

Puberty

School Nurse
Bridgewater Community
Healthcare NHS Trust



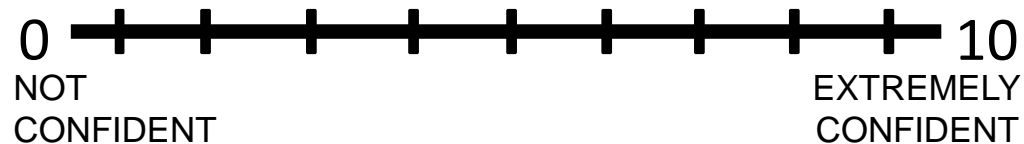
What we will discuss today

- What is puberty
- Changes which happen to a girls body
- Changes which happen to a boys body

- G** Gigging is okay!
- R** Respect what others say; no put downs!
- O** Okay to pass on a question or activity if something feels too private
- U** Understand others' feelings, be sensitive, listen and respect their differences
- N** No personal questions or stories from pupils or teachers
- D** Discuss puberty topics responsibly outside the classroom
- R** Remember to ask questions if you are unsure about anything
- U** Use the correct names for body parts - ask if you can't remember
- L** Let the teacher know if you want to talk to them privately
- E** Encourage others to participate and get involved
- S** Speak for yourself; use 'I' statements and don't refer to others by name

Puberty - Self Assessment

Answer this baseline question using a confidence scale:



How confident are you about the facts about puberty, about understanding what puberty means and recognising the signs and symptoms of puberty.

What is Puberty?

Puberty refers to a process of physical and emotional changes by which a child's body becomes an adult body capable of reproduction

The pituitary gland in the brain release hormones that regulate the reproductive organs

It begins between age 8-14 years



Activity

- In small groups discuss all the changes which happen to girls and boys as they go through puberty



Activity

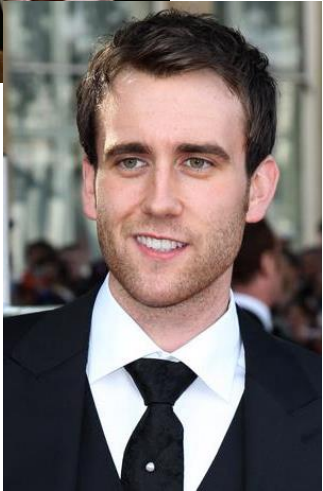
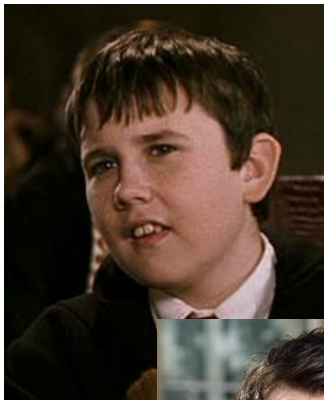
Shoulders Widen
Develop muscles
Voice deepens
Hair develops on chest legs arms and face
Testicles drop
Penis grows bigger
Sperm is developed
Periods Begin
Hormones are produced
Breast Grow
Grow taller
Skin produces excess oils
Greasy hair & skin
Spots
Begin to produce more sweat
Hair grows under arms and between legs
Hair grows on face
Mood swings
Wet dreams

The changes that take place for both boys and girls?

- Hormones are produced
- Grow taller
- Skin produces excess oils
- Greasy hair & skin
- Spots
- Begin to produce more sweat
- Hair grows under arms and between legs
- Mood swings



