
Puberty Changes and Sexual and Reproductive Anatomy

Session 3:

Puberty Changes and Sexual and Reproductive Anatomy

Goals:

- Define proper terminology and function for sexual and reproductive anatomy
- Provide tools for students to take initiative over their personal care

Objectives:

- Provide names, functions, and anatomical locations of at least three female body parts
- Provide names, functions, and anatomical locations of at least three male body parts
- Articulate three changes that occur during puberty to male bodies, female bodies, and all bodies
- Identify two things they can do to take care of their changing body

Anonymous Question Box

Introduction to the Anonymous Question Box:

The Anonymous Question Box is a way for students to ask questions that they may not feel comfortable asking during class time, though students are encouraged to ask lots of questions during class time as well.

Anonymous Question Box Guidelines:

- Everyone must put a paper in the box. If students do not have a questions at that time, they can write a statement about what they learned in class that day, a specific topic of interest, or write "no question". This ensures questions remain anonymous.
- No Names. Questions are anonymous and are not to be used t hurt or embarrass others. Questions with names on them will not be read out loud.
- No personal questions of the instructor.
- Nobody can take anything out of the Question Box, except for the instructor.

Puberty: Changes, Changes, Changes

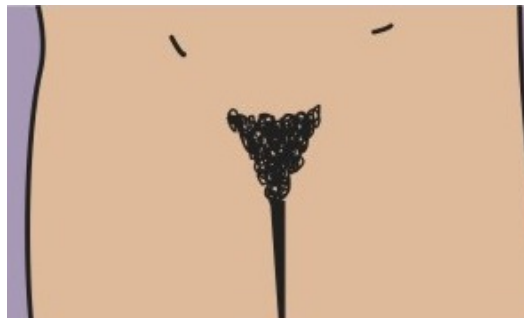
Hips get wider and waist gets narrower



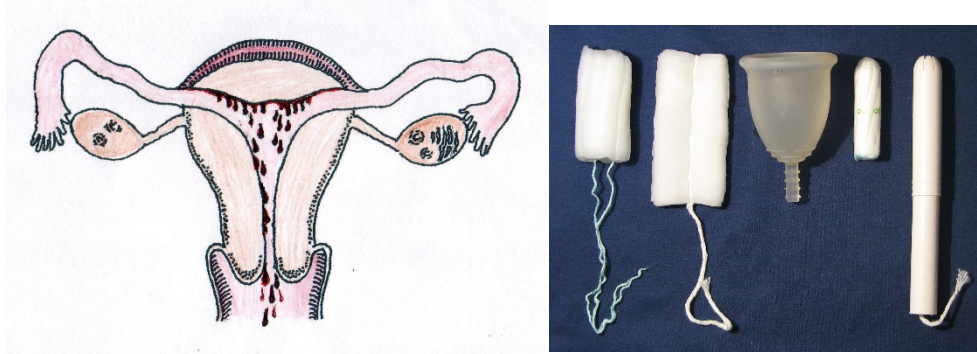
Vagina gets moist and underwear can be sticky



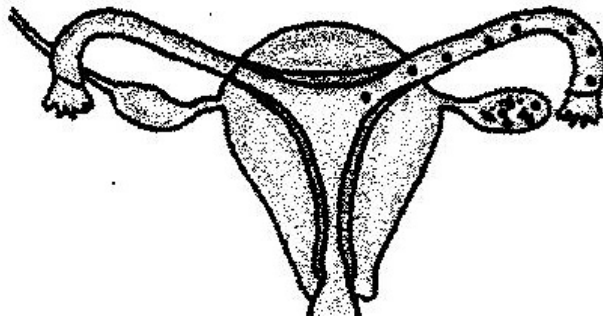
Hair grows around the vulva



Periods start (called menstruation)



Ovaries start to release an egg each month (called ovulation)



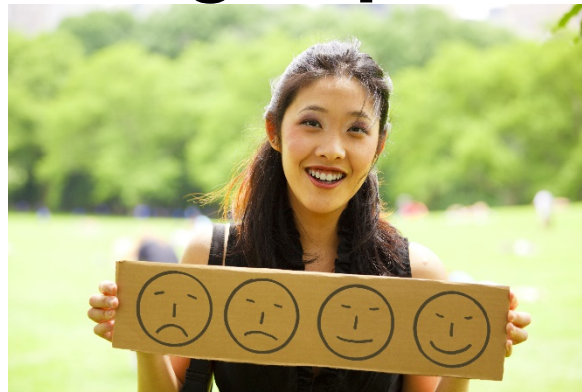
Feelings get more intense



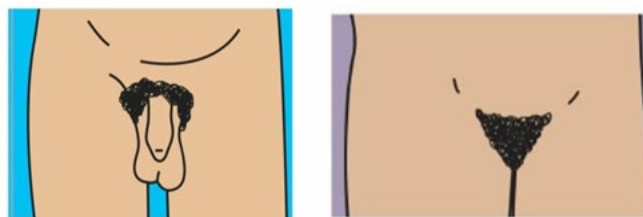
The whole body grows taller and bigger



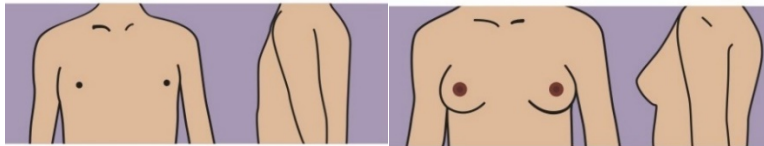
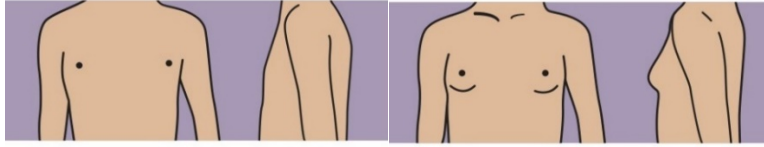
Mood swings – feelings can change quickly



Pubic hair grows between the legs



Breasts grow larger and stay larger



Start sweating more



May start masturbating (touching one's own private body parts)



Hair grows in the armpits



Have sexual thoughts or dreams



**Feel uncomfortable about
body changes**



**Feel proud and excited about
body changes**



Have body odor



**Skin gets oily – sometimes
get pimples**



**Muscles and joints ache
(called “growing pains”)**



Shoulders get wider



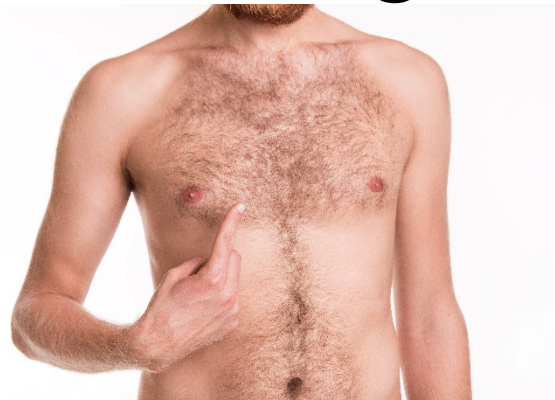
Muscles get bigger



Facial hair may start to grow



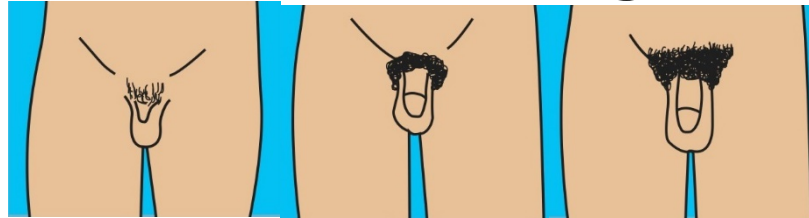
Chest hair grows



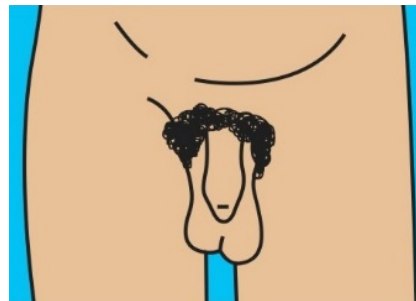
Voice gets much deeper



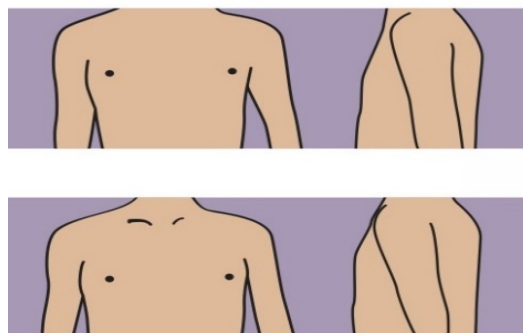
Penis and testicles get bigger



Hair grows around the penis and on the scrotum



Breast tissue gets swollen and tender but returns to normal after a few months or a year



