



# Always Changing & Growing Up

Puberty Education Program



# Program

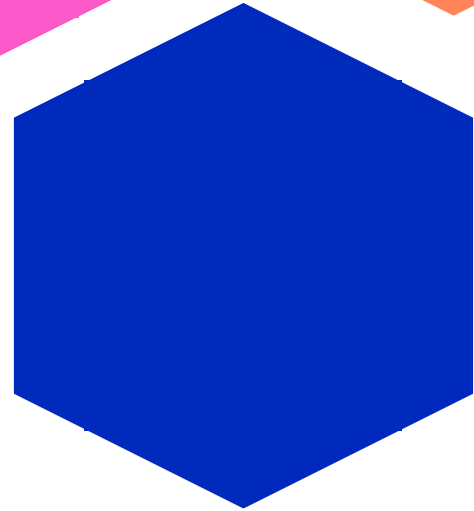
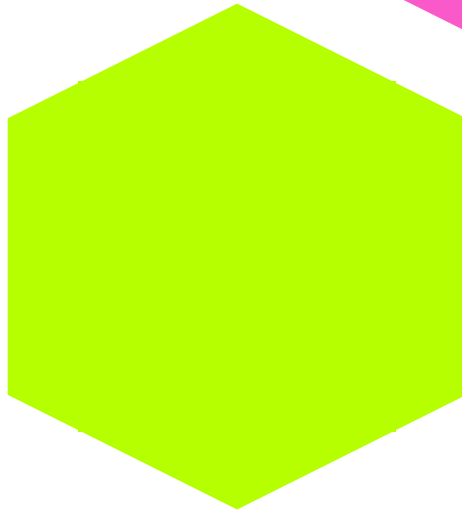
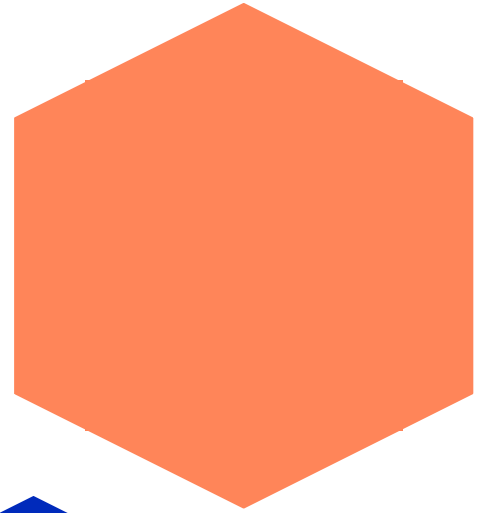
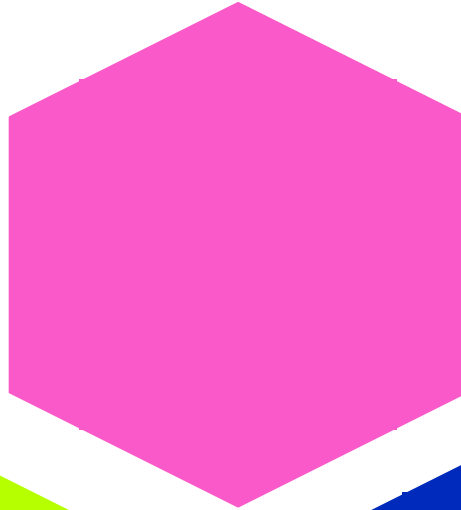
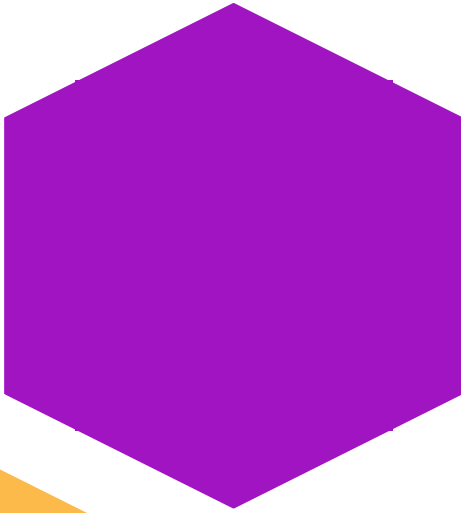
Module #1	Growth and Development at Puberty	
Module #2	Girl's Reproductive System	Boy's Reproductive System
Module #3	Staying Confident and Healthy	
Module #4	Healthy Relationships	



# **Growth and Development at Puberty**



# Puberty: What do you already know?





## Puberty: An important time of your life!

Girls start: ages 7-12  
Boys start: ages 9-14

INDEPENDENT

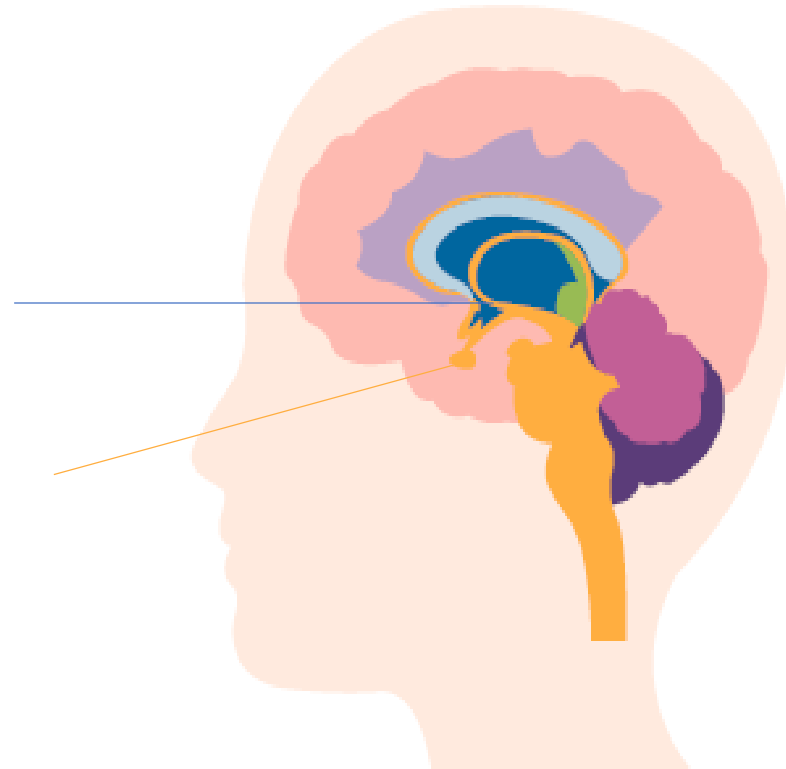
STRONG

WOMEN  
&  
MEN

# Changes Start Happening in Your Brain

Hypothalamus

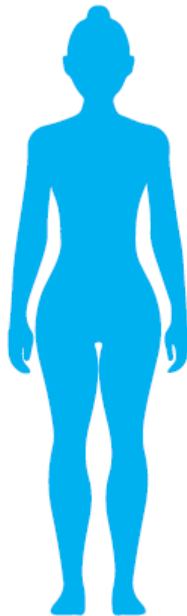
Pituitary gland



# Puberty Changes You'll Notice

## Girls

- Breasts begin to develop and grow
- Vaginal discharge begins
- Body becomes curvy as hips widen



## Girls & Boys

- Emotions and feelings may seem stronger
- Brain development improves the way you think and understand
- New feelings of attraction may begin
- You grow taller and heavier as bones increase in size
- Hair and skin become oily, spots may develop
- Sweating increases
- Body hair grows – e.g. legs, pubic, facial

## Boys

- Adam's apple enlarges
- Voice deepens
- Penis and testicles grow



These changes can be tough for many people, so it's helpful to support each other as best you can through this stage in life.