BOYS



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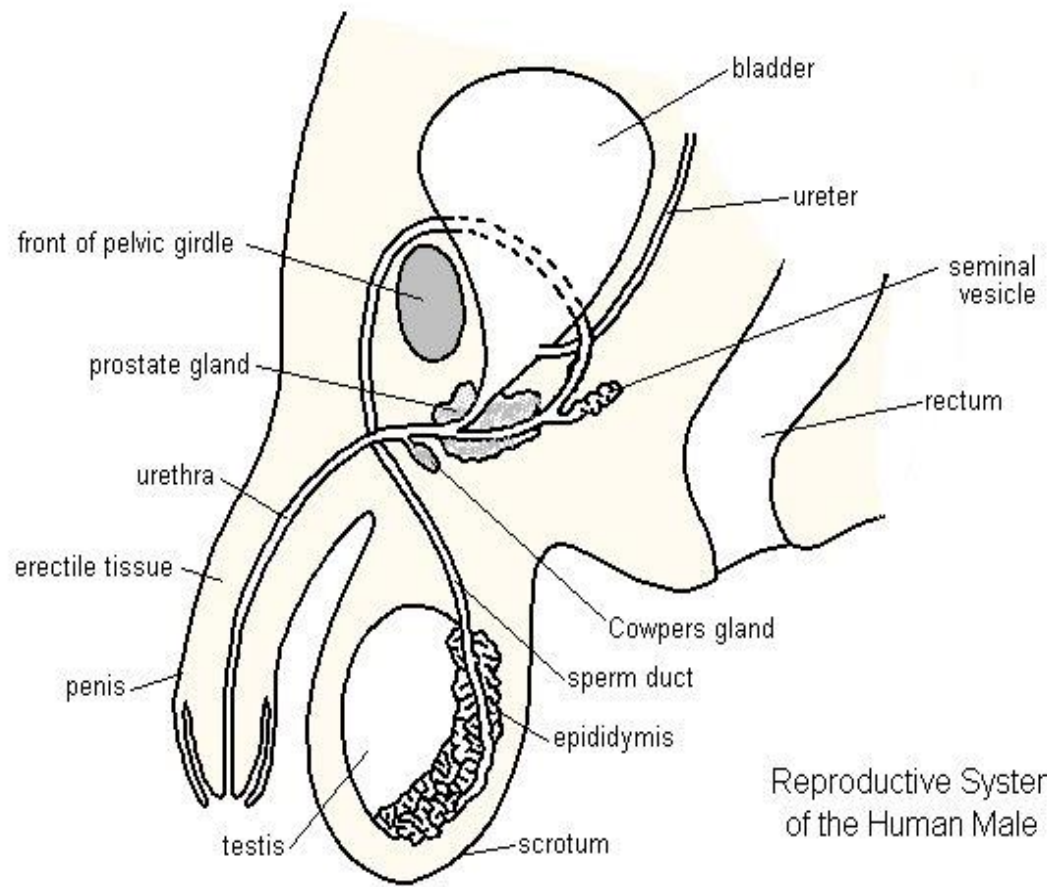


The changes that take place for boys?

- Shoulders Widen
- Develop muscles
- Voice deepens
- Hair develops on chest legs arms and face
- Testicles drop
- Penis grows bigger
- Sperm is developed
- Facial Hair
- Wet Dreams



Male Reproductive System



Reproductive System of the Human Male



GIRLS



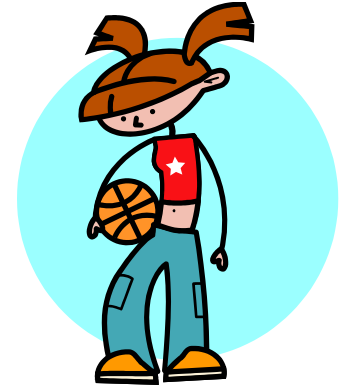
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The changes that take place for girls?

