

Puberty

NHS

Humber Teaching
NHS Foundation Trust



Introduction

Who are we?



Can we share what we learn today?

How have you changed?



What is puberty?

- Puberty is part of the human life cycle
- It is about growing into an adult
- It is about becoming able to reproduce
- Starts anywhere between the ages

8 to 14

- Sometimes Girls start before boys



What are hormones?

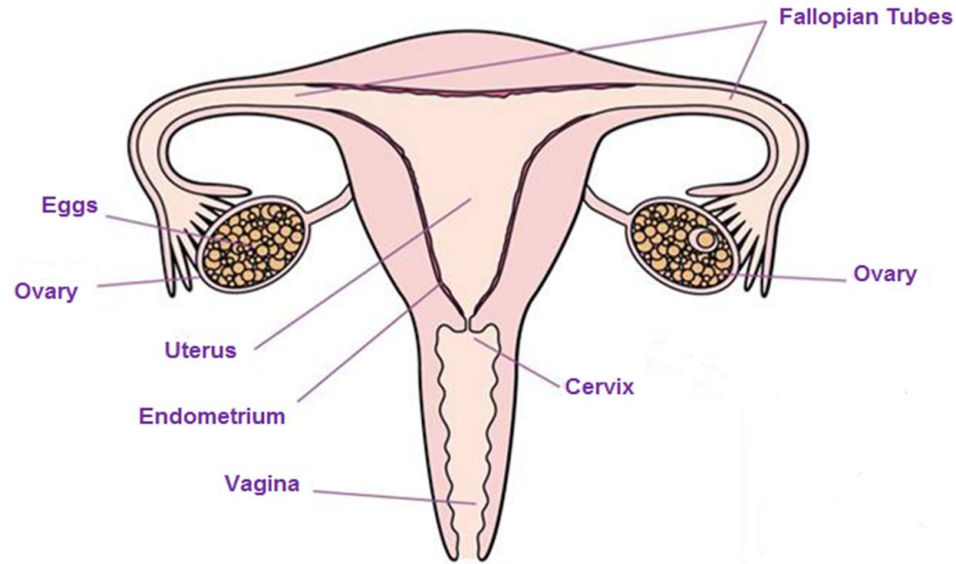
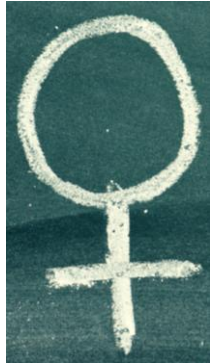
Puberty starts when extra chemicals called hormones start to be produced in the body

Pituitary gland

It is the “master” gland because it tells other glands to release hormones

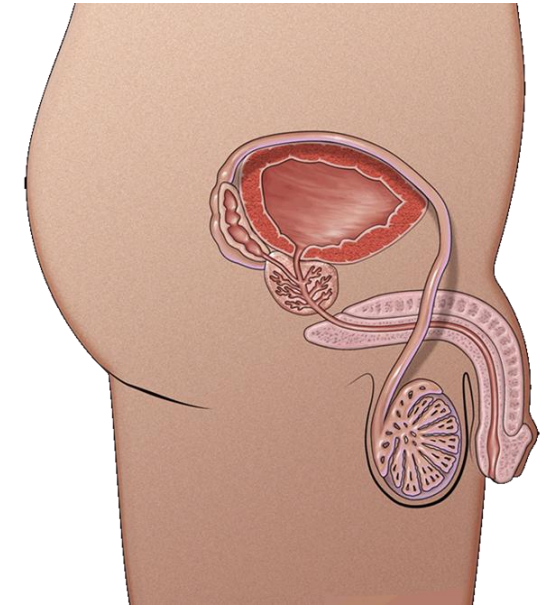


What are hormones?



Girls

Progesterone & Oestrogen - send messages to the ovaries to start and release eggs in order for periods to start

