

HUMAN GROWTH AND DEVELOPMENT

Central Bucks School District

Lesson 1: Our Bodies

Lesson 2: Puberty and the male reproductive system

Lesson 3: Puberty and the female reproductive system



OUR BODIES



Private

- Private areas are covered by a bathing suit.



Public Places
Everyone can go



Private
Alone or with safe people



Private: Alone



Public: Others



Home:



**WHO ARE
OUR SAFE
PEOPLE?**



How should I share private information?



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Is this what I should do?





HEALTHY BODIES



**WHAT DO YOU DO TO KEEP
YOUR BODY HEALTHY?**

BRUSH YOUR TEETH



TAKE A SHOWER EVERY DAY



What do you use to clean your body?

Wash your Hands



Exercise



Sleep





WHAT DO YOU USE? *(GAME)*



END OF LESSON 1



LESSON 2: PUBERTY

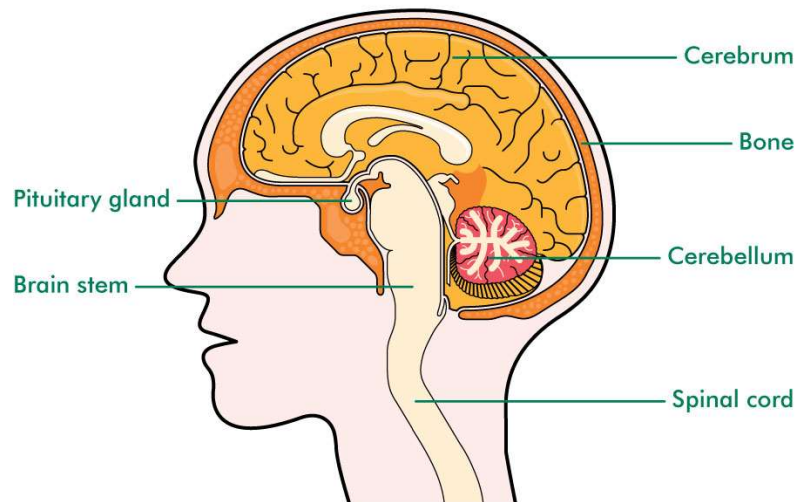
EVERYONE IS DIFFERENT.

EVERYONE WILL START AND
FINISH AT A DIFFERENT
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THIS IS ALL NORMAL.

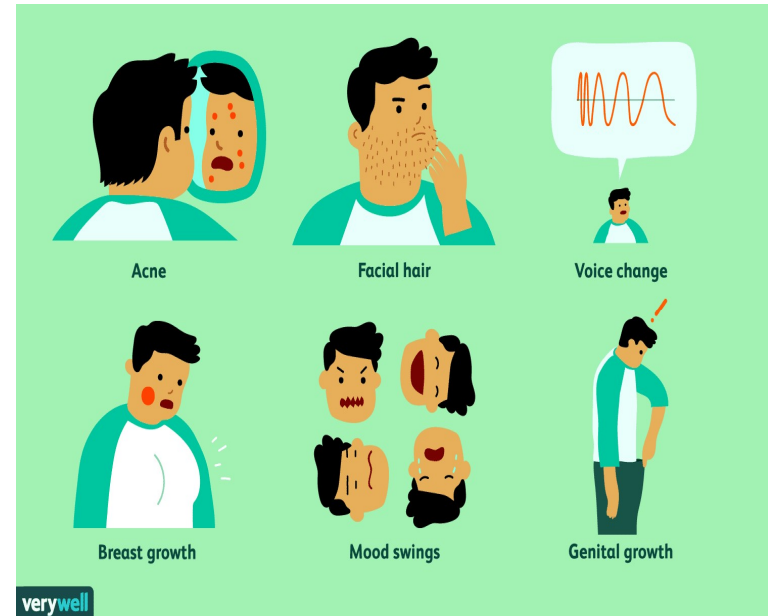
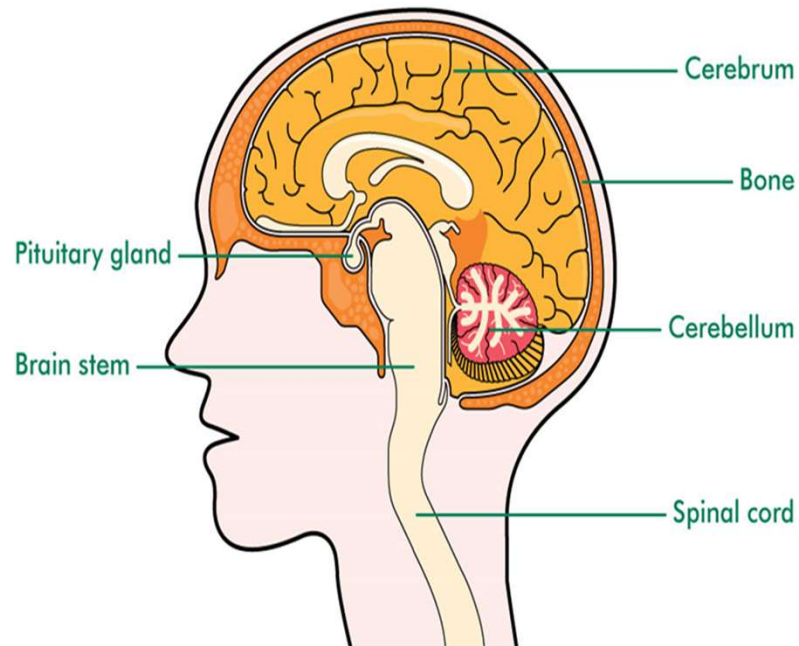


What Makes Puberty Start?