# Taking Care of Your Body







# Changes to Reproductive Systems

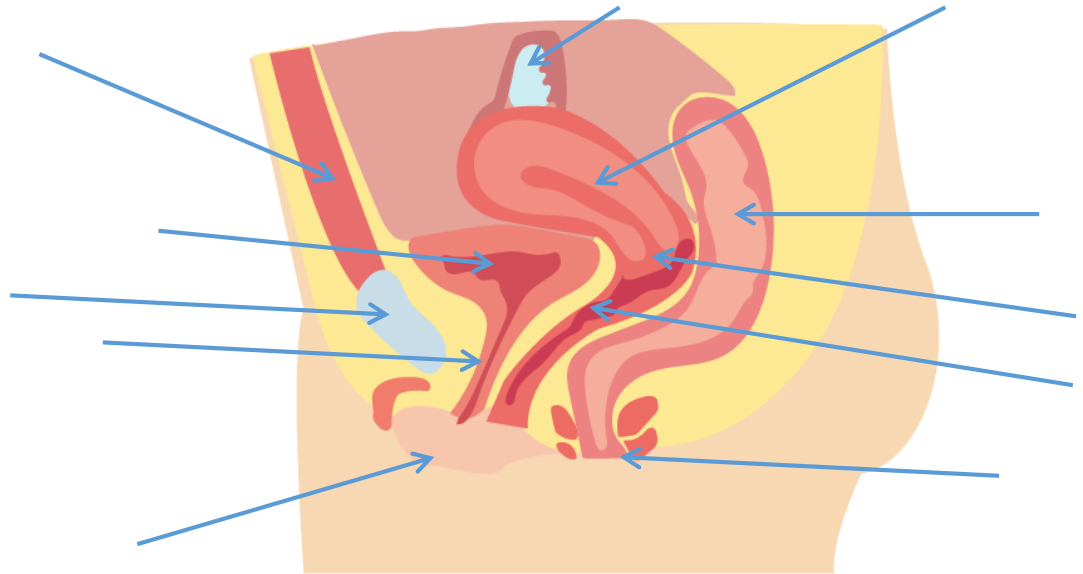
# Girl's Reproductive System

# Girls' Reproductive System

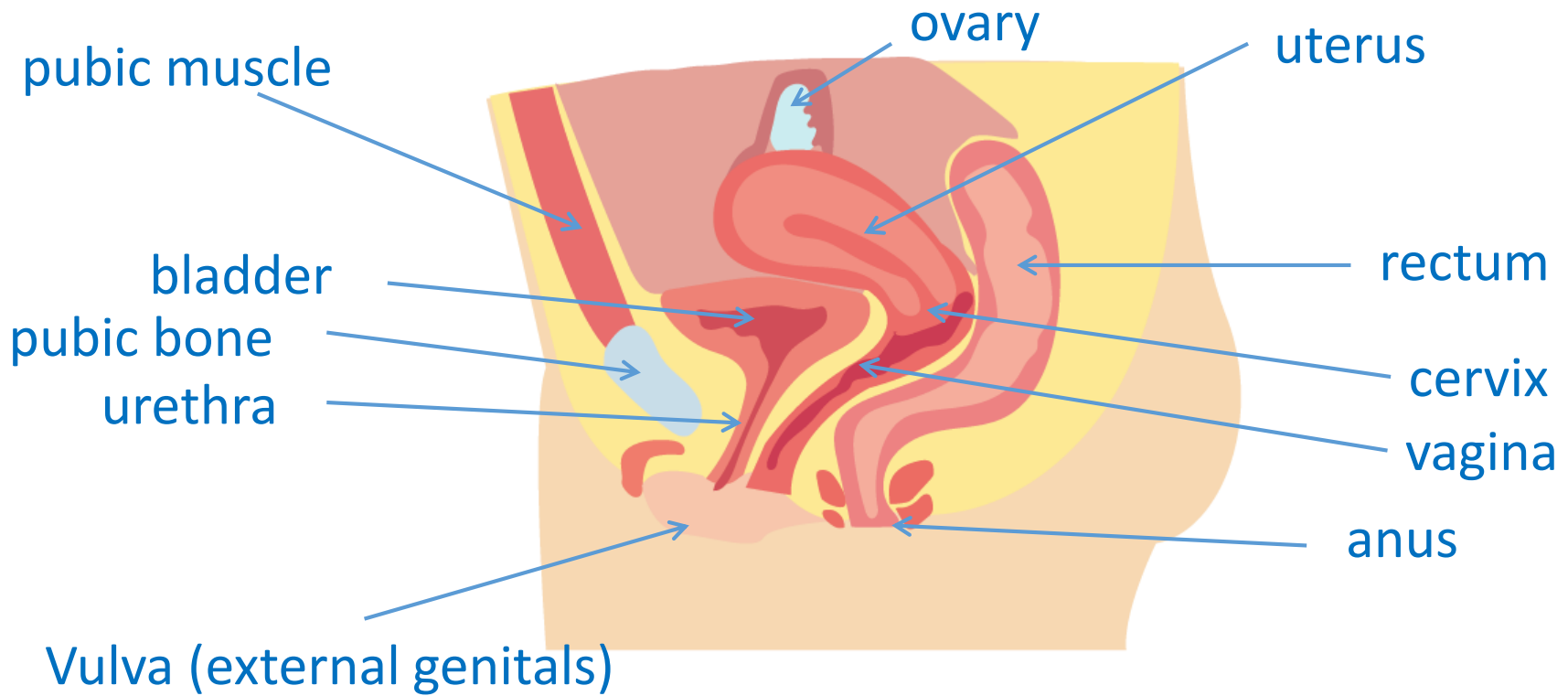
anus  
bladder  
ovary  
vagina  
pubic bone

rectum  
urethra  
cervix  
uterus  
pubic muscle

Vulva (external genitals)



