

Growing Up and Body Science

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Island Sexual Health Society

Workshop Guidelines

- No question is a dumb question as long as the person asking wants to know the information
- If you feel uncomfortable, keep breathing – time will go by really quickly!
- Be Respectful of each other
- We have this class to provide you with information, not scare you
- Remember, this is all about body science!
- Body Scientists never say, “eww Gross! They say, “Interesting!”

What happened??



**THERE IS NO WAY
MAGIC ISN'T INVOLVED.**



Puberty!



**i'm finished!
finally, i'm a beautiful butterfly!**



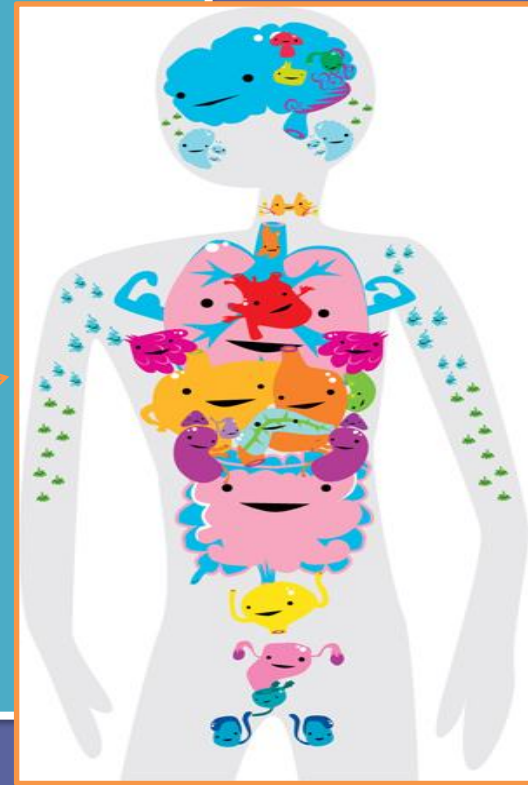
my wings!



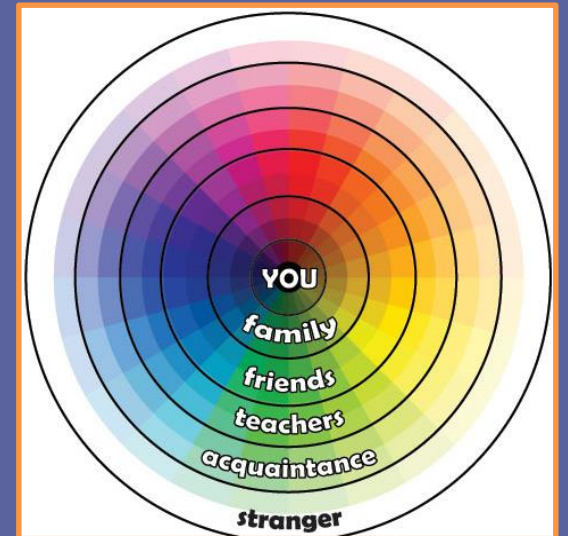
oh, they're beautiful!

What is it??

- Growing up
- Child → Adult
- Changes
 - Physical, Emotional, Social



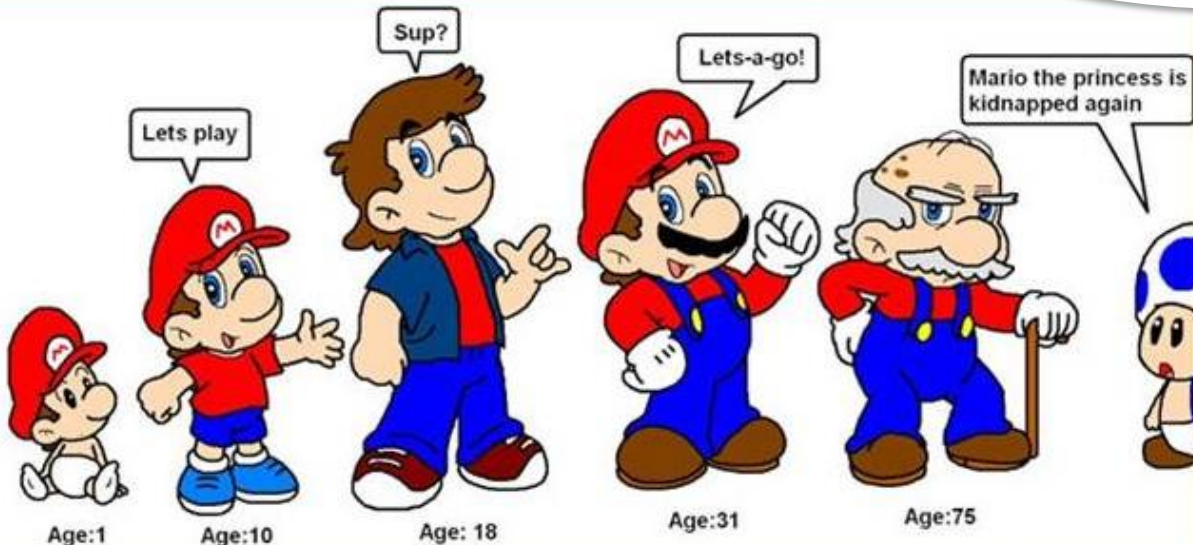
Puberty!