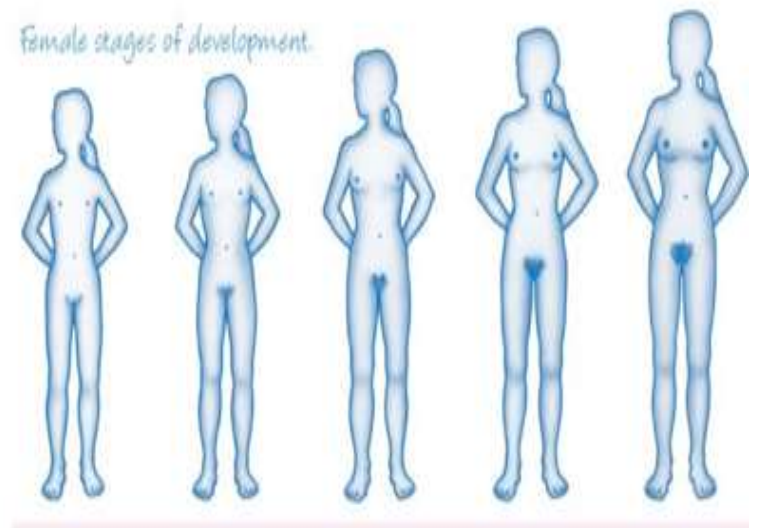
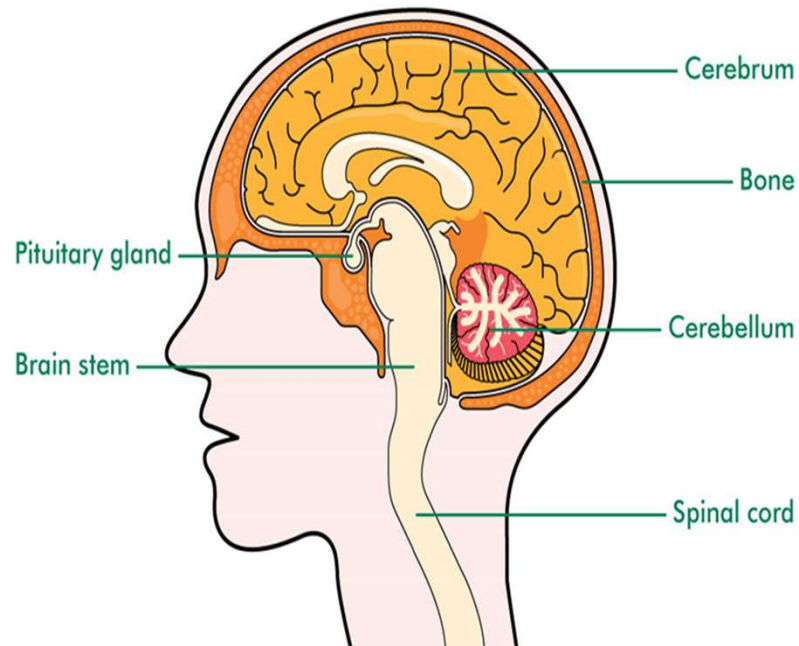


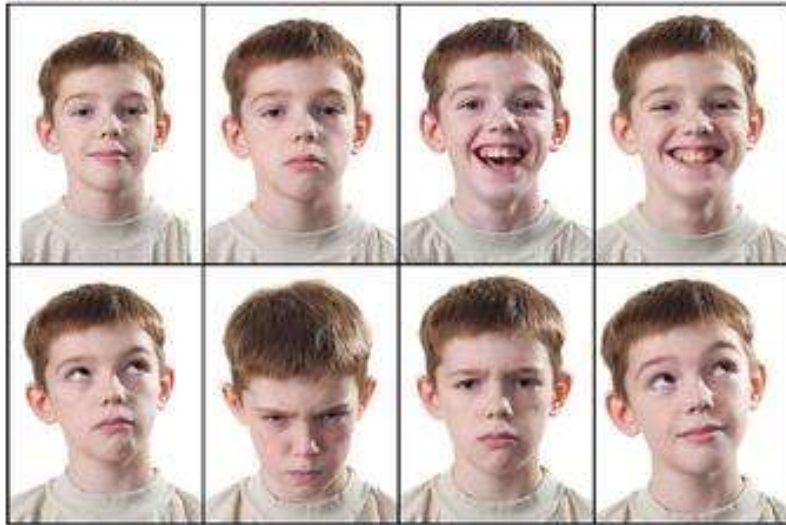
- The **pituitary gland** sends a signal to the body in boys and girls to produce the hormone that starts puberty.
- **Estrogen** produces the changes happening in the female body, making your body curvier and developing breasts.
- **Testosterone** produces the changes in males.

What parts of my body change during puberty?



What parts of my body change during puberty?





Social/Emotional

- You will want to try things by yourself
- You may have strong or big feelings.
- You may think about your friends more and wonder what they think.

Here are ways to take care of yourself as your bodies change:

Shower/bath with soap

Clean hair with shampoo

Clean teeth with toothbrush/toothpaste so our teeth are healthy and help with bad breath

Brush hair

Deodorant

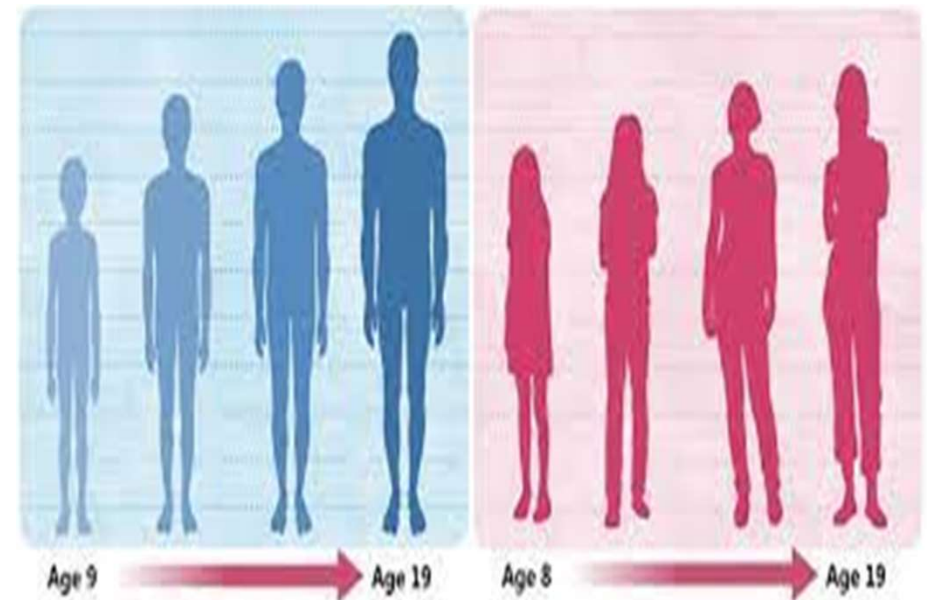
Healthy eating

Sleep

Exercise

Body Changes for Both Boys and Girls

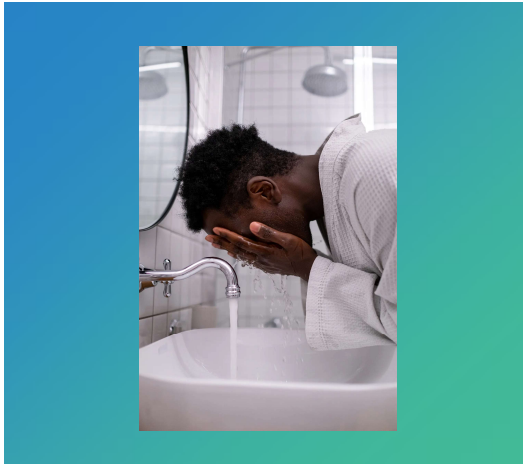
- Oily hair
- Acne or pimples on skin
- Body odor
- More sweating
- Body hair



Oily Hair

- Wash your hair every day or every other day.
- Use warm water and a small amount of shampoo.