Testicles produce sperm



**May release semen during
“wet dreams”**

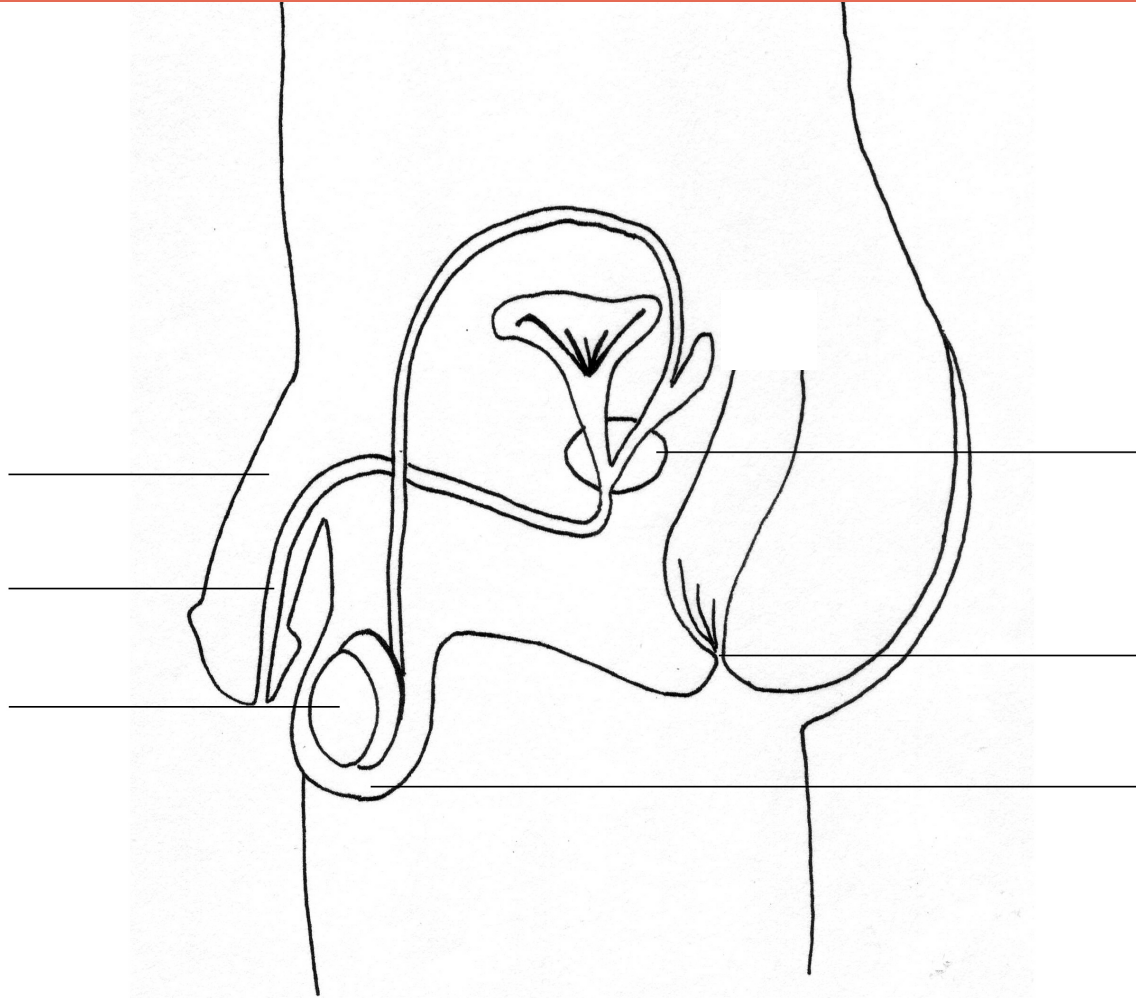


**May have “cramps”
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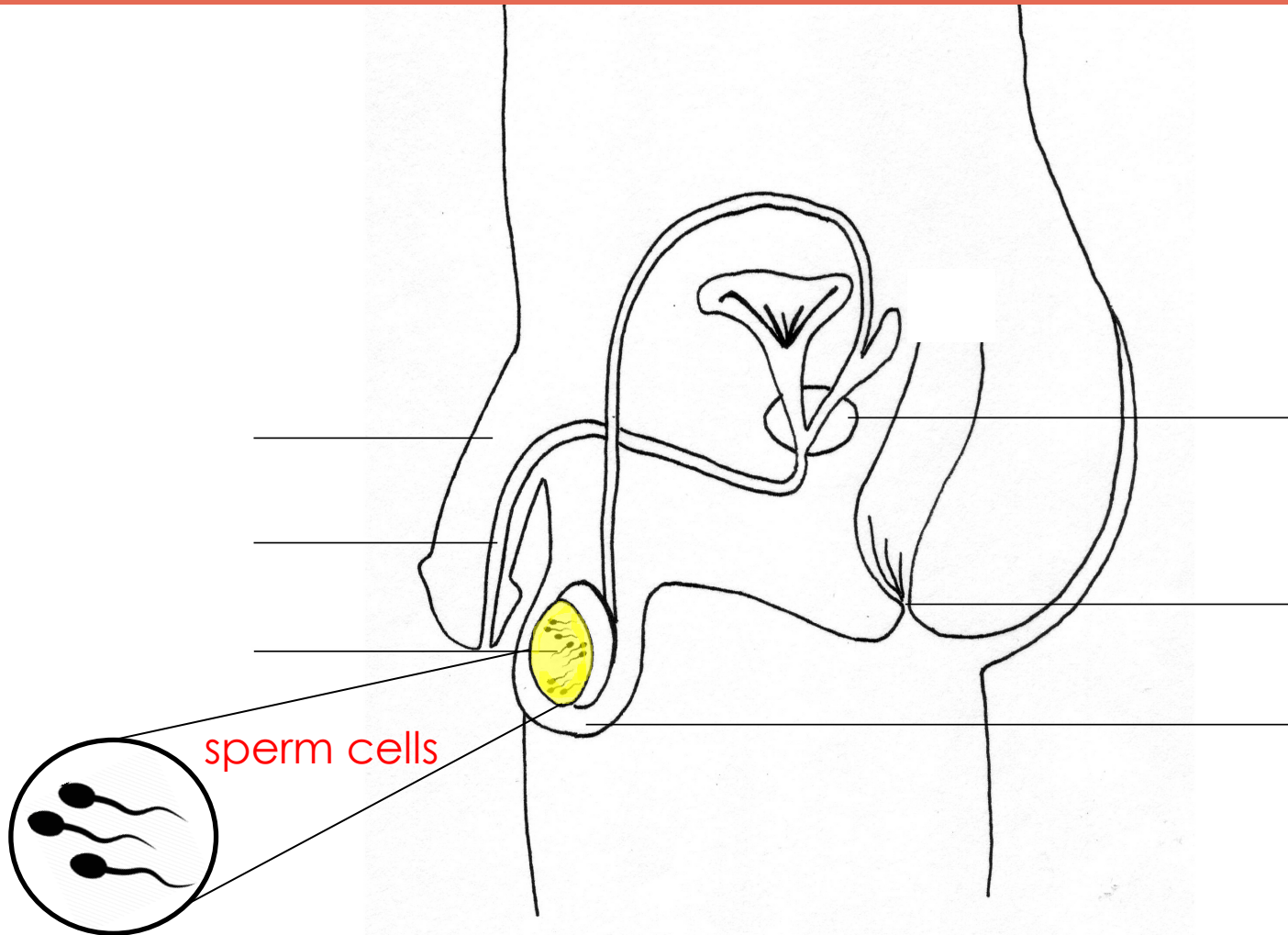


Sexual and Reproductive Anatomy and Physiology