# Girls' Reproductive System



# The Vulva

labia minora

vaginal opening

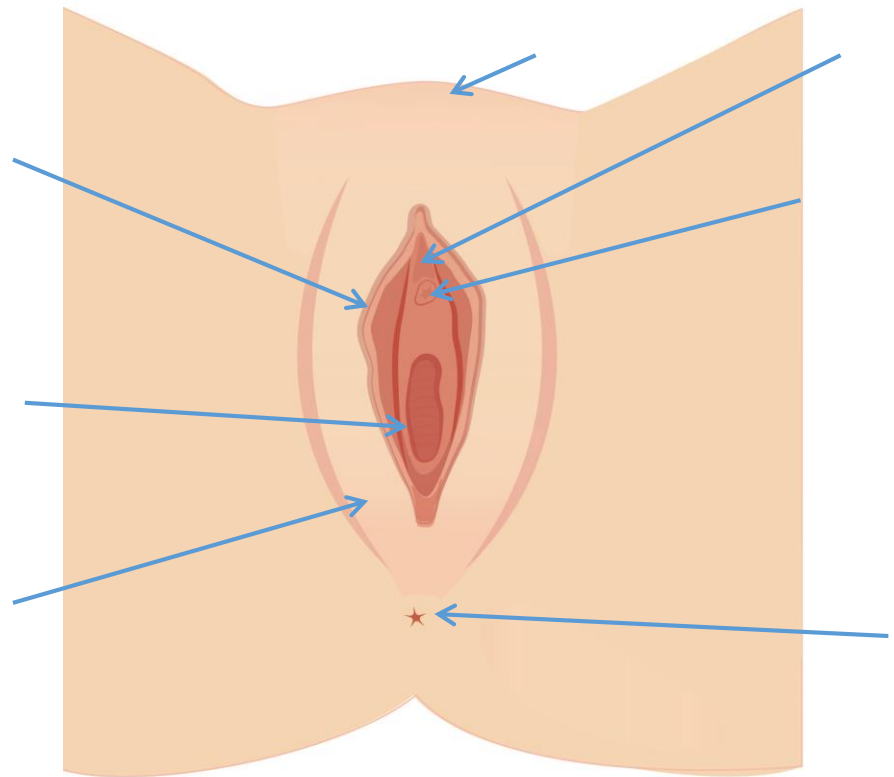
anus

clitoris

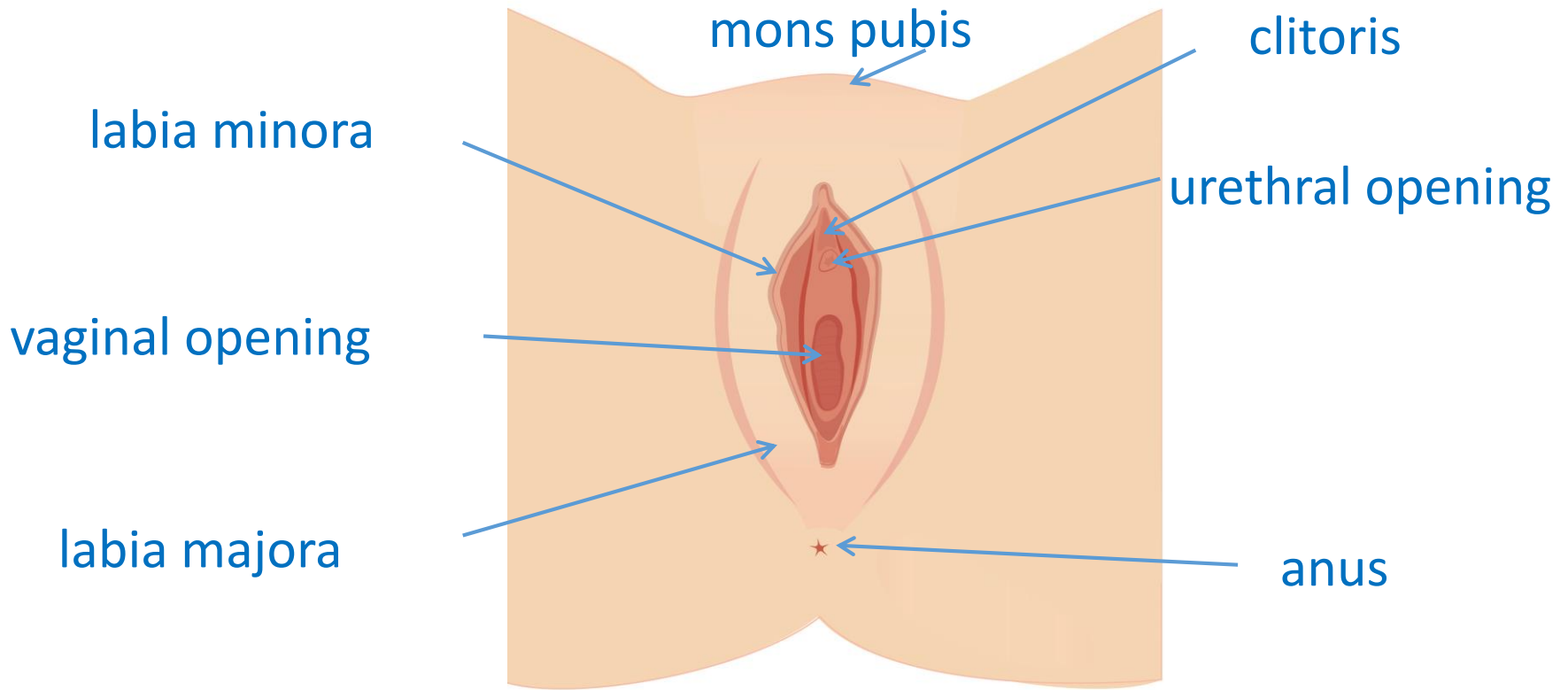
labia majora

urethral opening

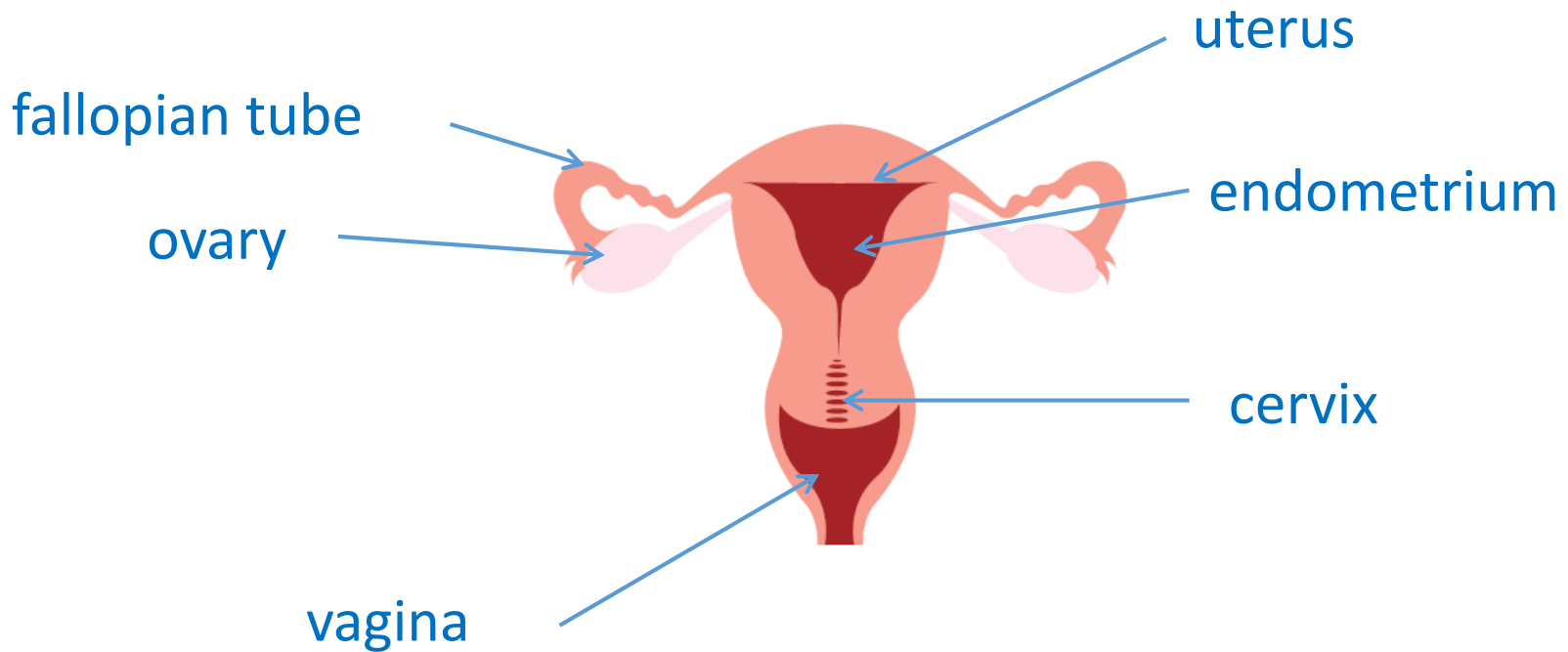
mons pubis



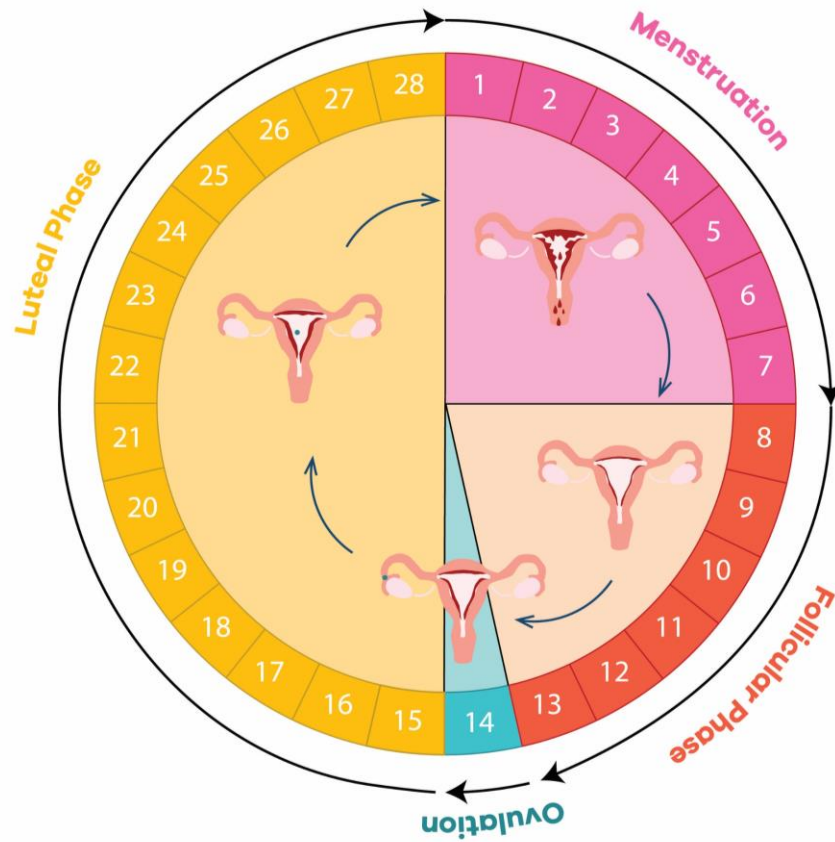
# The Vulva



# Menstrual Cycle and Reproductive System



# The Menstrual Cycle

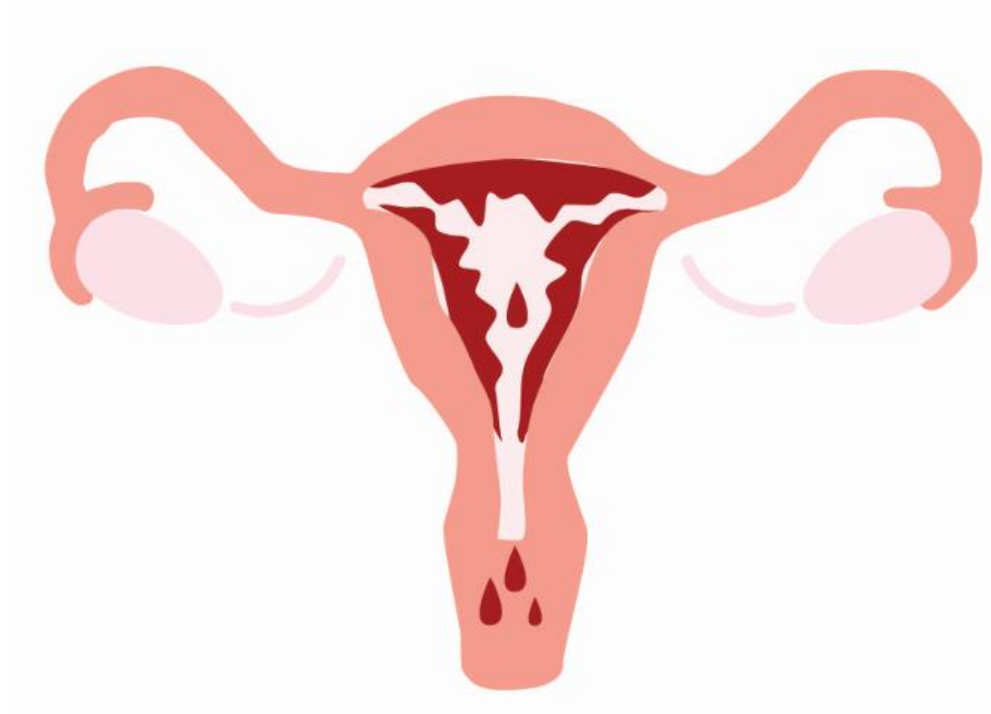




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## Phase 1. Menstruation

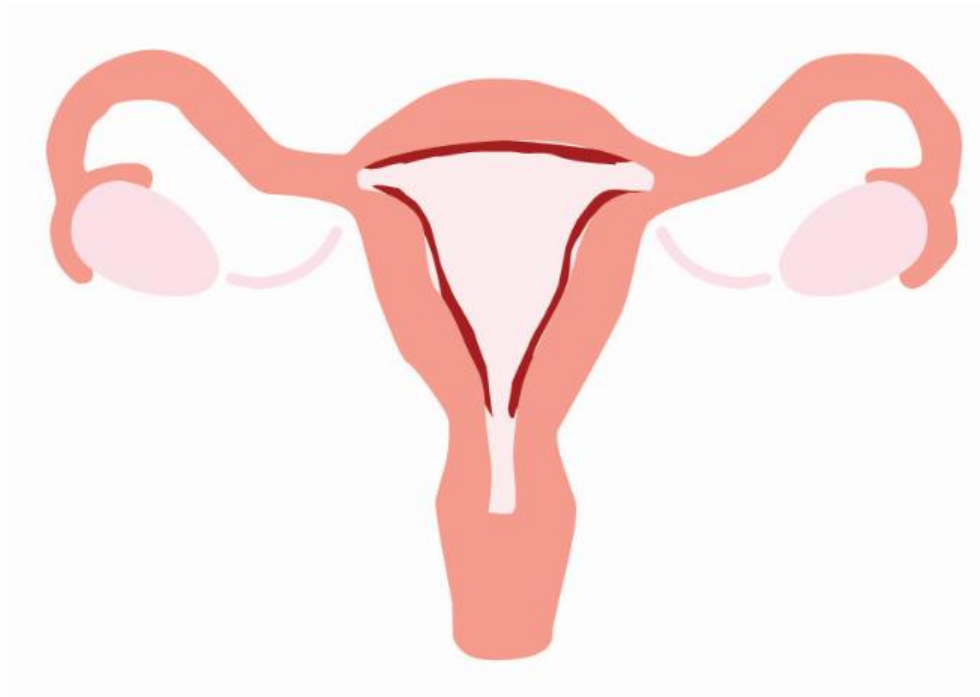
