

# Changing Bodies



# Aim

- I can describe the changes that people's bodies go through during puberty and how we can look after our changing bodies.

# Success Criteria

- I can use scientific vocabulary when talking about the human body.
- I can discuss changes my body will go through and I know what to expect.
- I can explain how to look after my changing body.
- I can explain how to protect my body and stay safe.

# Questions

- Throughout this presentation, there will be times when you are prompted to think of questions. There will also be times when you think of questions without being prompted.

## What should I do with my questions?

- Jot them down on the individual pieces of paper you have
- Keep them in mind for later
- Whatever you do, there will be time to discuss questions at the end of the presentation anonymously.
- There will also be a question box available for you to post questions into!





What are the changes that occur in boys' and girls' bodies during puberty?

How can we look after our changing bodies as we grow?

# How Bodies (And Emotions) Can Change During Puberty



## What is puberty?

Puberty is the word to describe the phase when a child's body starts to change, as they become an adult.



Apart from when you were a baby, this is the time when your body will grow the fastest.

# How Bodies (And Emotions) Can Change During Puberty



So, what sorts of changes should we expect?



How does a boy become a man and how does a girl become a woman?



# How Bodies (And Emotions) Can Change During Puberty



It helps to know about the changes your body will go through before they happen so you know what to expect.



It is important to remember that everyone goes through these changes, no matter who they are, what they are like or where they live.

**We are all different but we all go through puberty!**

# Human Development

## Puberty

Puberty is the stage of development between childhood and adulthood.

Physical growth occurs so that the body changes to that of an adult, which enables reproduction.

Two parts of the brain – the hypothalamus and the pituitary gland – start to make more of some hormones.

LH is the hormone for growth and FSH is the hormone for hair.



# Vocabulary Check

## GIRLS

**Larynx** – Voice Box

**Sweat Glands** – small organs that produce sweat

**Armpits** – that part under your arm

**Pubic Area** – the part between your legs

**Breasts** – part of a women's anatomy designed to feed infants

**Bear in mind, a lot of the female organs are INSIDE and cannot be seen.**

## BOYS

**Larynx** – Voice Box - 'Adam's Apple'

**Sweat Glands** – small organs that produce sweat

**Armpits** – that part under your arm

**Muscular** – when muscles grow larger

**Pubic Area** – the part between your legs

**Scrotum** – a pouch of skin holding the...

**Testicles (testes)** – oval shaped organs that hold...

**Sperm** – one of the two cells needed to create babies

**Penis** – male sexual and reproductive organ

# Vocabulary Check

## Girls

**Uterus (womb)** – an organ inside a woman's body where reproduction happens and where the baby grows

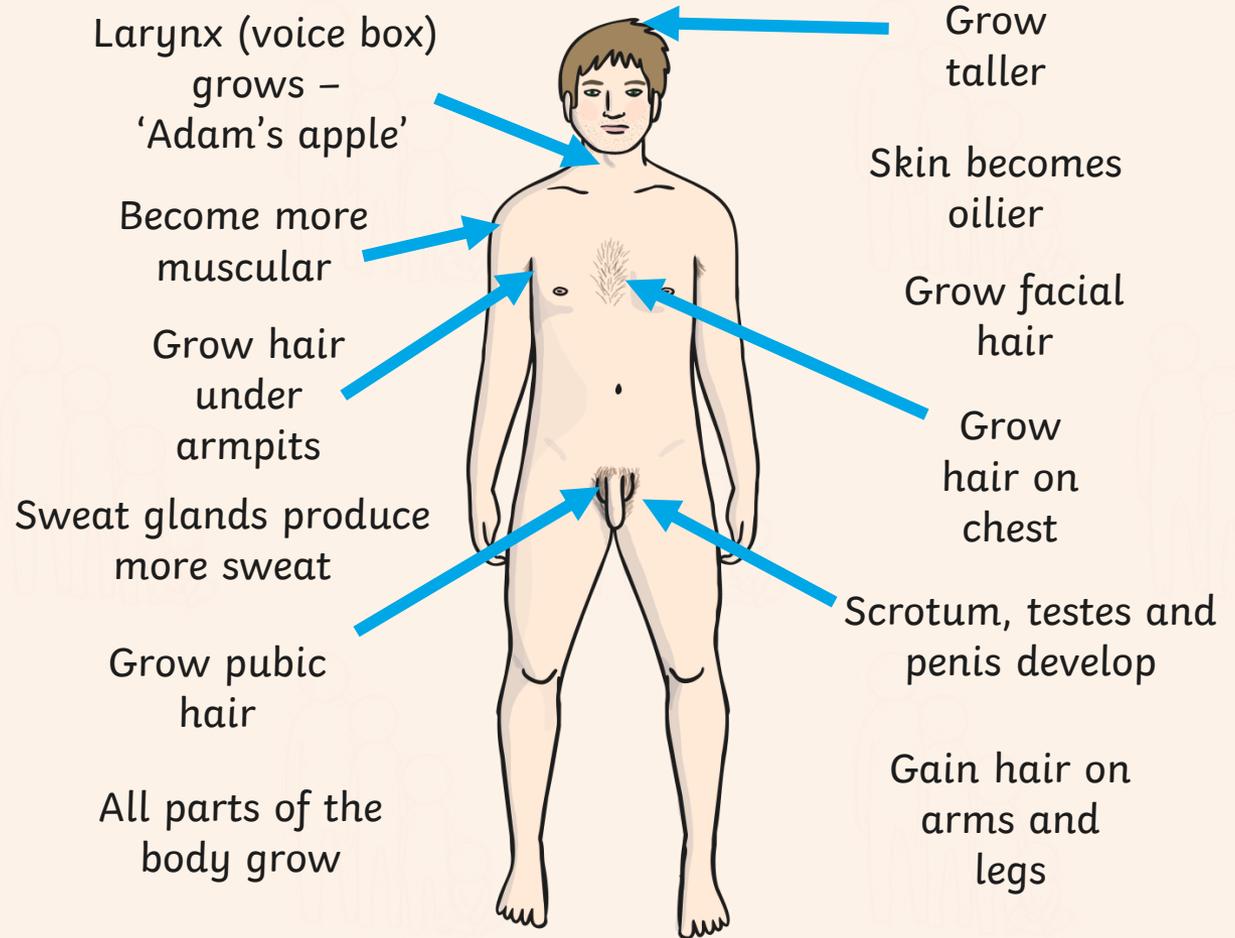
**Ovaries** – organs in a woman's body where her eggs are stored and from which hormones are created

**Hormones** – substances made by certain organs and transported around the body to get certain cells or tissues to do their designated job.