Acne



- Prevent oil buildup by washing face with mild soap or cleanser.
- Wash face gently.
- Purchase oil-free moisturizer or other skin products.
- Avoid touching your face.



Body Odor



Bathe or shower

Bathe or shower every day using a mild soap and warm water. This will help wash away any bacteria that contributes to the smell.



Wear

Wear clean clothes, socks, and underwear each day.



Use

Use deodorant.





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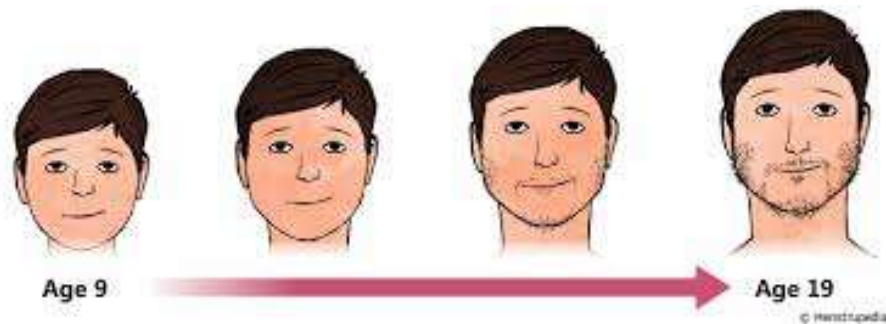


Sweat

- Wear cotton or other breathable fabric.
- Stay in the shade.
- Use deodorant.

Body/Facial Hair

- It is up to you if you want to shave or not.
- Some boys want to grow facial hair.
- Some girls want to leave armpit hair.
- **It is totally okay if you want to keep body or facial hair!**



Body/Facial Hair

- It is up to you if you want to shave or not.
- Some boys want to grow facial hair. Some do not.
- Some girls want to leave armpit hair. Some do not.
- Talk to your mom and dad first.
- Razor
- Cream or gel hair remover



What changes happen to boys?



Grow taller

Bones grow

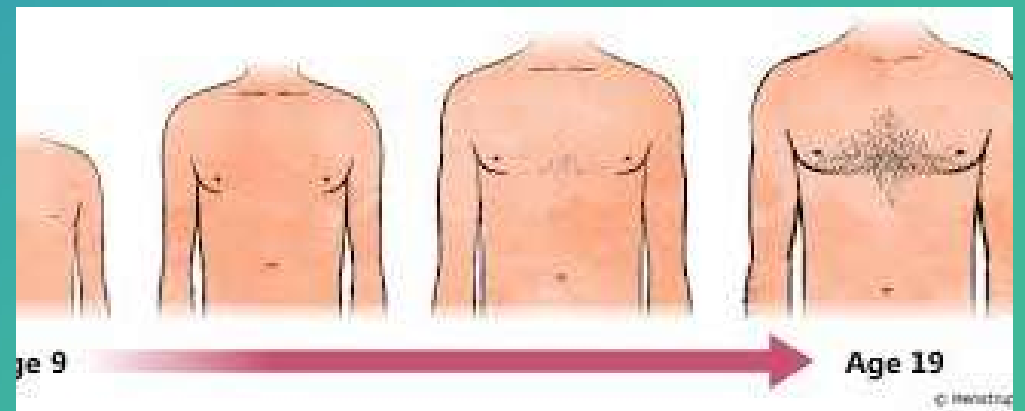
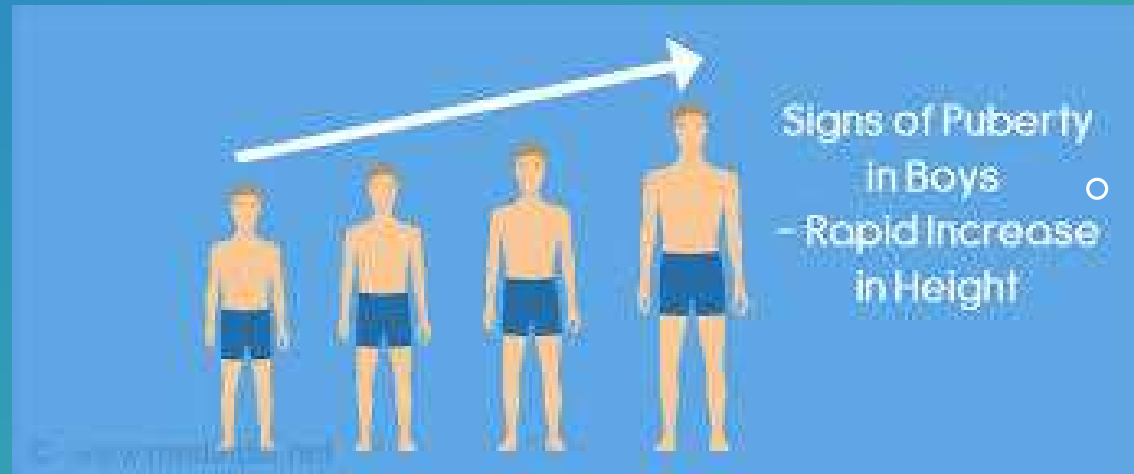
Hair and skin become oily, and you may get pimples