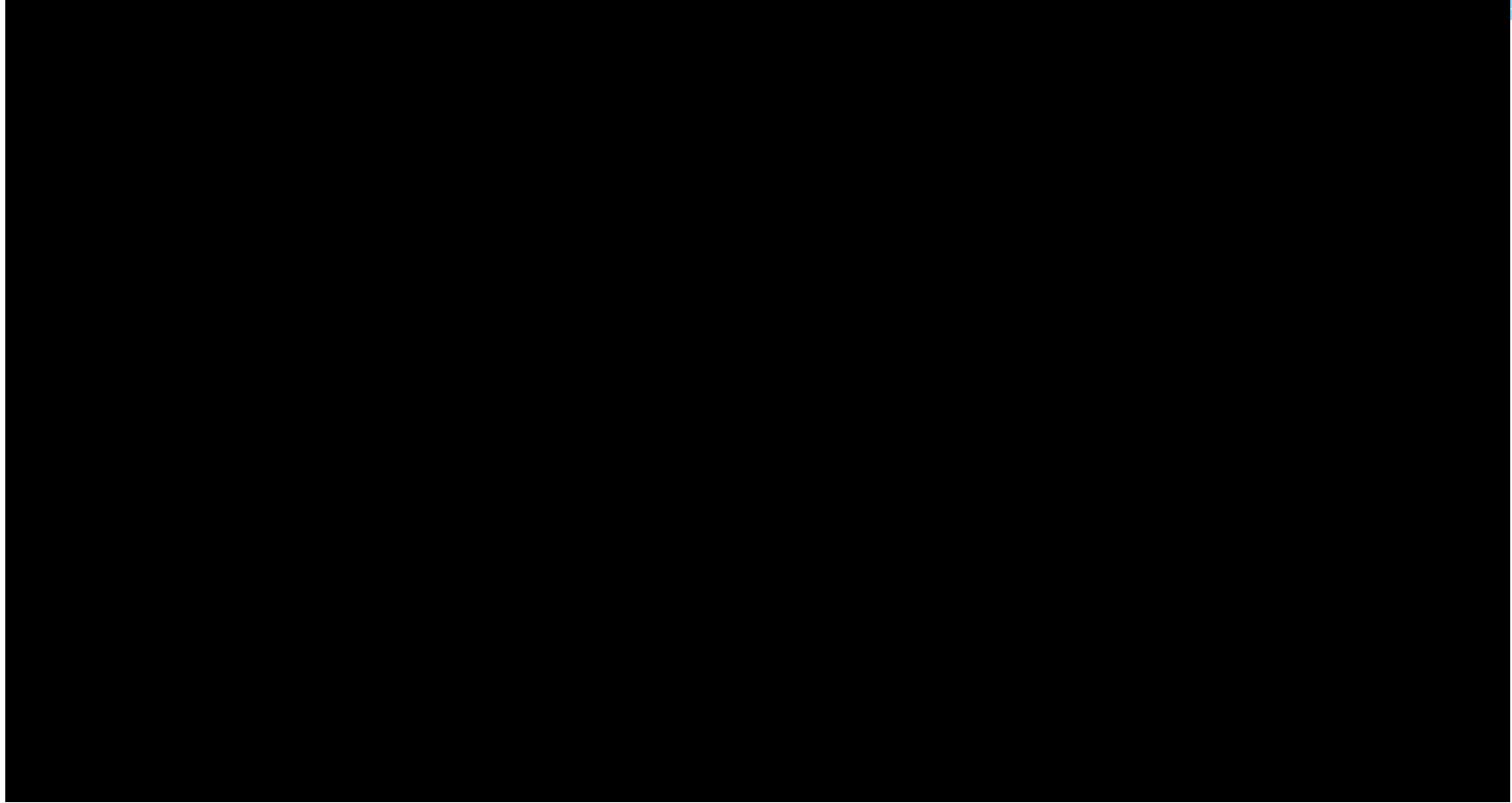


Boys

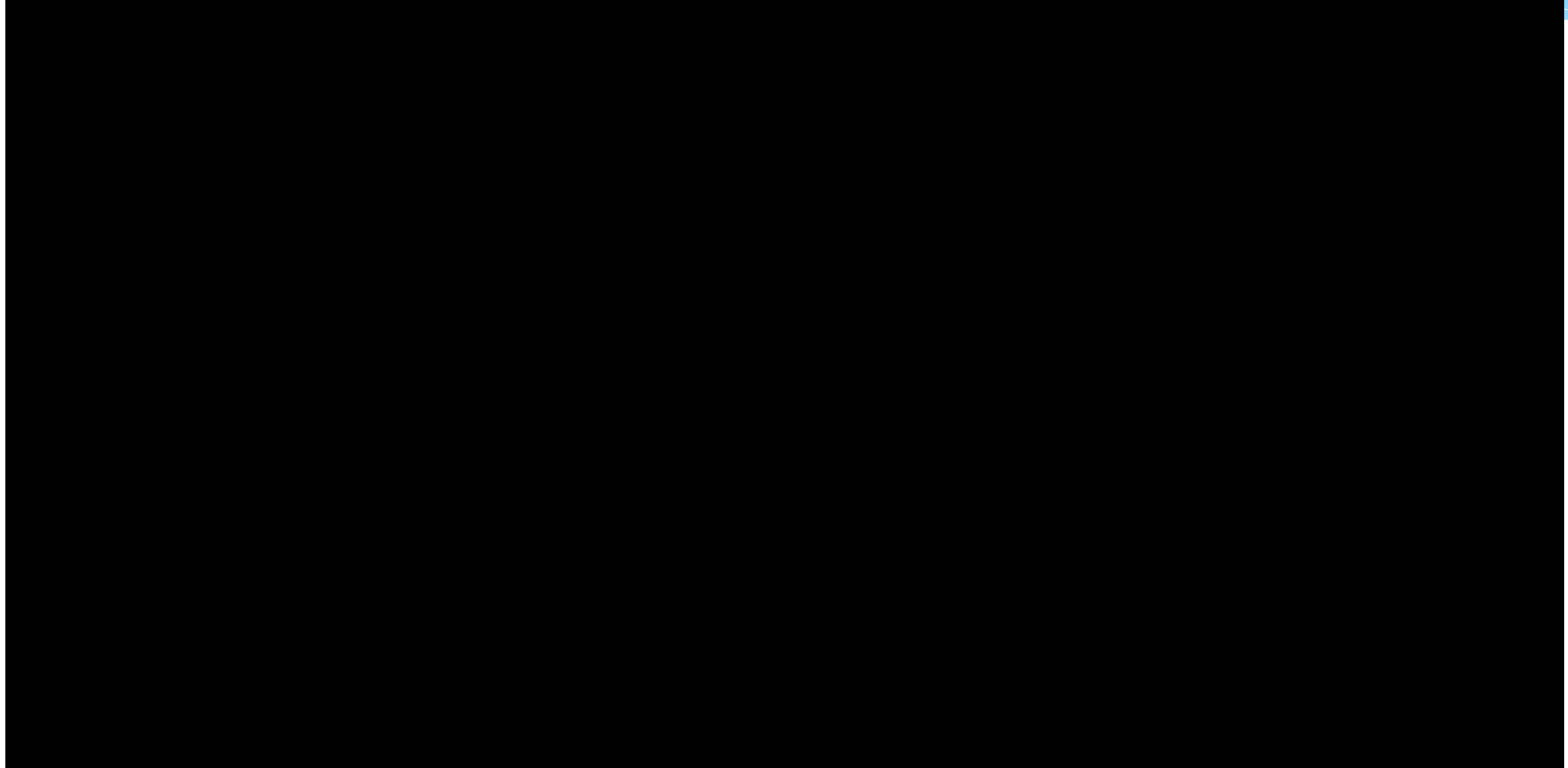
Testosterone - sends messages to the testicles to start producing sperm

These hormones make changes to our bodies

What are the body changes for boys?



What are the body changes for girls?



Signs of puberty?

Emotions

Arm pit hair

Spots & Acne

Pubic hair

Sweating



Increased body hair

Weight gain

Greasy hair

Get taller

Wider hips



Periods

Larger breasts

Increased vaginal discharge

Growth of genitalia

Enlarged Adam's apple

Broader shoulders

Muscle growth

Penis and testicles get bigger

Wet dreams



Erections

Facial hair

Deeper voice



We are all different

Do not worry!



- The changes to the body will start at different times for each person
- We won't all look the same
- How we look is partly determined by our genetics
- It would be boring if we all looked the same!

Hair & skin changes

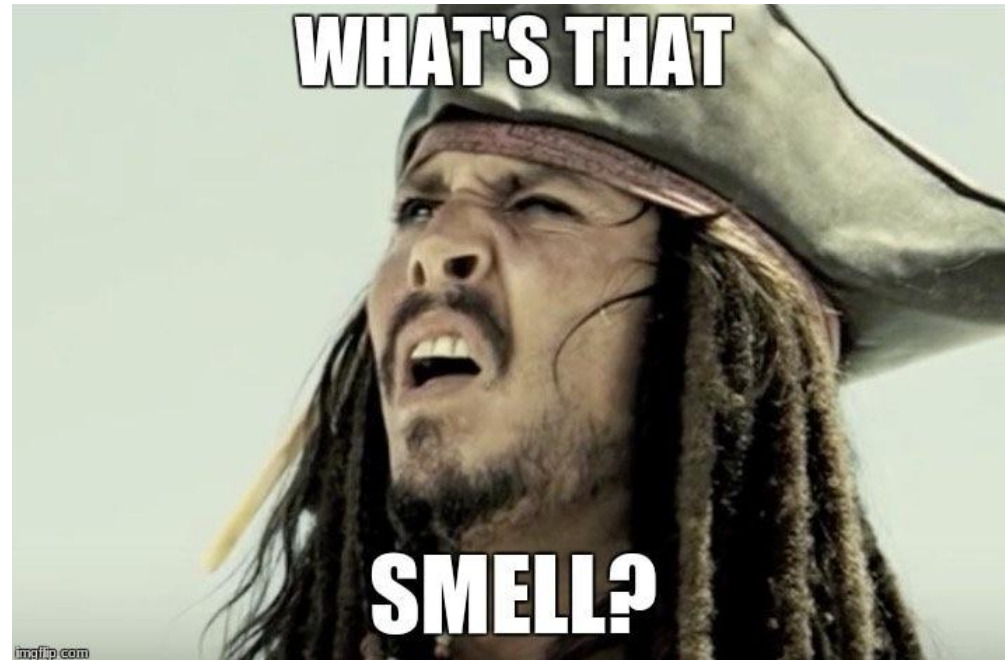


Extra sebum is produced in puberty

It makes hair greasy & skin prone to spots

Sweating

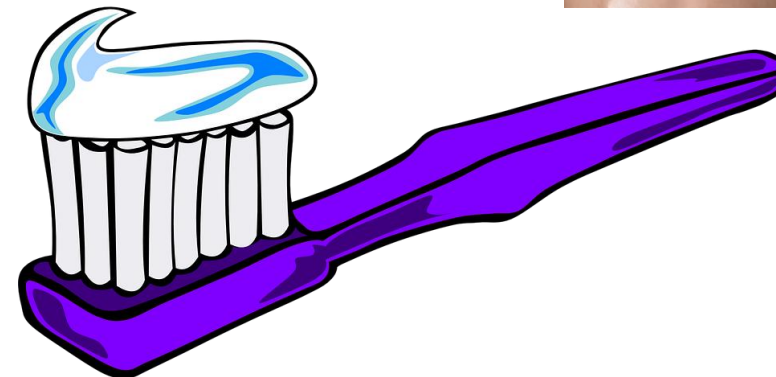
Sweat is our bodies natural way of cooling down



