

# 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

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.



## Emotional changes-

Mood swings

Feeling more sensitive

Feeling self conscious about physical changes

Feeling peer pressure

Conflicting thoughts

## Physical changes-

Growth spurt

Facial hair growth

Deepening of voice

Increase in lean muscle mass

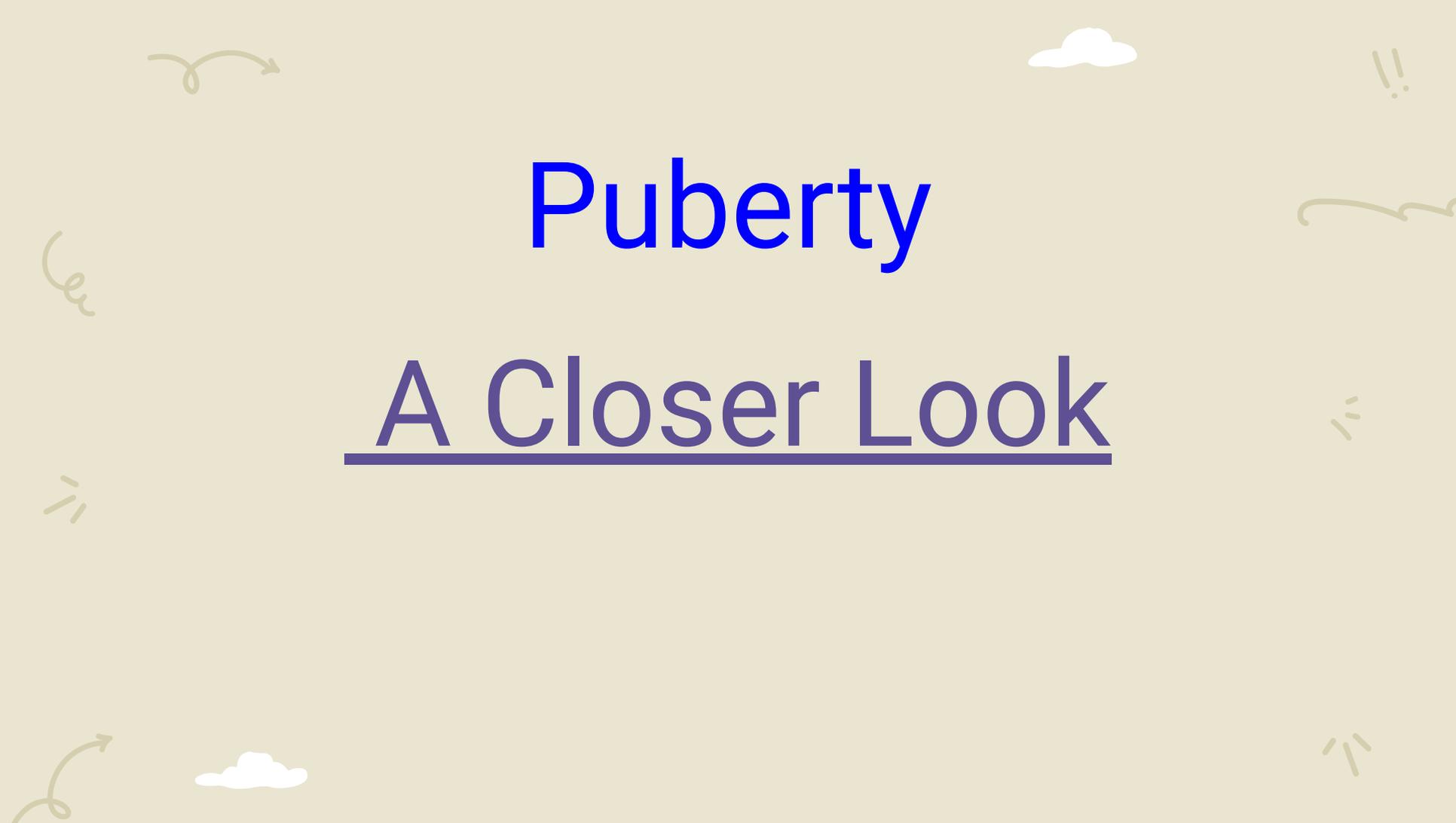
Underarm and pubic hair growth

Enlargement of genitals

First ejaculation

Sweat more (body odour)