Voice may become deeper

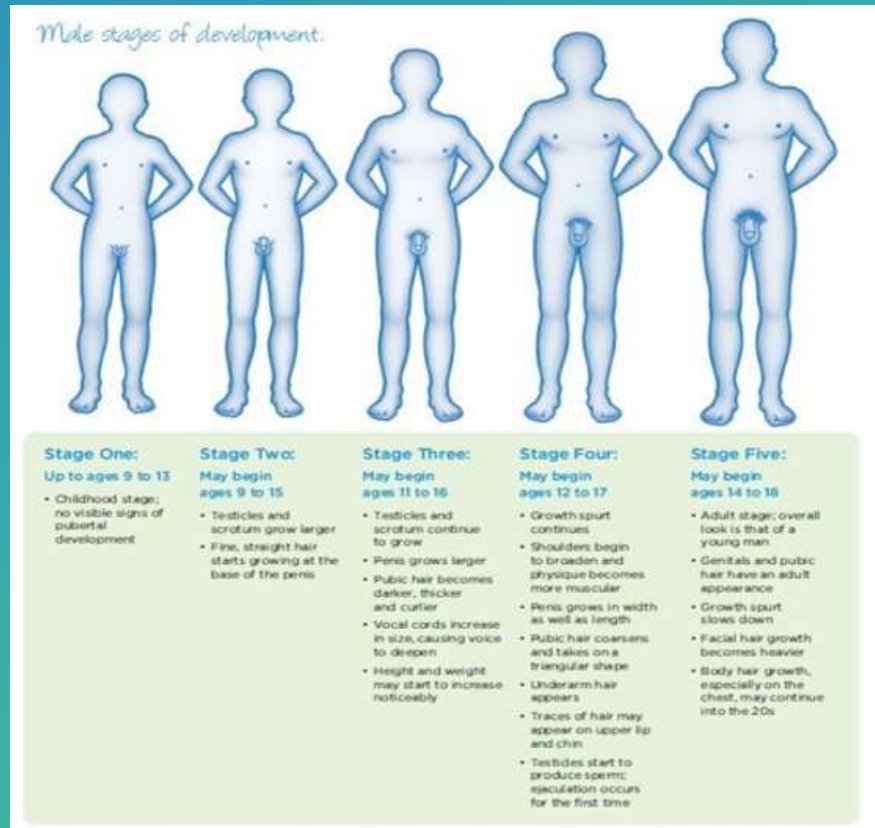
Testicles will grow

Penis will grow

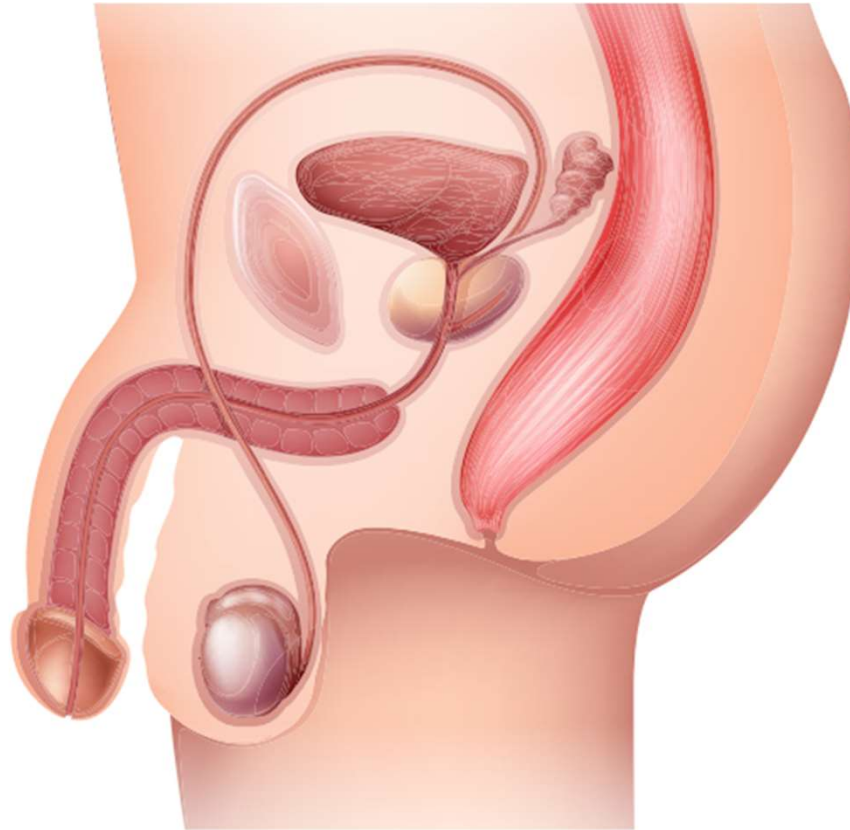
OUR BODY CHANGES



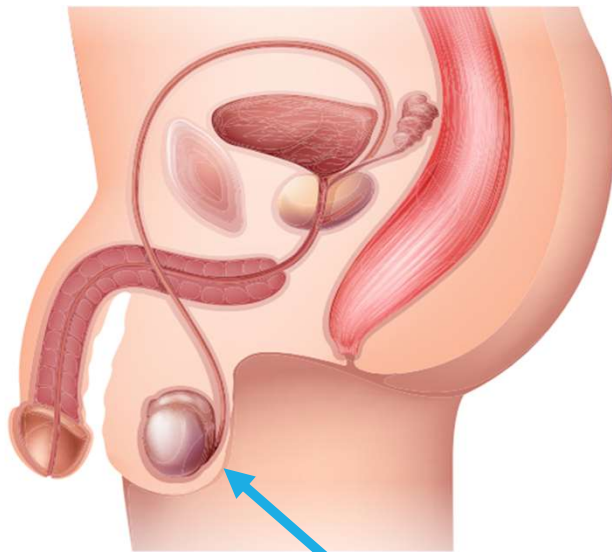
PHYSICAL



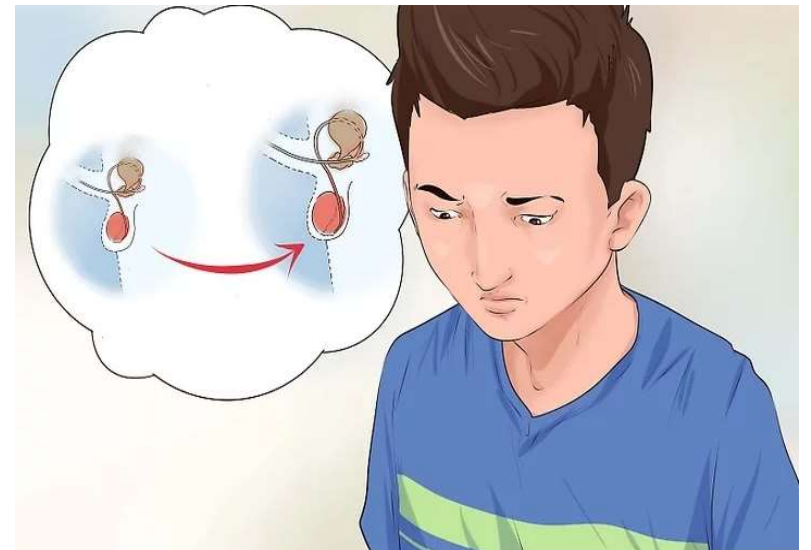
MALE



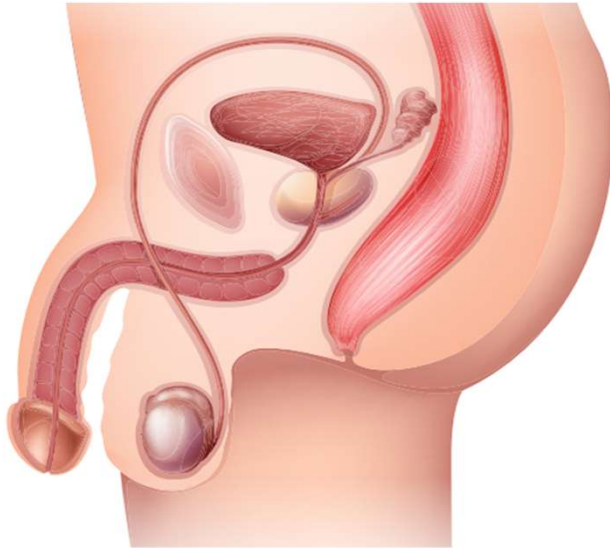
During puberty your testicles will grow.