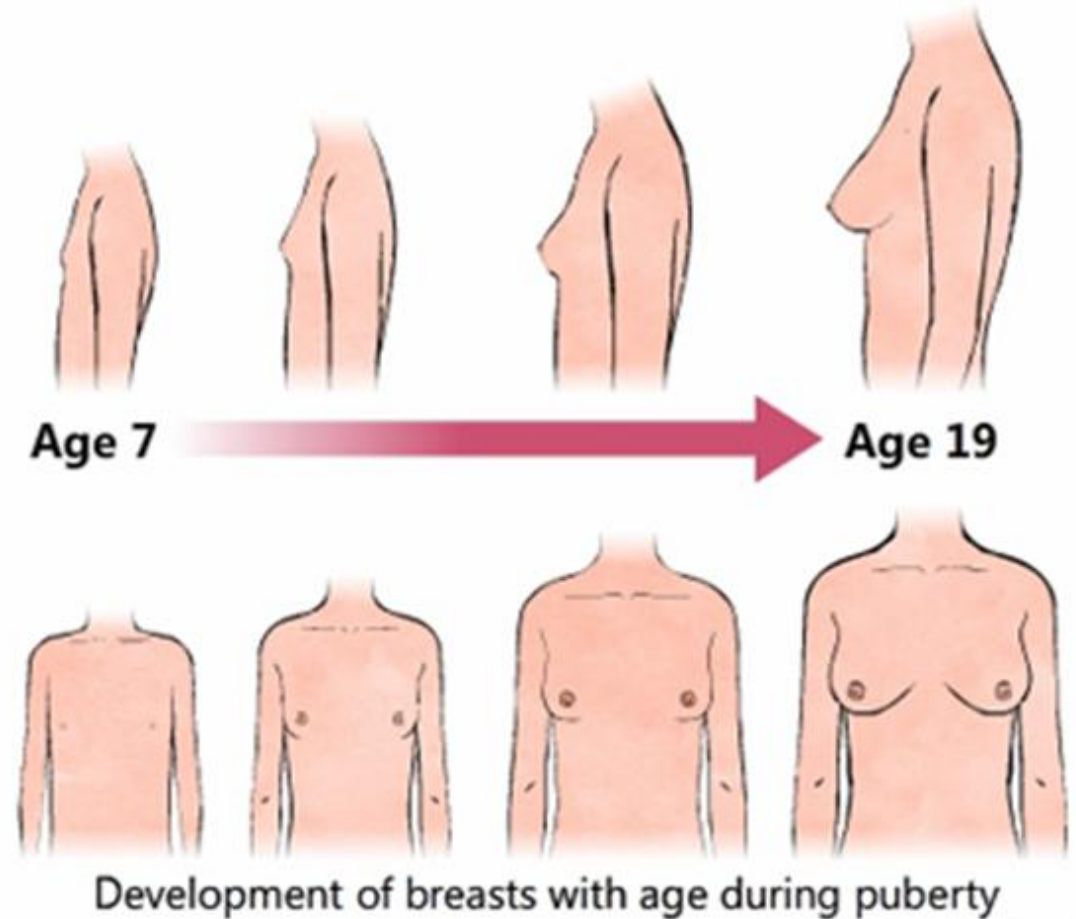
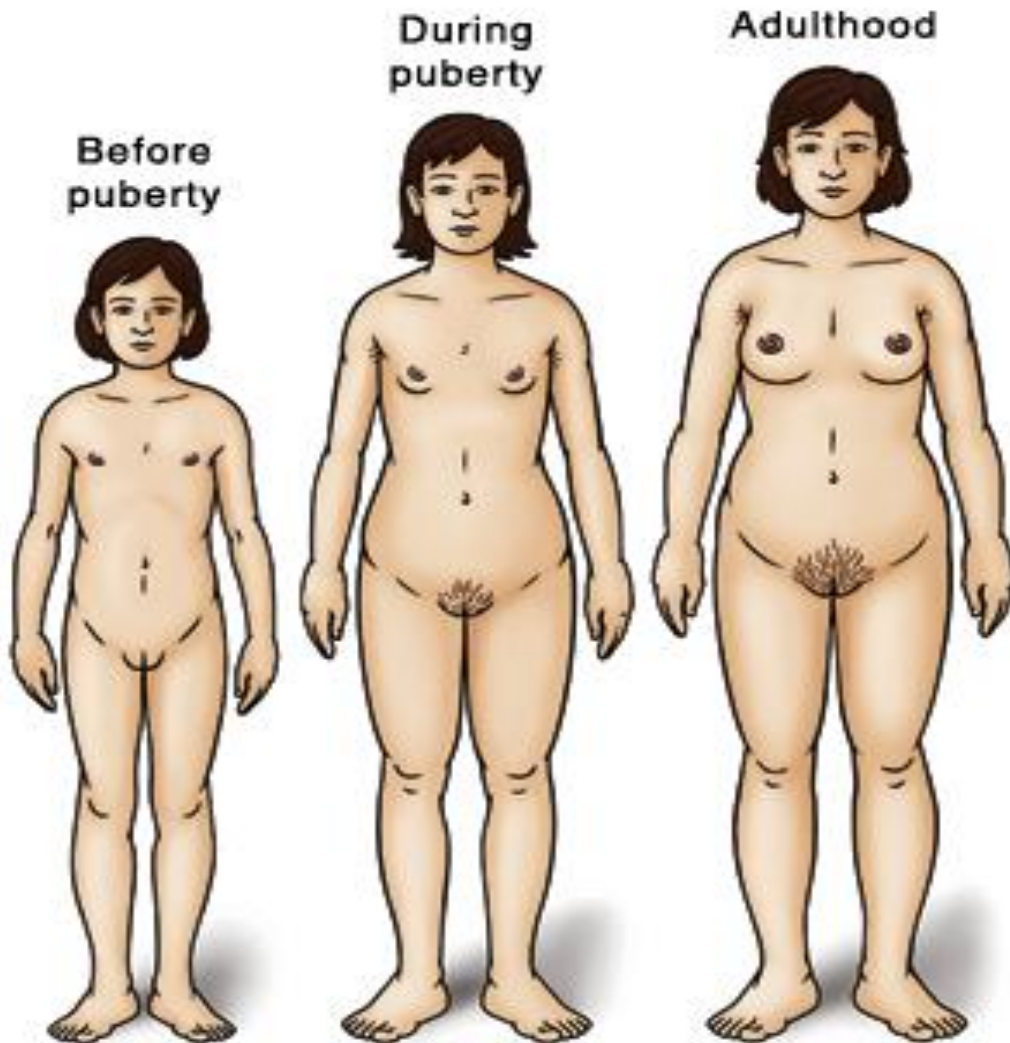
We are all stinky from time to time!!

Self Care

What can we do to help?