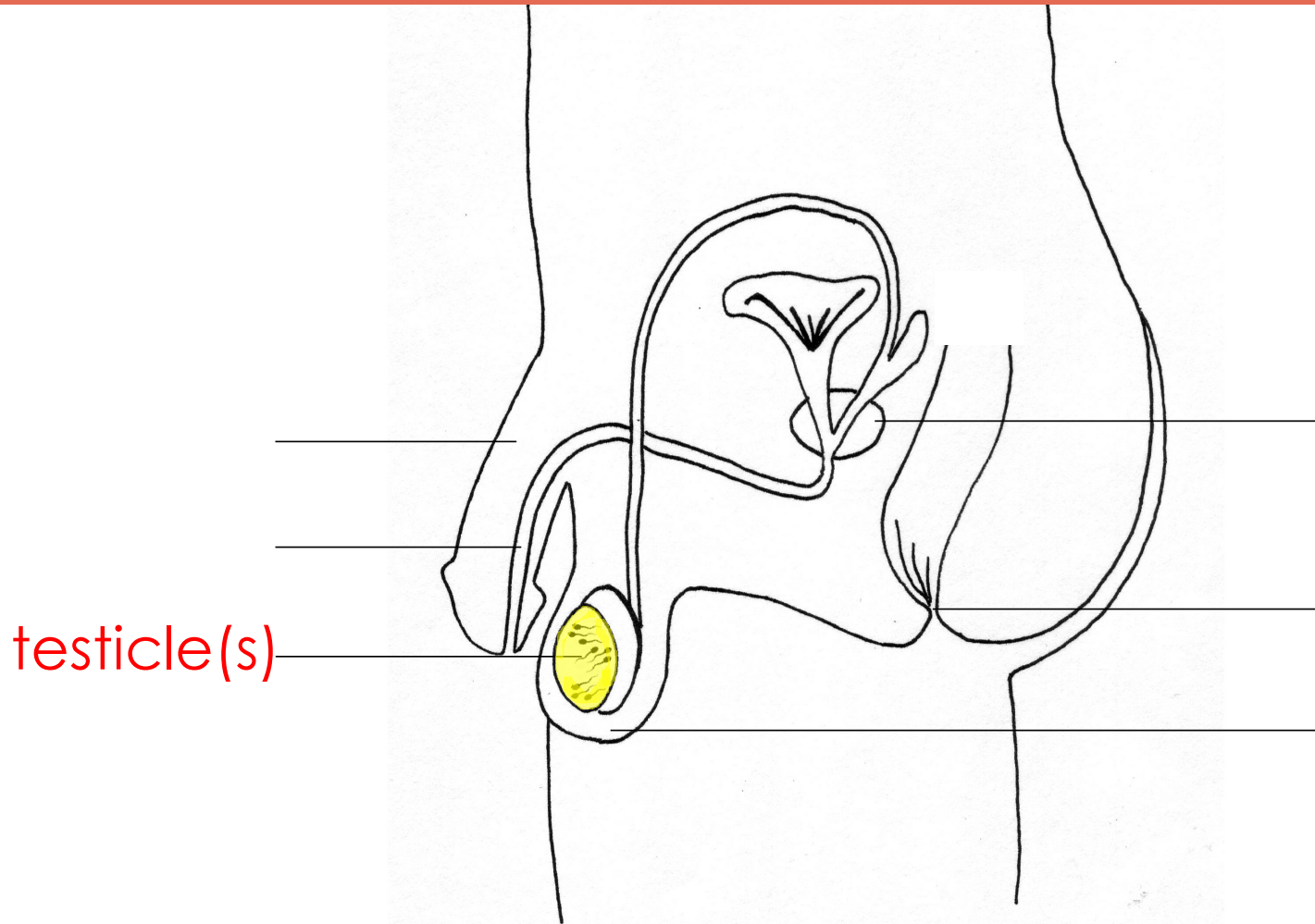
Internal Male Anatomy



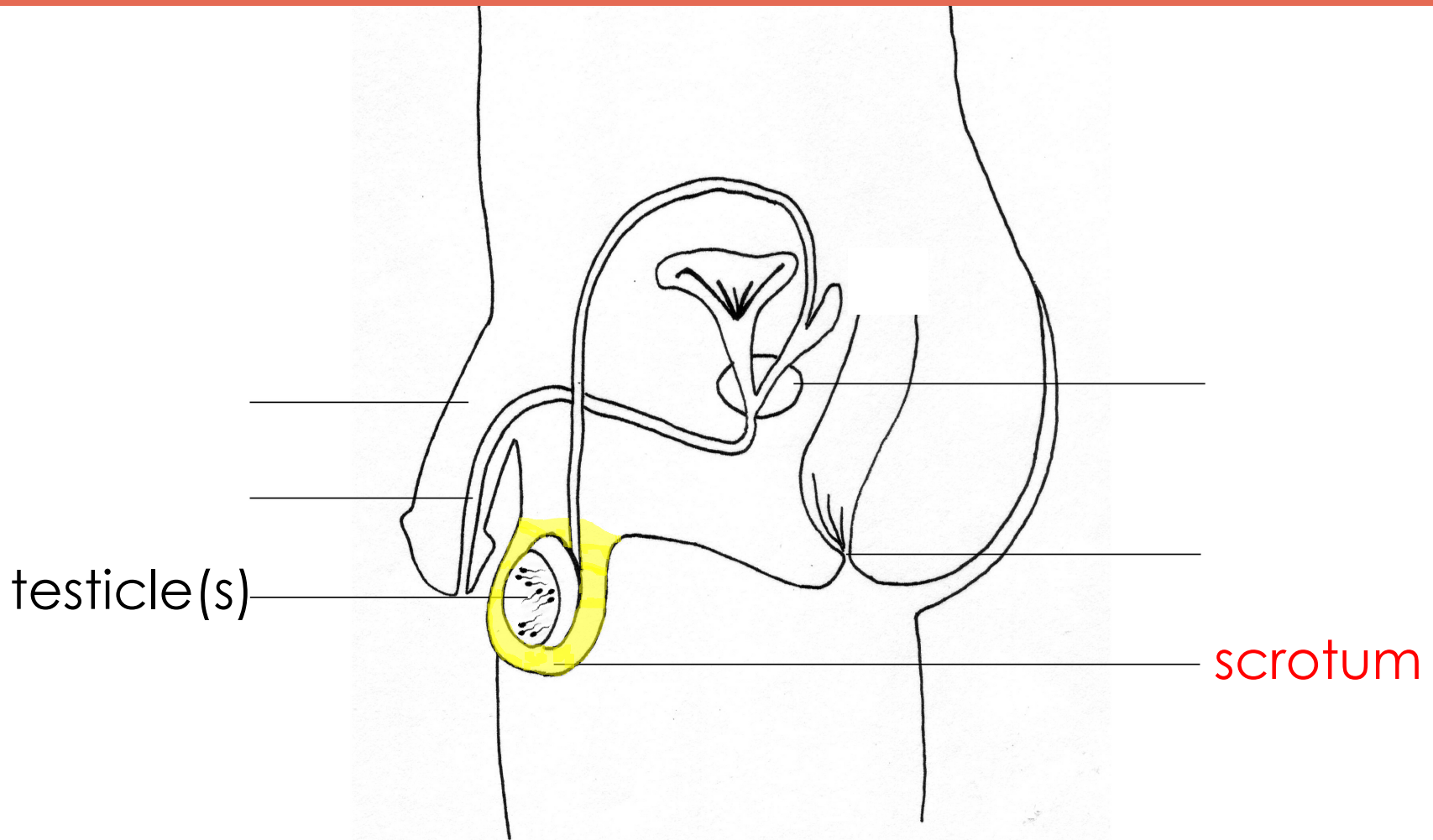
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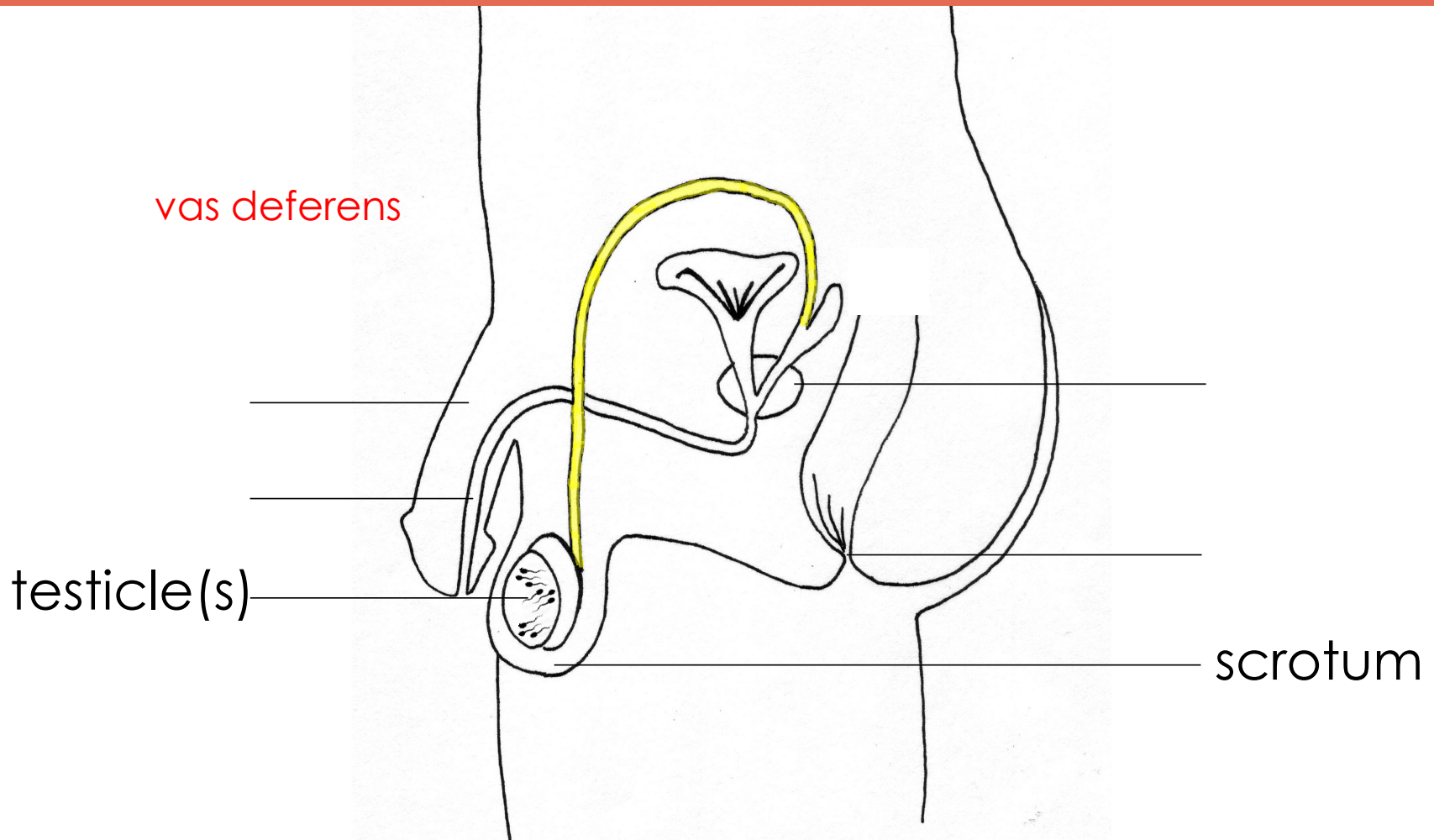
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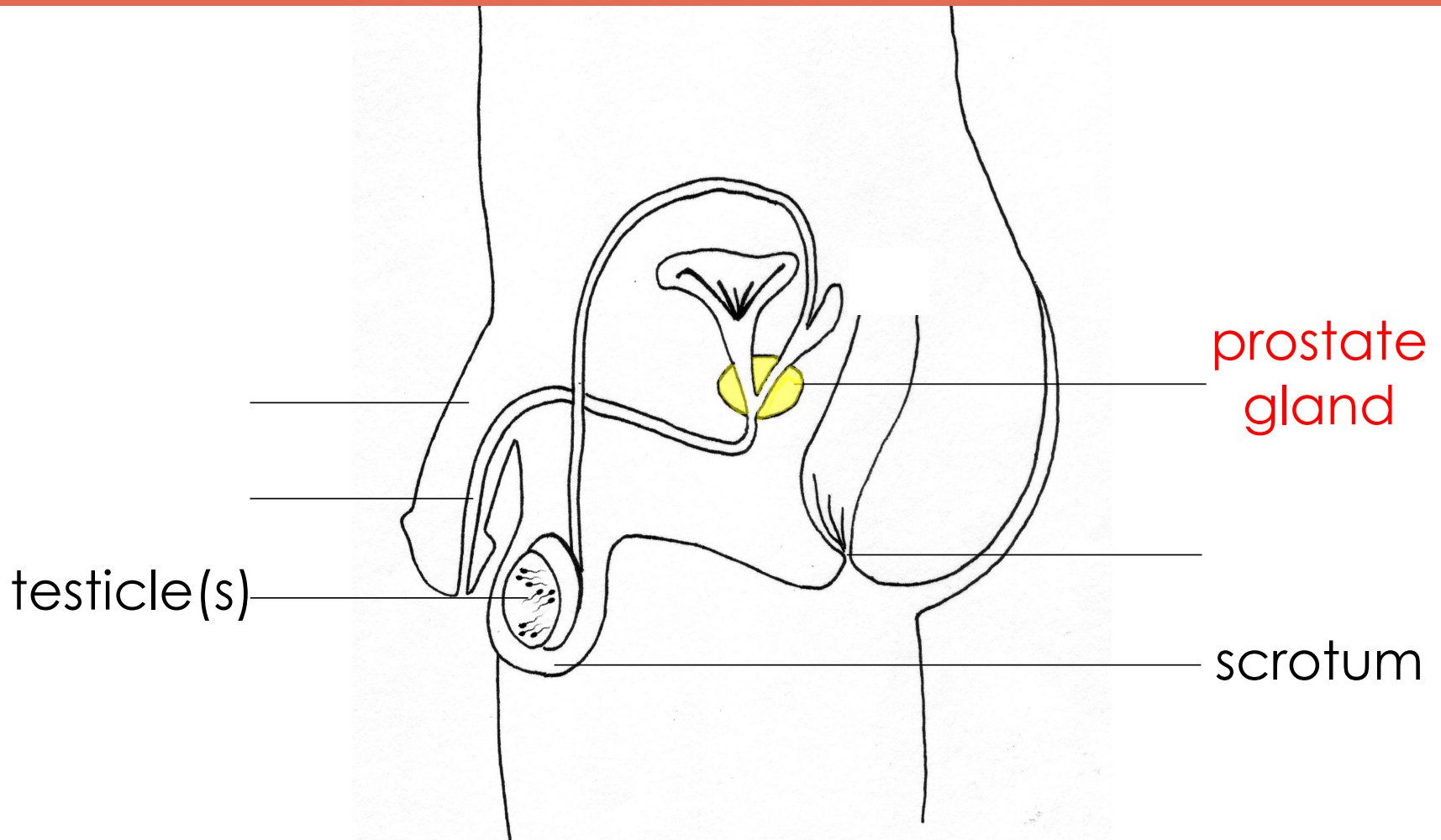