**Menstruation (periods)** – a monthly event where the soft lining of the uterus (which prepares itself for the potential baby that could grow) leaves the uterus because it isn't needed.

**Vagina** – opening through which the lining of the uterus leaves the body monthly, and that babies come through during a normal birth.

# Puberty for Boys



Remember that everybody's body looks different!

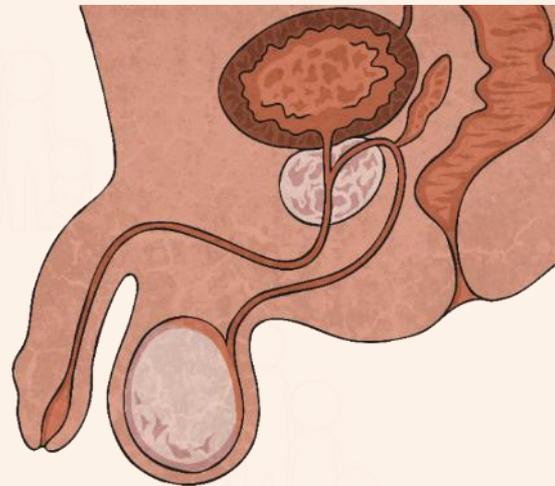
# How Bodies (And Emotions) Can Change During Puberty



Puberty usually starts between the ages of 9 and 15 in males.

Let's take a look at some changes that happen in the male body during puberty...

Boys might notice that their penis sometimes becomes hard. This is called an erection. It can be embarrassing but don't worry, it is completely normal and it will happen less and less as you get older.



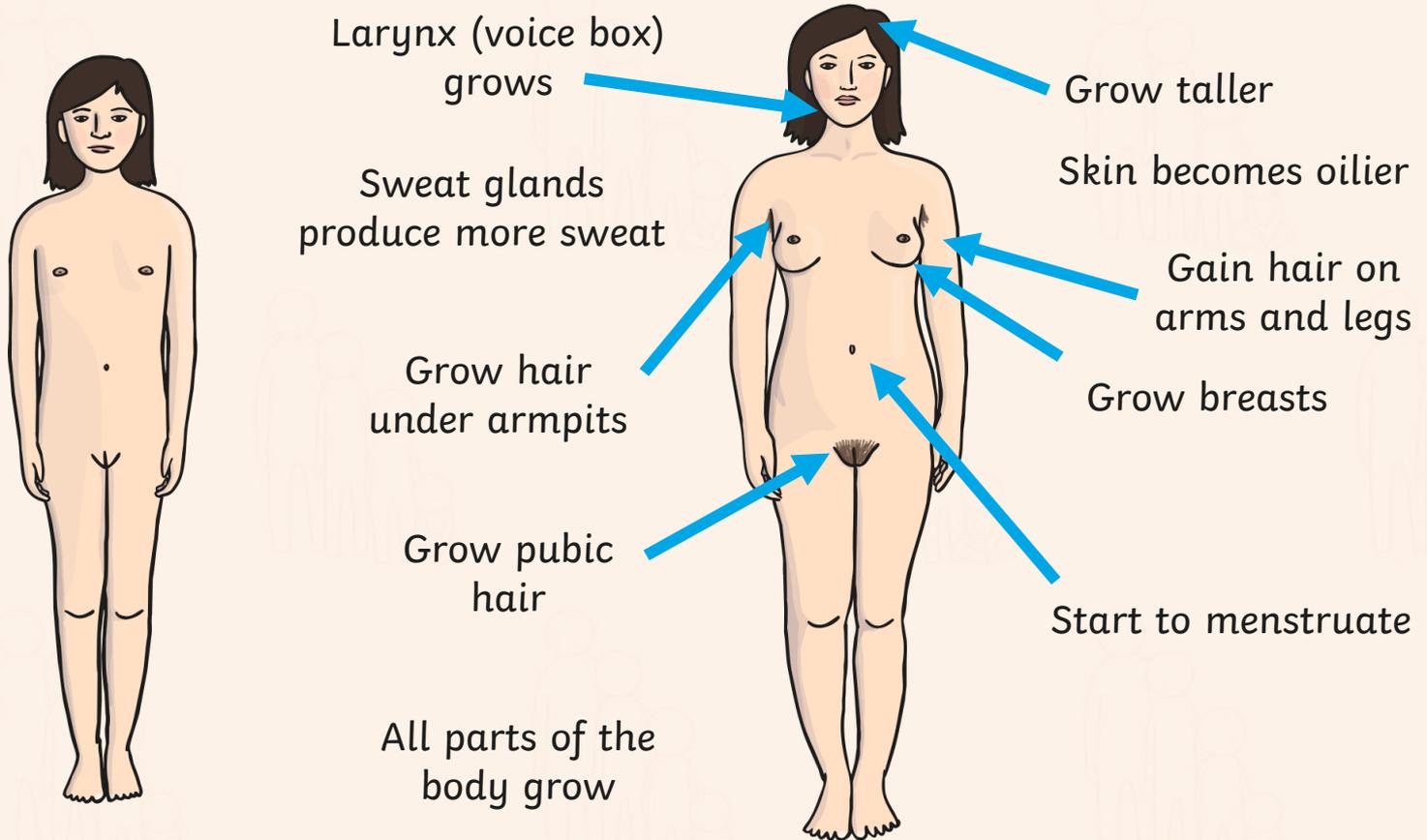
Facial hair begins to grow.

Boys' voices break and get deeper.

The male body grows taller and broader and becomes more muscular.

Boys' bodies start making the hormone **testosterone** and sperm in the testes (testicles).