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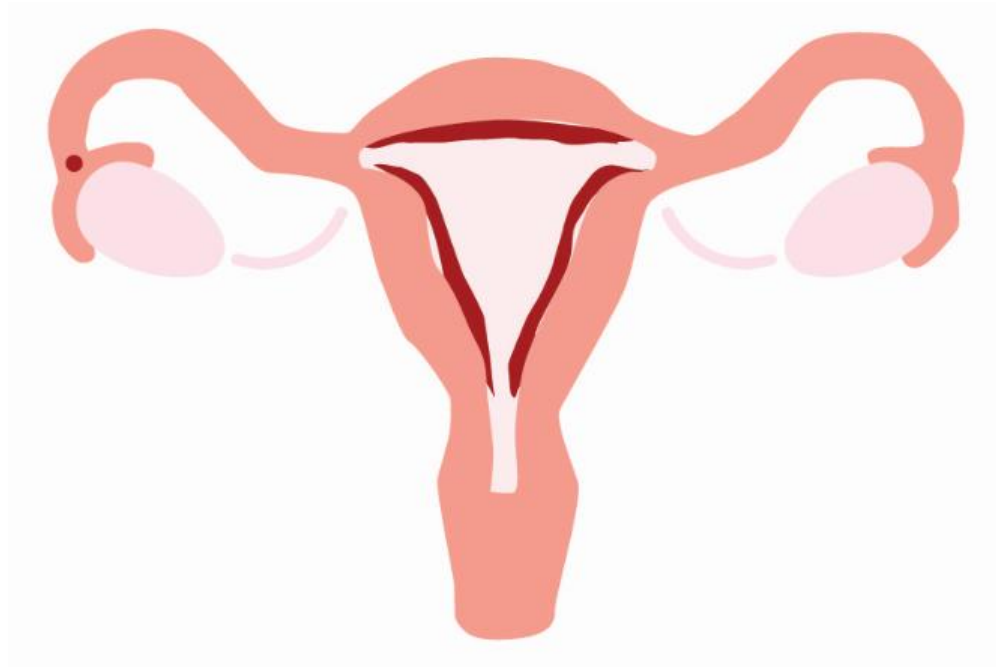
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## Phase 2. Pre-ovulation (Follicular phase)

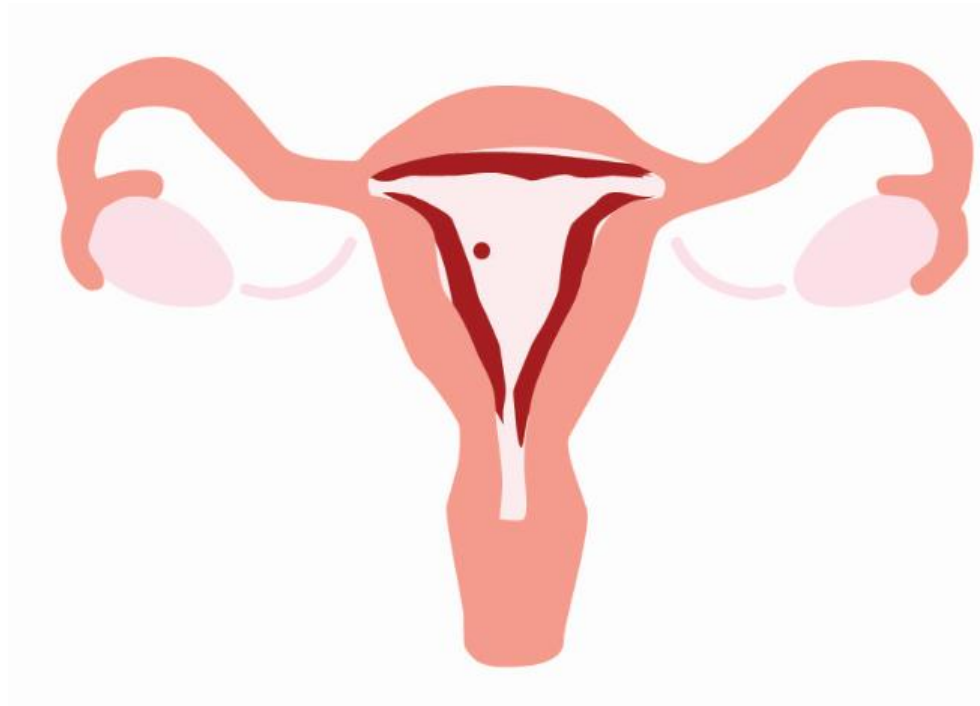
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### 3. Ovulation



## 4. Pre-Menstrual (Luteal Phase)



# Period Frequently Asked Questions - FAQs





- How long does a period last?
- I haven't started my period, am I late?
- Why and how to keep track of my cycle?
- What if my period is irregular?
- How much blood will I shed?
- Will my period hurt?