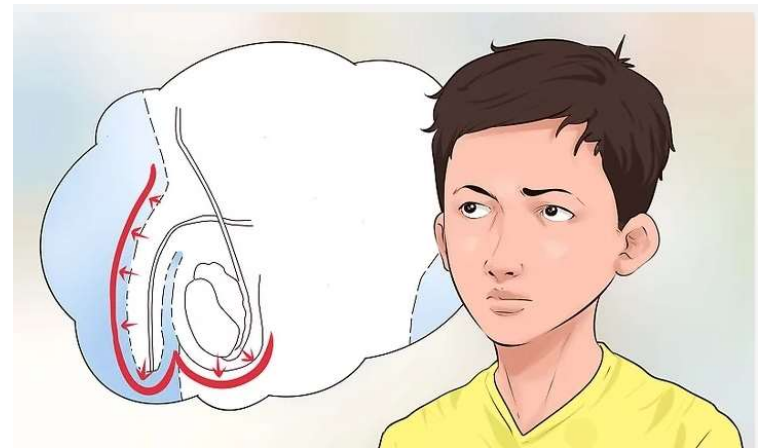
Testicle



During puberty your penis will grow.



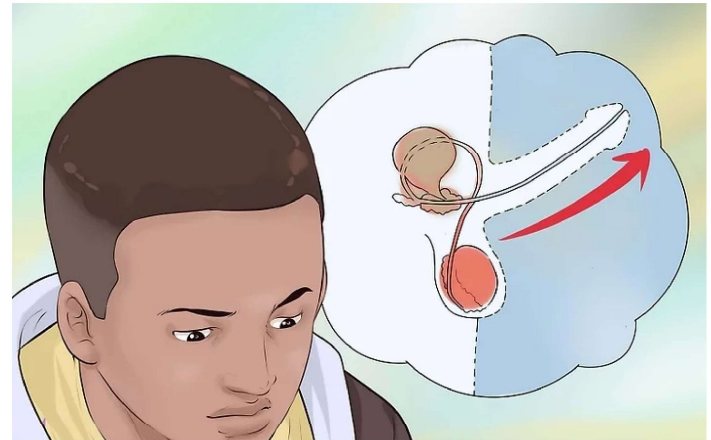
Penis



What is an Erection?

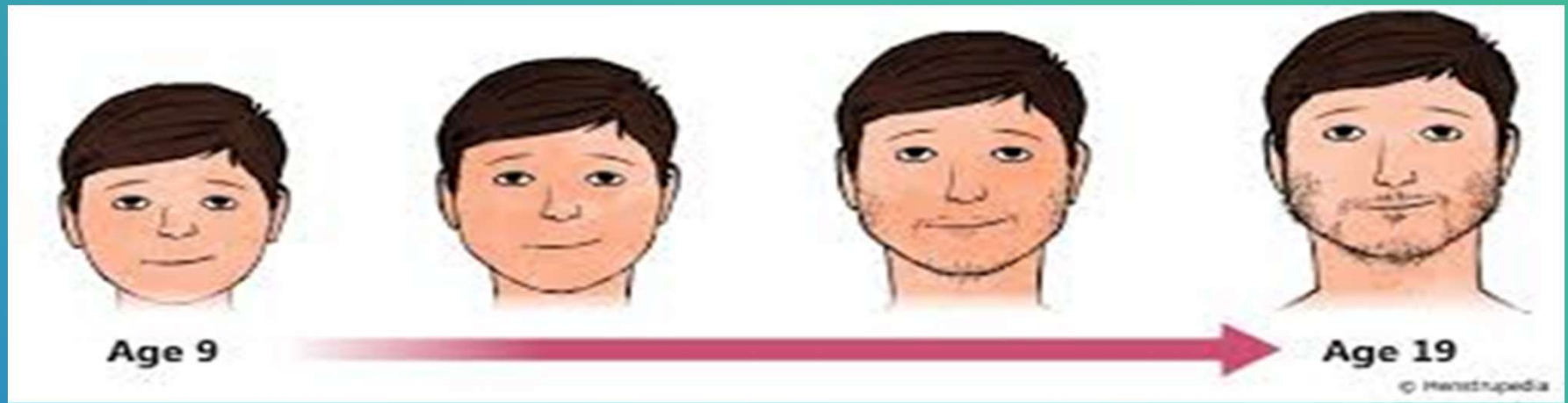
- During puberty, boys may start getting erections.
- This means that your penis will sometimes randomly become longer and harder.

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What if I have a “wet dream”?





**OUR BODIES GROW AT
DIFFERENT RATES.**

LESSON 3: PUBERTY

EVERYONE IS DIFFERENT.

EVERYONE WILL START AND
FINISH AT A DIFFERENT
TIME.

THIS IS ALL NORMAL.