# Puberty for Girls



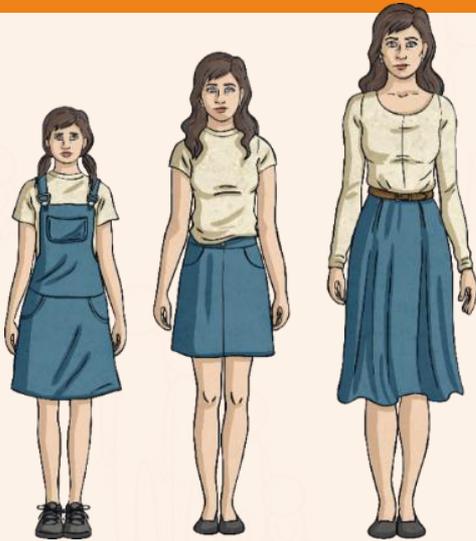
Remember that everybody's body looks different!

# How Bodies (And Emotions) Can Change During Puberty



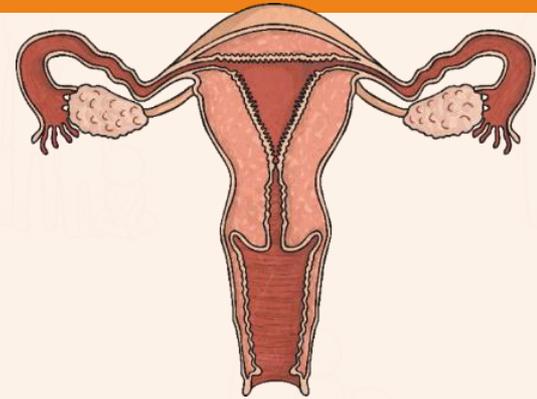
Puberty usually starts between the ages of 8 and 13 in females.

Let's take a look at some changes that happen in the female body during puberty...



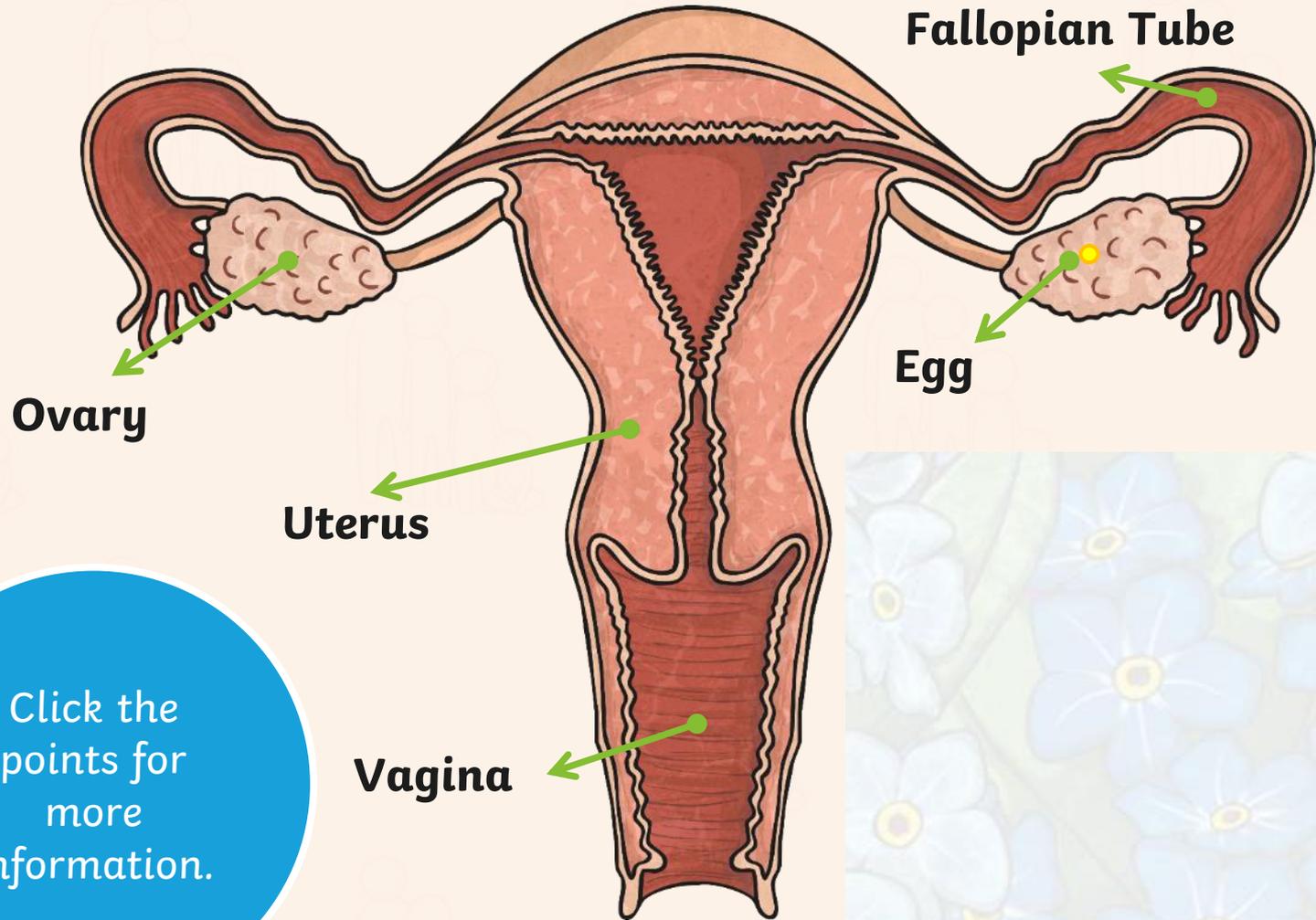
The female body gets curvier, as the hips get wider and breasts develop.

Girls might notice that they have white or clear fluid coming from their vagina. It might be thin and wet or thick and sticky. This is nothing to worry about. It is called discharge and it's just another sign that hormones are changing your body.



The female body makes and stores eggs in the ovaries. When these are not fertilised, they leave the body. This is called menstruation or 'periods'.

# The Female Reproductive System



Click the points for more information.