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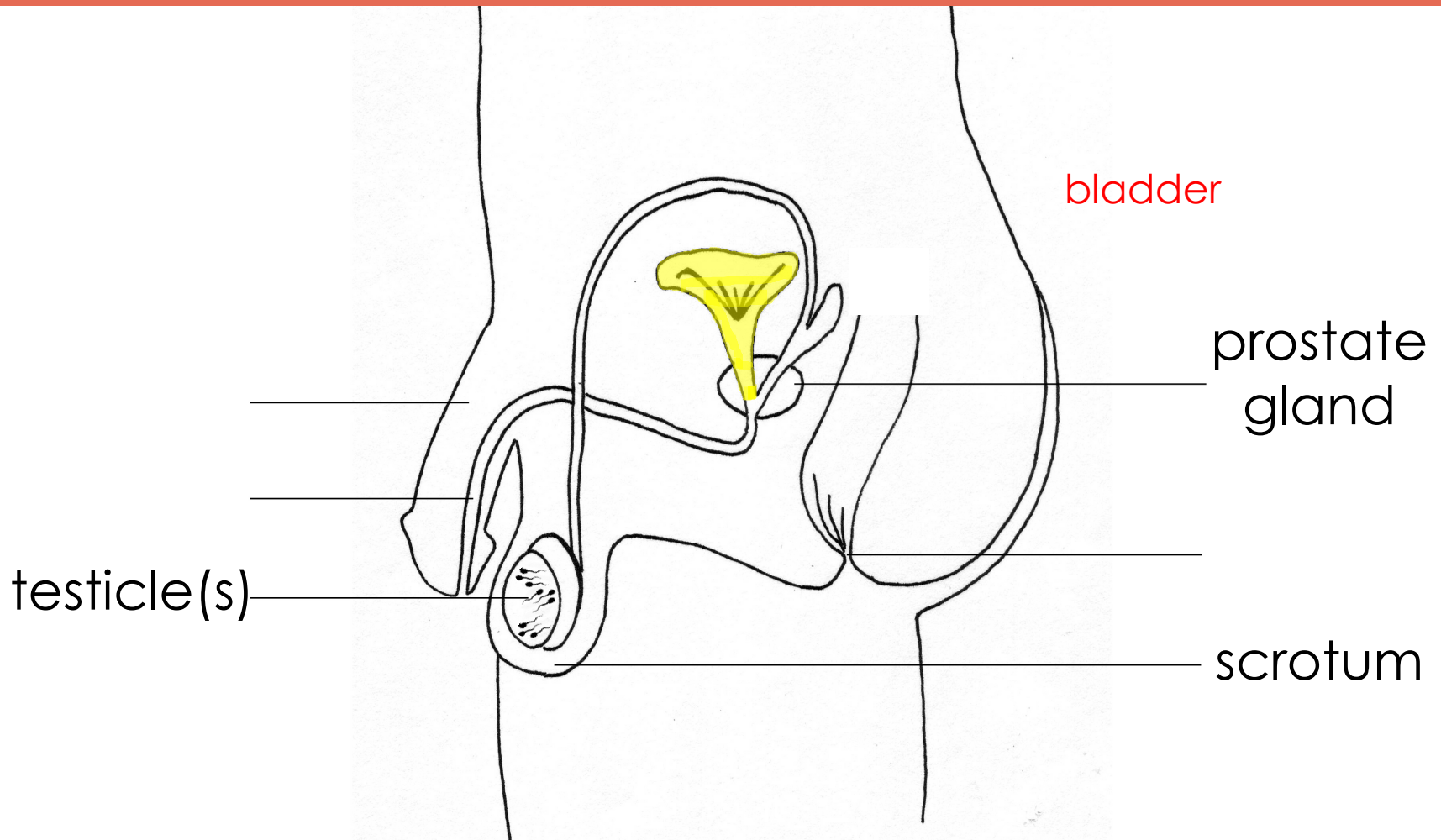
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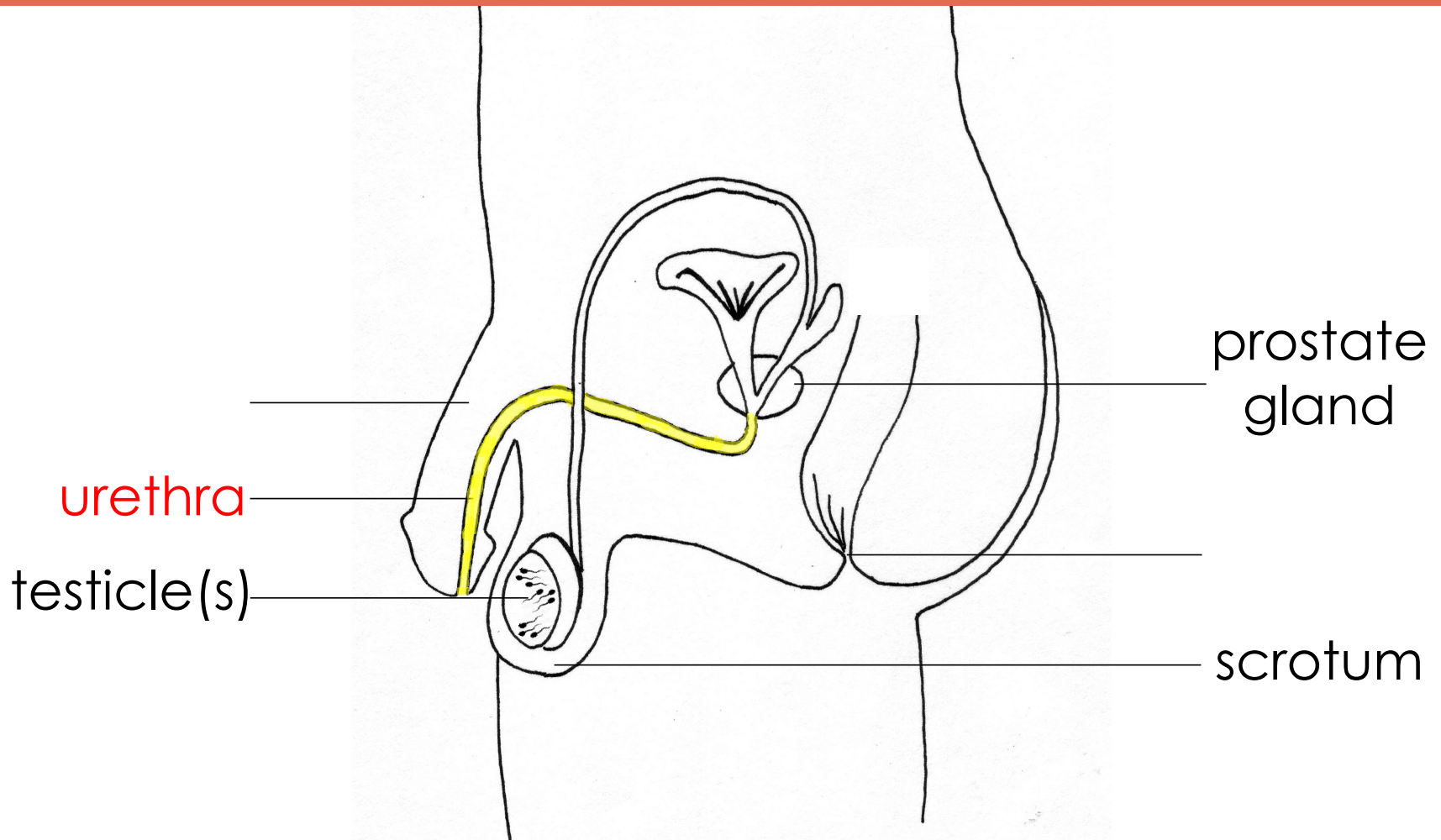
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