

PUBERTY

School Nursing

Buckinghamshire Healthcare NHS Trust

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- The materials shared in this PowerPoint have been used by school nurses when delivering in class sessions to year 5 or 6 pupils
- Please feel free to use this resource and select the slides most suitable for your pupils



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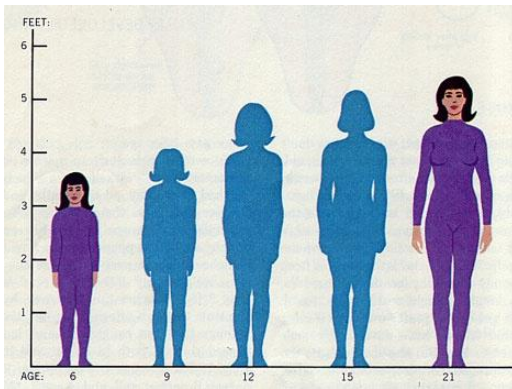
Ground Rules

- Everyone has the right to share
- No question is a silly question
- When someone is talking, everyone is quiet and listens
- Try to use the proper names for parts of the body
- The information is for you! It should not be discussed with younger children

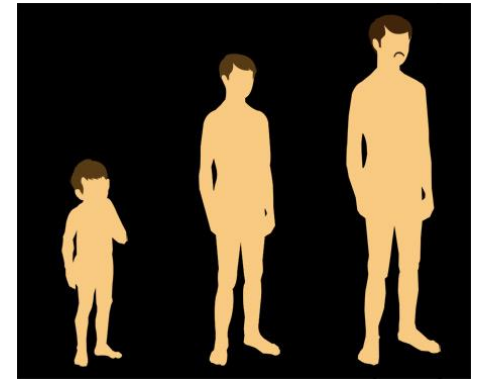


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Puberty



We use it to describe the changes that we go through to become an adult

It happens to everyone – boys and girls

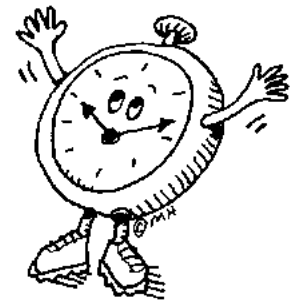
It is a gradual process – happens over several years

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At what age do you think puberty starts?

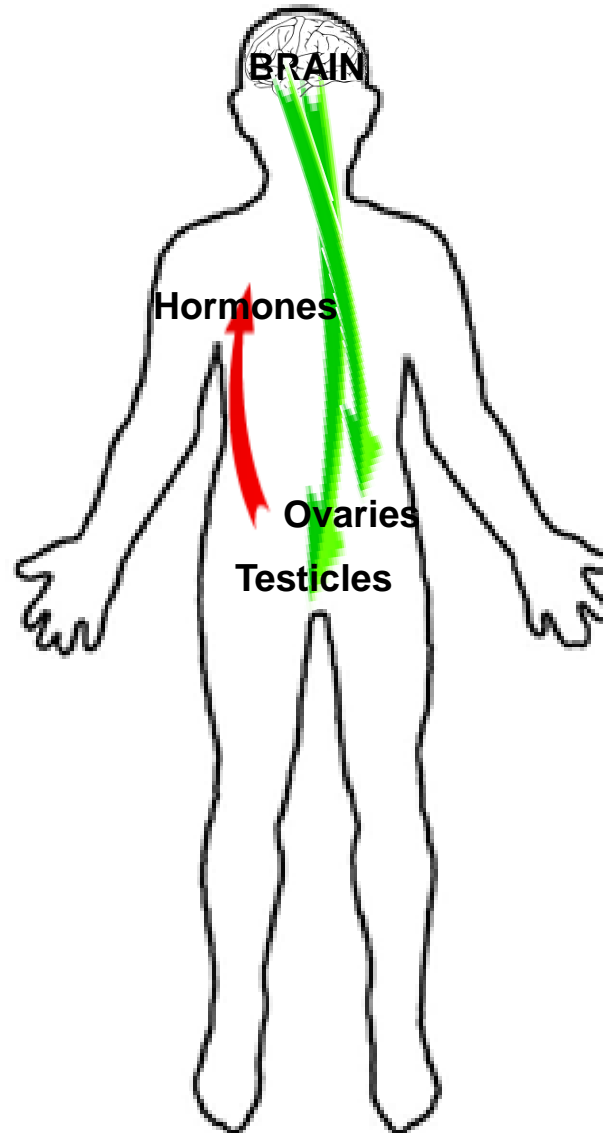
- Girls can start any time between the ages of 8 and 15
- Boys can start any time between 10 and 16
- Everyone is different
- It will happen when it's right for you



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How does puberty start?