# What Are Periods?

Periods (menstruation) happen due to the hormones changing in your body.

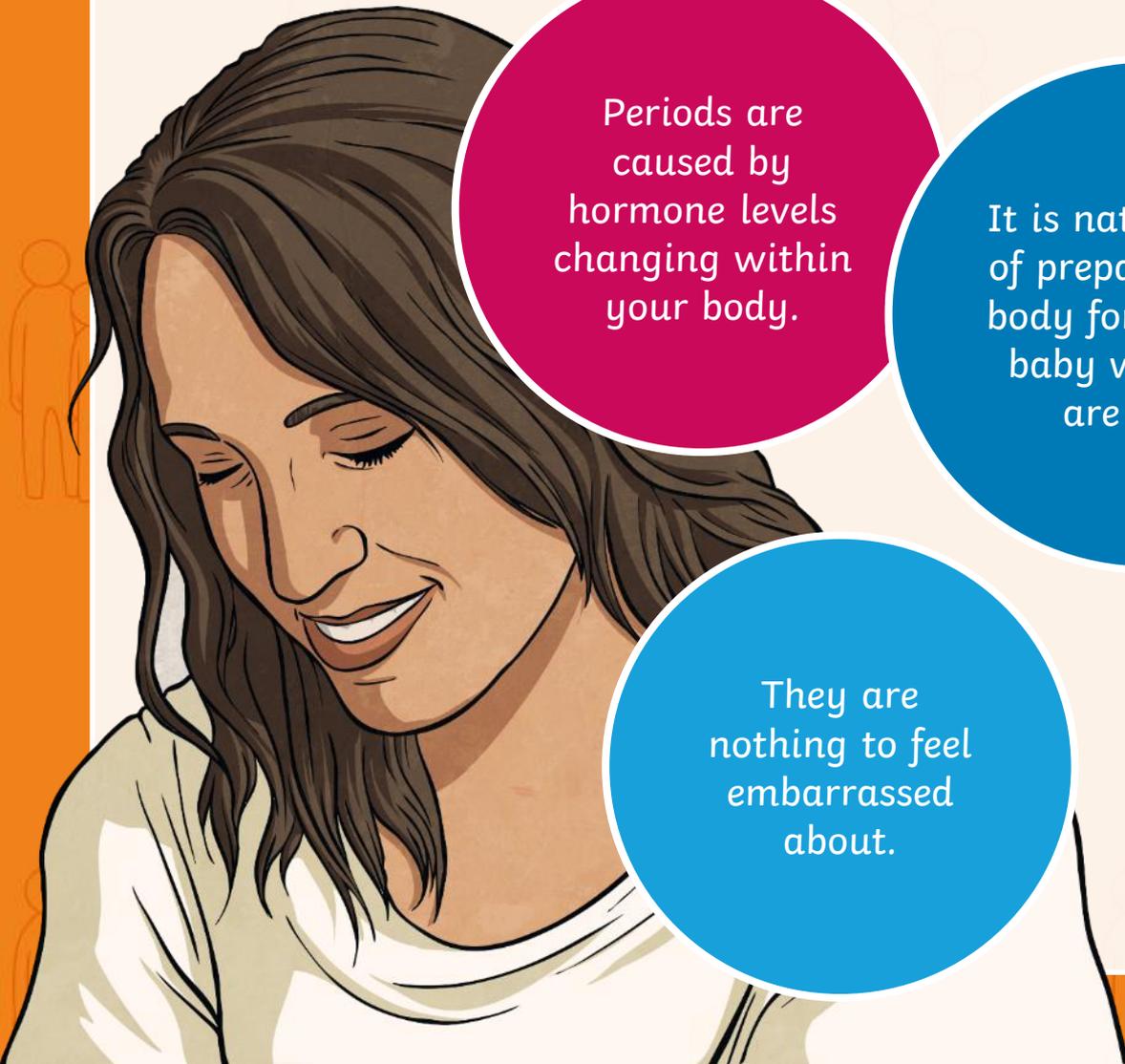
When puberty is reached, an egg is released each month from her ovaries.

The egg moves from the ovary and along the fallopian tube and down into the uterus (womb).

Even before birth, a girl has 1-2 million tiny eggs (ovum) in her ovaries.

If the egg is not fertilised by a sperm, the lining of the uterus and the egg leaves your body through your vagina; this is called a 'period'.

# Why Do Periods Start?



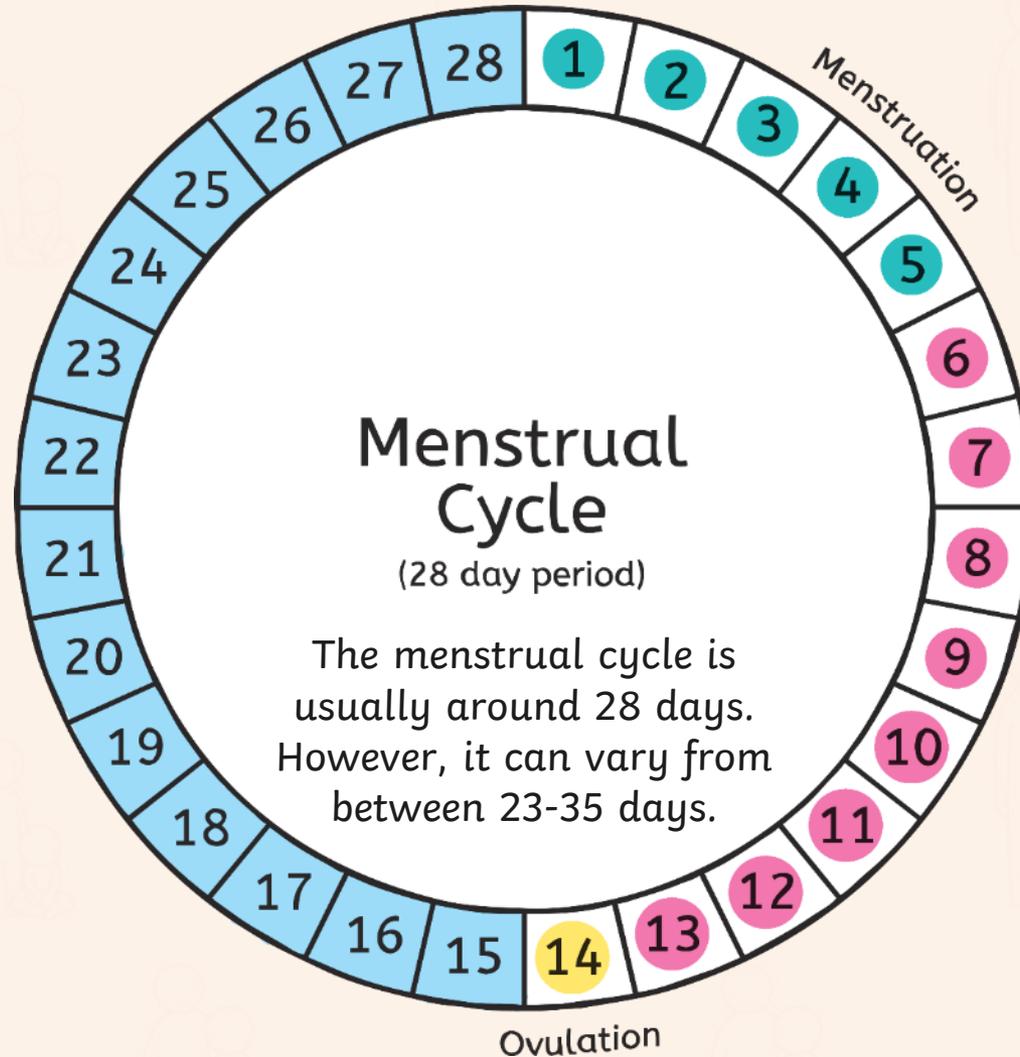
Periods are caused by hormone levels changing within your body.