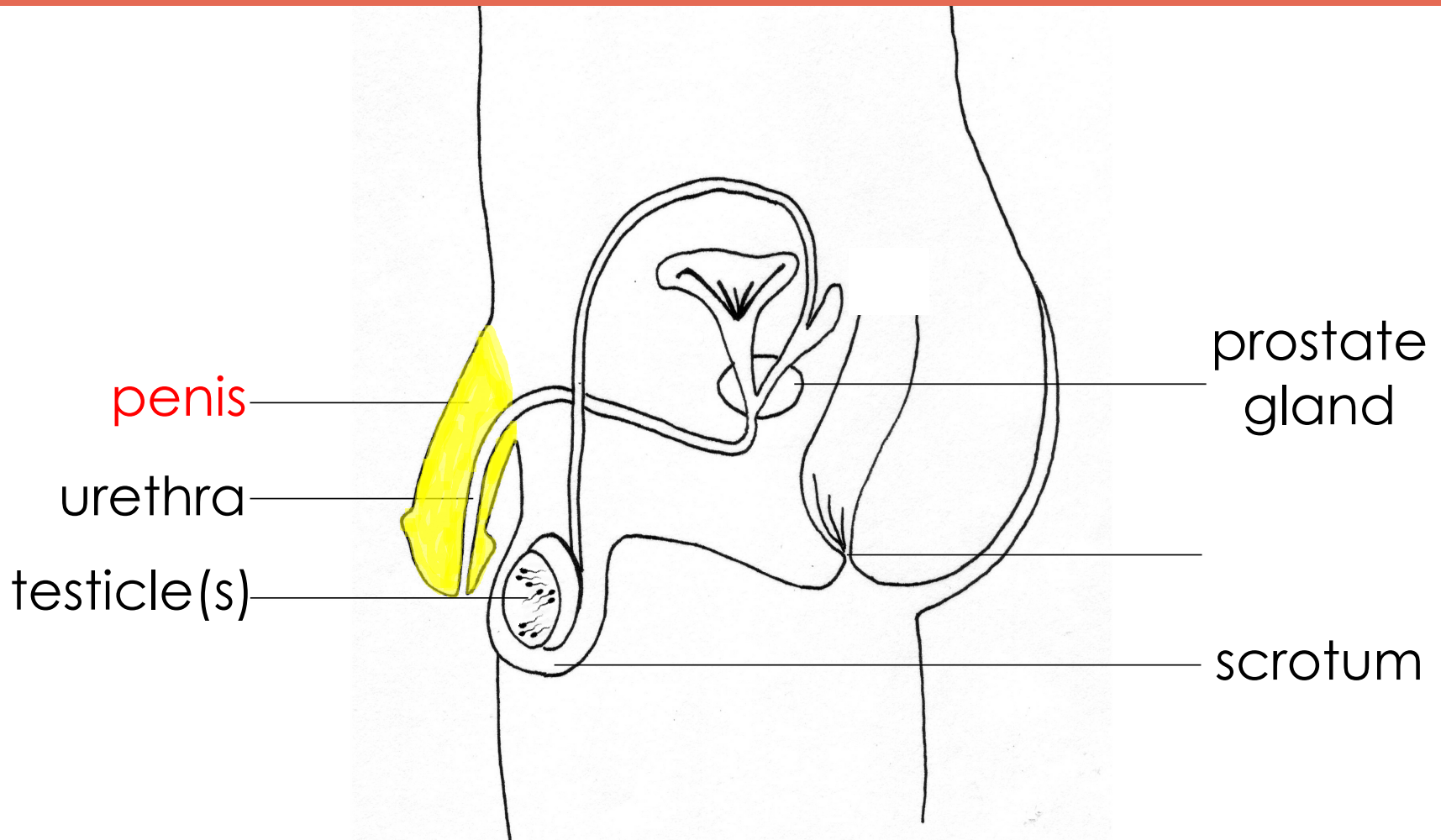
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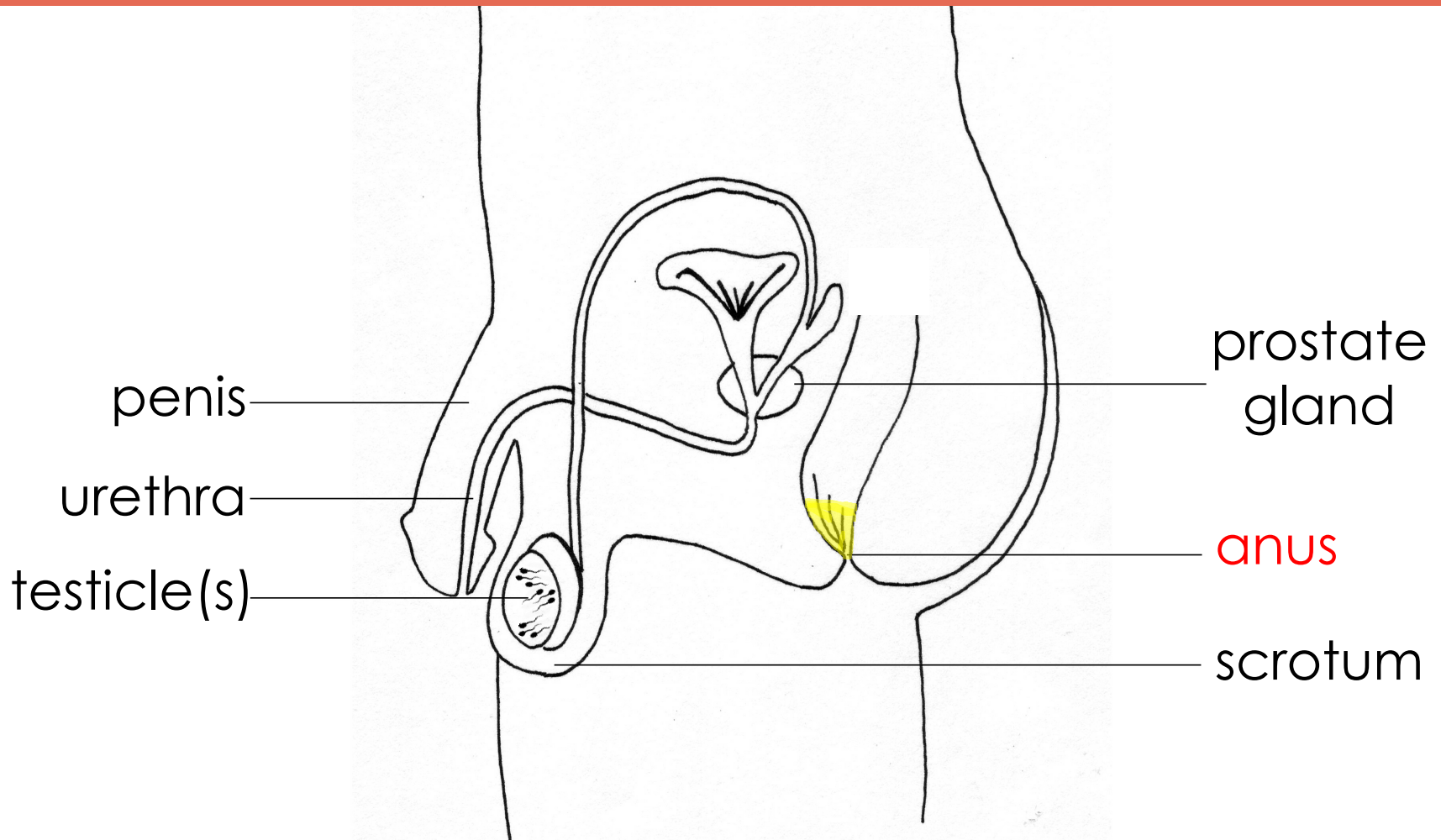
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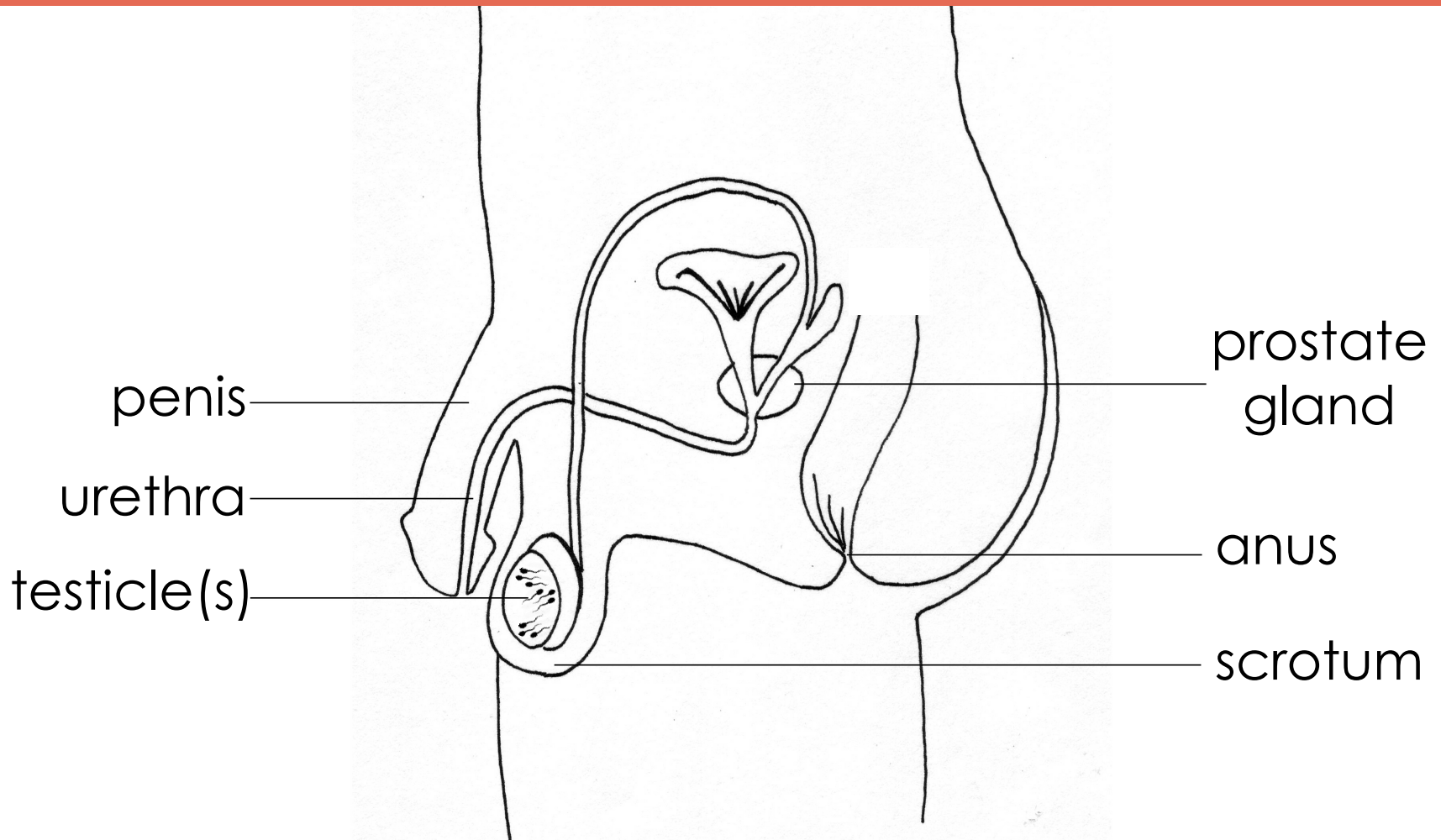
Internal Male Anatomy