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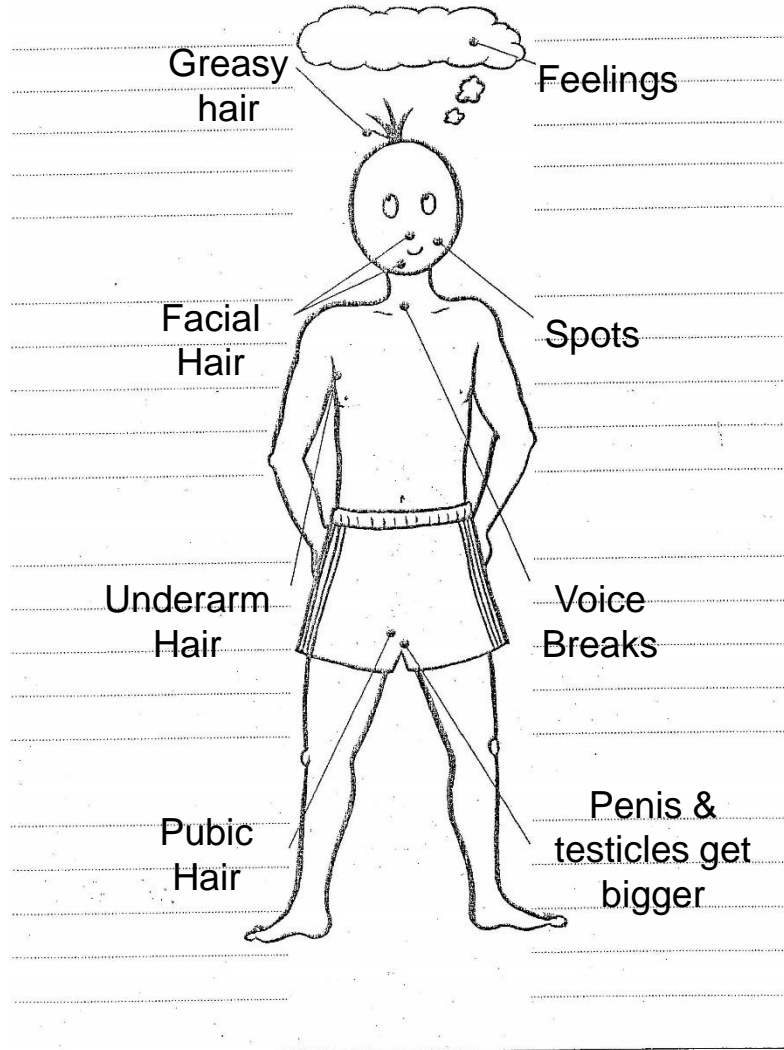
Check out the changes!

- Label the diagram – how many you can find?

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Check out the changes, boys!