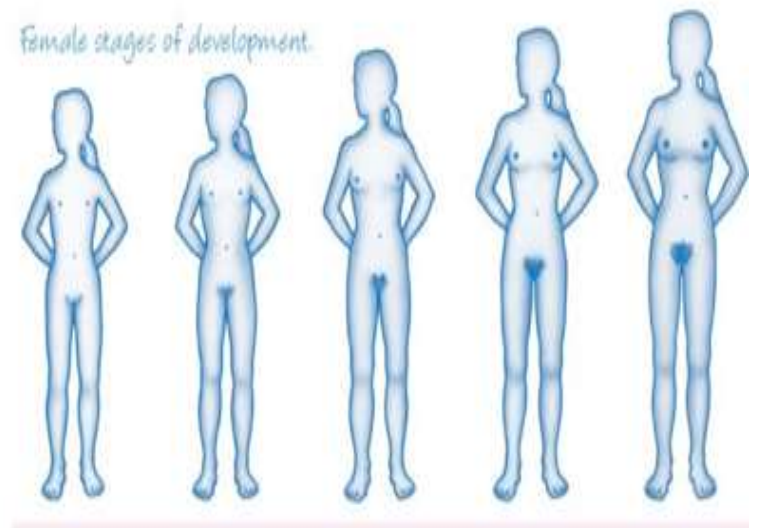
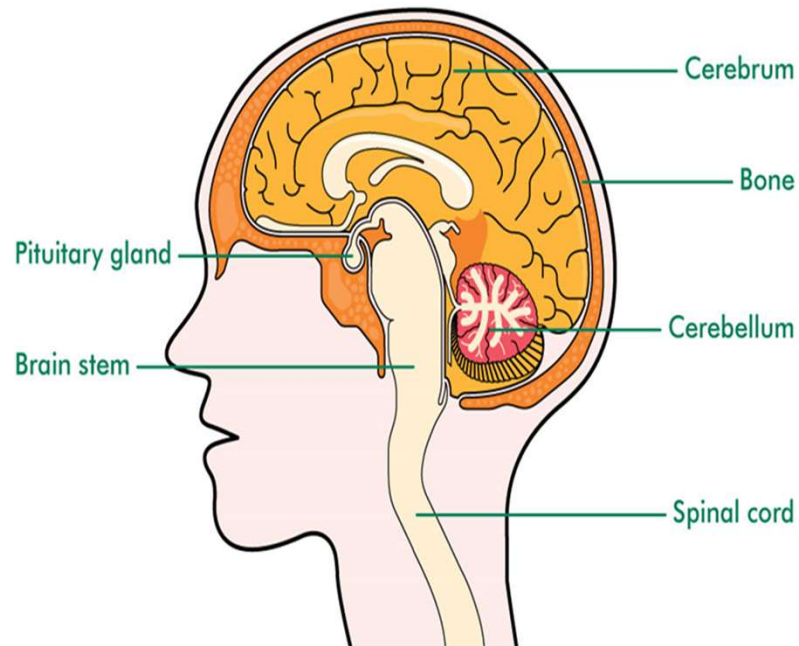




Females

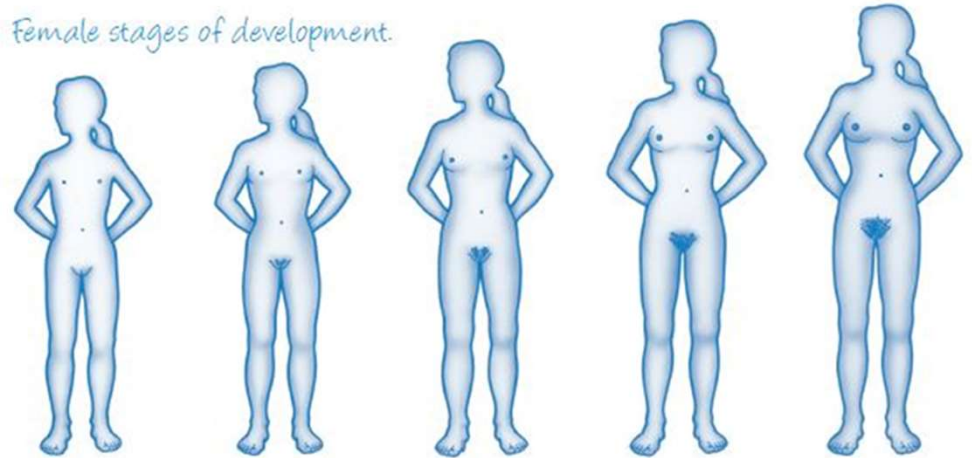
- Women have private areas like men.
- The swimsuit covers her private areas.

What parts of my body change during puberty?



Physical

Female stages of development.



Stage One:

Up to ages 8 to 12

- Childhood stage; no visible signs of pubertal development

Stage Two:

May begin ages 8 to 14

- Height and weight increase rapidly
- Breast buds appear; nipples become raised and this area may be tender
- Fine, straight hair starts growing close to the labia

Stage Three:

May begin ages 9 to 15

- Height continues to increase
- Breasts become rounder and fuller
- Pubic hair becomes darker, thicker and curlier
- Hips may start to widen in relation to waist, giving a softer, more rounded shape
- Vagina begins secreting a clear, whitish fluid called vaginal discharge
- For some girls, ovulation and menstruation begin late in this stage

Stage Four:

May begin ages 10 to 16

- Underarm hair appears
- The nipple and the dark area around it (areola) may stick out from the rest of the breast
- Pubic hair starts to form a triangular patch in front and around sides of the genital area
- For many girls, ovulation and menstruation begin during this stage

Stage Five:

May begin ages 12 to 19

- Adult stage; overall look is that of a young woman
- Areola rejoins breast contour and breast development is complete
- Pubic hair forms a thick, curly, triangular patch
- Adult height is probably reached
- Ovulation and menstruation occur regularly

Here are some ways I can take care of myself as my body changes:

Wear bra

Shower/bath with soap

Clean hair with shampoo

Clean teeth with toothbrush/toothpaste so our teeth are healthy and help with bad breath

Brush hair

Deodorant

Healthy eating

Sleep

Exercise



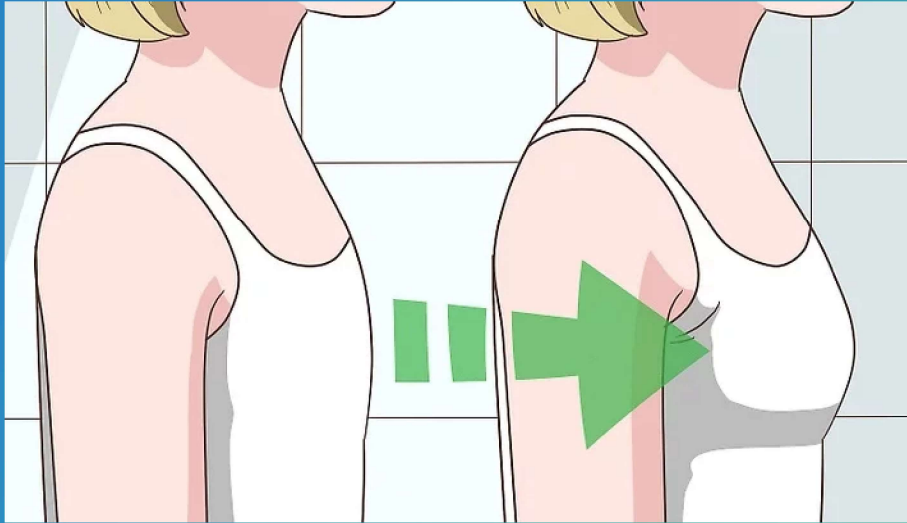
What changes happen to girls?

- You may grow taller.
- Bones grow.
- Fat content increases in breasts and hips, making your body curvier.
- Hair and skin become oily, and you may get pimples.
- Breasts get larger.

What changes happen to girls?