Internal Male Anatomy



Internal Male Anatomy



Circumcision

= removing the foreskin from a penis

Uncircumcised penis

foreskin
covers tip
of penis

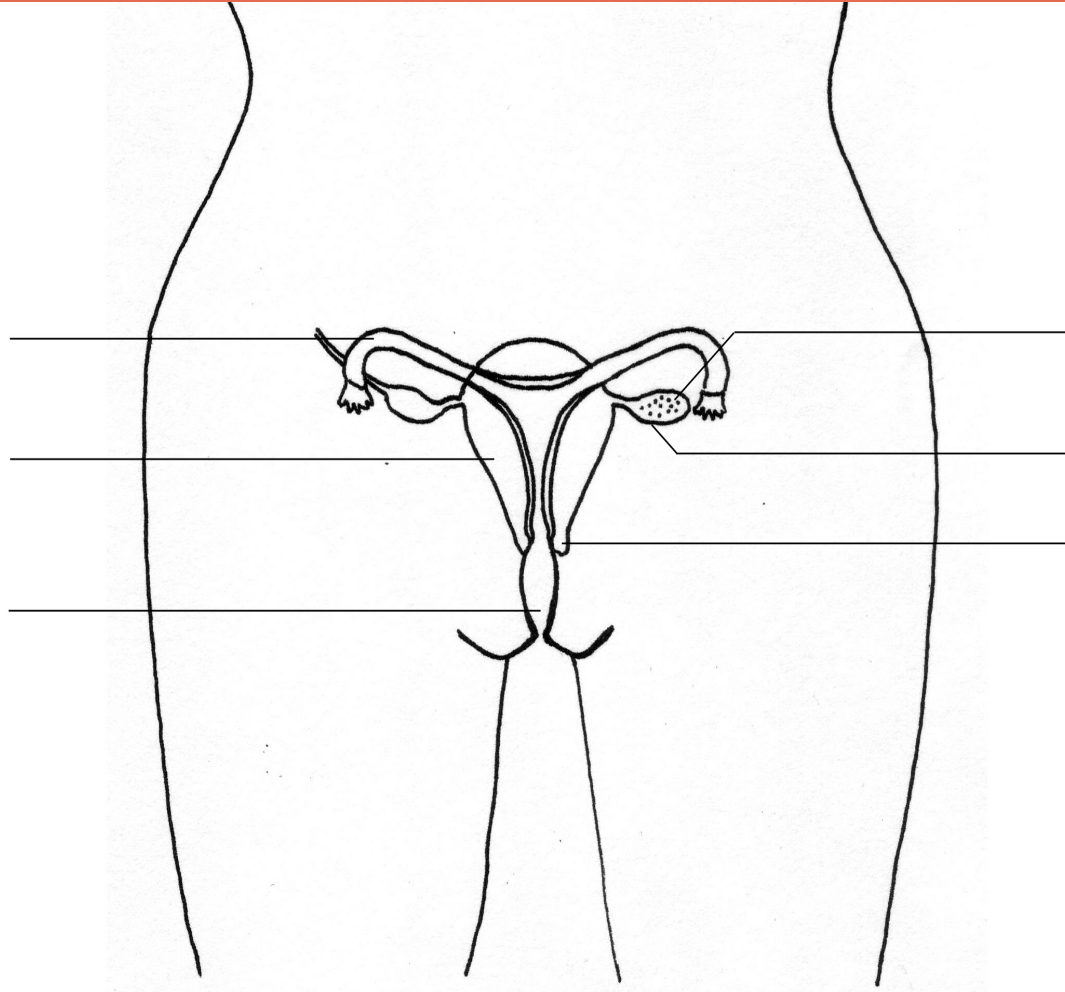


Circumcised penis

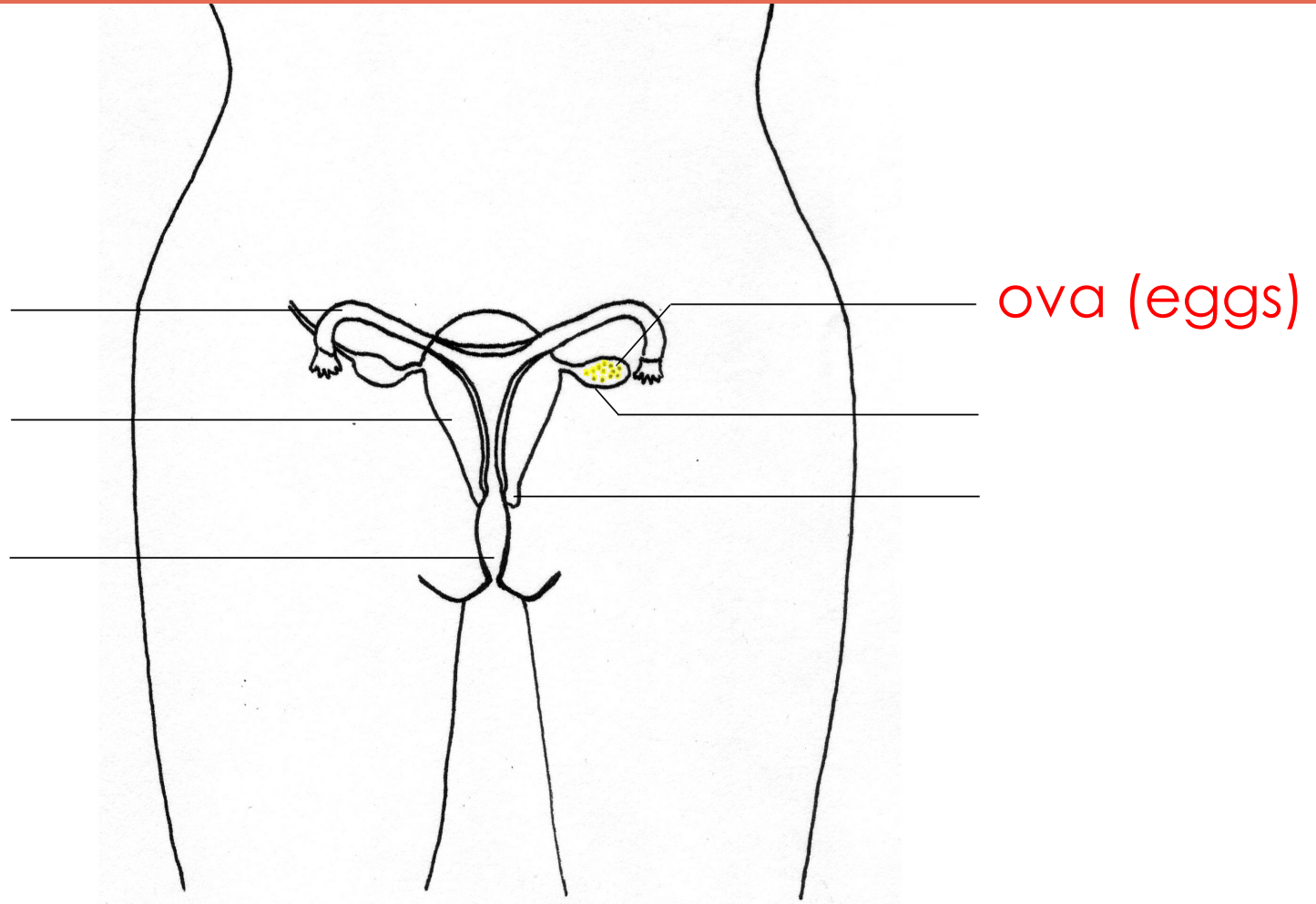
