitive

Feeling self conscious about physical changes

Feeling peer pressure

Conflicting thoughts

All of these changes and feelings are common during puberty and are sometimes very hard to deal with.

If you are struggling, confused or just need some support and a friendly chat please talk to your loved ones. If you don't feel you can, then get in touch with one of many available helplines out there to help.

UK NHS confidential helpline- 0800 800 222  
9am - 5pm Mon-Fri  
10am - 5pm Sat - Sun

# Puberty

## A Closer Look

# Who We Are

## Gender

The characteristics of women, men, girls and boys that are socially constructed.

## Gender Identity

One's innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth.

## Sexual Orientation

Sexual orientation is the emotional, romantic, or sexual attraction that a person feels toward another person. It is who you think you are attracted to or could see yourself loving.

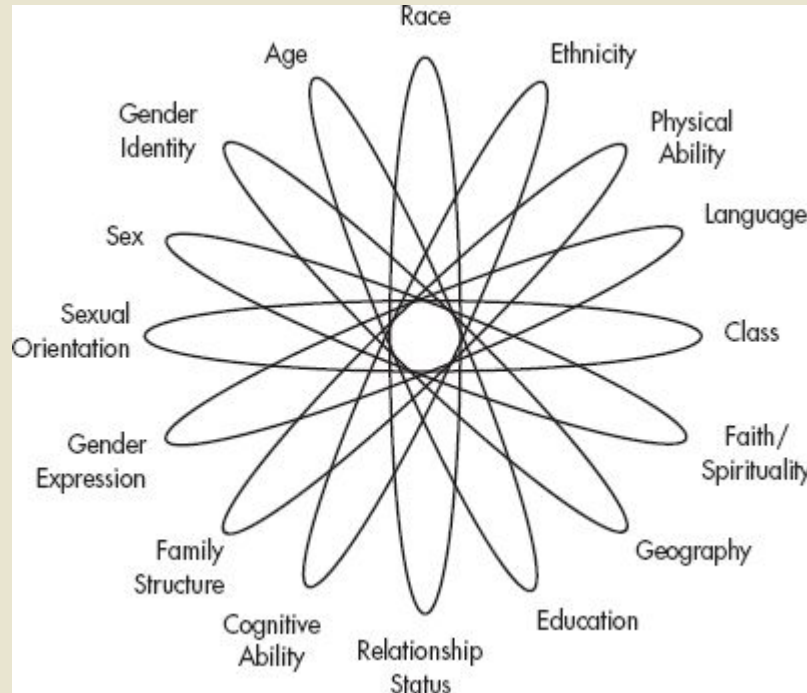


**Gender**

**Stereotype**

**S**

# What Makes us Different and Special



**Be Kind**



**Be Respectful**

**Treat Others the Way You Want to be Treated!**

## HEALTHY RELATIONSHIPS

Compliment 

Forgive 

Appreciate  
partner 

Respect

Compromise

Encourage 

Trust 

Support 

Communicate 

Validate 

## UNHEALTHY RELATIONSHIPS

Criticize 

Hold grudges 

Resent  
partner 

Disrespect

Demand

Insult 

Distrust 

Compete 

Hold secrets 

Blame 

tadlusk.com

# Relationships Family/Friends



# Romantic Relationships -

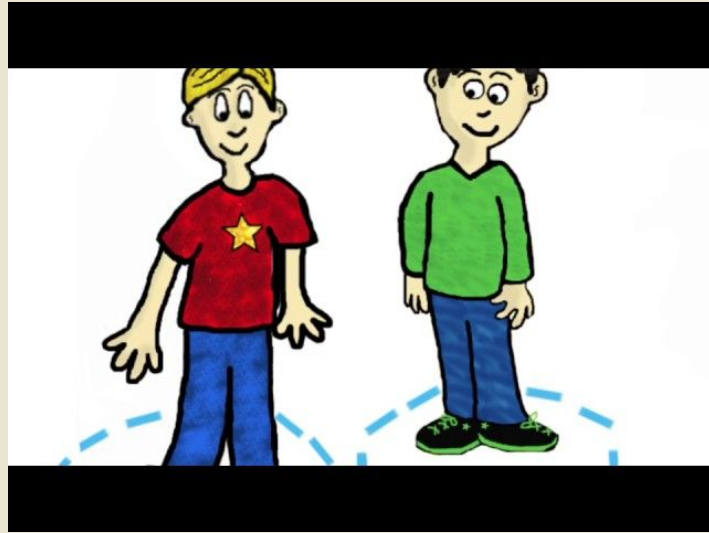
Young adults/adults can form romantic relationships with someone else. Sometimes, this type of relationship includes physical intimacy which could lead to having a baby.

Reproduction

# Other Ways to Have a Baby

- **Adoption**- a legal proceeding that creates a parent-child relation between persons not related by blood; the adopted child is entitled to all privileges belonging to a natural child of the adoptive parents
- **Surrogacy** - Surrogacy is an arrangement, often supported by a legal agreement, whereby a woman agrees to delivery/labour on behalf of another couple or person. The surrogate will carry and deliver the child for the intended parents.
- **Working with a Fertility Doctor**- A doctor who has special training in helping people come up with different ways to have a baby

# Setting Boundaries



# Questions???

## Find a trusted adult!

### Parents/Family Member

Mom/Dad,  
Grandparents, Uncles  
and Aunts

#2

#3

### Guidance Counselor

Ms. Farraye

#1

### Teachers

You classroom teacher  
or any other teacher you  
feel comfortable with

#4

### Principal

Ms. Mastropaolo