- Breasts grow
- Hips widen
- Periods begin

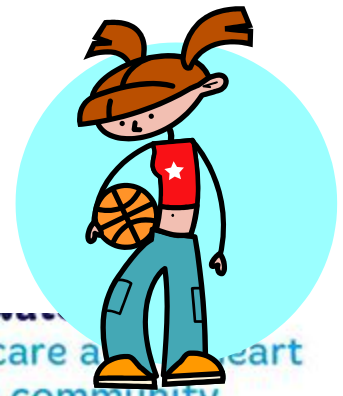
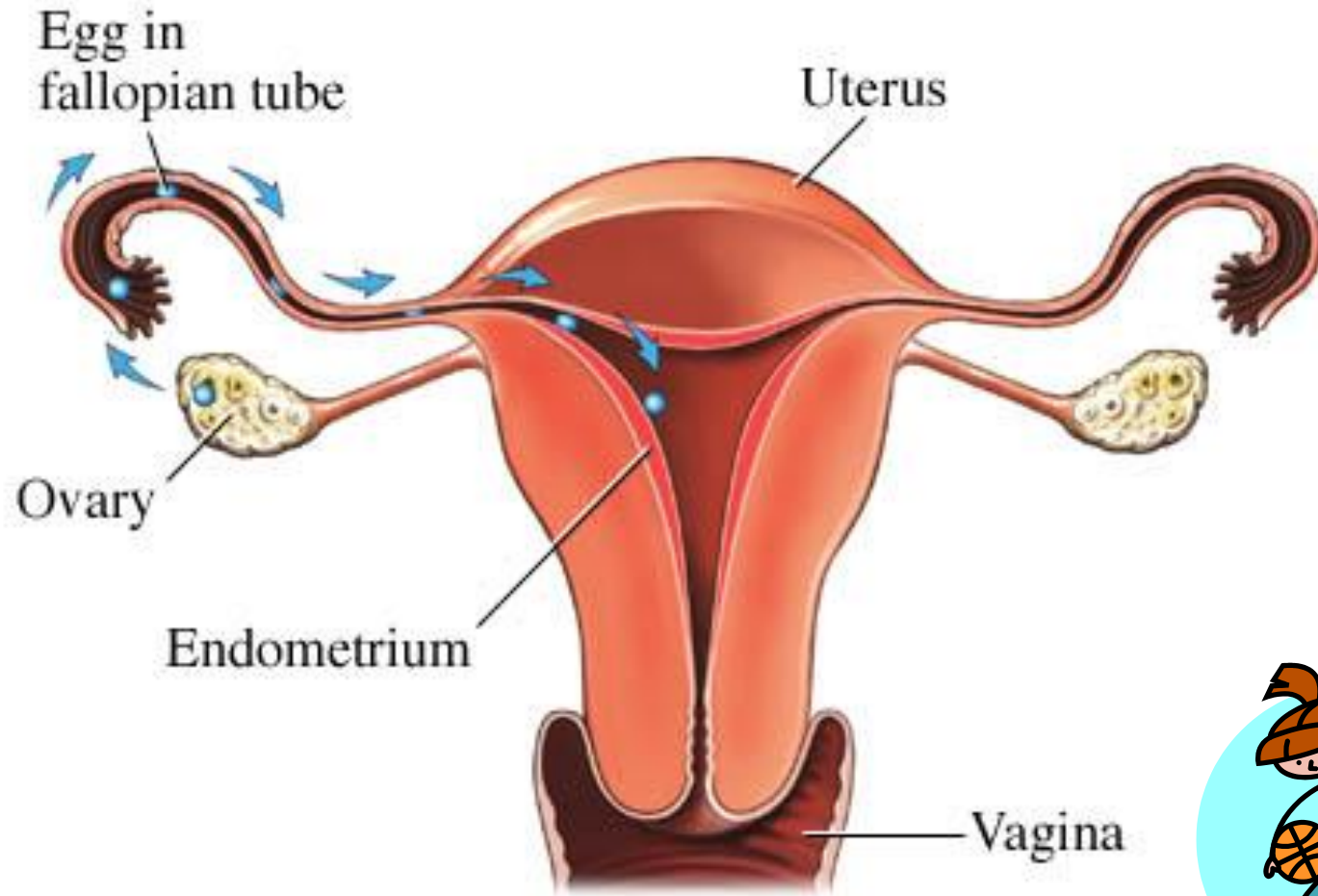


Periods



- A girls period usually starts between the age of 9 -14 years
- Lasts 3-7 days
- Happen about every 28 days
- Sanitary products

Female Reproductive Organs



Emotional Changes

- It is not just your body that changes during puberty - Your **mind and feelings** change too.