- Hair grows under armpits and in pubic area
- You may sweat more.
- Menstruation (period) begins.
- Mood swings may happen.



My breasts are getting larger, What do I do?

- Start wearing a **bra**.
- Your breasts will continue to grow until you reach adulthood.



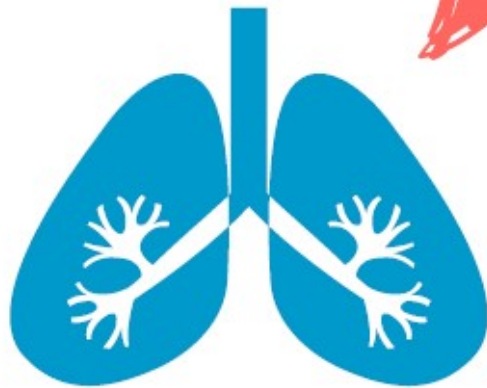
Getting my period



bloom
wellbeing

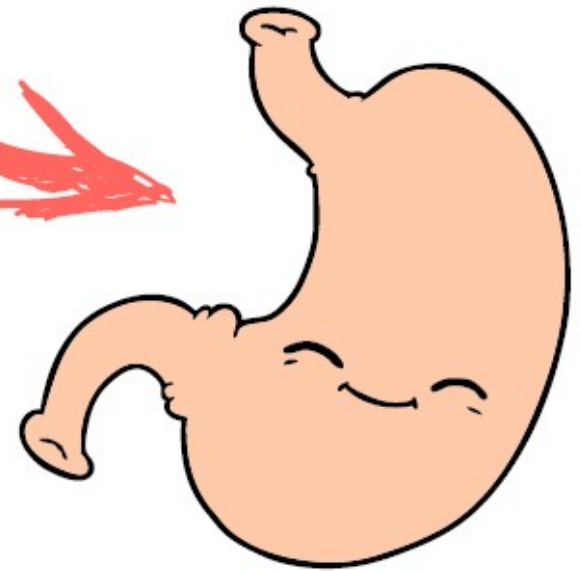
a Well Girls story

Inside of our body we all have organs.
You probably know of some - you have your stomach which stores the
food you eat,



You also have lungs, which
control your breathing.

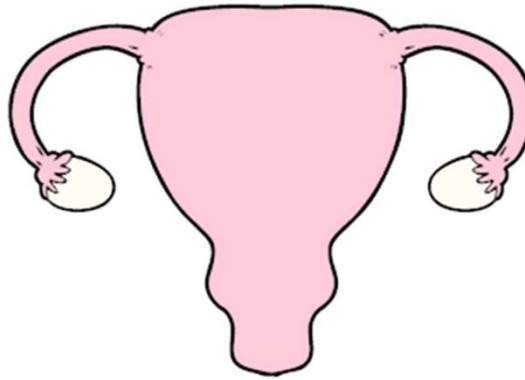
Both boys and girls have these
organs.



But there are some special organs that **ONLY** girls have.

One of them is called the "uterus".
It sits inside your body below your stomach, in
between your hip bones.

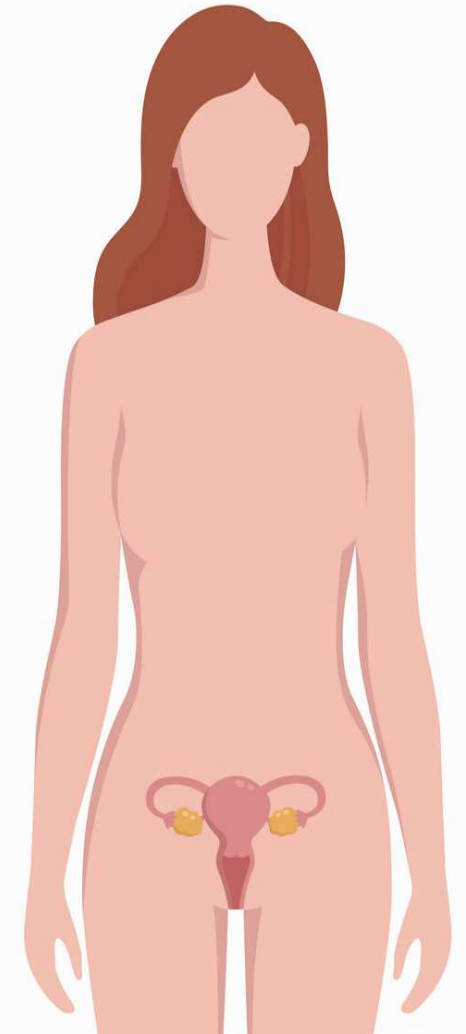
It's a funny shape. I can't describe it, so here's a
drawing of what it looks like. →



Now just like every other organ in your body, the uterus has a very
important job that only it can do.
It's where women grow babies inside their body.

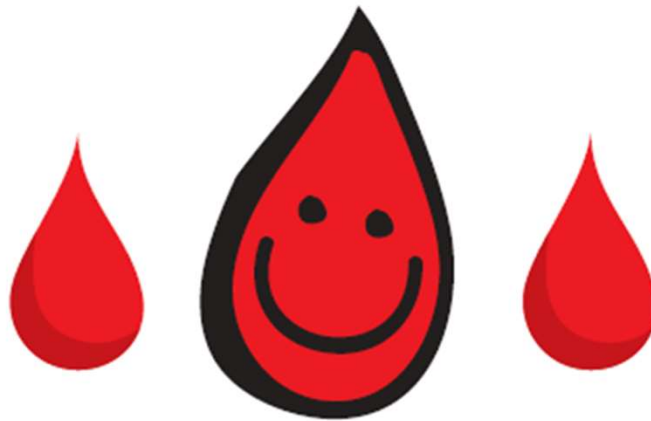
Have you noticed that only women get pregnant and grow big bellies to
have babies?

Men can't do this because they don't have a uterus.



So, once a girl is old enough and starts puberty, the uterus gets busy practicing. The girl's body grows lots of blood and stores it inside of the uterus. It lines all the sides of the uterus - to make a nice soft, squishy home for a baby.

The uterus starts practicing early, so that it's ready to store a baby when the girl is older and is ready to have a baby.



After about a month of storing blood, when the body realises there's no baby in the uterus - it decides to get rid of all that blood, to remove it from the uterus so it can start collecting fresh, new blood for next month.

When the uterus decides to get rid of all that blood, it flows down a pipe called the vagina and flows out of our body.

So that's what "menstruation" is, but lots of females just call it their **period**.



It's when the unneeded "menstrual blood" from your uterus is released from the body, through your vagina.

Like I said, this happens every month, roughly about every 28 days.