If you haven't started your period by age 16, or your period remains irregular, talk to your parent or trusted adult about seeing a doctor.

# An Overview of Period Protection

Period products are made to absorb menstrual flow

Period Protection	Worn inside or outside the body	Disposable or Reusable
 PADS	Outside	Both
 TAMPONS	Inside	Disposable
 CUPS	Inside	Reusable
 MENSTRUAL UNDERWEAR	Outside	Reusable



Tip: Keep a pad in your purse, schoolbag, or locker for yourself or a friend.

# All You Need to Know About Pads



Change your pad every 4 to 8 hours, or more often if your flow is heavy. Don't forget to use clean underwear every day; change them if they become soiled.



# How to use a pad?



1. Wash hands with soap and water before changing your pad.



2. Open the wrapper of your pad.



3. Detach the pad from its wrapper and remove the paper strip that covers the wings.



4. Attach the sticky part securely to the inside center of your underwear. Wrap the wings around it. When done, wash your hands with soap and water.



## Bin it – Don't flush it!

1. Fold the pad up & wrap it in the wrapper from your new pad or in toilet paper if you don't have a wrapper available.



2. Put the wrapped up pad in the waste bin and ensure the lid is closed once the product has been disposed.

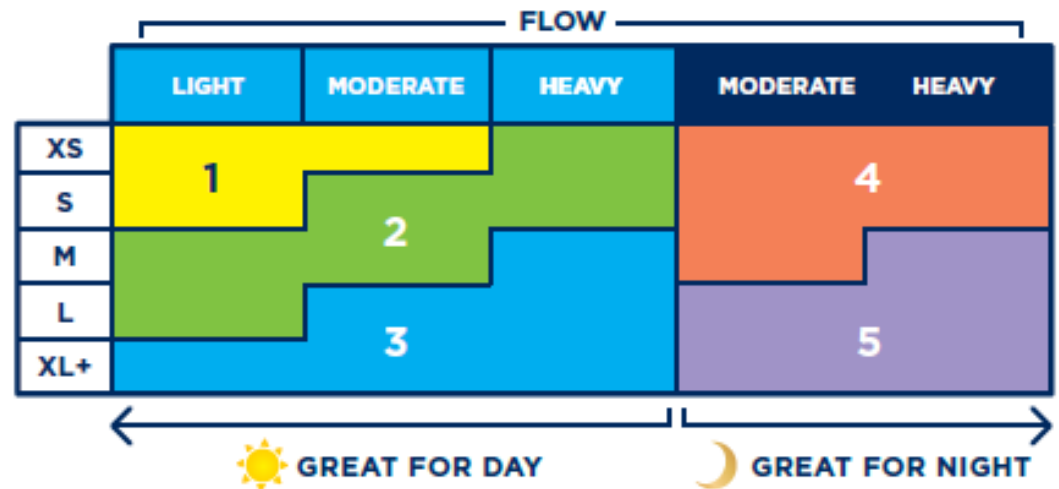




# Choosing a Pad



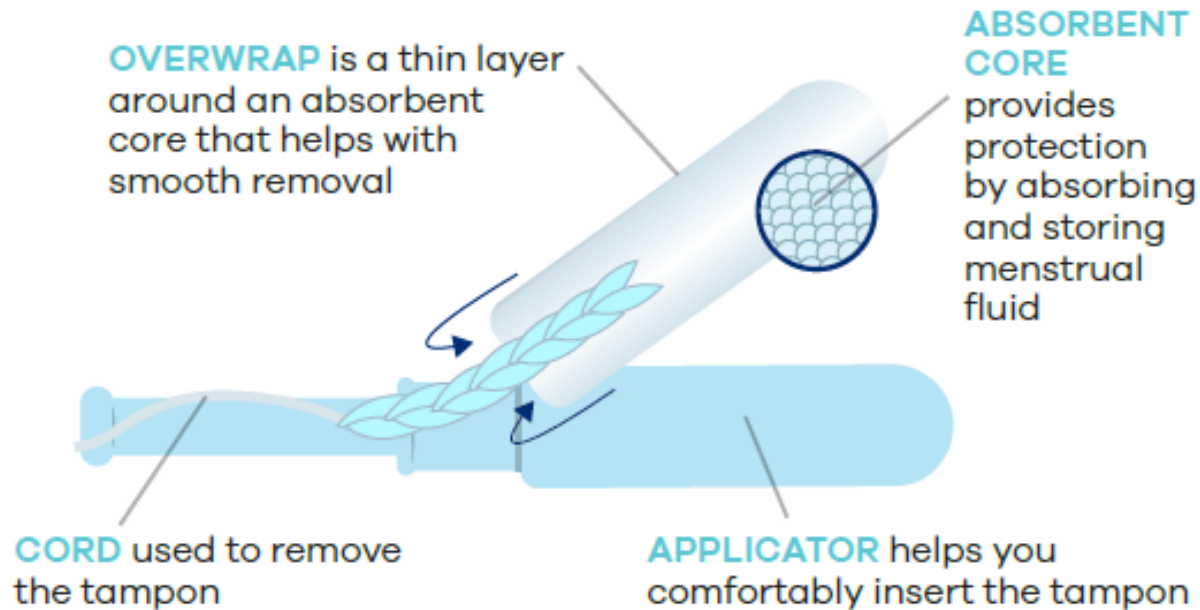
Choose a pad that will be the best fit for you based on your period flow and your body shape.



The better it fits, the better it protects!



# All You Need to Know About Tampons



**Keep in mind:** Tampons go in your vagina (not your urethra). That means you can still pee while wearing a tampon, as the tampon does not go in the same hole as where your pee comes from.

**TAMPAX**

# Tampon Frequently Asked Questions - FAQs

- Can I use a tampon at night?
- Do tampons hurt?
- Can I use tampons when I play sports or go swimming?
- Are tampons easy to take out?
- Am I old enough to use tampons?
- Can a tampon get lost inside me?



**TAMPAX**

# Choosing A Tampon



We recommend you start with using a regular absorbency tampon. If you find it is difficult to remove your tampon after 4-8 hours and there are still white parts on your tampon when you remove it, try switching to a lower absorbency. If you find you're having to change it very frequently, try switching to a higher absorbency.









Your flow is different every day. Your tampon should be, too.

Use the lowest absorbency necessary for your flow.

**TAMPAX**

# How to use a Tampon

-  Wash your hands well. Then unwrap the tampon. Find a comfy position. Most girls either sit on the toilet with their knees apart or stand with their knees slightly bent.
-  Find the little grip marks on the applicator. Hold them with your thumb and middle finger. With the string hanging down insert the plastic tube into your vagina at a slight upward angle. Gently slide the applicator inside your vagina until your fingers touch your body.
-  With your pointer finger, push the smaller plastic tube all the way in; this slides the tampon out of the applicator and into the right place inside of you.
-  To remove the applicator, keep your fingers on the grip marks and pull down gently, leaving the tampon inside you and the string hanging outside. If you got it right you should not even feel it! If it is uncomfortable, chances are it is not inserted far enough. Don't worry - either use your finger to push it in a little further, or gently pull it out and try again with a new tampon.
-  Congrats, you got it! Now dispose of the applicator. Place it back into the wrapper and throw it in the bin, NOT the toilet. Wash your hands after inserting the tampon.
-  To remove your tampon, gently pull the string of your tampon to remove it and dispose it in the bin. Once you're done, wash your hands with soap and water.