You may have **mood swings** (including irritability, tearfulness, overwhelming happiness and confusion)

- You may want **more independence**
- You may also become **argumentative and bad tempered.**
- How to manage these feelings

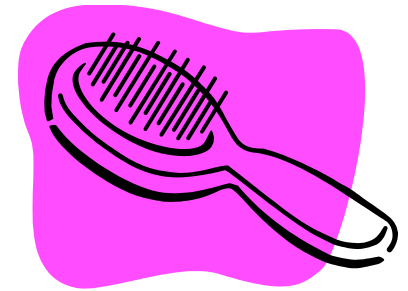
Sweat

- Sweat is your body's natural way of helping you to cool down.
- Sweat can also some times become smelly when chemicals it contains mixes with bacteria that live naturally on your skin.

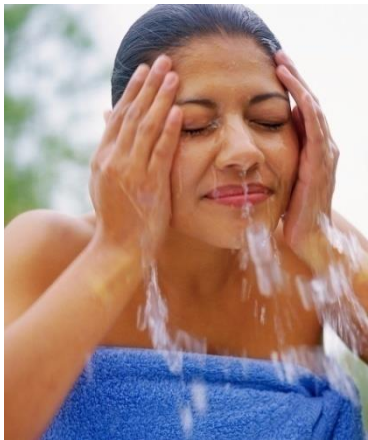


Hygiene

- Washing
- Changing Clothes
- Deodorants
- Hand washing
- Hair
- Teeth



Personal Hygiene What do we do?



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Puberty Quiz

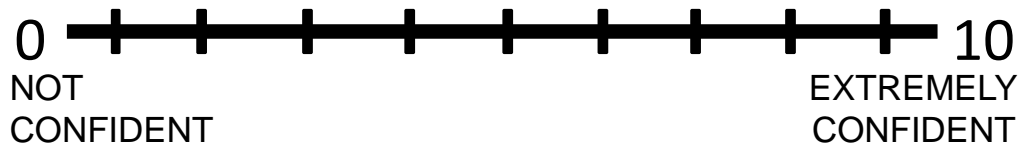
- Do these changes happen to girls, boys or to both boys and girls ?
 - Your voice changes and gets deeper
 - Sperm starts being produced
 - You start to grow hair under your arms
 - The body starts to grow faster
 - The penis and testes gets bigger
 - The body changes shape
 - Periods/Menstruation starts

Puberty Quiz

- Hair starts to grow on the face
- Moods seem to change a lot
- Breasts begin to grow
- Shoulders become wider
- Hips become wider
- Spots start appearing on the face
- You start to sweat more

Puberty - Self Assessment - Boys

Answer these five baseline questions using a confidence scale:



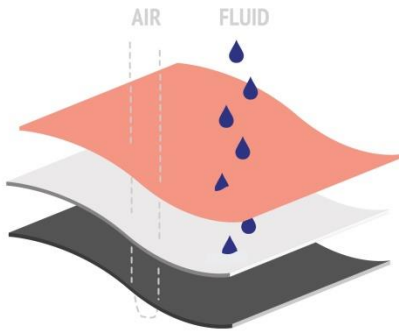
How confident are you about the facts about puberty, about understanding what puberty means and recognising the signs and symptoms of puberty.

Any Questions?



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Periods



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What Are Periods?

- Periods (menstruation) happen due to the hormones changing in your body.
- Even before birth, a girl has 1-2 million tiny eggs (ovum) in her ovaries.
- 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).
- If the egg is not fertilised by a sperm, the lining of the uterus and the egg leave your body through your vagina; this is called a 'period'.