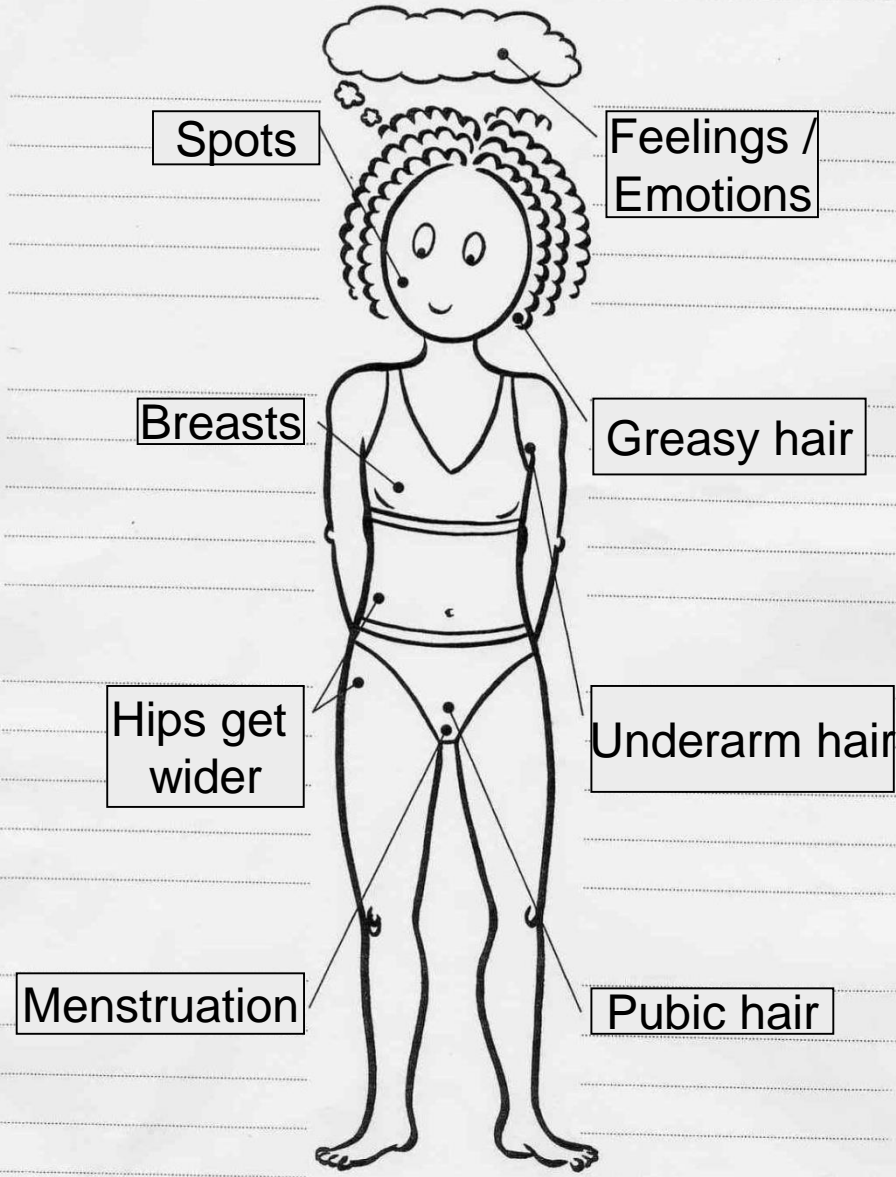


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Name.....

Check out the changes, girls!



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Growth Spurt



- One of the first things that happens
- ‘Growth Spurt’ means that you suddenly grow taller
 - Girls - usually around 10yrs
 - Boys – usually around 12yrs



so, for a while, girls tend to be taller than boys

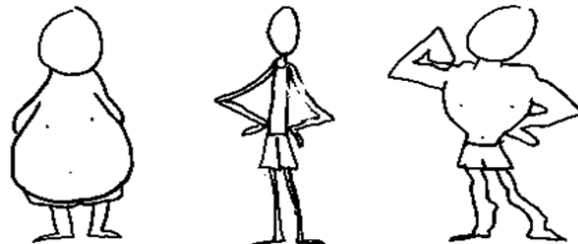
- Boys catch up by the time they are about 13yrs and still have some growing to do when the girls have almost finished
- You don't always grow at the same rate all over your body (hands and feet get bigger, then your arms and legs lengthen, then the rest of your body catches up)

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Body shape - Girls