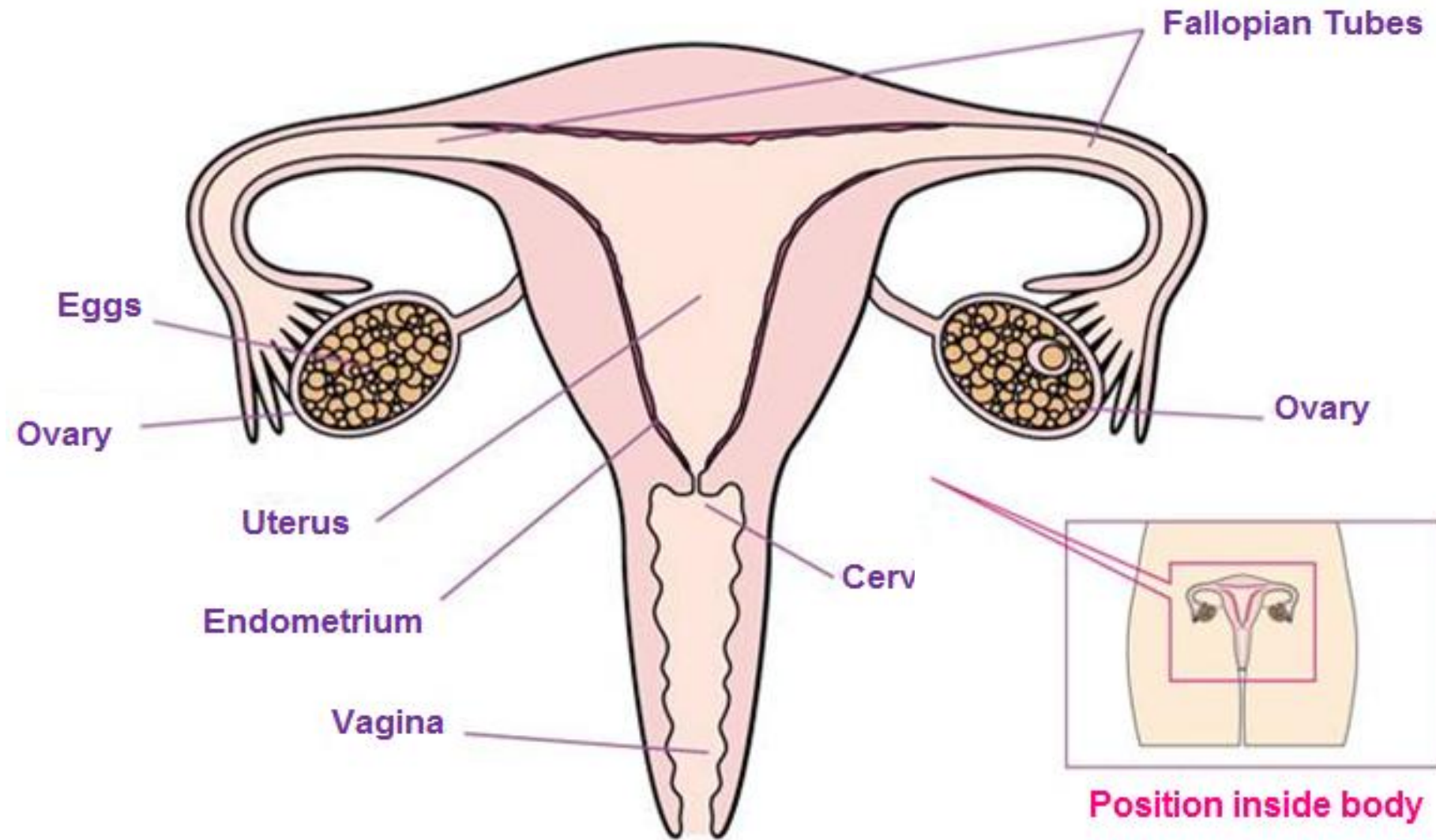


Girls body in puberty

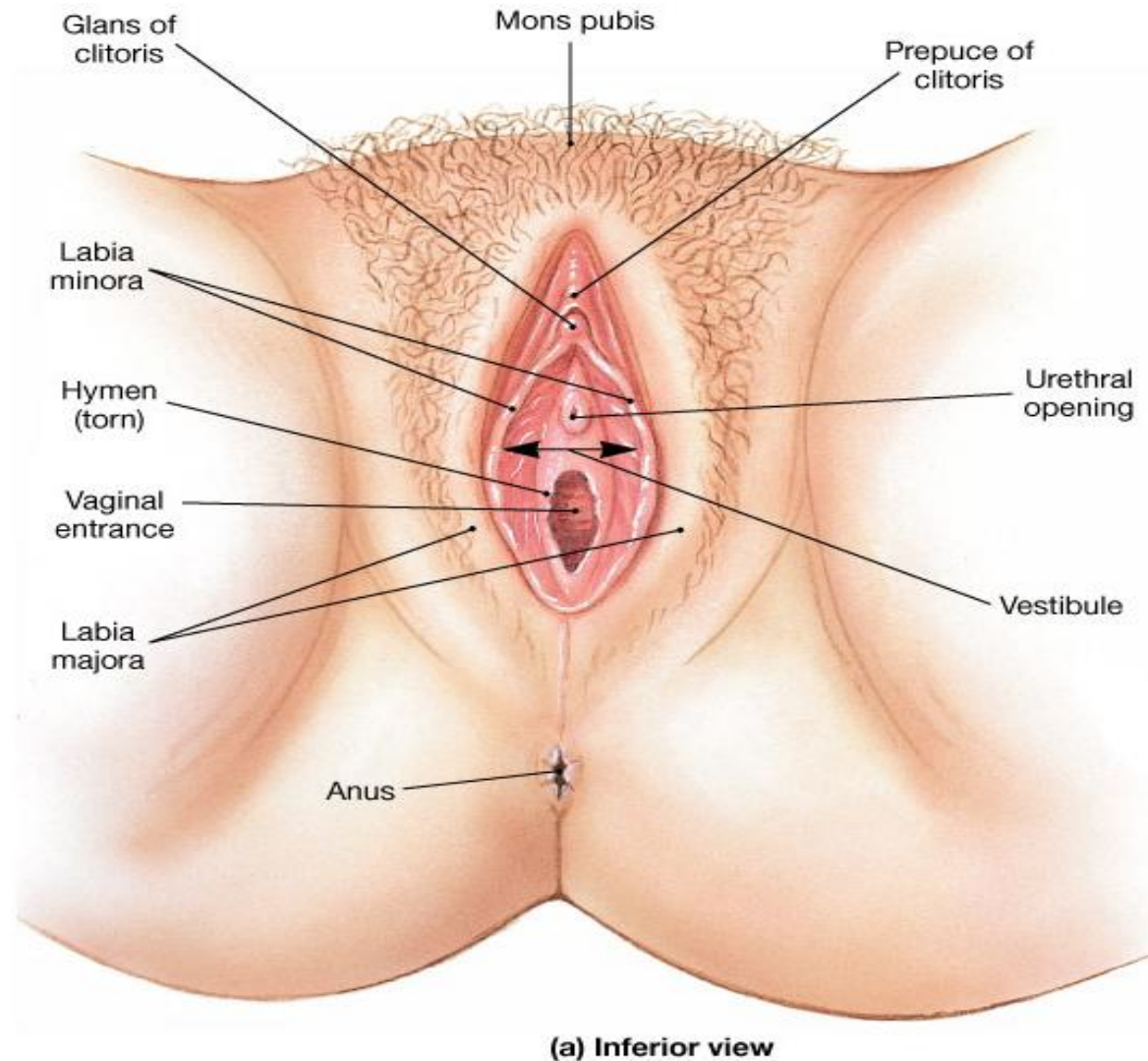


Development of breasts with age during puberty

Female reproductive system



Female anatomy



What is discharge?

Discharge

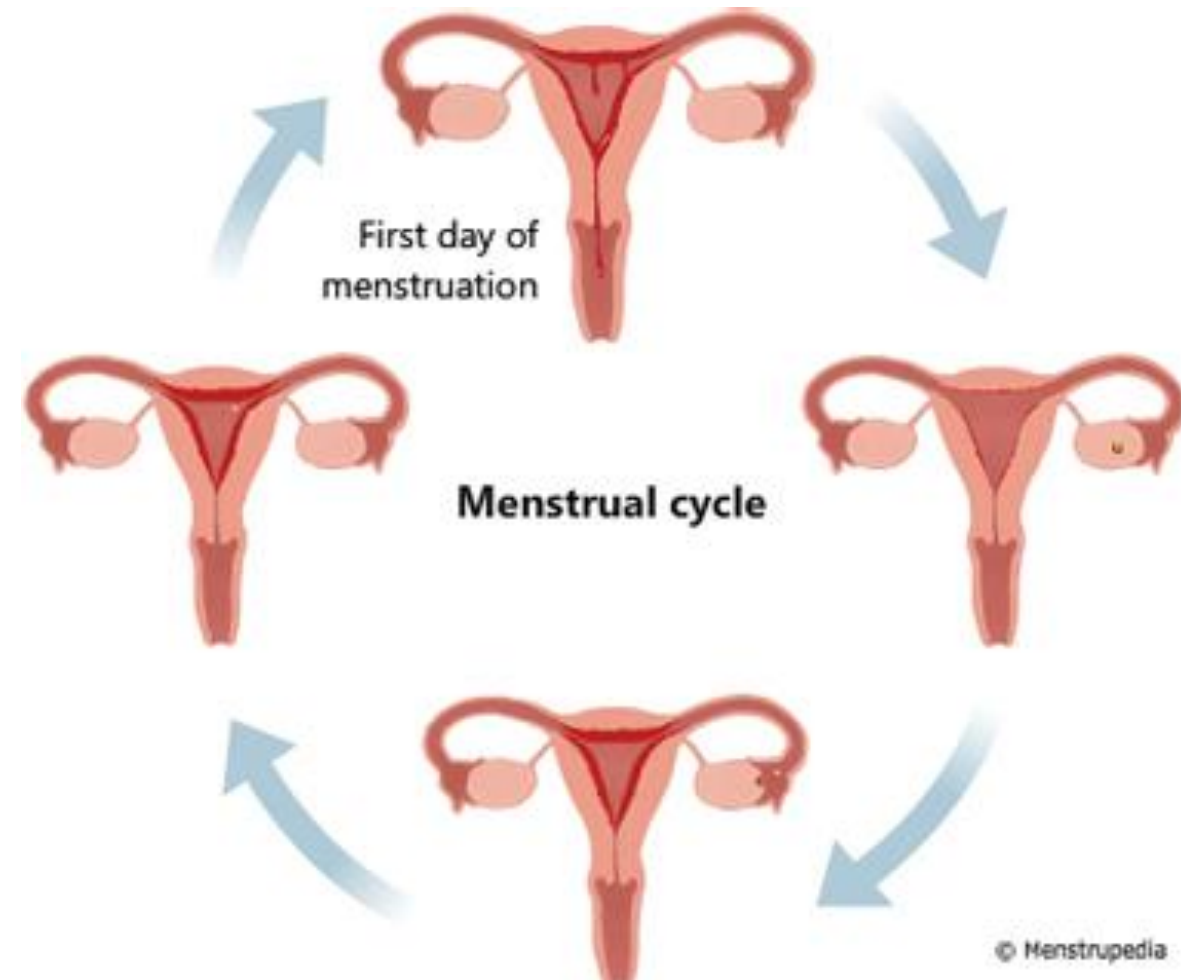
- Discharge is a fluid secreted by tiny glands in your vagina
- Discharge keeps the vagina healthy and protects against infection
- Discharge is often clear or white and does not smell
- Discharge can happen more frequently before your period starts
- Discharge is completely **NORMAL!**
- If you are worried about any changes speak to your doctor

Some people like to use a panty liner to keep fresh



Menstruation

- A girl has 1-2 million tiny eggs in her ovaries
- When an egg is realised and not fertilised to make a baby, the lining of the uterus sheds
- Bleeding can last between 3 and 8 days
- The average blood loss is only around 80ml (roughly 3 tablespoons)
- Period blood can look red, brown, pink or black and can contain lumps
- Periods happen once a month - but a girls body takes time to get into a routine



Menstruation

Girls may experience spotting or light bleeding from the vagina and this can be a sign menstruation is about to start.