It is nature's way of preparing your body for having a baby when you are older.

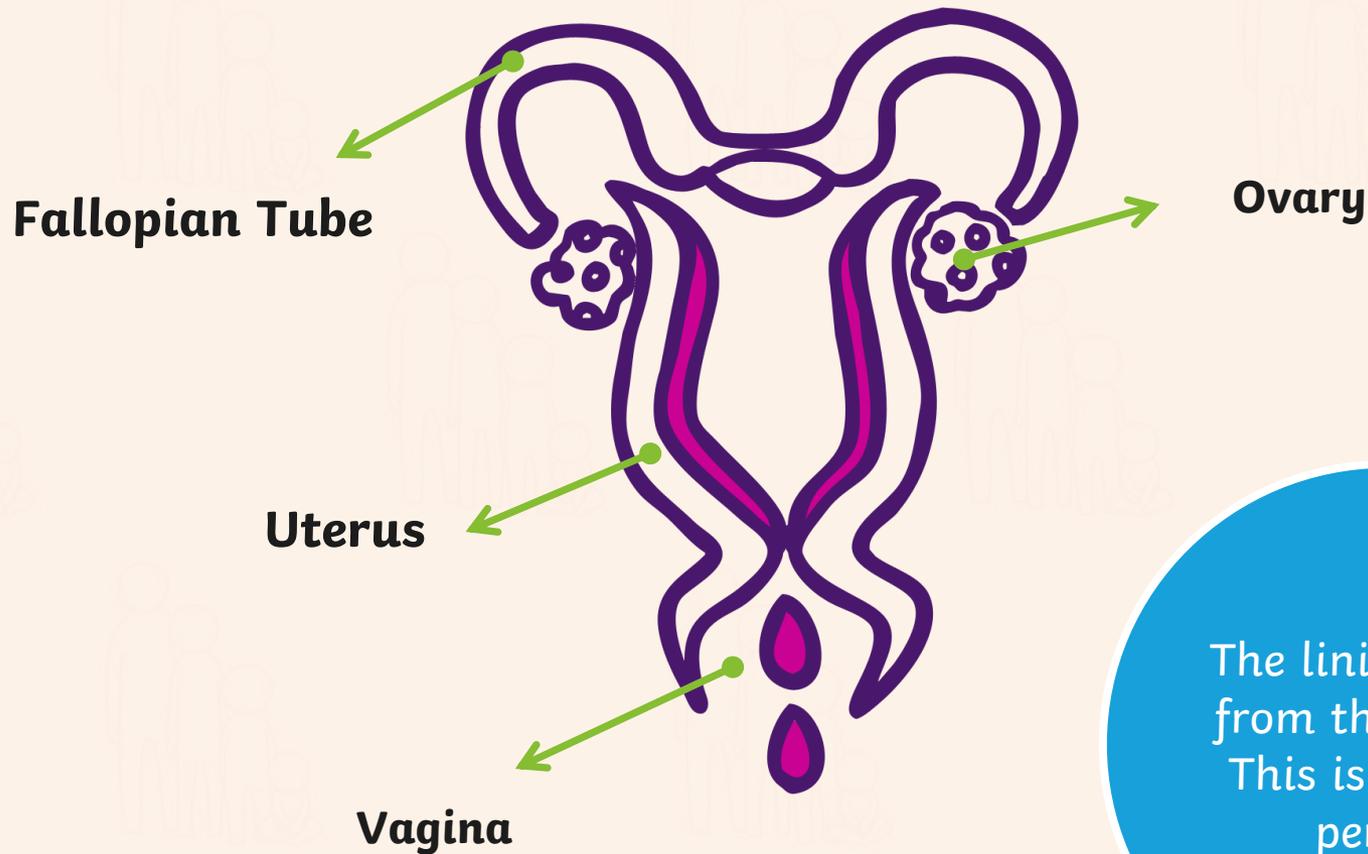
Periods are a normal part of the female reproductive cycle.

They are nothing to feel embarrassed about.