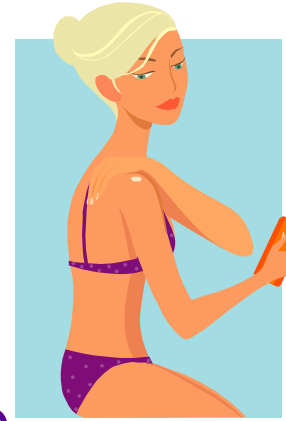
- Bones, muscles & internal organs all get bigger
- Hips get wider
- Gain weight – NORMAL
- No 'ideal' shape – everyone is different



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Breasts and Bras!!



- Nipples first thing to grow
- May be uncomfortable – itchy, tender, tingle
- One may grow faster than the other
- No ‘ideal’ shape/size
- What are breasts for?
- No set time for wearing a bra



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Menstruation/menstrual cycle

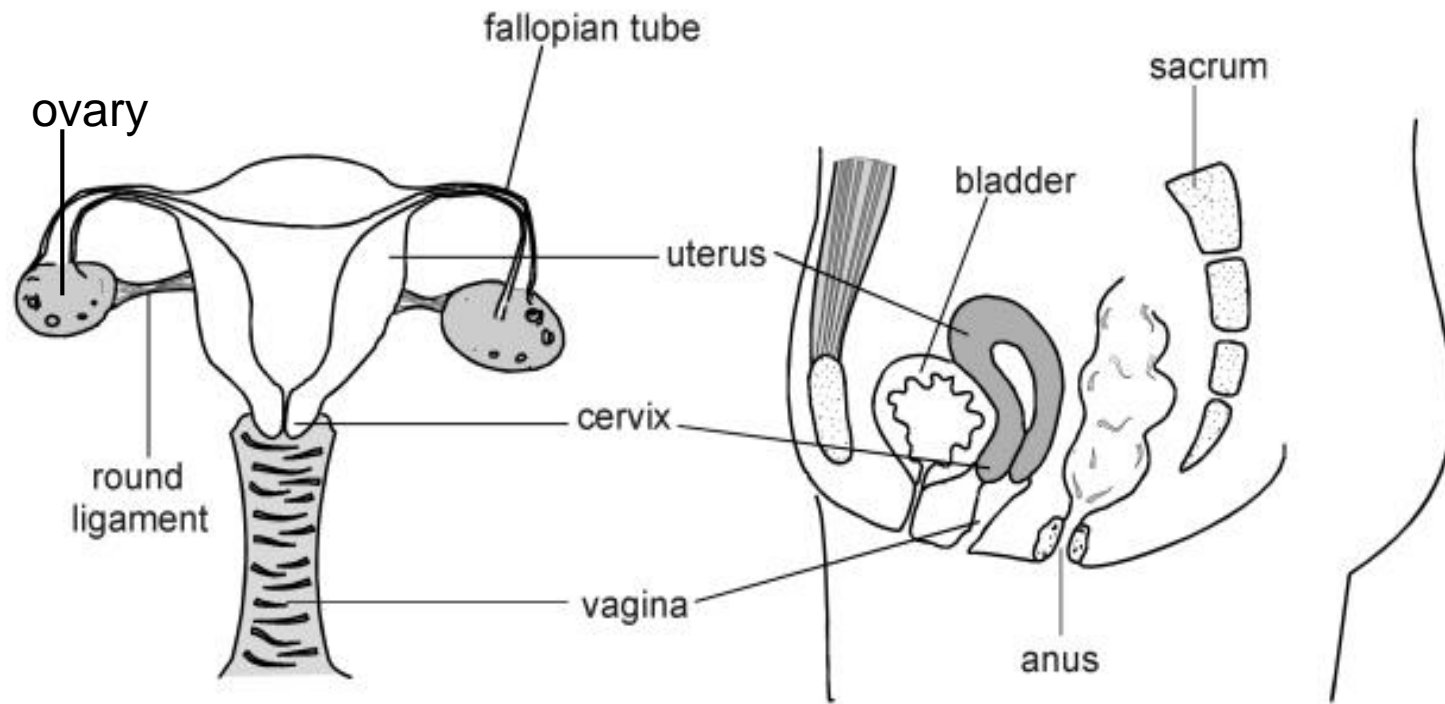
- More commonly called ‘a period’ or ‘the time of the month’
- Probably the biggest change for you to cope with
- Happens to all girls
- Most usual time to start is about a year after your breasts have begun to develop