## Top tips!

- Change your tampon every 4-8 hours or more often if your flow is heavy
- Ensure that the last tampon is removed at the end of your period.
- Set an alarm on your phone to help you remember when to change your tampon.

## Bin it – Don't flush it!

Too many people still believe tampons, wrappers or applicators can be flushed in the toilet. Good habits make a difference. You can contribute to the care for the environment by not flushing your period products and disposing them in the bin instead.

# Toxic Shock Syndrome (TSS)

TSS is treatable and the earlier you catch it the better.

Be aware of the warning signs:

- Sudden high fever (102°F / 39°C or higher)
- Vomiting
- Diarrhea
- Sunburn-like rash
- Dizziness
- Muscle ache
- Fainting/near fainting when standing

If you have one or more of the warning signs, remove your tampon & contact a doctor.



## Vaginal discharge



- A creamy white/yellowish fluid
- Perfectly normal & healthy
- Prevents the vagina from drying out
- Helps to protect the vagina against infections



# Pantyliners

- ✓ Keep your underwear clean
- ✓ Absorb discharge
- ✓ Absorb perspiration
- ✓ Offer extra protection when you're getting used to tampons
- ✓ Can be used for spotting/light period days





# What is PMS?

P.M.S. =  
Pre-Menstrual Syndrome

## Common PMS Symptoms

- Feeling swollen or bloated
- Change in appetite
- Breast tenderness
- Abdominal cramps and feeling queasy
- Acne or skin rash
- Mood changes: feeling sad, tearful, tired or irritable
- Headaches

## How to deal with PMS?

- Chart your symptoms and be aware of when you may experience them
- Get enough rest
- Exercise
- Take time for yourself
- Practise deep breathing exercises
- Eat foods rich in fibre and low in sugar & fat
- Listen & respect how you feel

# Managing Period Cramps

## How to treat them:

- Moderate exercise and stretching
- Use a hot water bottle or warm towel on your belly
- Take a warm bath
- Practice deep breathing exercises

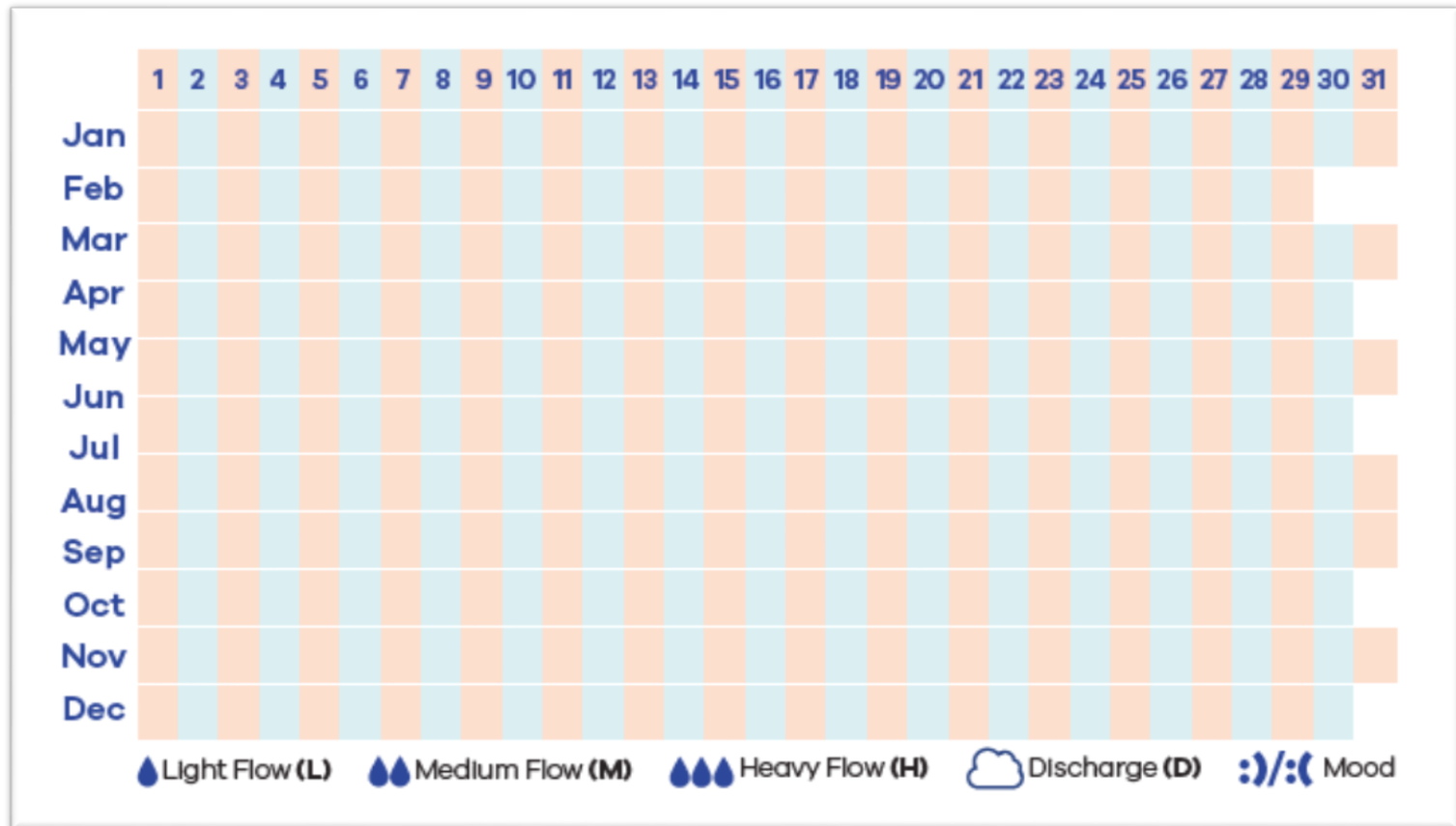


# Be Prepared

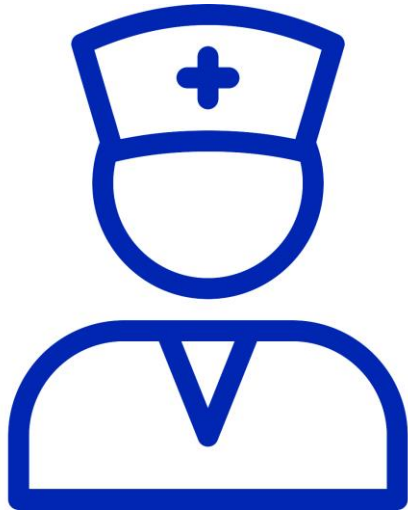
- Keep a pad or tampon in your purse, schoolbag, or locker for yourself or a friend.
- Start **using a pantyliner** a few days before you expect your period to start. It will help protect your underwear from discharge and light period flow.
- If you don't have period protection available, or simply can't afford it, you can ask a friend, teachers or school nurse, or use rolled up toilet paper until you get a pad.