# The Menstrual Cycle

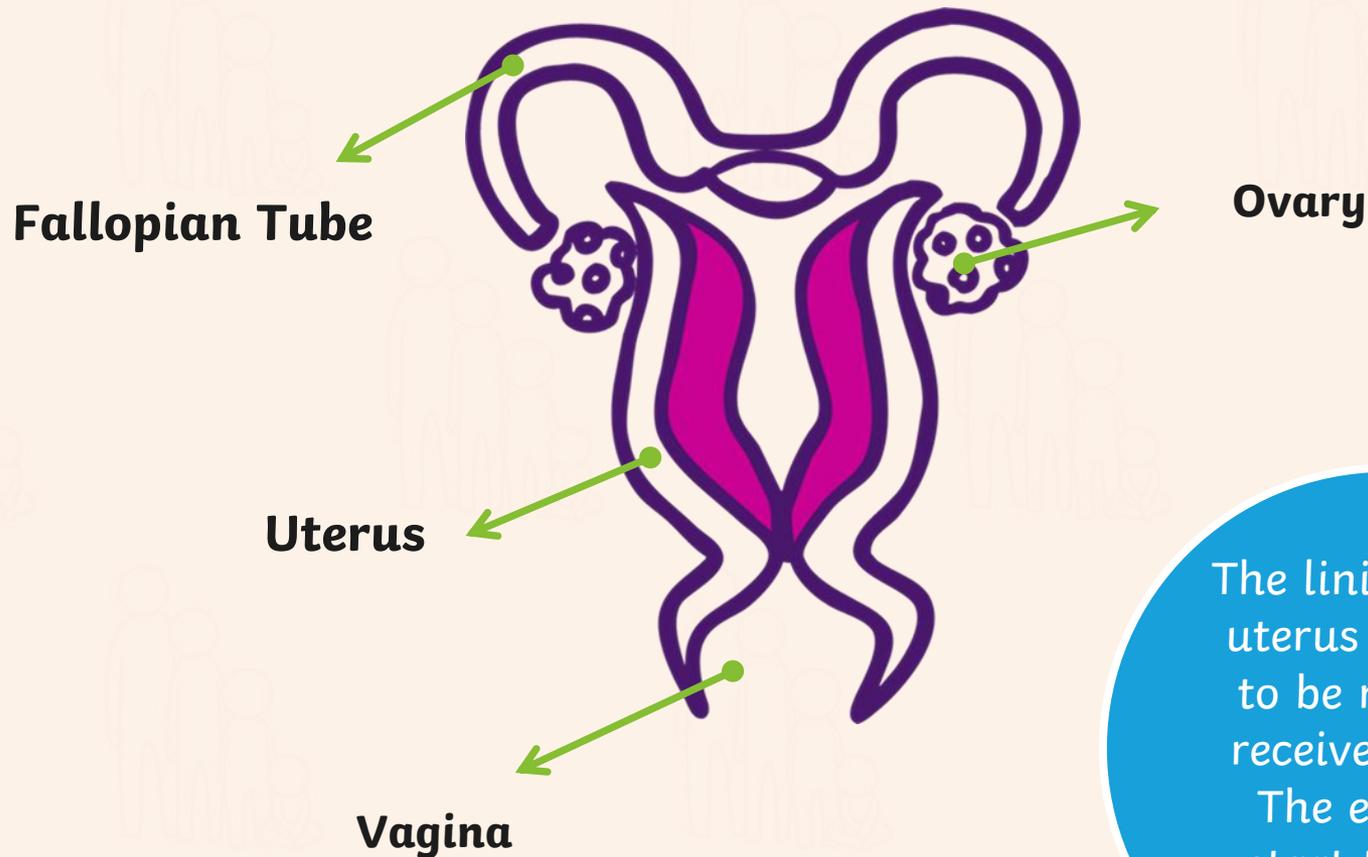


# The Menstrual Cycle **Days 1-5**



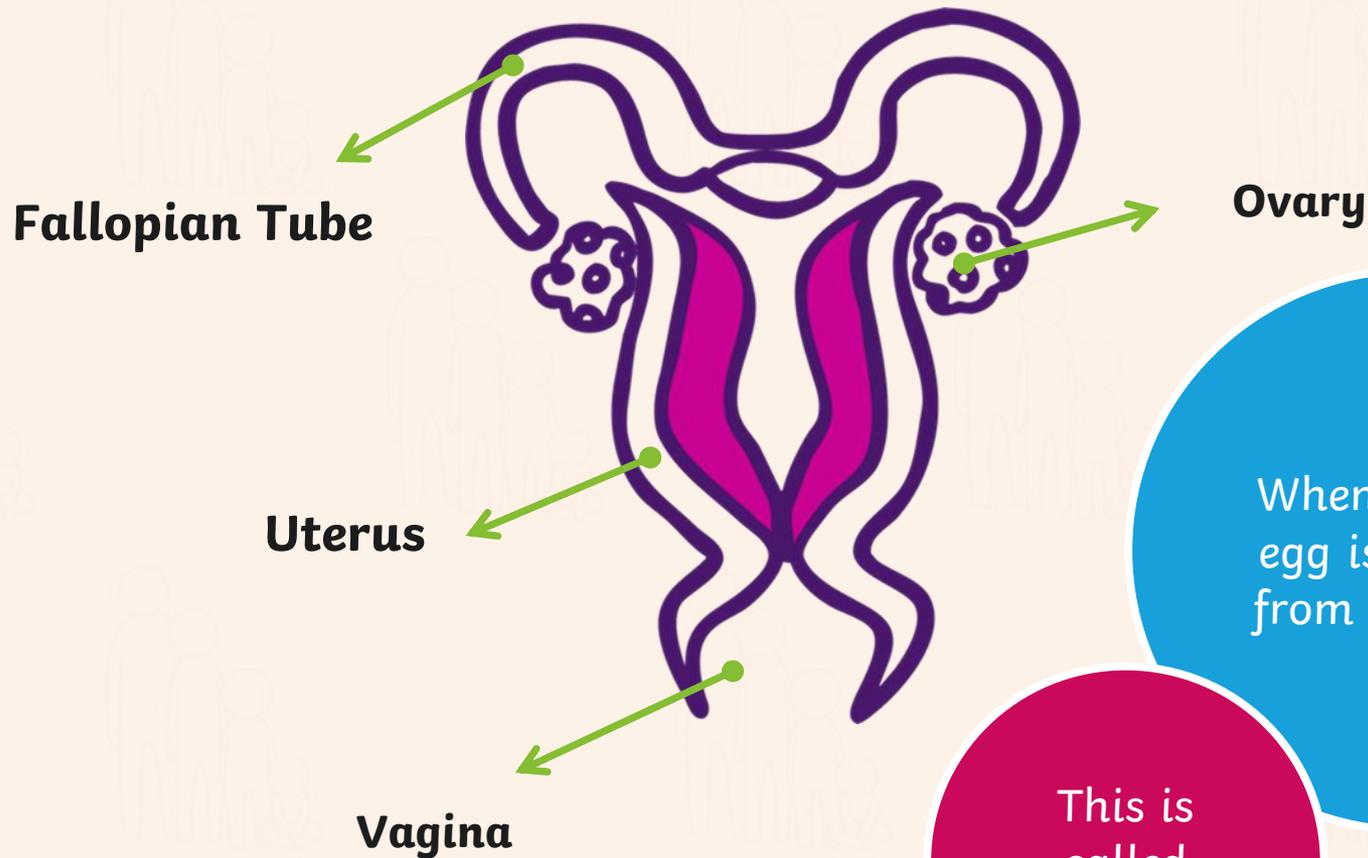
The lining is lost from the uterus. This is called a period.