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Female Reproductive System



FEMALE REPRODUCTIVE SYSTEM

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What's it all about?



- Small bleed from the vagina
- Happens about every 4 weeks (28 days)
- Lasts between 2 to 7 days – average 5 days
- How much?
- Usual for cycle to be irregular for the first year or two
- May have a discharge between periods or just before the start of your period – body's way of keeping itself clean
- Is it painful?

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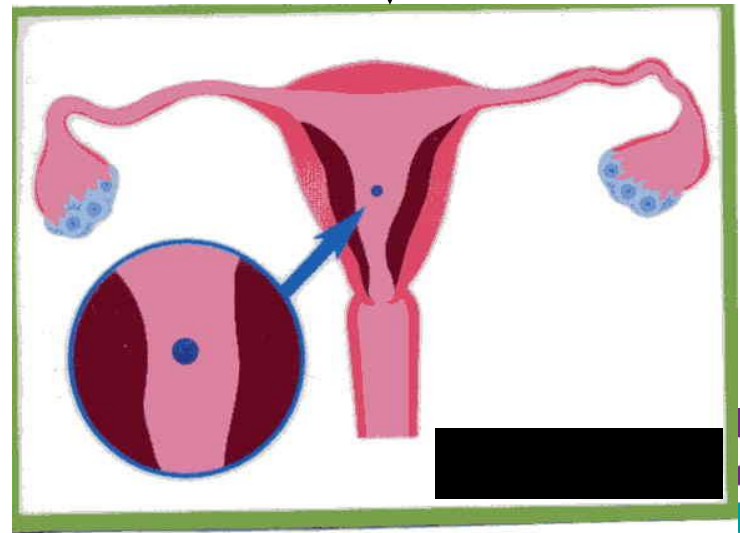
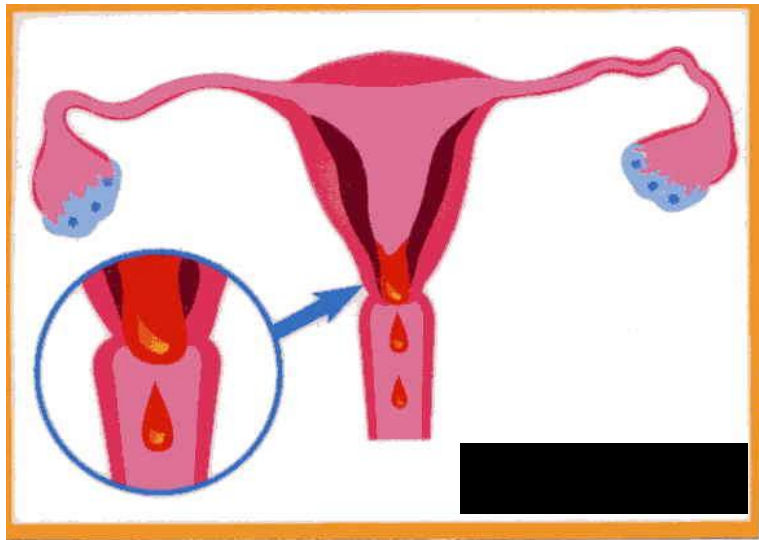
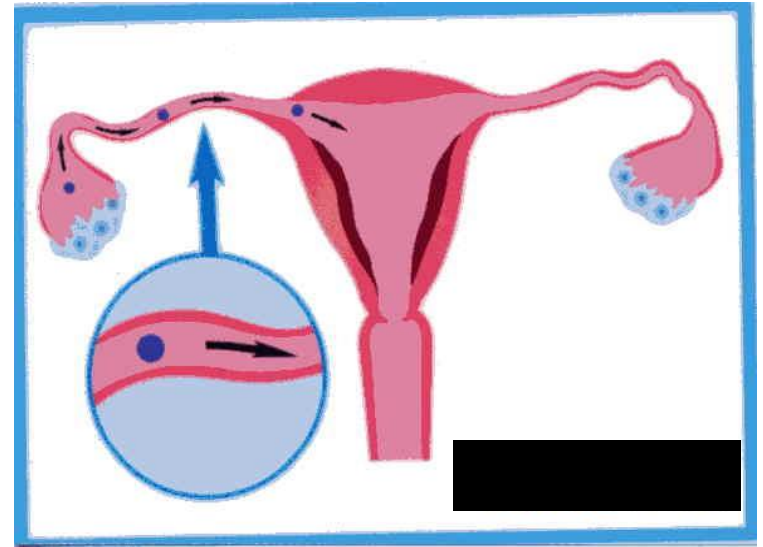
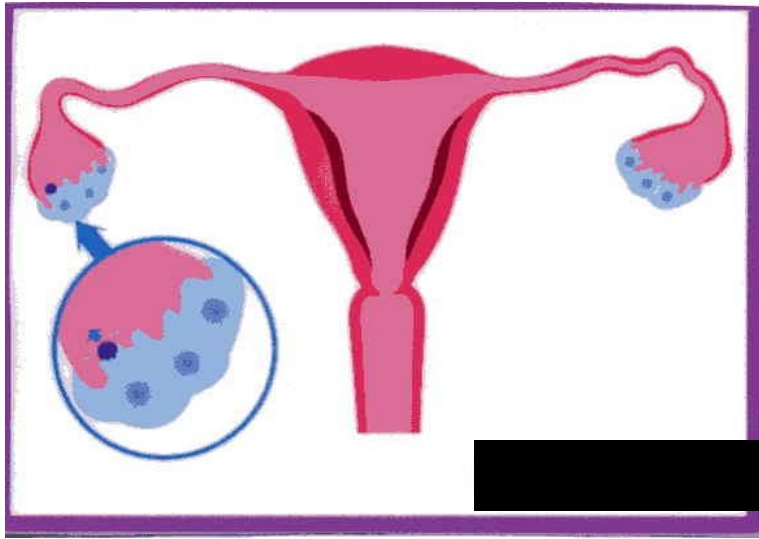
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Monthly Cycle

www.becomingateen.co.uk

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What to Wear

Sanitary Towels

- Change every few hours
- DON'T put them down the toilet



Tampons

- Applicator / non applicator
- Change every 4 hours (no longer than 8 hours)
- Can go swimming



Be prepared! There is always going to be a first time!

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BOYS

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Body shape - Boys



- Bones, muscles & internal organs all get bigger
- Gain weight – NORMAL
- How strong? – inherited from parents
 - depends on how much exercise you do
- Shoulders get broader – makes you stronger!
 - balances out your extra height
- No 'ideal' shape – everyone is different

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Voice



- Larynx (voice box) is growing like everything else
- Over the next few years a boy's larynx will get bigger and change shape slightly
- Vocal cords will lengthen and get thicker
- Makes the voice deeper
- Voice 'breaking'
- Embarrassing – alternate between high and 'squeaky'