Oily skin/spots



# 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.

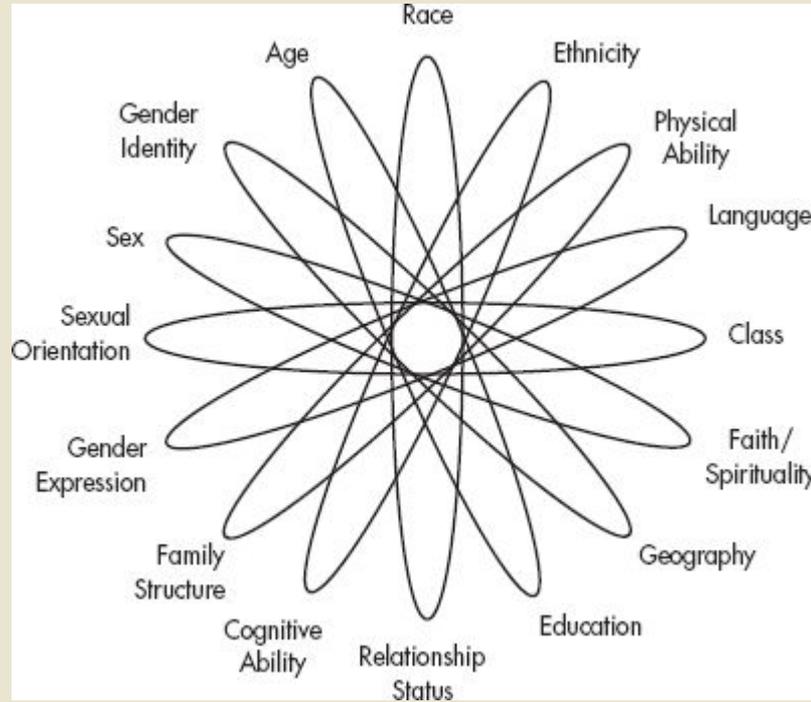


**Gender**

**Stereotype**

**is**

# 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 



# Relationships Family/Friends



# Romantic Relationships -

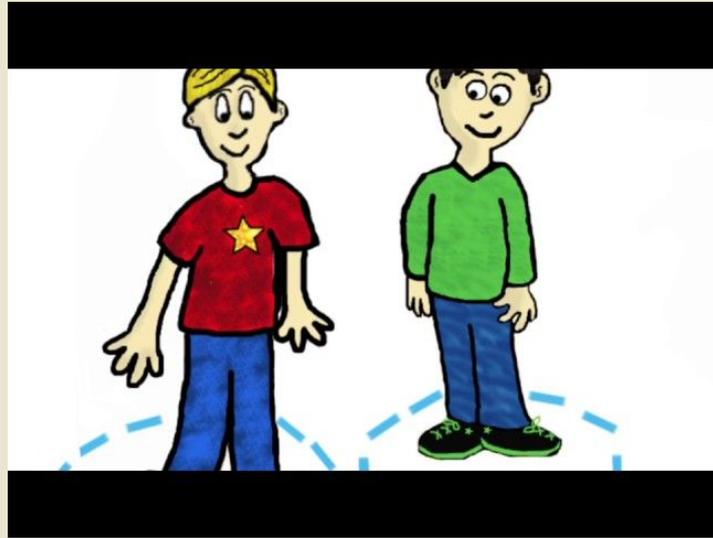
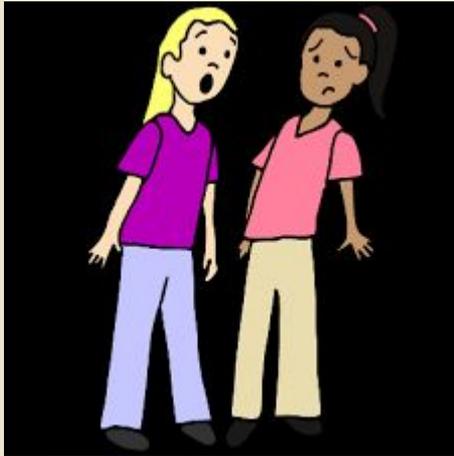
Young adults/adults can form romantic relationships with someone else. Sometimes, this type of relationship includes physical intimacy which could lead to having a baby.

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

### Teachers

You classroom teacher  
or any other teacher you  
feel comfortable with

#2

#1

#3

#4

### Guidance Counselor

Ms. Farraye

### Principal

Ms. Mastropaolo