# The Menstrual Cycle Days 6-13



The lining of the uterus thickens to be ready to receive an egg. The egg will start to ripen on day 12.

# The Menstrual Cycle Day 14



When ripe, the egg is released from an ovary.

This is called ovulation.

# The Menstrual Cycle Days 15-28



The lining of the uterus will stop developing if the egg is not fertilised.

The cycle will start again.

# When Will My First Period Start?



Usually between 10 to 16 years old;

about 2 years after your breasts develop;

after you grow pubic hair;

after you start to notice vaginal discharge.

**Remember –**  
Every girl is  
different!

# What Symptoms Will You Have?

Many girls will experience PMS (Pre-Menstrual Syndrome). The symptoms can include:

difficulty  
concentrating

mood  
swings

stomach  
cramps

feeling  
bloated

tender  
breasts

headaches

food  
cravings

tiredness

spots

# PMS - Things You Can Try!

**Eat a well  
balanced  
diet.**

**Take part in  
some gentle  
exercise.**

**Use a hot  
water bottle  
or use a heat  
pad.**

**Have a nice  
warm drink.**

**Massage  
your  
stomach.**

**Have a  
warm  
bath.**



# During Your Period: What Happens?

**Bleeding can last between 3 and 8 days.**

**The average blood loss is only around 80ml (roughly 3 tablespoons).**

**Your first period may be so light, you may not even realise that you are having one.**

**Blood flow may be heavier in the first few days.**

Periods happen once a month but your body takes time to get into a routine so for the first year or so the time between each period may vary.

# During Your Period: Feminine Protection

There are **many different** types of protection you can use during your period to absorb the blood and to stop it getting on to your clothes/underwear.

Some of the same products can also be used for vaginal discharge.

It is a personal choice and different for each girl.  
The most common type of protection are:

**Sanitary  
towels**

**Tampons**

**Pantyliners**

# Pantyliners

These are worn outside your body in your underwear.

They are best used:

when your period is light;

in addition to a tampon;

in between periods to absorb discharge;

to help keep you fresh every day.



# Sanitary Towels

These are worn outside your body in your underwear.

There are many different absorbencies depending on how heavy your period is.

Some have sticky tabs called 'wings', which help provide extra protection to the sides of your underwear.

They should be changed frequently to keep fresh and dry (generally every 4 to 6 hours but more often when your period is heavy).



# Tampons

These are worn inside your body in your vagina to absorb blood.

There are many different absorbencies depending on how heavy your period is.

Some come with an applicator to help when inserting them into the vagina.

They are good for swimming and other sports, such as gymnastics.

Should be changed regularly (every 4 to 8 hours but more often when your period is heavy).



# How Will I Know When My Period Will Start?



Mark on a calendar the date of your first period.

Count 28 days from the day of your **first** show of blood. This will give you a rough idea of when your next period will be.

**Be prepared** always carry some spare underwear and sanitary towels or tampons in your bag.

**Remember:** Periods will not have a set pattern in the beginning. They will eventually settle into their own pattern after a few months or years.

# Remember

Having a period is a normal healthy thing to happen.

It is a natural process for every girl/teenager/woman.

It can take some time getting used to having periods and feeling confident about dealing with them.

Periods are a sign that your body is working properly; they are a special part of being a female.

**Remember:** no-one will know that you have your period, unless you tell them.

Any  
question  
is a good  
question

Do you have  
any questions  
you would like  
to discuss?

# How Bodies (And Emotions) Can Change During Puberty



So, male and female bodies both go through some changes that don't happen to the other gender.

However, there are some changes that both boys and girls can experience.



The hormones stimulate the glands in your skin, including the sweat glands under your arms. This can cause body odour.

# How Bodies (And Emotions) Can Change During Puberty



Another change that young people might experience when they go through puberty is called **nocturnal emissions**, or **wet dreams**.

Males and females can experience wet dreams and, as you might have guessed from the word 'dreams', they happen when we are asleep.



# How Bodies (And Emotions) Can Change During Puberty



If you have a penis, you might ejaculate semen (the fluid containing sperm) from your penis in the night.



If you have a vulva, you might notice it becomes wet in the night from some discharge. You might be dreaming about something in particular or you might not remember what you were dreaming about at all.