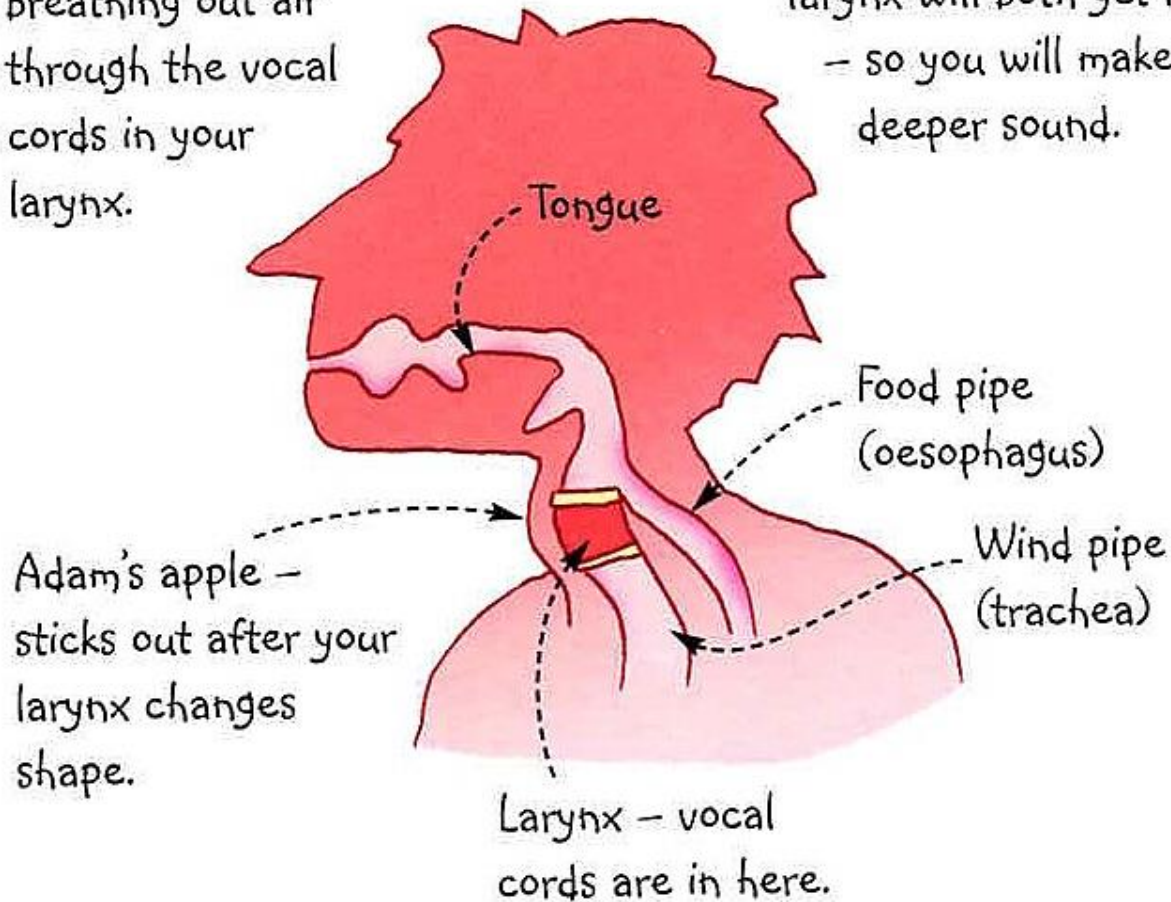
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Voice

You make sounds by breathing out air through the vocal cords in your larynx.

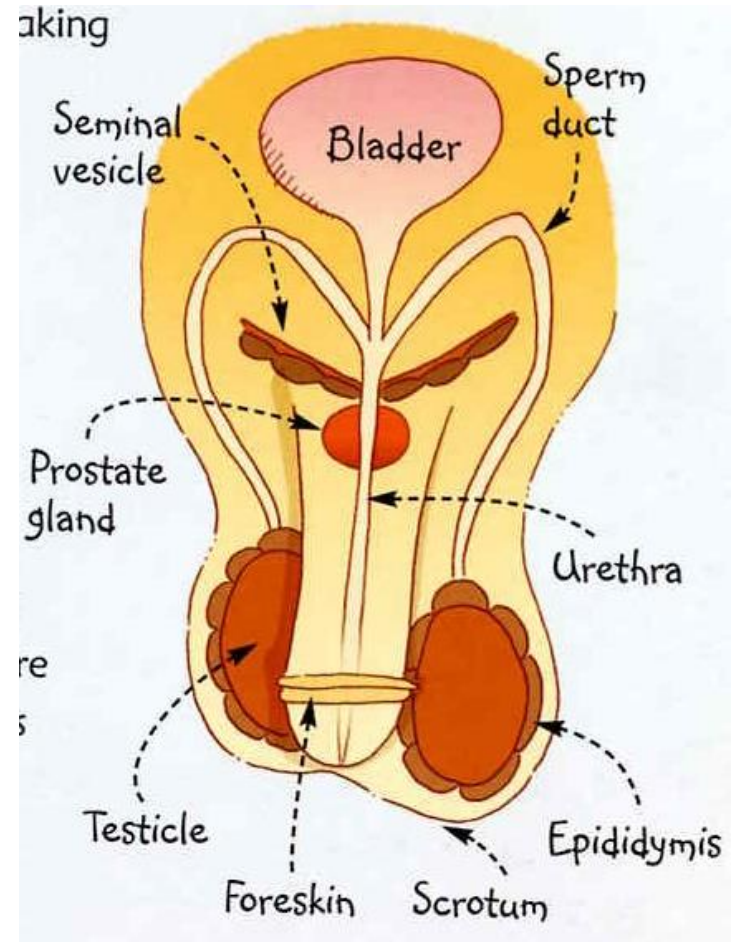
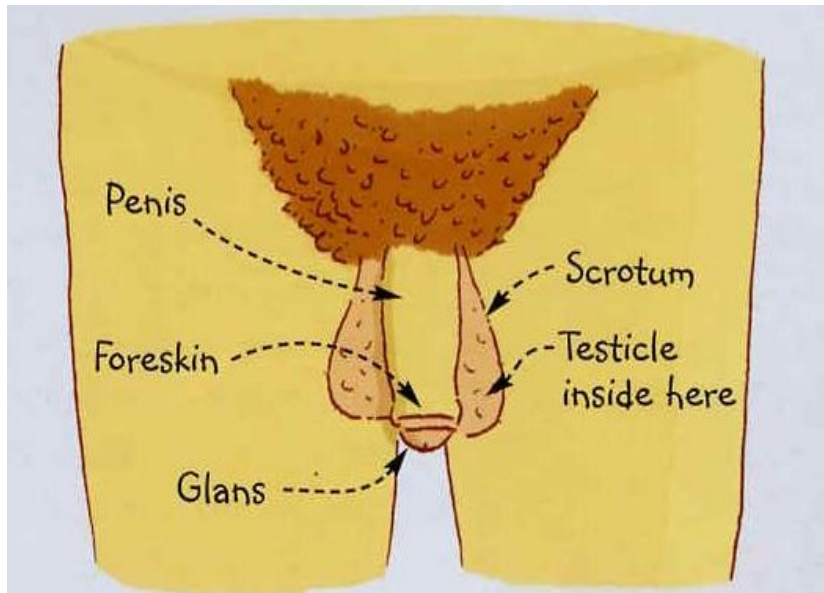
Your vocal cords and larynx will both get larger – so you will make a deeper sound.