Have you ever seen blood? + •

- Maybe you fell over or scraped your knee; or cut our finger?
- Most of the time when blood comes outside of your body; it's a sign that you are hurt so it can be scary or painful.
- Menstrual blood is different than the other blood that lives in our bodies.
- The “rest of our body” blood is supposed to stay inside our body.
- Menstrual blood is supposed to come out.



When will I get my period?

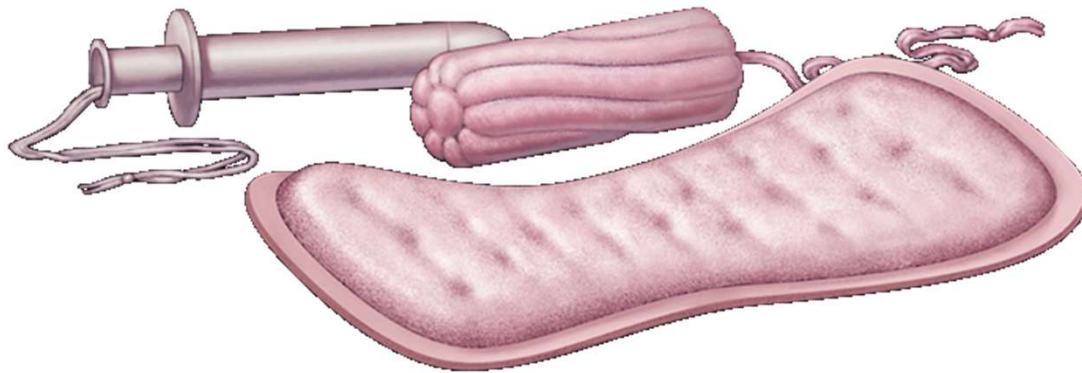
- No exact start time
- Usually happens around the age of 9-13
- Depends on diet and nutrition

How long will the bleeding last?

- Every girl is different. It can vary from 3 – 8 days

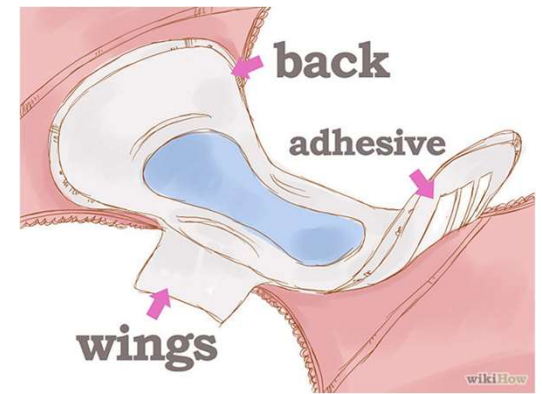
What Do I do When I Get My Period?

- Females use **pads** or **tampons** to catch the blood that comes from the vagina.
- Sanitary pads are made of material that absorbs the blood.
- If you do not have a pad or a tampon with you, you can **layer tissue** onto your underwear to absorb the blood until you can get one.
- Bring an extra pair of clean underwear in your bag.

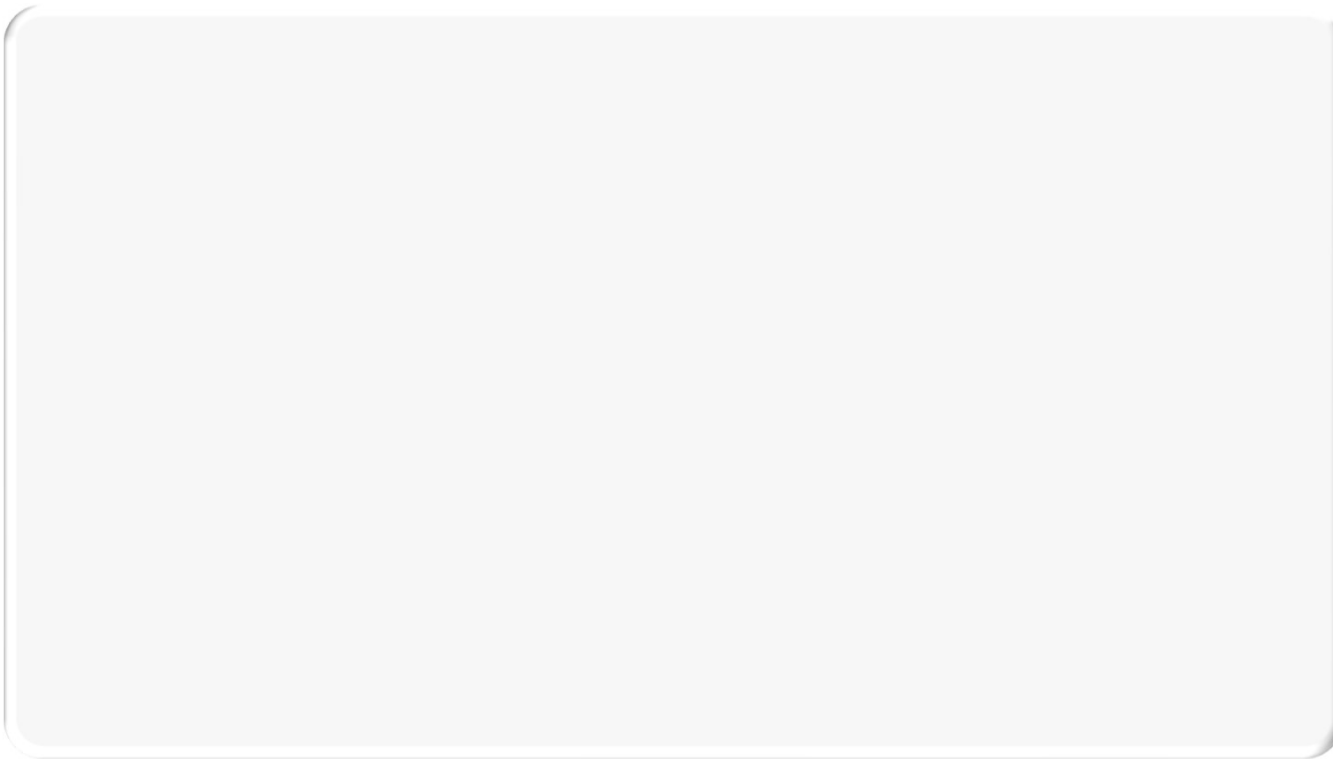


Pads

- Pads are a lining that go over your underwear.
- You cannot use these when swimming.
- Pads have a sticky strip on one side to hold the pad to the underwear.
- Pads come in a variety of sizes and shapes.



Menstruation



**EVERYONE IS DIFFERENT.
EVERYONE WILL START AND
FINISH AT A DIFFERENT
TIME.
THIS IS ALL NORMAL.**

