Change IS NORMAL

During puberty, your body will change as you grow from a child to a teenager and develop an adult body. These changes are caused by hormones, which are chemicals made in our body.

Somewhere between the ages 7- and 16-years old puberty will begin. While puberty changes will happen to everyone, when puberty happens is different for everyone, and that is okay!



BODIES CHANGE

Most puberty changes are the same for boys and girls, but there are a few differences.

GROWTH

- You grow taller and may experience sudden growth spurts
- You gain weight because you need more fat and muscle to support your body
- In girls, breasts will develop and they may notice their hips, thighs grow too

SWEATING

sweat more during puberty,

especially in the armpits

It important to shower

regularly and some

use deodorant

youth may choose to

Everyone will start to

VOICE

- Everyone's voice will change and get deeper during puberty
- You may notice that your voice cracks while speaking, but this is normal and will go away



SKIN

Your hormones will cause the

important to wash your •

body to produce more oil,

especially on the face

Some people may get

acne/pimples so it is

face every day

HAIR

- Your scalp will start to with shampoo can help
- You will start to grow hair everywhere: legs, arms, armpits, pubic area, face, stomach, back,

- produce more oil, so washing
- and butt

MASTURBATION

- Some people may start to masturbate, which means touching your own genitals in a way that feels good
- Masturbating is normal, safe, and healthy for boys and girls, but must be done in private

Feelings Change

The hormones that cause your body to change are also going to bring new and different feelings. You may notice that your feelings change very quickly, and this may feel overwhelming. These are called mood swings and they are normal! You also might notice that you have different feelings towards someone that you didn't have before, which are often called crushes.

You may feel really happy or really sad and not know why. It is important to talk to someone you trust about how you are feeling because your mental health is just as important as your physical health.

If you ever need someone to talk to. the Nunavut Kamatsiaqtuk Helpline is available: 867-979-3333 or 1-800-265-3333.

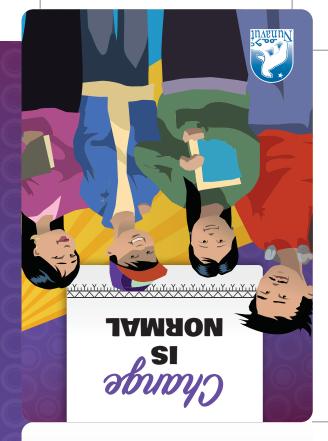








REMEMBER: getting lots of sleep, eating healthy, and doing activities you love will help your mind and body while you go through puberty.



For more information on puberty:

IRESPECTMYSELF.CA SEXANDU.CA

Or talk to your health care provider.



FOR BOYS

VAS DEFERENS

tube that carry sperm from the testicles to the prostate gland

PENIS

male reproductive organ

URETH

tube that carries urine (pee) and semen out of the penis (but never at the same time)

TESTICLES

make the hormone testosterone, make sperm during puberty

1

PROSTATE

organs that add

make semen

fluid to sperm to

GLAND

opening where stool (poo) leaves the body

SEMINAL VESICLES

organs that add fluid to

sperm to make semen

SCROTUM

BLADDER

the organ where

urine (pee) is stored

sack of loose skin behind the penis that holds and protects the testicles

ERECTIONS & EJACULATION

The penis is usually soft. An erection is when blood fills the tissue of the penis, which makes it harder and stand up away from the body. Erections can happen for many reasons: feeling sexually aroused, clothes rubbing on the penis, while you are sleeping, or sometimes for no reason at all. This is normal!

Ejaculation is when a white fluid (called semen) leaves the opening of the penis. Semen is made of sperm and other fluids from the male body. Ejaculation can happen after masturbating, at night (called a wet dream), or during sexual activities. **It is important to remember that sperm is what causes pregnancy, so protection should be used if you are choosing to engage in sex.

FOR GIRLS

VULVA

the word for all of the outside parts of a females genitals (that you can see)

LABIA

folds of skin that cover the clitoris, vaginal opening, and urethra

URETHRA

the opening where urine (pee) leaves the body

JTERUS

where menstrual fluid (periods) come from, this also where a pregnancy grows

VAGIN

the part of the body that goes from the uterus to the outside of the body

CLITORIS

full of nerve endings that provide sexual stimulation and pleasure

VAGINAL OPENING

where menstrual fluid (periods) leaves the body

ANUS

opening where stool (poo) leaves the body

FALLOPIAN TUBES

the tubes that carry eggs from the ovaries to the uterus

VARIES

hold the eggs and make the hormone estrogen and progesterone

CERVIX

the opening to the uterus

During puberty, you may notice that your vagina has started to produce a whiteish fluid, this is normal, and it is called vaginal discharge. It just means that your vagina is cleaning itself.

PERIODS/MENSTRUATION

A period is the lining of the uterus leaving the body. This is also called menstruation. A person's first period usually starts between 8-16 years old, but everybody is different! Periods usually last between 2-10 days and happen every 21-40 days. Starting your period also means that your body can get pregnant.

Managing Periods

To absorb and catch your menstrual fluid, there are a few different options you can choose:



MENSTRUAL CUPS

are small cups that sit inside the vagina and collect the menstrual fluid as it leaves the uterus. They are reusable and need to be washed with unscented soap and warm water before using again.

TAMPONS

are small rolls of cotton that are inserted into the vagina where they absorb the menstrual fluid. Some have an applicator to help with insertion, while some do not. They also have a string on the end to help remove them. Tampons must be changed regularly in order to prevent serious health problems.



PADS

attach to the inside of the underwear with a sticky strip that keeps them in place. Pads absorb the fluid as it leaves the vagina. There are also reusable pads that can be washed and used again.

- ** For all products, read the instructions on the package!
- ** Contact your local health centre for information on how to access menstrual products!