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Male Reproductive System



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Testicles



- Can be up to 10 times bigger by the end of puberty
- The left one often hangs lower than the right, to stop them banging together
- Most boys start to produce sperm when they are 13 –14yrs (although anything from 10 – 18yrs is normal)
- Fully grown testicles can make up to 2000 sperm every second!
- They hang down outside the body, as inside is too warm for sperm
- On cold days the scrotum shrinks and pulls the testicles up nearer to the body



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Penis



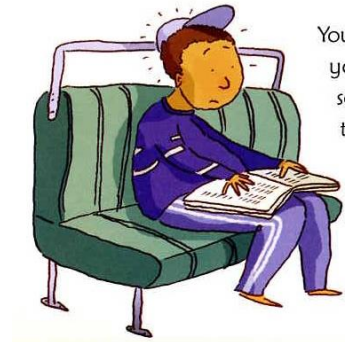
- Increases in size – it will have doubled in size by the end of puberty
- Size and shape vary
- Skin may become slightly darker in colour
- The end of the penis (glans), is very sensitive so is usually covered by the foreskin
- Circumcision – medical / religious reasons

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Erections

- An erection is when the penis becomes larger and harder and stands away from the body.
- It can happen at any time, sometimes for no apparent reason (many boys have erections from babyhood)
- Body and brain getting used to your new hormones
- Usually it will go away after a few minutes
- Can anyone tell if you have an erection?
- It is very common to wake up with an erection in the morning

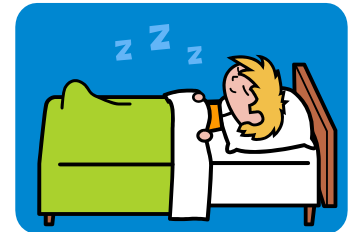


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Ejaculation

- Ejaculation is when semen (a mixture of sperm and a thick creamy fluid) squirts out of an erect penis
- How much? – a teaspoonful but it contains millions of sperm
- It can happen while sleeping – called a ‘wet dream’
- Common in boys during puberty although not everybody will have them - normal
- Body getting used to a new way of working
- Semen and urine can not come out at the same time because there is a valve to stop it



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Boys and girls

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Hairy Bits!!

Pubic hair - usually the first to grow. More curly and coarser than the hair on your head / may be a different colour

Underarm hair - usually starts a year or two after pubic hair begins to grow

Body hair - for boys it can grow just about anywhere on your body (face, chest, back, hands, feet, even your bum!!)

Remove it? - personal choice

- Shave/wax/cream – discuss with an adult
- Hair grows slowly at first



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Keeping clean!!