# Track Your Period



# Regular Preventive Care



# Boy's Reproductive System

# Male Reproductive System

Foreskin

Penis

Epididymis

Bladder

Seminal vesicle

Testis

Prostate gland

Urethra

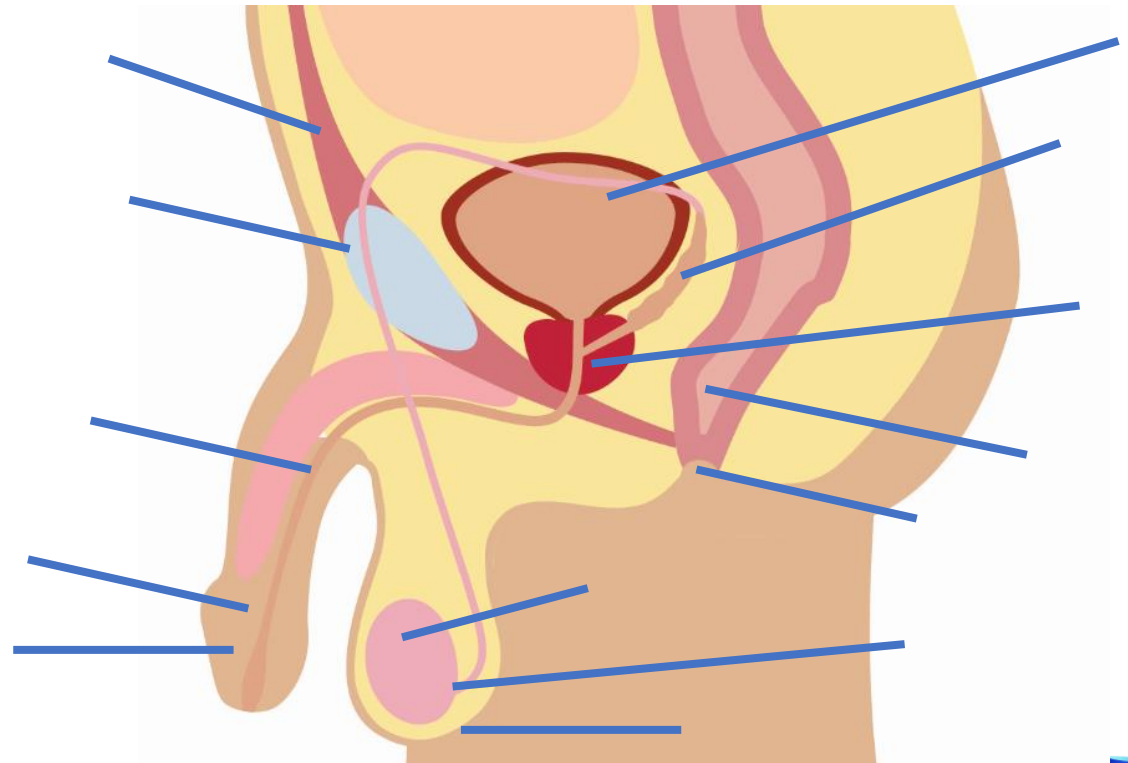
Anus

Pubic muscle

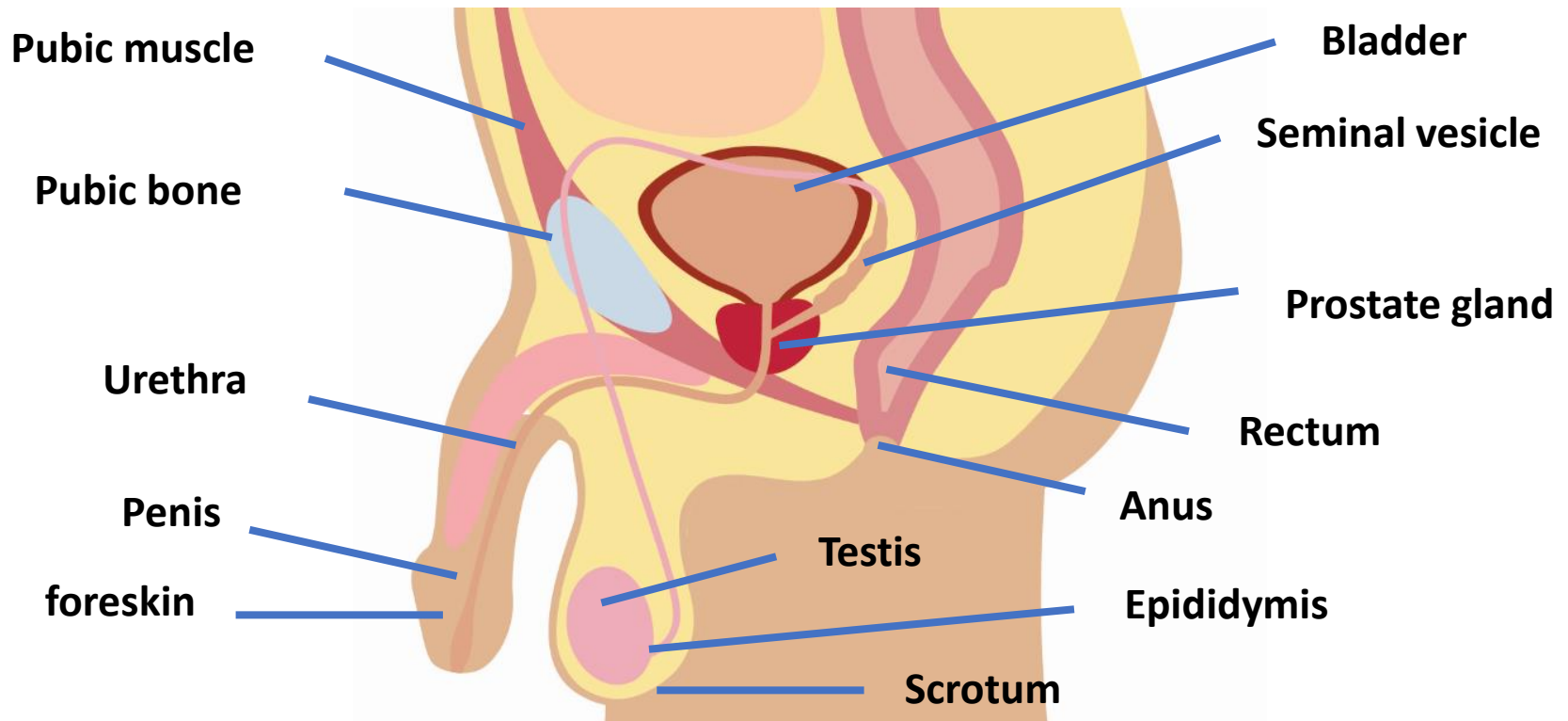
Pubic bone

Rectum

Scrotum

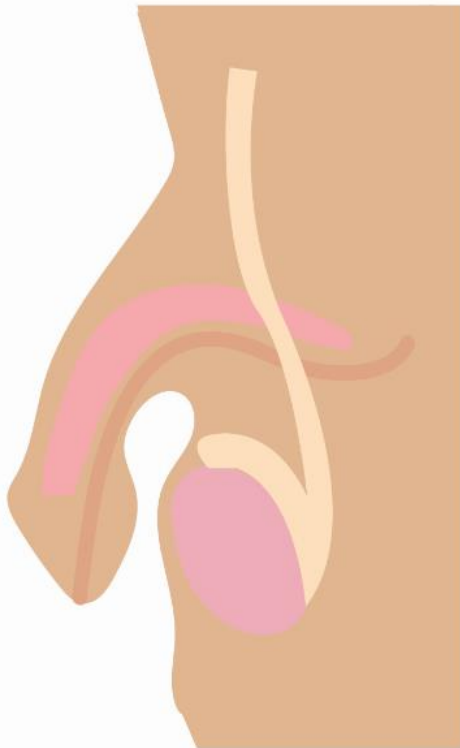


# Male Reproductive System

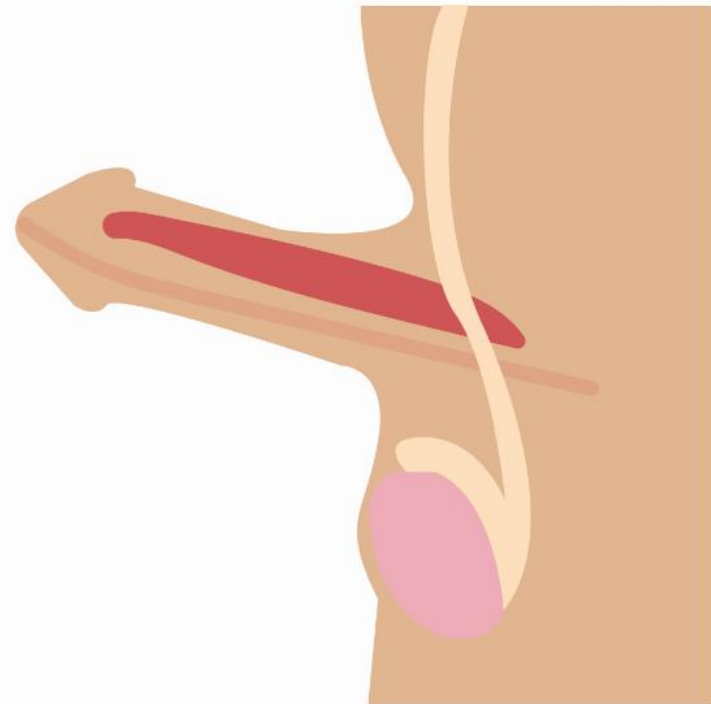




# What Is An Erection?



**Flaccid penis**



**Erect penis**

# Frequently Asked Questions - FAQs

- Do men stop have erections when they get older?
- Does it matter what size your penis is?
- What is circumcision?
- What are wet dreams?