Symptoms can include:

- Tender breasts
- Stomach cramps or bloating
- Spots on your skin
- Increased appetite
- Mood swings or feeling emotional

But don't worry! There are ways to ease the symptoms



Menstrual wellbeing



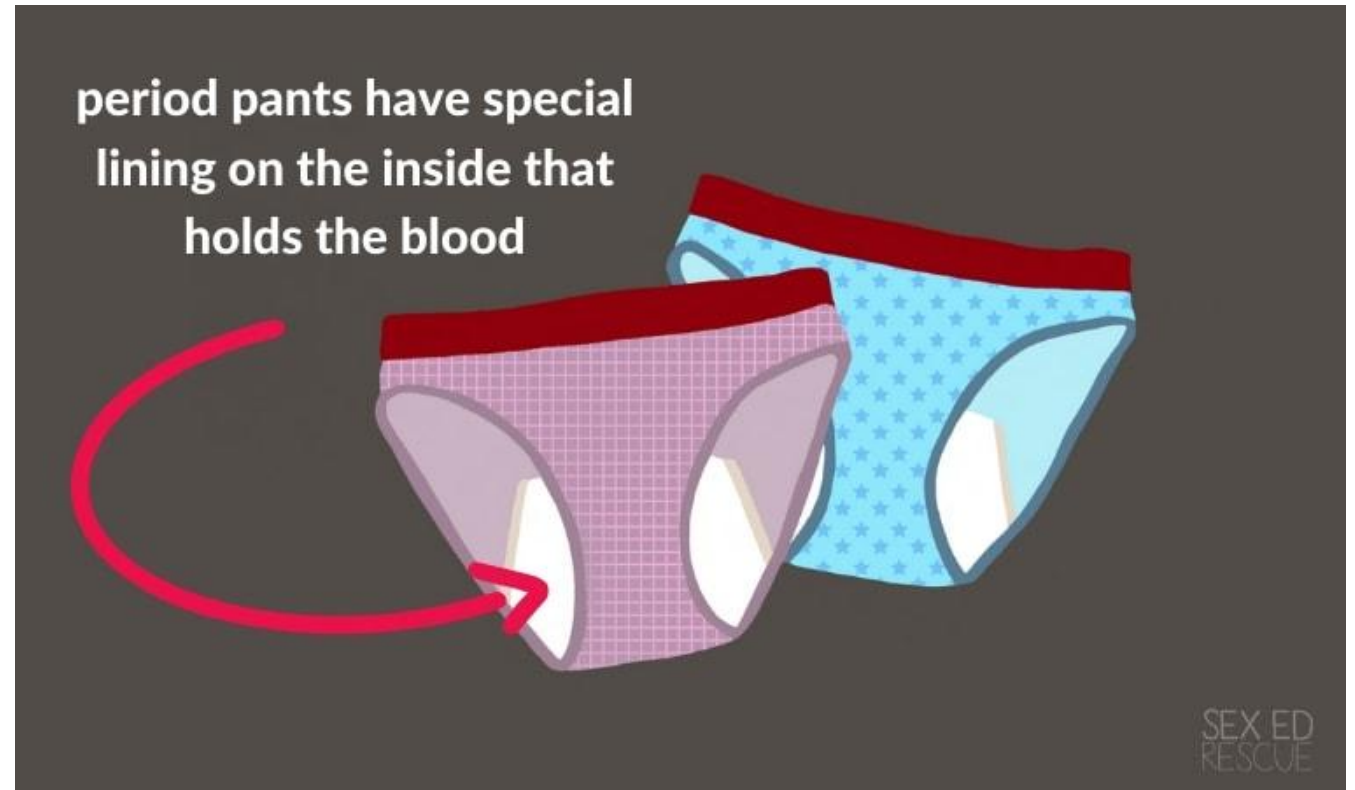
Remember period pain is normal. Light exercise can really help, you should be able to carry on with your usual day-to-day activities.

If you are worried you can speak to a parent, school nurse, teacher or GP if they:

- have pain that interferes with regular activities
- are worried their period is too heavy
- are having periods that last longer than 7 days
- have questions about menstruation (e.g. questions about the look of their menstrual blood)

Period pants

- Comfortable and convenient
- Sometimes easier to use when you first get your period
- Keep you feeling clean and dry
- Washable and reusable
- Good for the planet



Period pads

Reusable period pads or disposable period pads



**Different
absorbency levels
depending on your
period flow**



Tampons



Applicator tampons



Non-Applicator tampons

- Tightly packed cotton wool to soak up the blood
- Must be disposed of in a sanitary bin
- Should not be left inserted for more than 8 hours