Puberty!

When does puberty happen?

- When your body is ready!
- (m) 11-16 (f) 9-14
- 5 years

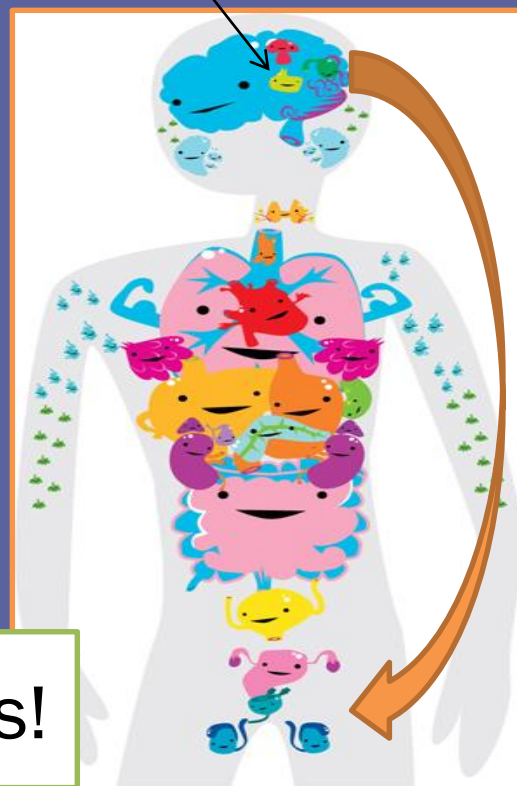
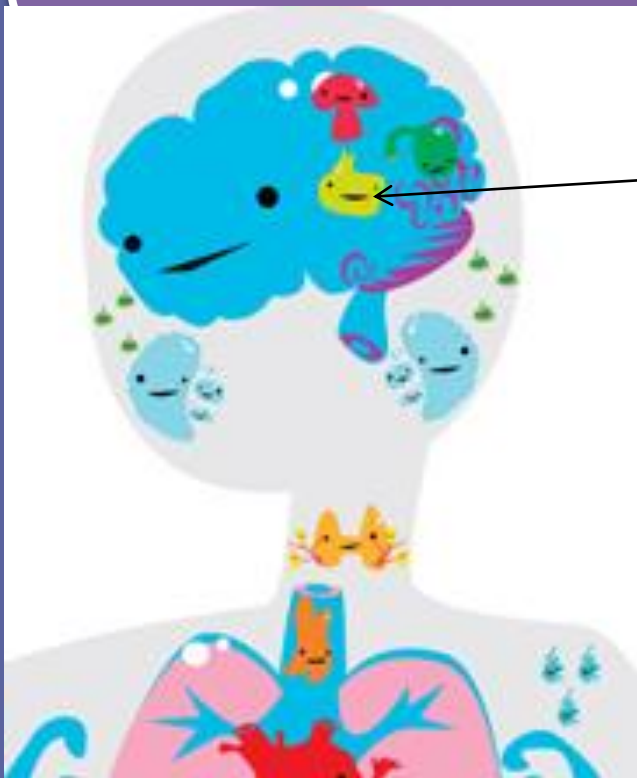


How does it happen??