no foreskin,
tip of penis is
uncovered



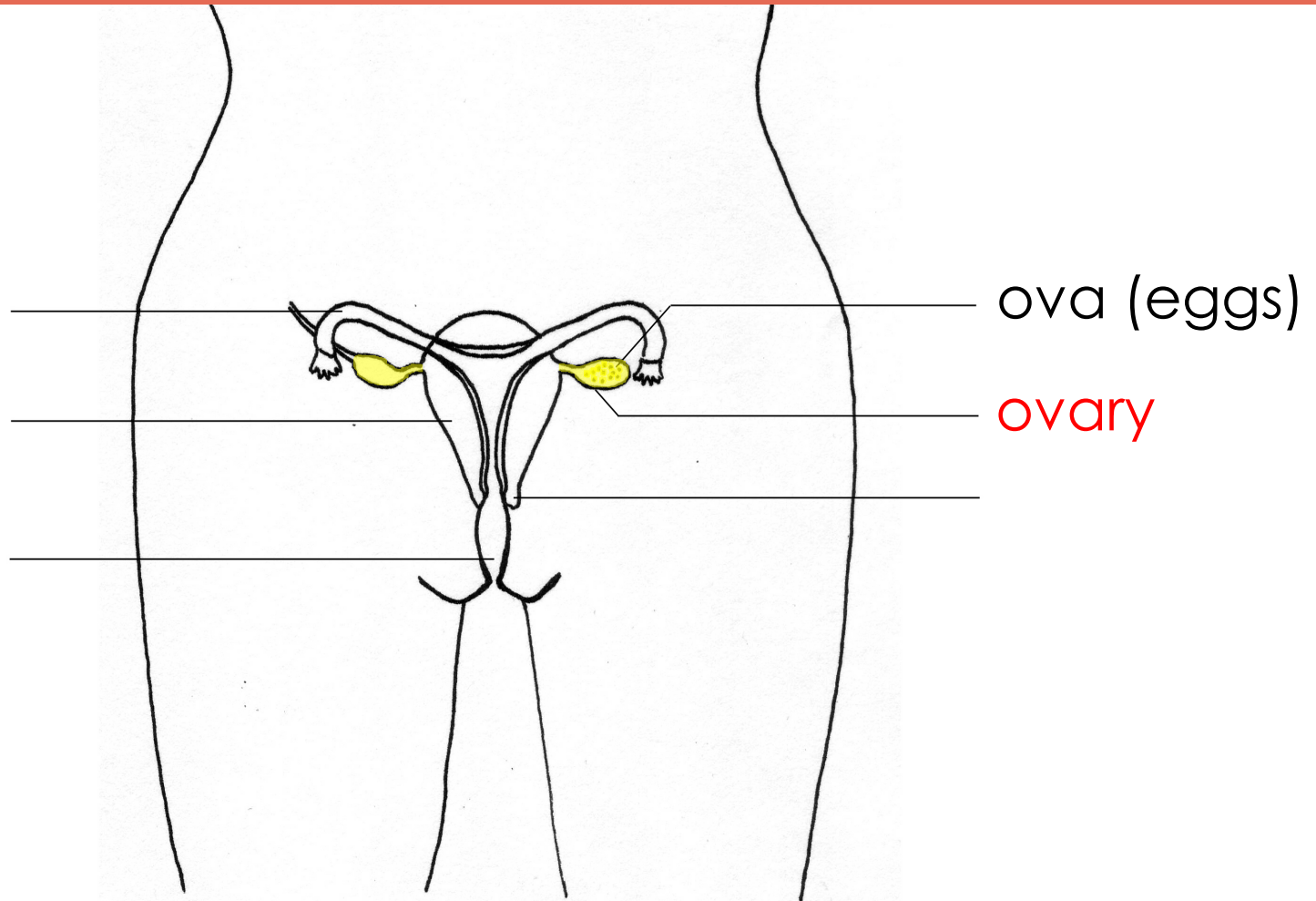
Internal Female Anatomy



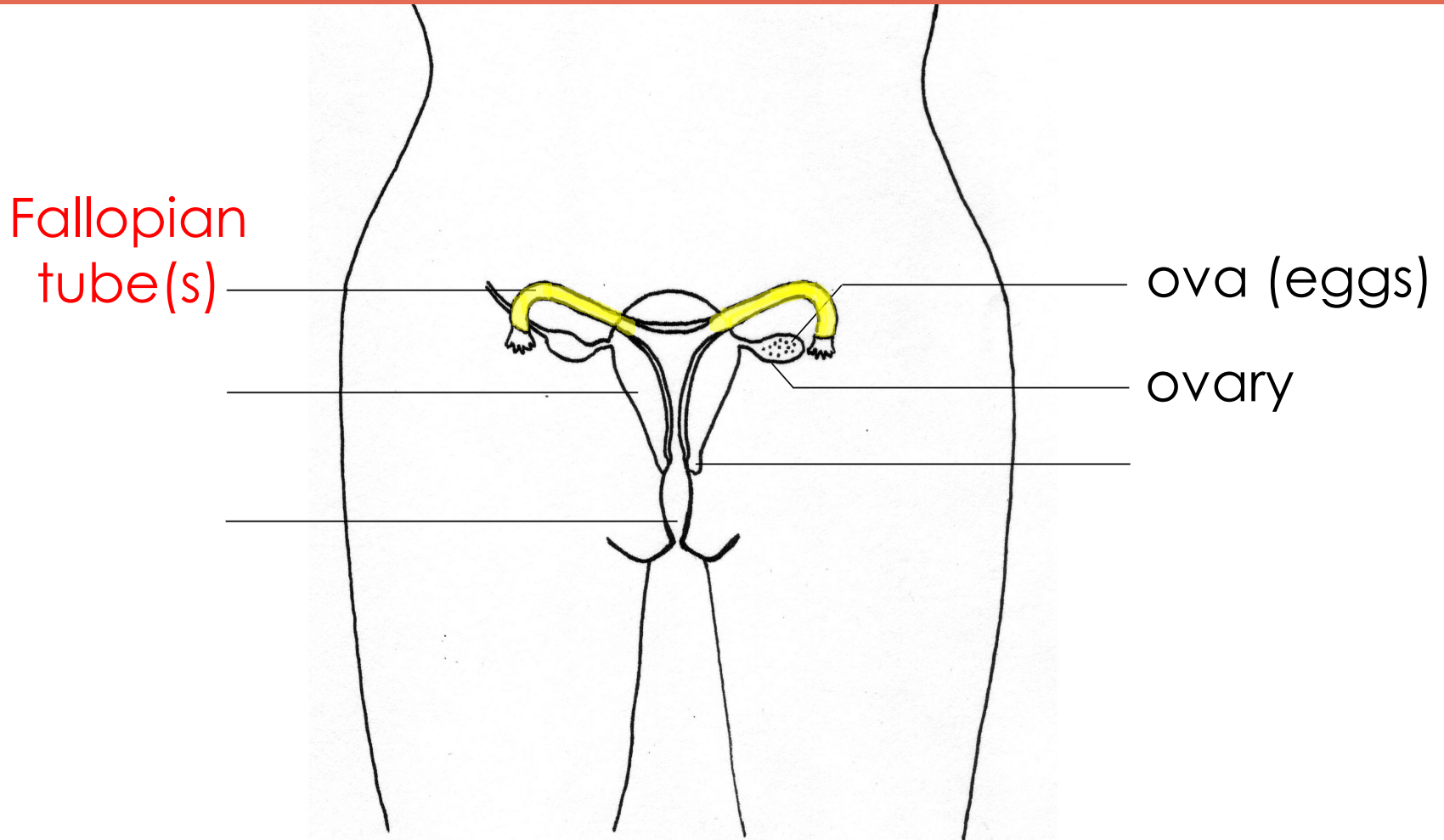
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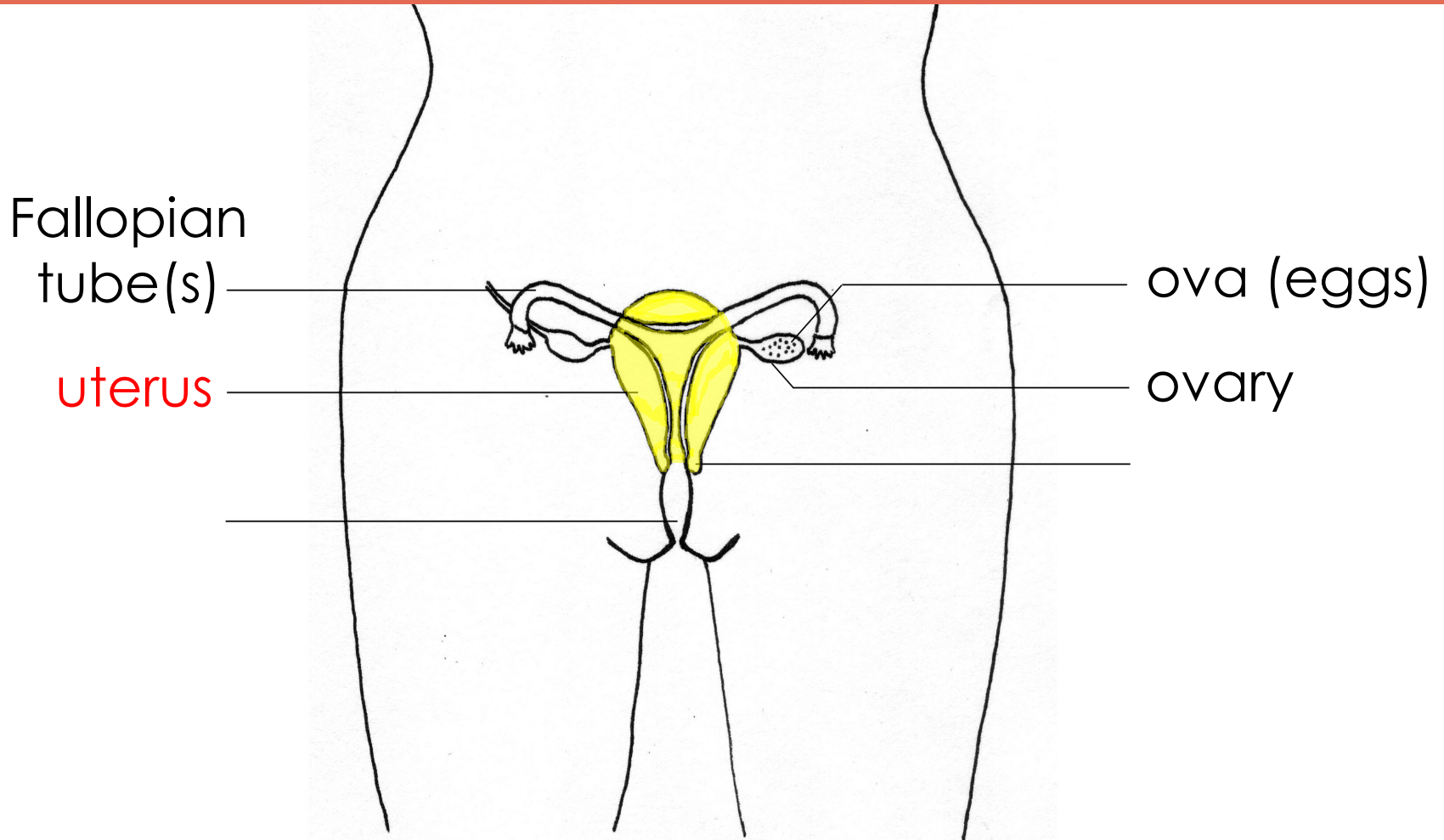