# Staying Confident and Healthy

# Embrace the Growth Mindset!

Growth Mindset		Fixed Mindset	
CHALLENGING YOURSELF	Embrace challenges		Avoid opportunities
FACING CRITICISM	Learn from feedback		Ignore useful feedback
MAKING AN EFFORT	See effort as key to success		See effort as useless
OVERCOMING OBSTACLES	A misstep is a step forward		A misstep is a reason to give up
WHEN OTHERS SUCCEED	Find inspiration in their performance		Feel threatened and upset

# Take Risks and Keep Going

Remember – you only truly fail when you don't even try, so take positive risks. It can be scary, hard and, well, risky. It can also be exciting, fun and rewarding!

## Here are a few tips to take positive risks:

- **Don't be afraid to fail!** If you fail, use it as an opportunity to learn, get stronger and keep going!
- **Try again, and again, and again.** Know that sometimes you have to keep practicing and trying new ways to get better.
- **Remind yourself of all the things you've achieved** in the past. It can help you feel positive when you feel like you can't do something.
- **Break big things down** in to smaller, more manageable steps.
- **We all have strengths** - focus your attention on yours. It will help you become more confident and will give you energy!



# Powerful Words to Help You Out



**YET!** Yet is a very powerful word. You can use it to remind yourself that though you haven't accomplished it yet, you will!

**AND.** When you praise yourself, it's easy to add "but" to lessen your success. Try using "and" instead. So instead of "I'm pretty good at geometry, but I still have a B", try saying "and I am getting better every week".

**I CAN.** Have you ever said things like "I'm totally going to fail this test, I got so many questions wrong"? Lose the negative talk and think about how you can study harder and do better next time.

# Making Good Decisions



## I-D-E-A-L solution building

**IDENTIFY** the problem

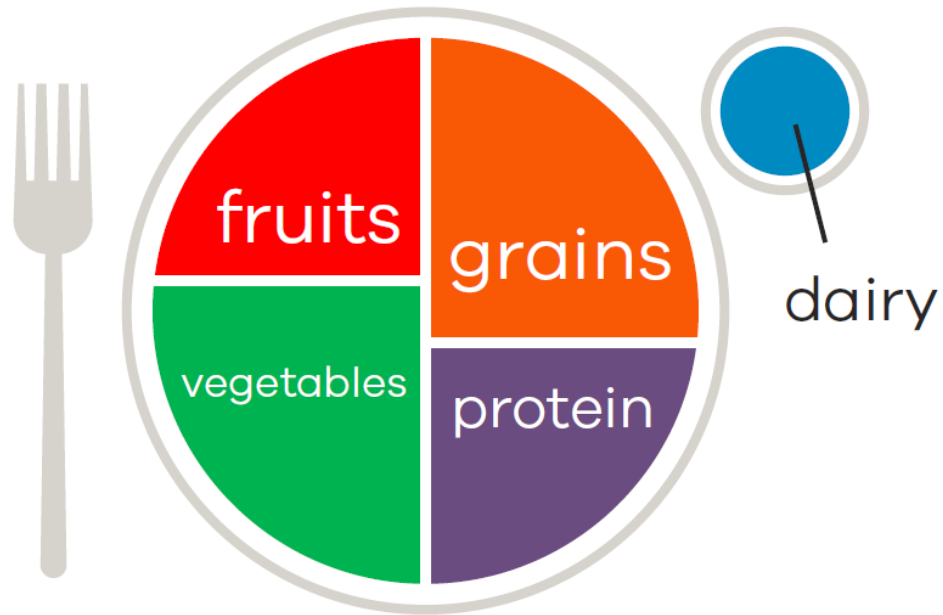
**DESCRIBE** all the ways you might solve the problem

**EVALUATE** all the possible solutions

**ACT** on one of the solutions and try it out

**LEARN** if your solution solved the problem effectively

# Healthy Choices





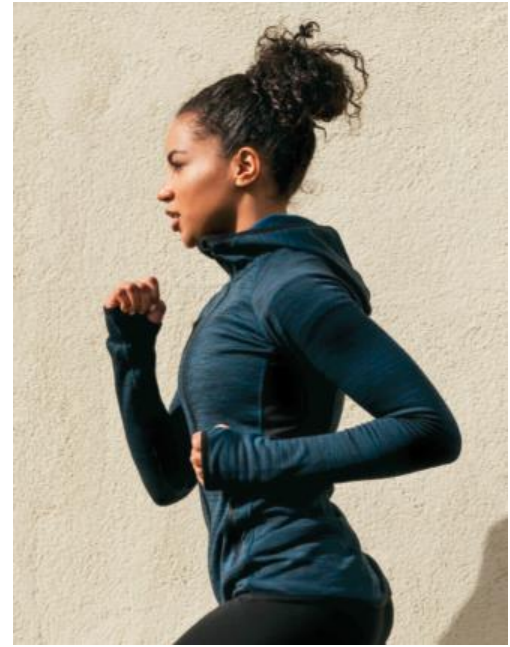
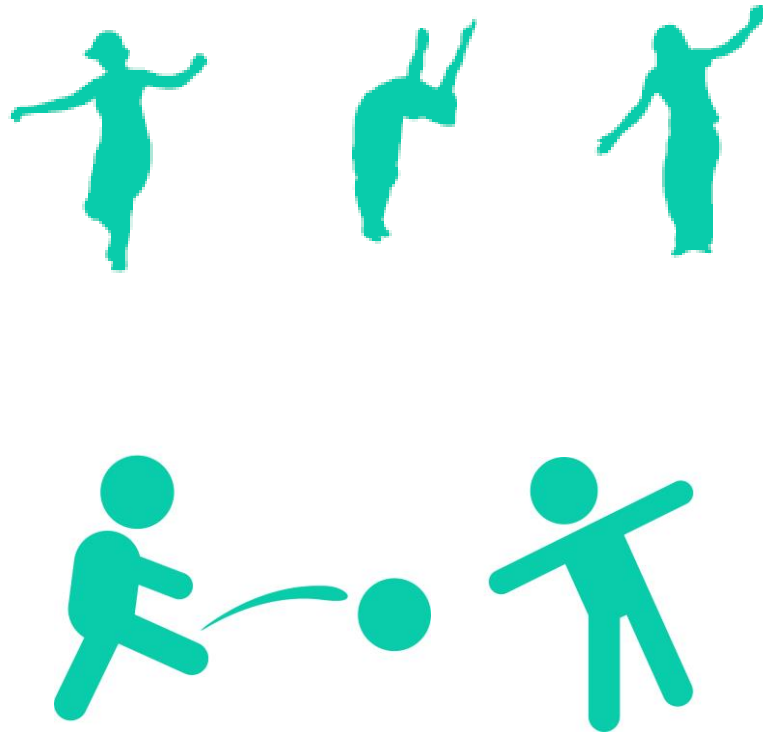
Sleep well!



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# Be Active

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# Stay Safe

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# Time for a quiz!

Re-arrange these statements to define a healthy and unhealthy lifestyle...

Eating a balanced diet

4 hours sleep a day

Healthy

Unhealthy

Smoking cigarettes

Drinking alcohol

Exercise 10 minutes once a week

Some dairy products

Missing breakfast

Washing irregularly

5 fruit and vegetables a day

Sleep at least 8 hours a day

# Solution

## Healthy

Eating a balanced diet

Some dairy products

5 fruit and vegetables a day

Sleep at least 8 hours a day

## Unhealthy

Smoking cigarettes

4 hours sleep a day

Missing breakfast

Washing irregularly

Exercise 10 minutes once a week

Drinking alcohol

# Sex, Gender & Society

Biological Sex

Gender Identity

Gender Roles

Gender  
Stereotyping

# Always #LikeAGirl



<https://www.youtube.com/watch?v=XjJQBjWYDTs>

# Start a Growth Journal!





# Find Your Role Model





# Healthy Relationships

# Discovering new feelings

Love

Feeling of independence

Excitement

Attraction

Feeling irritated

Passion



# What's important in a relationship?

Honesty

Accountability

Respect

Empathy

Kindness

Consent



# Continue the Conversation



# Program Review

Module #1	Growth and Development at Puberty	
Module #2	Girl's Reproductive System	Boy's Reproductive System
Module #3	Staying Confident and Healthy	
Module #4	Healthy Relationships	

THANK YOU



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