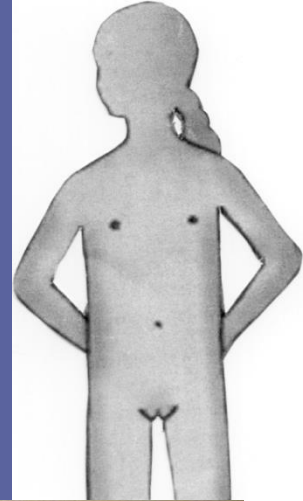
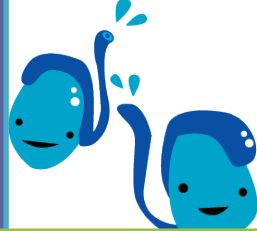
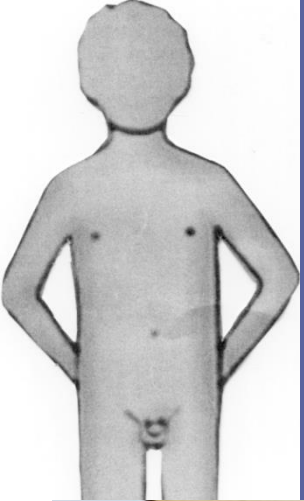
- Your amazing brain!!

Puberty!

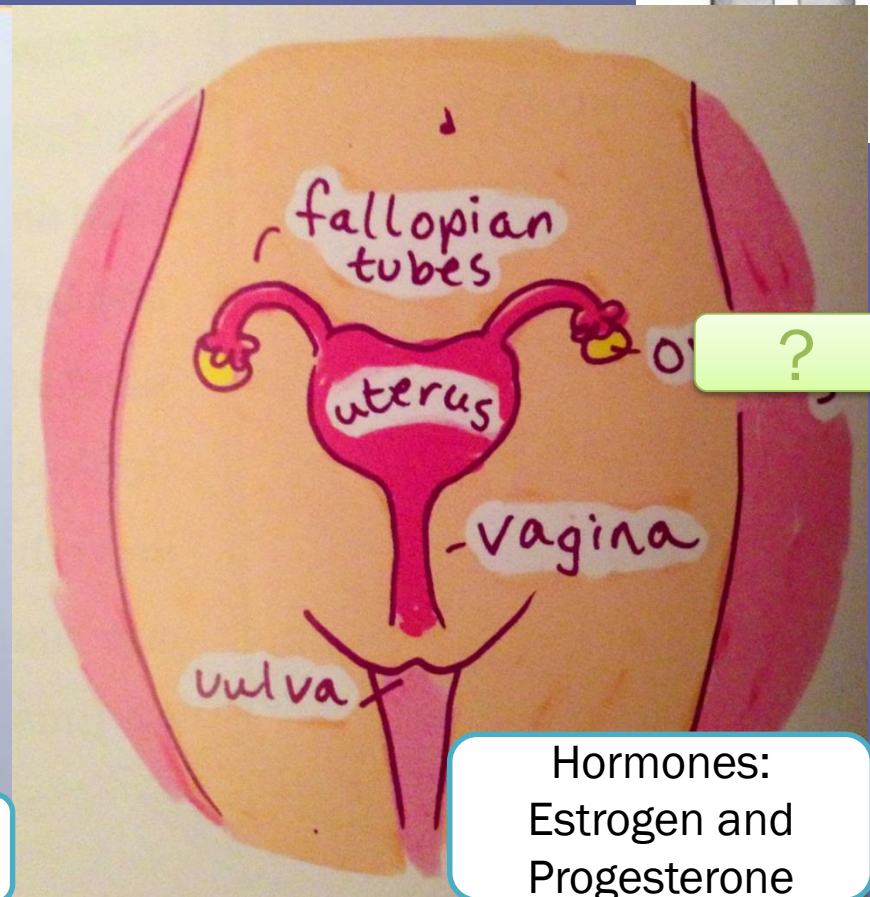
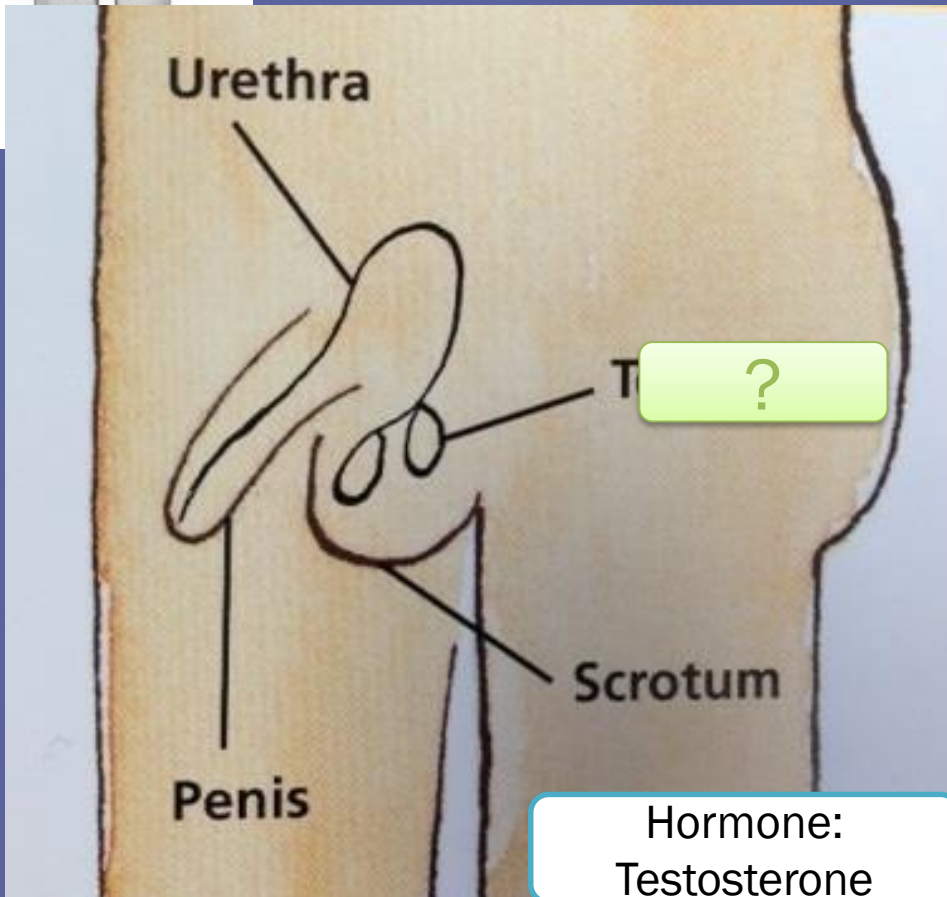
Pituitary Gland