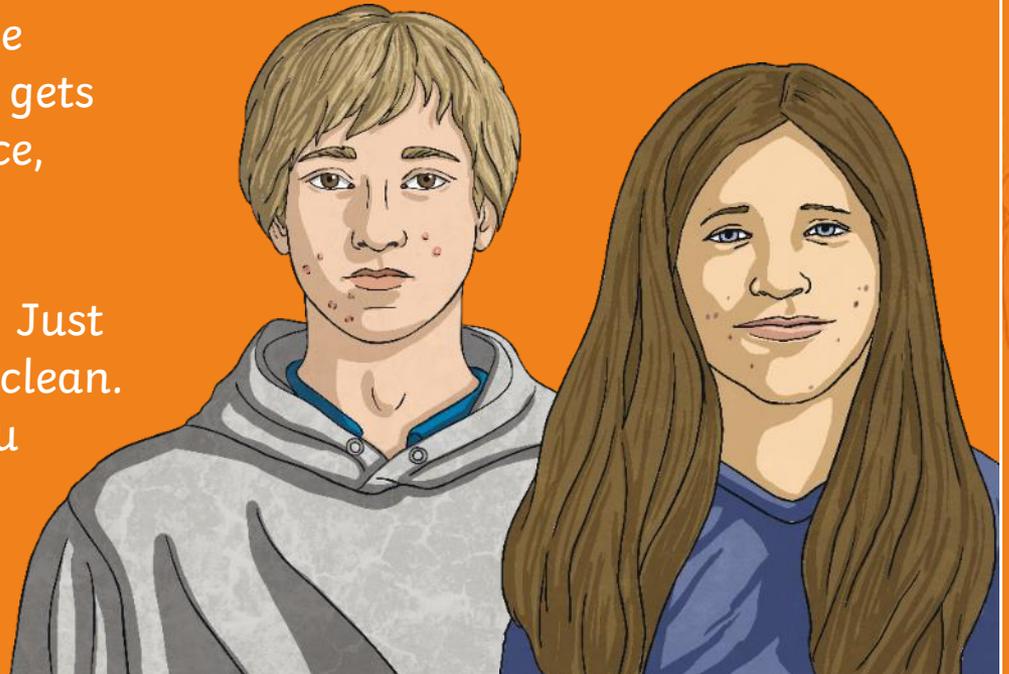
Either way, wet dreams are nothing at all to worry about. They are completely normal but not everyone experiences them.

# How Bodies (And Emotions) Can Change During Puberty



Some young people develop acne (pimples or spots), as their skin gets oilier. These might be on the face, upper-back or upper-chest.

It's important not to pick spots. Just try to keep your face and body clean. If they get particularly bad, you could get some medical treatment, such as facial wash, cream or gel.



# How Bodies (And Emotions) Can Change During Puberty



All girls and boys go through these changes as they become women and men.

These changes happen at different times for different people. Some people may start puberty before or after their friends.

This is completely normal and no reason to worry. There is no 'right' or 'wrong' time to start puberty!



**Do you have any questions?**

# Looking After Our Changing Bodies

What ways can you think of for young people to look after their bodies during puberty?

Wash well!

Eat healthily!

Wash often!

Ask for advice!

Chat to friends about the changes!

Wear comfortable underwear!

Leave spots alone!

Use deodorant!

Get plenty of sleep!

Be prepared!

Get lots of exercise!



# Looking After Our Changing Bodies



Your body – before it changes, during puberty and after it has changed – is **YOUR** body.

You have the right to protect yourself against any inappropriate or unwanted contact. Others should respect you and your body.

If you ever have any concerns about someone wanting to do something to your body, you should report it to an adult you trust. They could advise you and get the help and support you need.

**Take care of your body  
and stay safe.**



# Advice and Support



There might be times, as your body changes, when you have questions you'd like to ask. You might want to talk about the physical or emotional changes you are going through and you might want some advice and support.

**Who might you be able to speak to for advice and support if you need it?**

You might have people in your family that you could talk to.

You could speak to an adult at school.

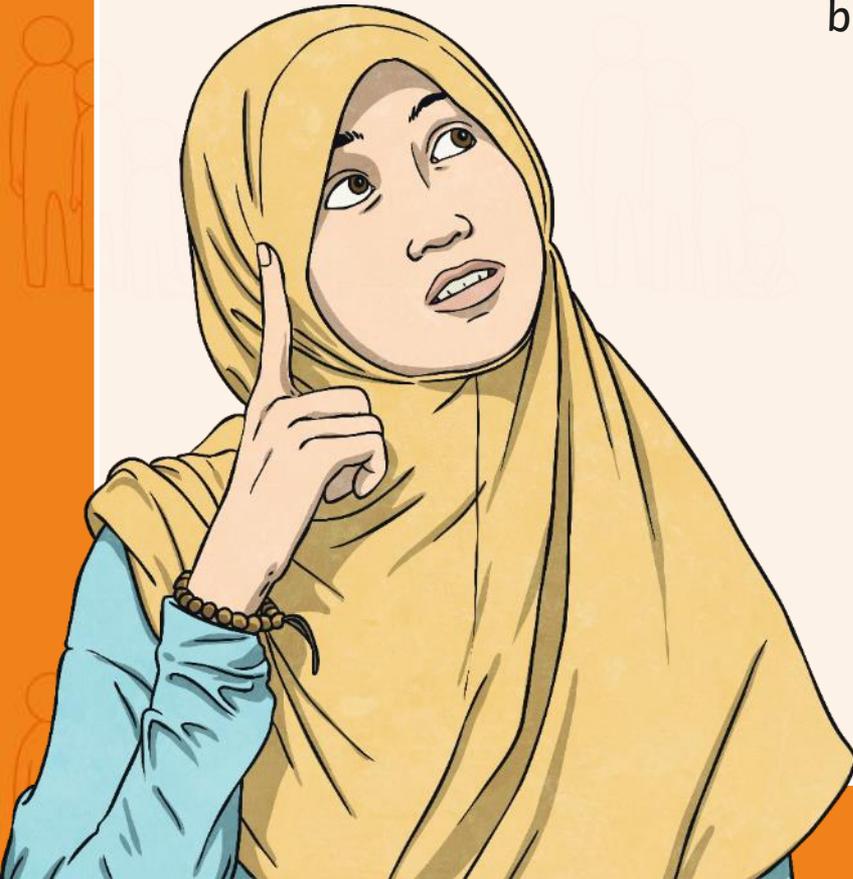
You could speak to a nurse or doctor about some concerns.

There are also trustworthy websites and useful books available to provide accurate information.

# Questions



During this lesson you have been given chances to think of, or jot down, some questions. Now, please write down any questions you have on the individual pieces of paper you have been given. You do not need to write your name on them. They will then be collected and some of them will be answered!



**Remember, this is a chance to ask questions in a safe environment. Try to think carefully about your questions.**