Menstrual cups



Reusable menstrual cup

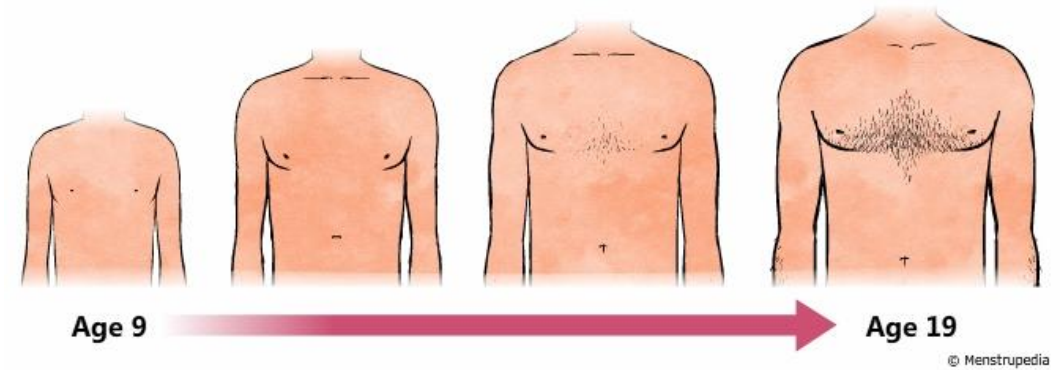
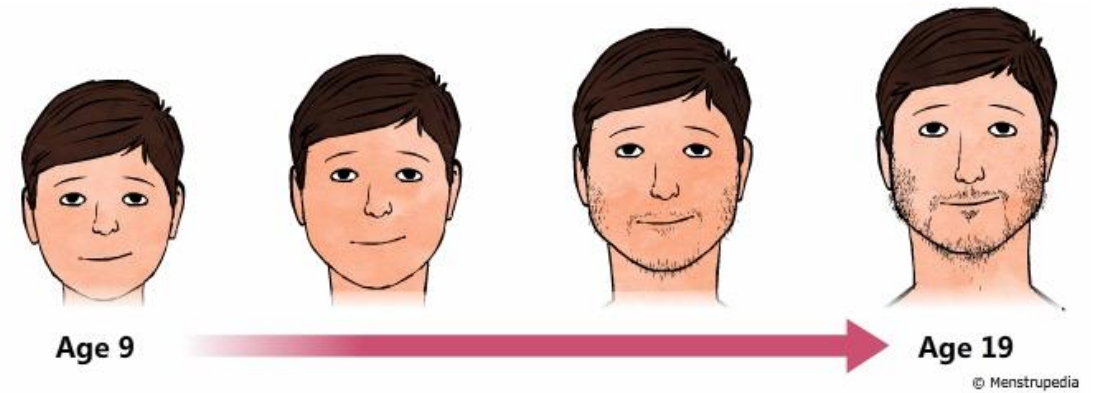
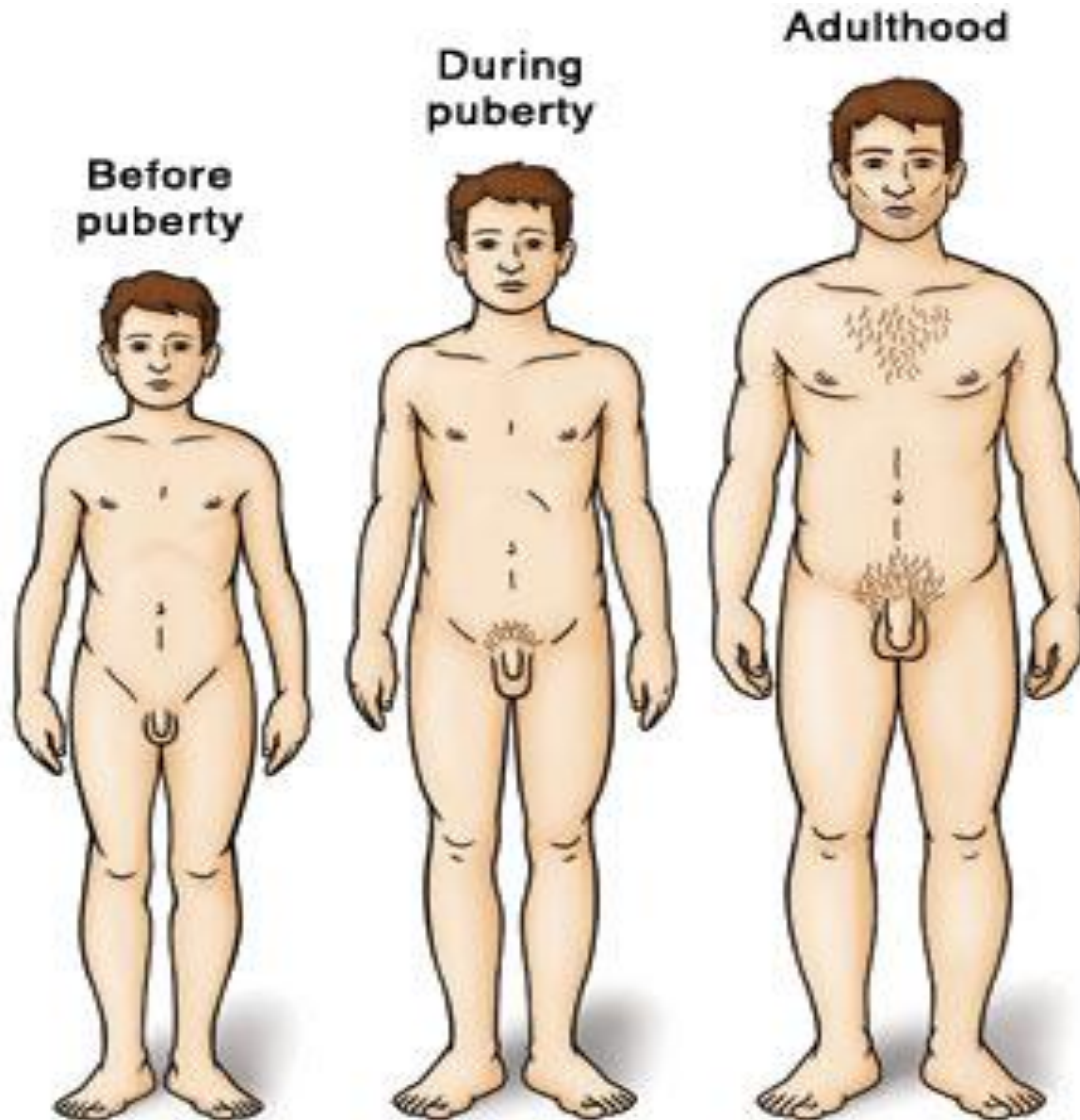
- Alternative to pads and tampons
- Made out of soft silicone
- Menstrual cups collect the blood rather than absorb it
- Washable and reusable
- Good for the planet



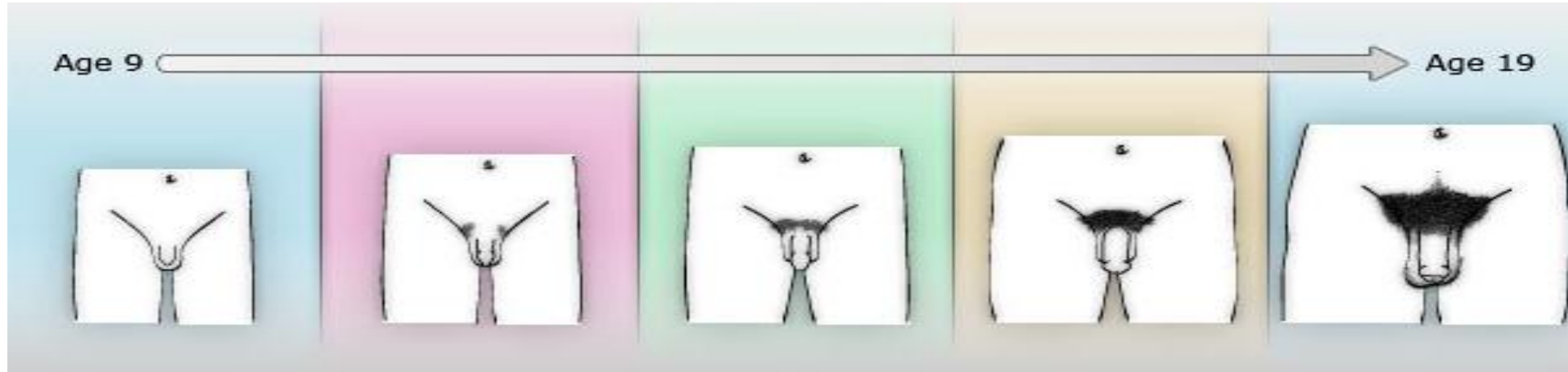
Period products demonstration



Boys body in puberty

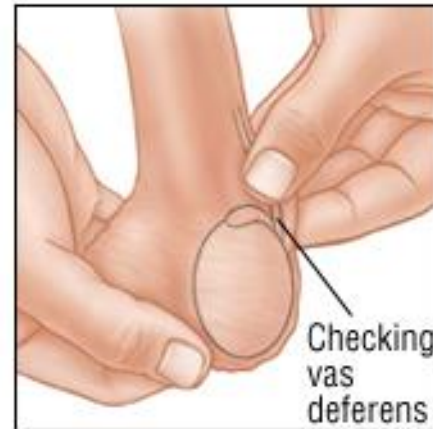
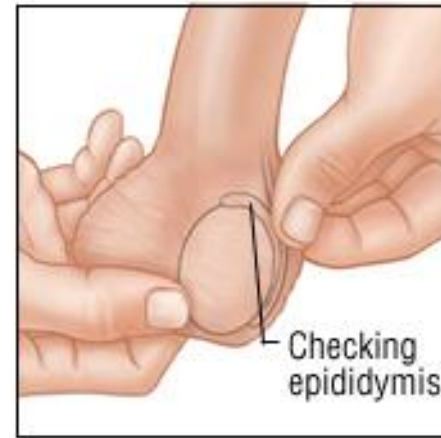
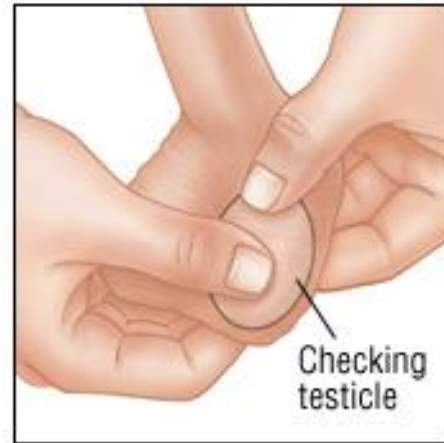