Reproductive systems!

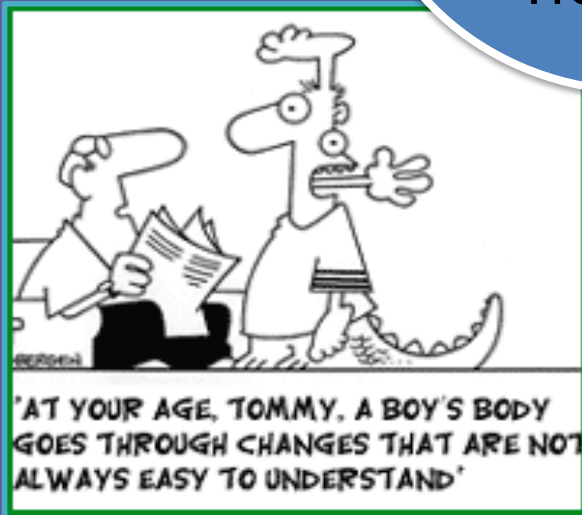


Reproductive systems!



Changes Activity

- Look at the list of clues
- Walk around the room to find the change
- Write the change next to the clue you think it belongs with.
- Talk to your classmates if you need help



Puberty!

Fill in the blank Changes

1. Body Growth

2. Erections

3. Voice changes

4. Nocturnal emissions (wet dreams)

5. Pimples

6. Sperm production

7. Menstruation (period)

8. Body Hair

9. Body Odour

10. Egg cells (ovum)

11. Discharge

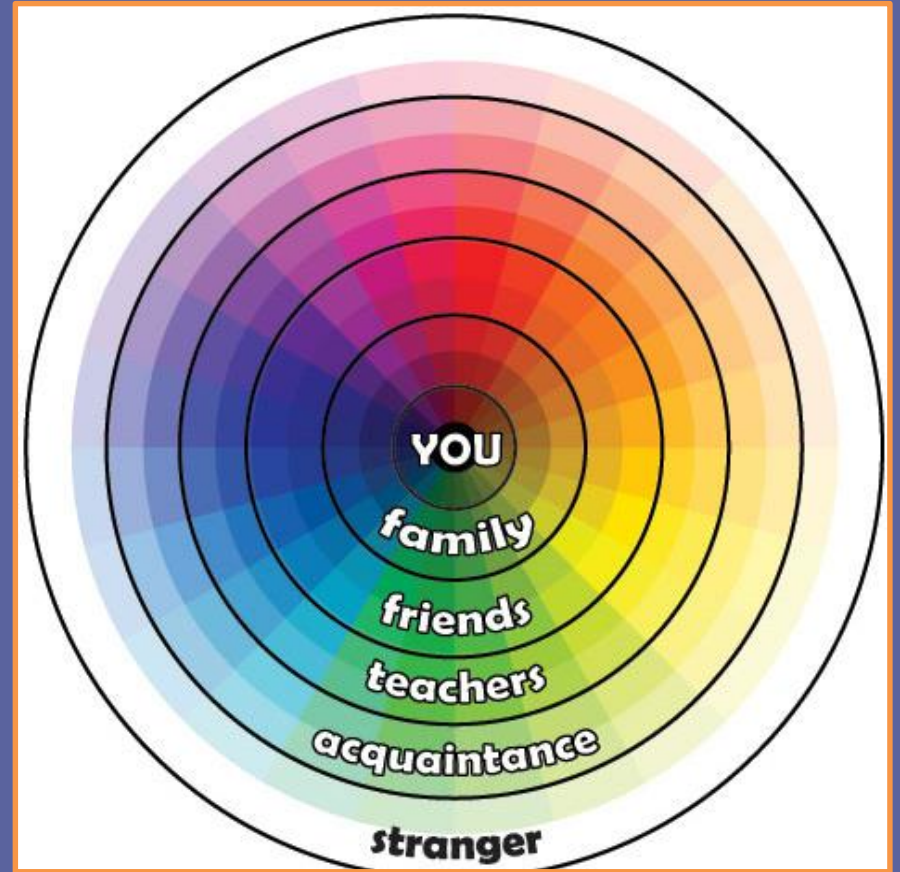
12. Breast growth

Answers

- Gets deeper, sometimes cracks :
- On your skin, caused by oil, dirt, hormones and other things
- People sweat more and start to have
- Grows on your face, armpits, genitals and more
- Get taller, gain weight, shoulders and hips widen
- Happens in the testicles
- They start to be released from the ovaries
- Mostly happens to female bodies during puberty
- Fluid from the uterus leaves the body about once a month
- Fluid that keeps the vagina healthy
- Can happen out of the blue
- When fluid comes out of the end of penis when you are sleeping

Answers

- Gets deeper, sometimes cracks 3. **Voice changes**
- On your skin, caused by oil, dirt, hormones and other things 5. **Pimples**
- People sweat more and start to have 9. **Body odour**