Why Do Periods Start?

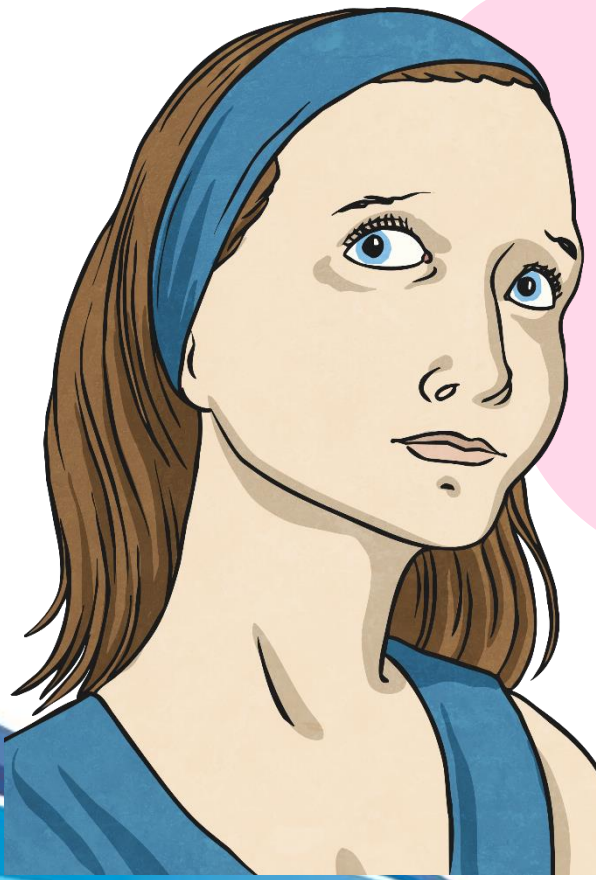


Periods are caused by hormone levels changing within your body.

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.

When Will My First Period Start?

- 
- Usually between 8 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:

tender
breasts

stomach
cramps

food
cravings

tiredness

mood
swings

spots

headaches

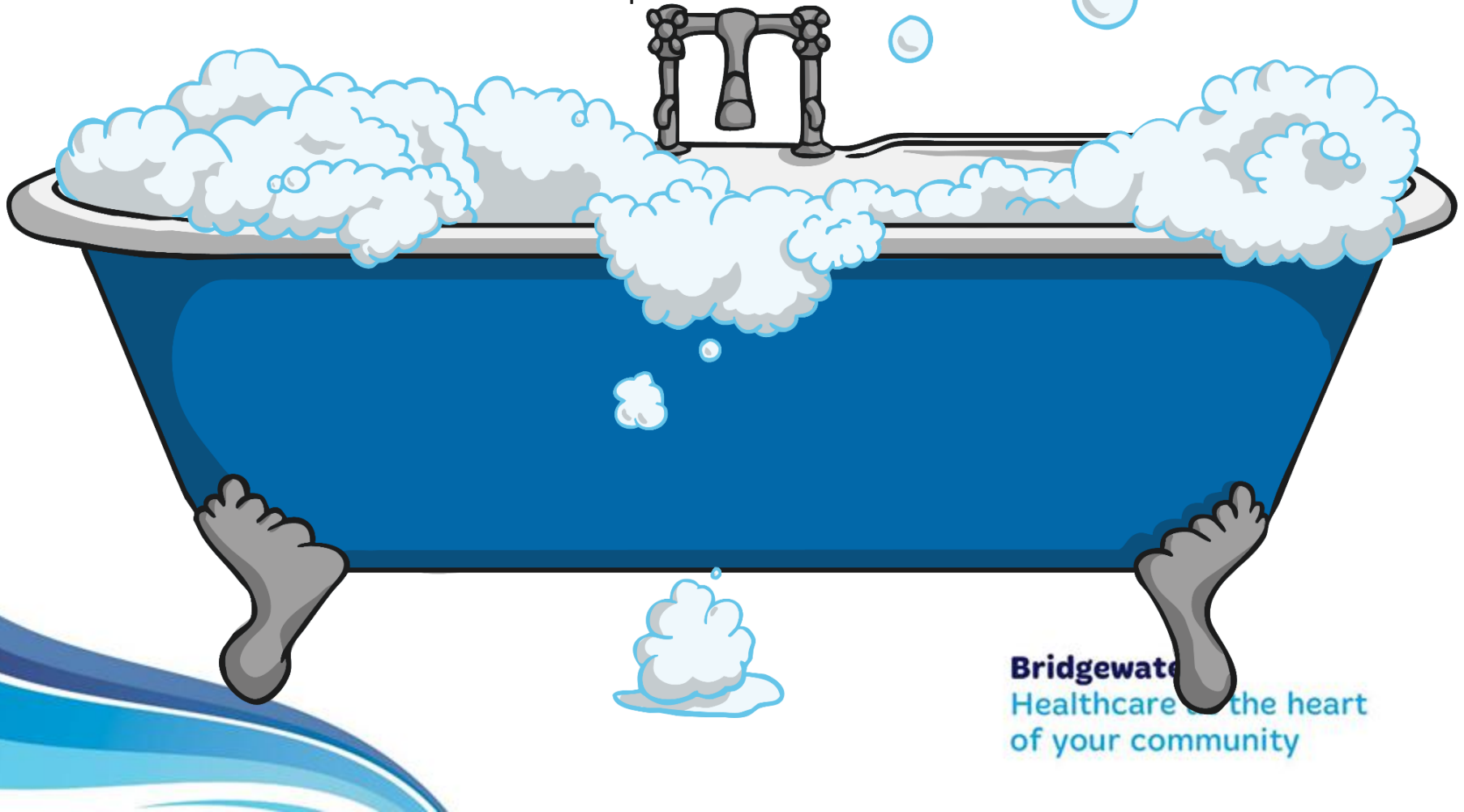
feeling
bloated

difficulty
concentrating

Partner Talk – What could you do to help ease some of these symptoms if they occur?

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 warm bath.
- Massage your stomach.
- Have a nice warm drink.



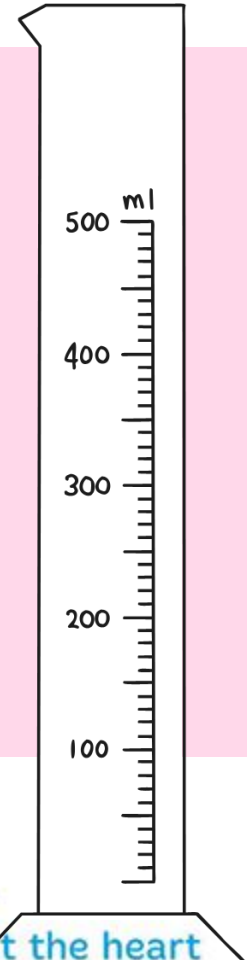
During Your Period: What Happens?

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

Blood flow may be heavier in the first few days.

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

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.