Understanding the penis



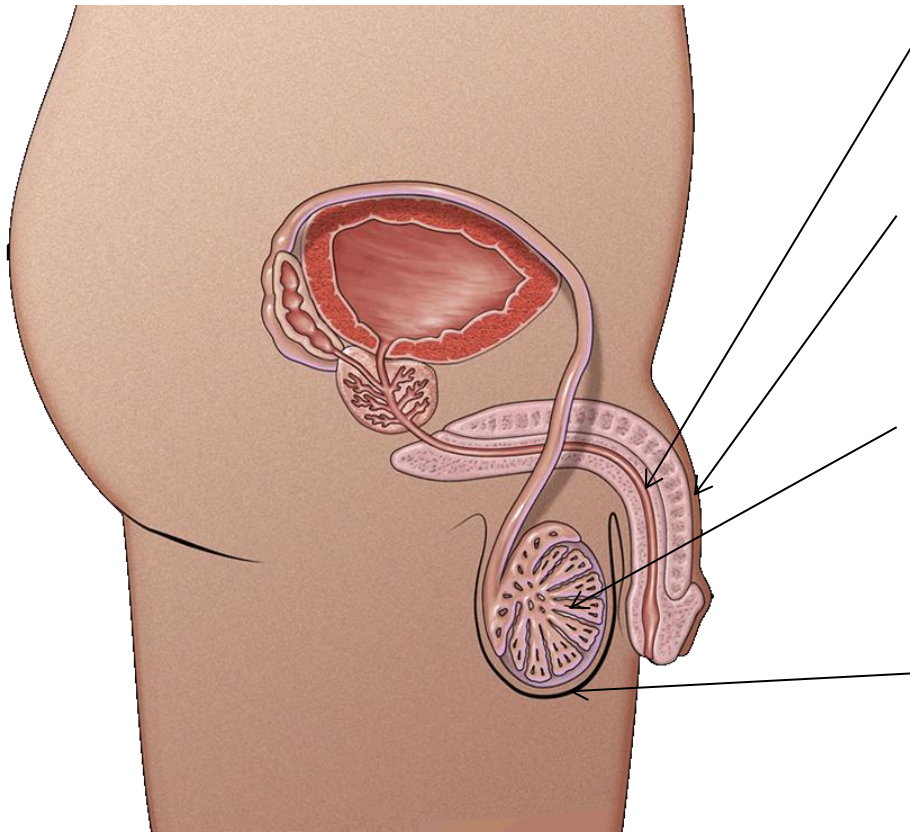
- Everyone's genitalia are different!
- Penis's come in all different shapes and sizes
- Some people have the foreskin removed for cultural or medical reasons
- Testicles should hang outside the body
- It is normal for one testicle to hang lower than the other

Self Examination



Know your own body!

Penis Anatomy



Urethra

- * The tube through which urine and semen leaves the boy's body

Penis

- * Tube-like organ that hangs outside the body
- * Come in all sizes and shapes, determined by our genes

Testicles or testes

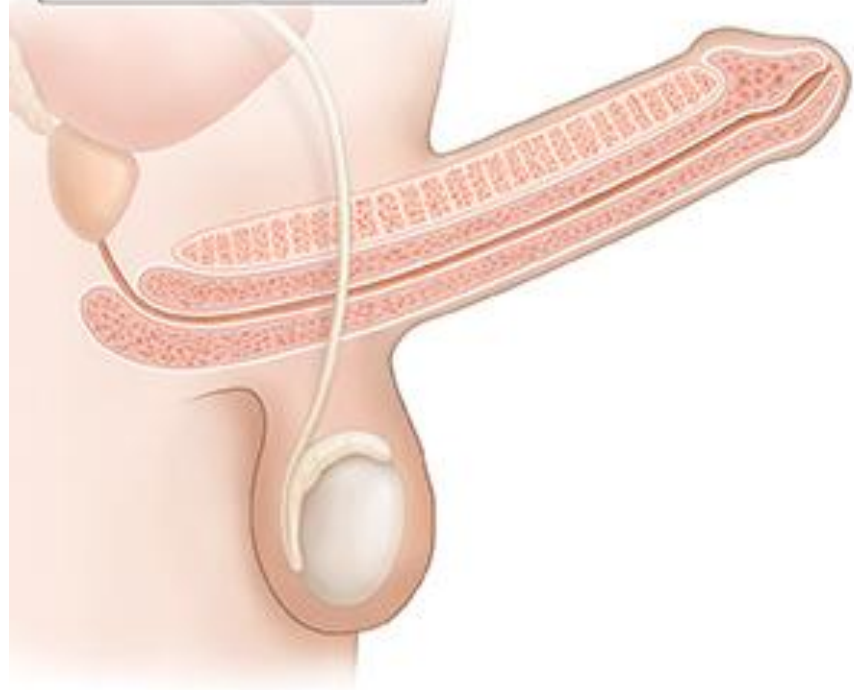
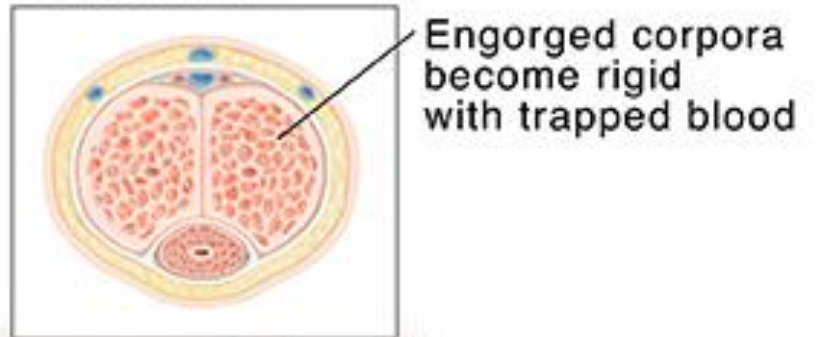
- * Usually two, one hangs lower
- * Produces sperm from puberty throughout your life

Scrotum

- * Bag of skin that holds testicles
- * Keeps them at right temperature to make sperm, slightly cooler than body's temperature

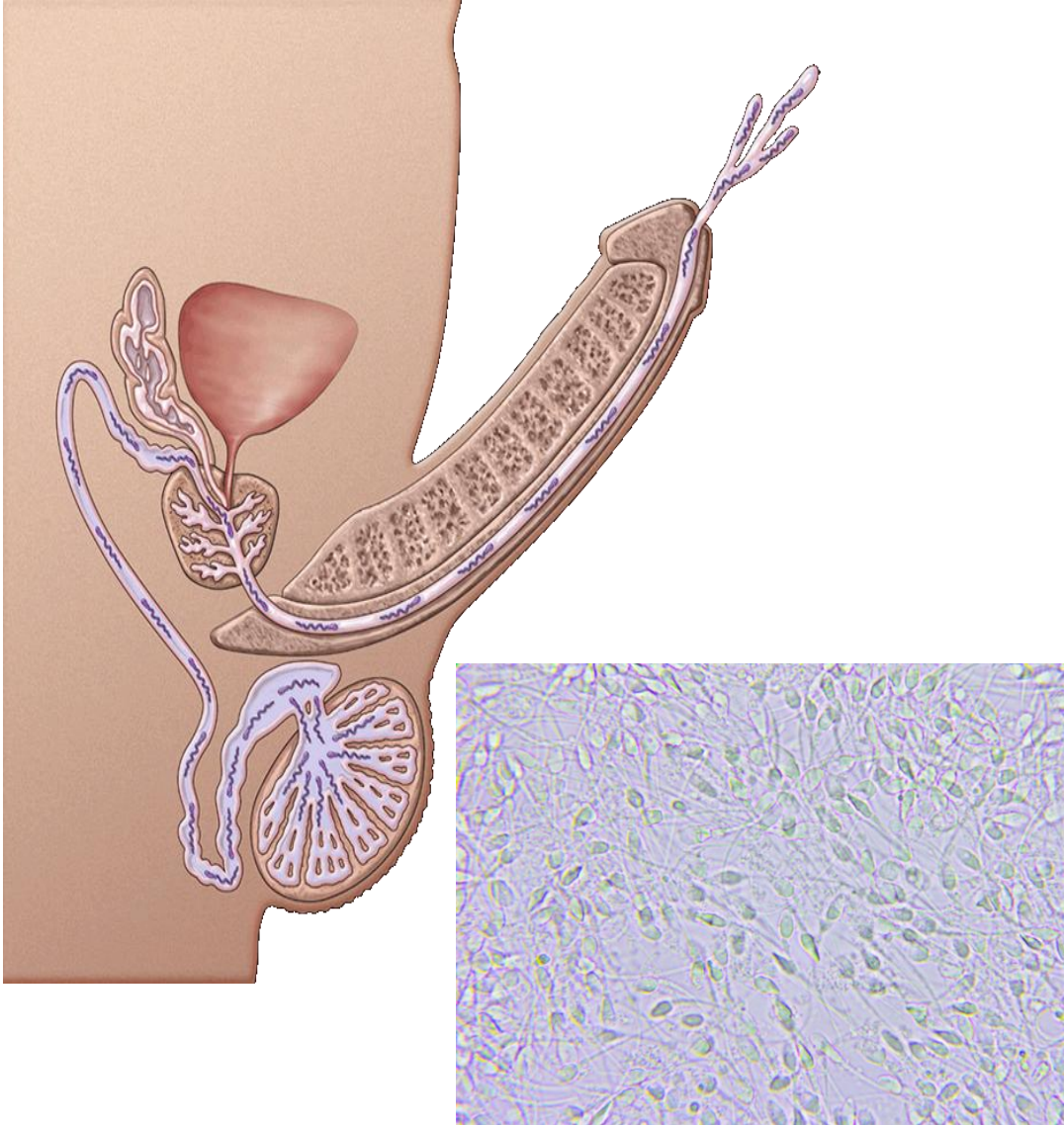
Erections

Cross section



- An erection happens when **extra blood flows to the penis**. This causes the penis to **harden and lengthen**
- Most erections are **not straight**, and tend to either curve upwards or to either side
- Erections can **happen at any time**:
 - When someone is sexually aroused
 - When the bladder is full (sometimes)
 - When someone is sleeping
 - Or for no reason at all!