- Grows on your face, armpits, genitals and more 8. **Body hair**
- Get taller, gain weight, shoulders and hips widen 1. **Body growth**
- Happens in the testicles 6. **Sperm Production**
- They start to be released from the ovaries 10. **Egg cells (ovum)**
- Mostly happens to female bodies during puberty 12. **Breast growth**
- Fluid from the uterus leaves the body about once a month
7. **Menstruation (period)**
- Fluid that keeps the vagina healthy 11. **Discharge**
- Can happen out of the blue 2. **Erections**
- When fluid comes out of the end of penis when you are sleeping
4. **Nocturnal Emissions (wet dreams)**



What changes are missing?

Emotional and Social Changes

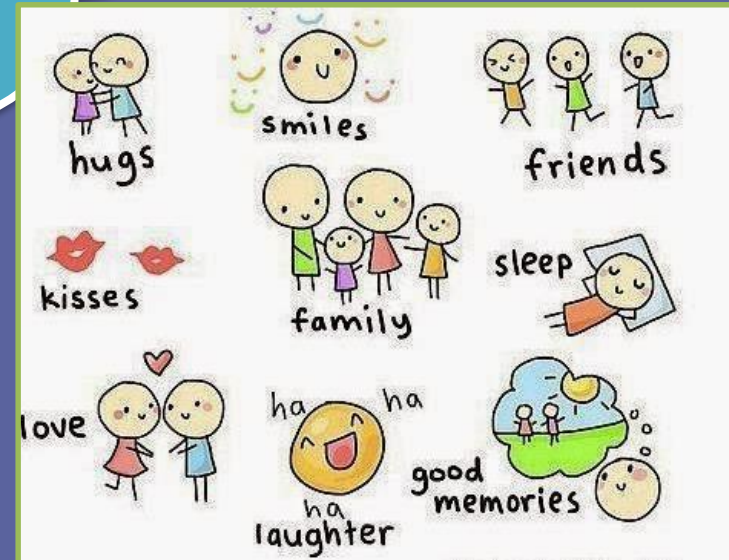
- Mood swings
- Changing interests
- Change in body image
- Romantic feelings and thoughts- attraction
- Think more about looks
- Wanting to 'fit in'

How might all these changes affect our relationships?

- Might want a BF/GF
- Friendships become more important
- Want more independence
- More Privacy
- New Interests=new friends

Time to reflect!

Remember this paper is just for you! You don't have to show anyone.



Anonymous Questions



- No Names
- Everyone must write something

If you do not have a question,
write your favourite food, sport
or ice cream flavour.