Skin produces more sebum during puberty which can cause:

- greasy hair
- spots
- acne



- Sweat glands produce more sweat during puberty
- BO – body odour

Important

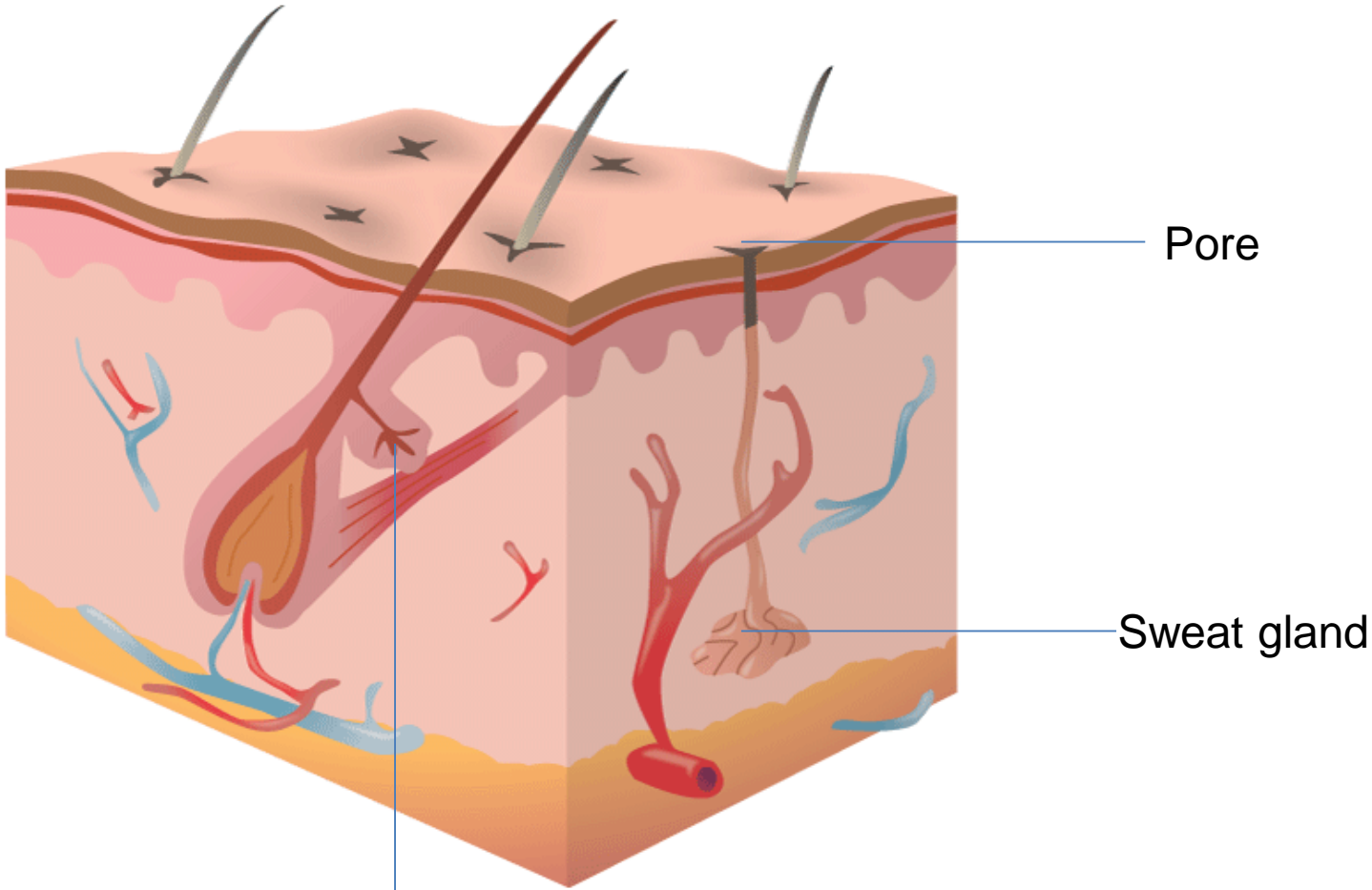
- wash / shower every day
- use deodorants / antiperspirant / body sprays



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Skin



Sebaceous gland
-produces sebum (oily substance)
Keeps hair waterproof and supple

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Feelings

Growing up can make you feel moody / irritable. You have to deal with:

- Changing body
- Lots of hormones
- New emotions
- Responsibilities!



Parents

- Not unusual to argue!
- Compromise

Friends

- May change friendship groups / different interests
- Start fancying people
- BEWARE of being pressurized into doing something that you don't want to do

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Keeping Healthy

- Puberty is tiring and requires lots of energy!

Important

- Healthy balanced diet helps you to grow
gives you energy
breakfast – very important



- Exercise



- strengthens muscles, bones,
heart
keeps you slim

- Sleep

lots of it!!

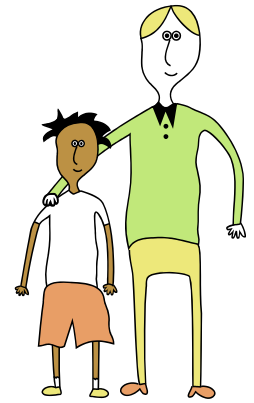


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Summary



- Everyone's body clock is different – it will happen when it is right for you
- It may take some time getting used to the changes but it is all normal, natural
- Mums / Dads / Uncles / Aunties / older sisters / older brothers are the experts – they have all been through it already – don't feel embarrassed to talk to them

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