Ejaculation



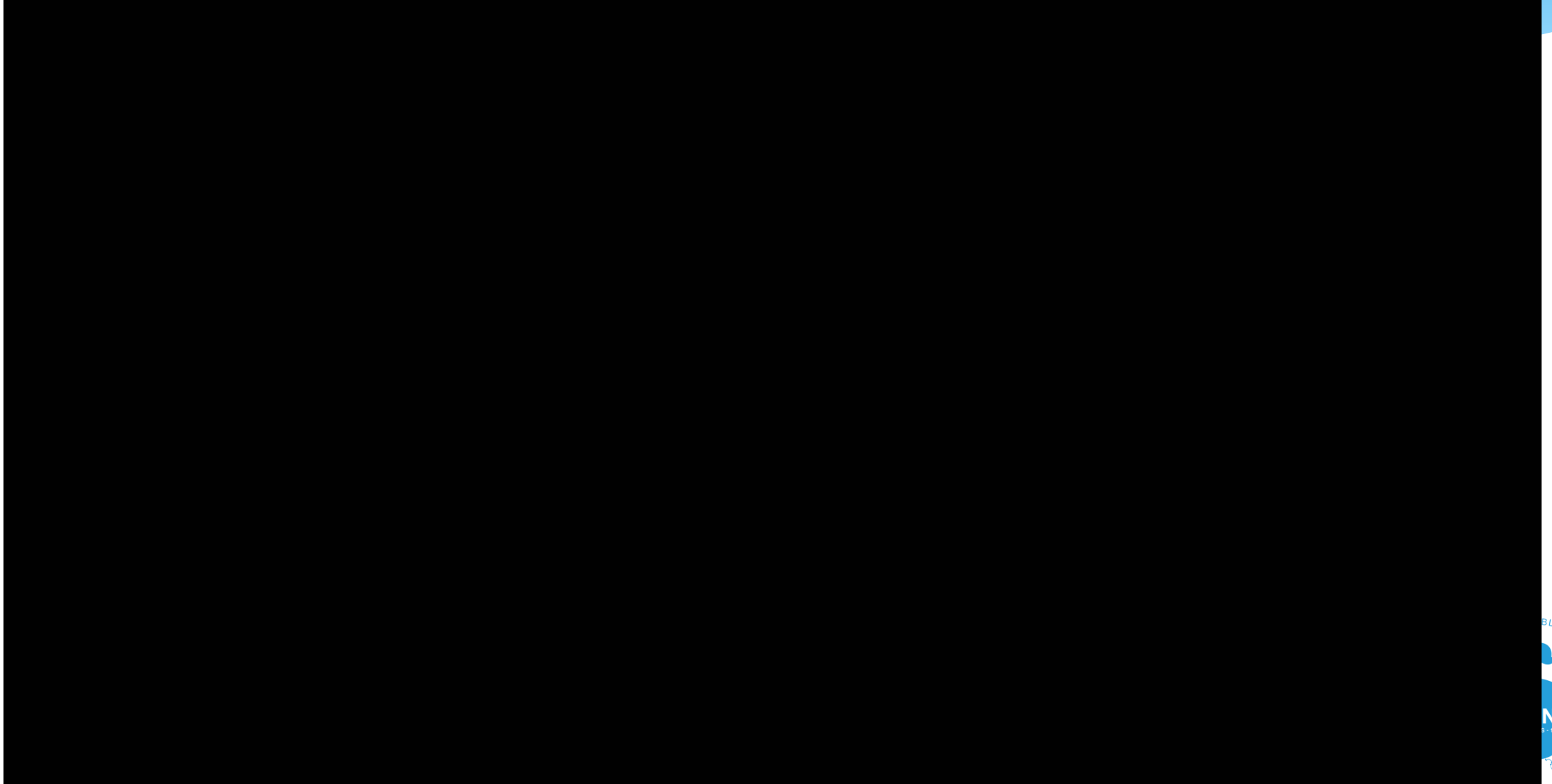
- Sometimes semen (sperm and fluids) spurts out of the penis.
- This is called an **ejaculation**. It happens when muscles at the base of the penis start to expand and contract (tighten).
- This pushes the semen **through the urethra and out through the tip of the penis**.
- But this won't happen every time you have an erection.

Wet Dreams



- Sometimes boys and men can have **erections and ejaculate when they are asleep**, This is called a **wet dream**
- It happens **without you knowing** and is something you **cannot control**
- Most males experience wet dreams from time to time.
- It is **NORMAL** and nothing to be embarrassed about!
- Males experience wet dreams less frequently as they grow older and have more control over their body

How babies are made





Emotions and behaviour

During puberty our emotions can feel a little out of control
and our behaviour can change.

EVER FELT A BIT LIKE THIS ?



This is NORMAL and is OK !

Emotions can change because our sex hormones are changing
and increased **STRESS** Hormones are being released.

Emotions and behaviours

The emotions we can feel during puberty are:

happiness

irritation

crying

nothing at all !

anger

annoyance

sadness

How can you manage your emotions ?



Exercise



Sleeping



Talk to someone

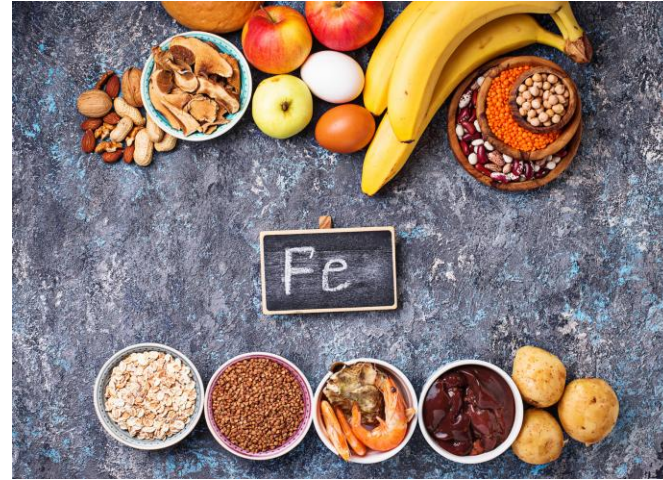


Always calm down before
responding

Healthy Eating during puberty

Changes in your body can affect what you feel like eating

- This is linked to the brain developing
- For girls, where you might be in your menstrual cycle



Choose healthy food rich in vitamins
Always remember to drink lots of WATER !

Sleep

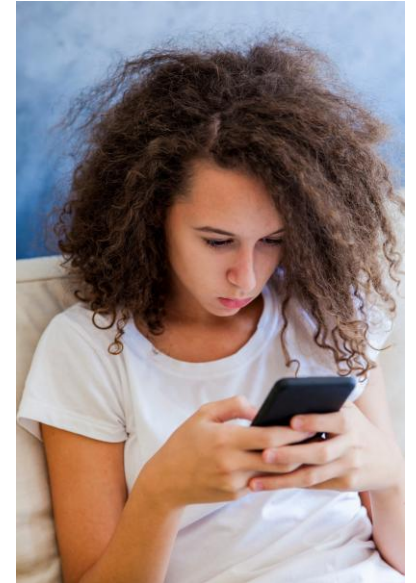
Sleep is triggered by **ANOTHER** hormone – Melatonin

- During puberty it can be hard to sleep due to melatonin being released 2 hours later
- This can make it harder to wake up in the morning



Sleep and how to help improve it

What's your sleep routine?



- Try to turn ALL devices OFF 2 hours before bed.
- Relax and calm down before going to sleep.
- Keep the same routine every evening and morning (even on weekends!)

Any Questions?



Remember..... growing up is an exciting time of our lives where we have new experiences and develop a new sense of independence. There are lots of people around you that will help and support you through this journey