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

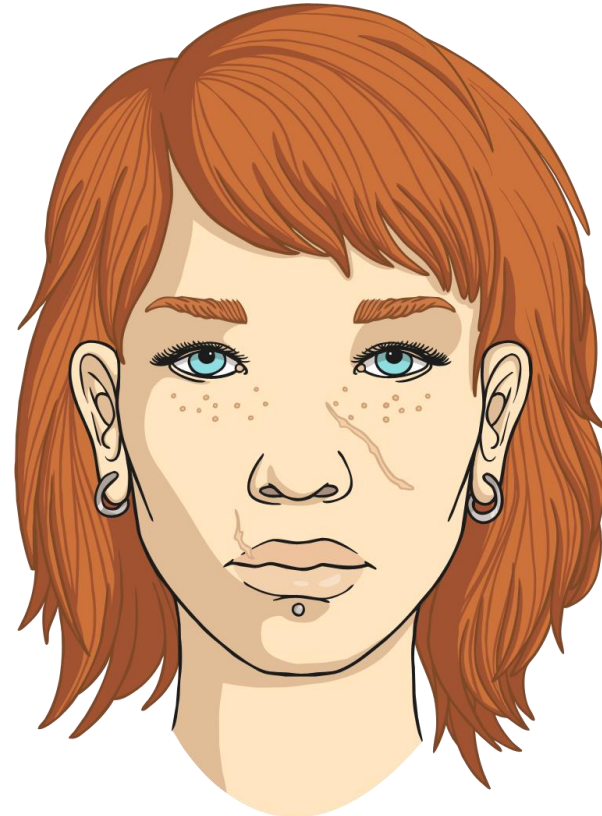
These are worn inside your body in your vagina to absorb blood.

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.

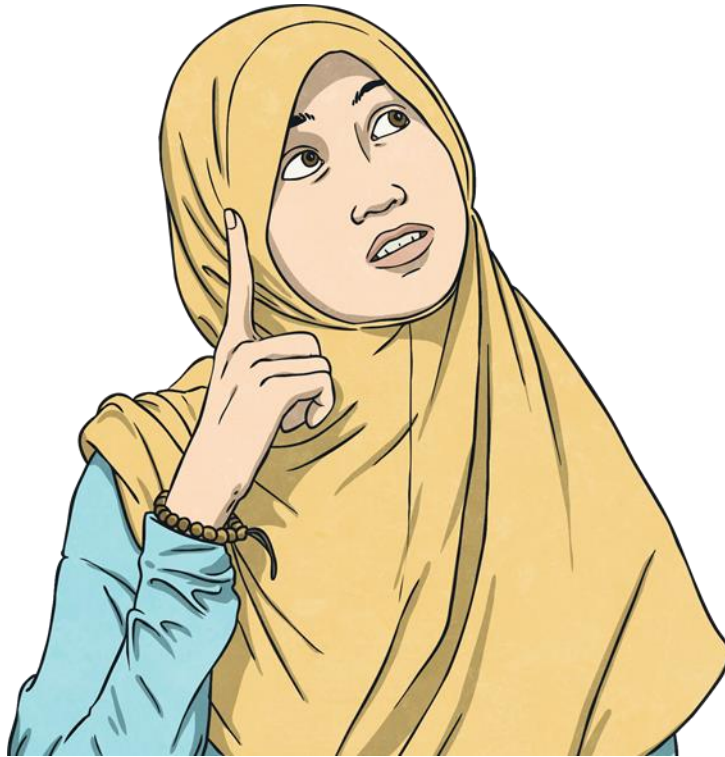
They are good for swimming and other sports, such as gymnastics.

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



Menstrual cups

These are worn inside your body to collect blood.



These small, plastic cups are shaped like a bell and inserted into the vagina. The cups have a stem to help insert and remove the cup. They come in different sizes depending on how heavy your period is. After 4 – 24 hours, depending on flow, the cups are removed, emptied, cleaned and re-used.

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.

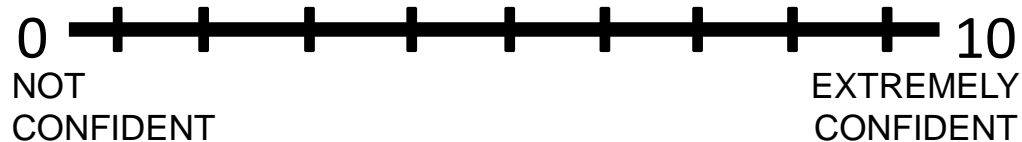
Do you have any questions you would like to discuss?

Any question is a good question



Puberty - Self Assessment - Girls

Answer these five baseline questions using a confidence scale:



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