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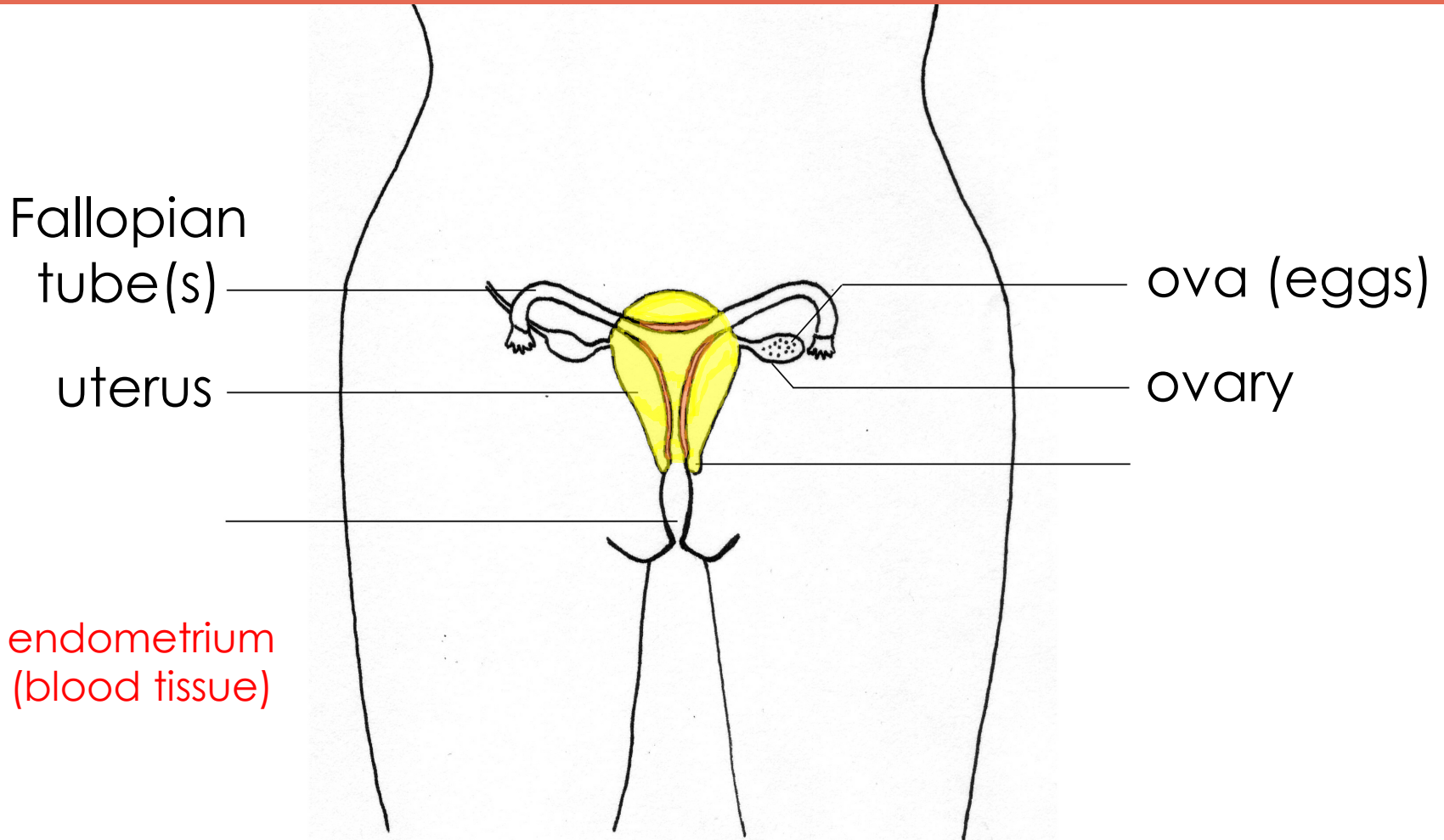
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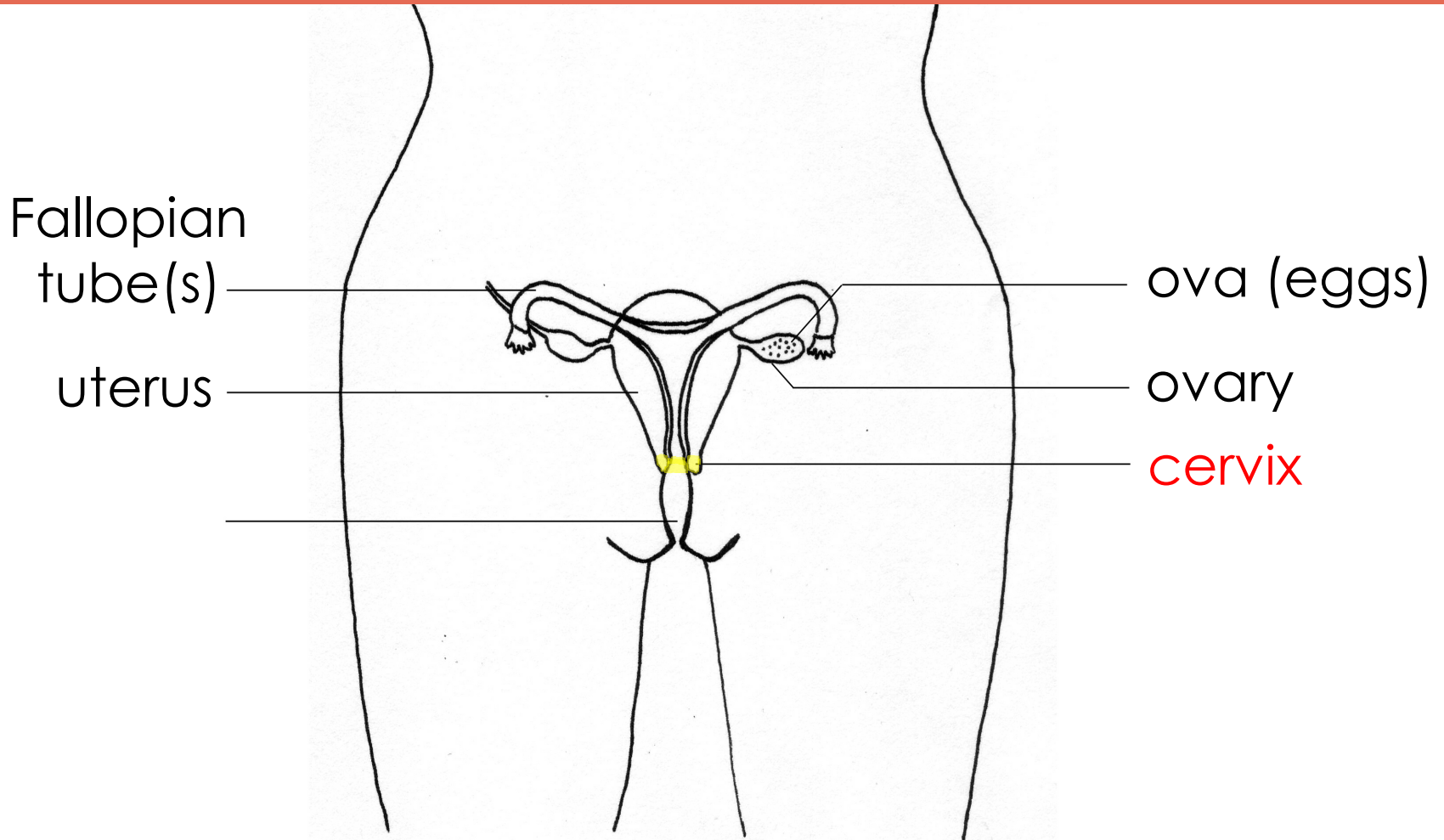
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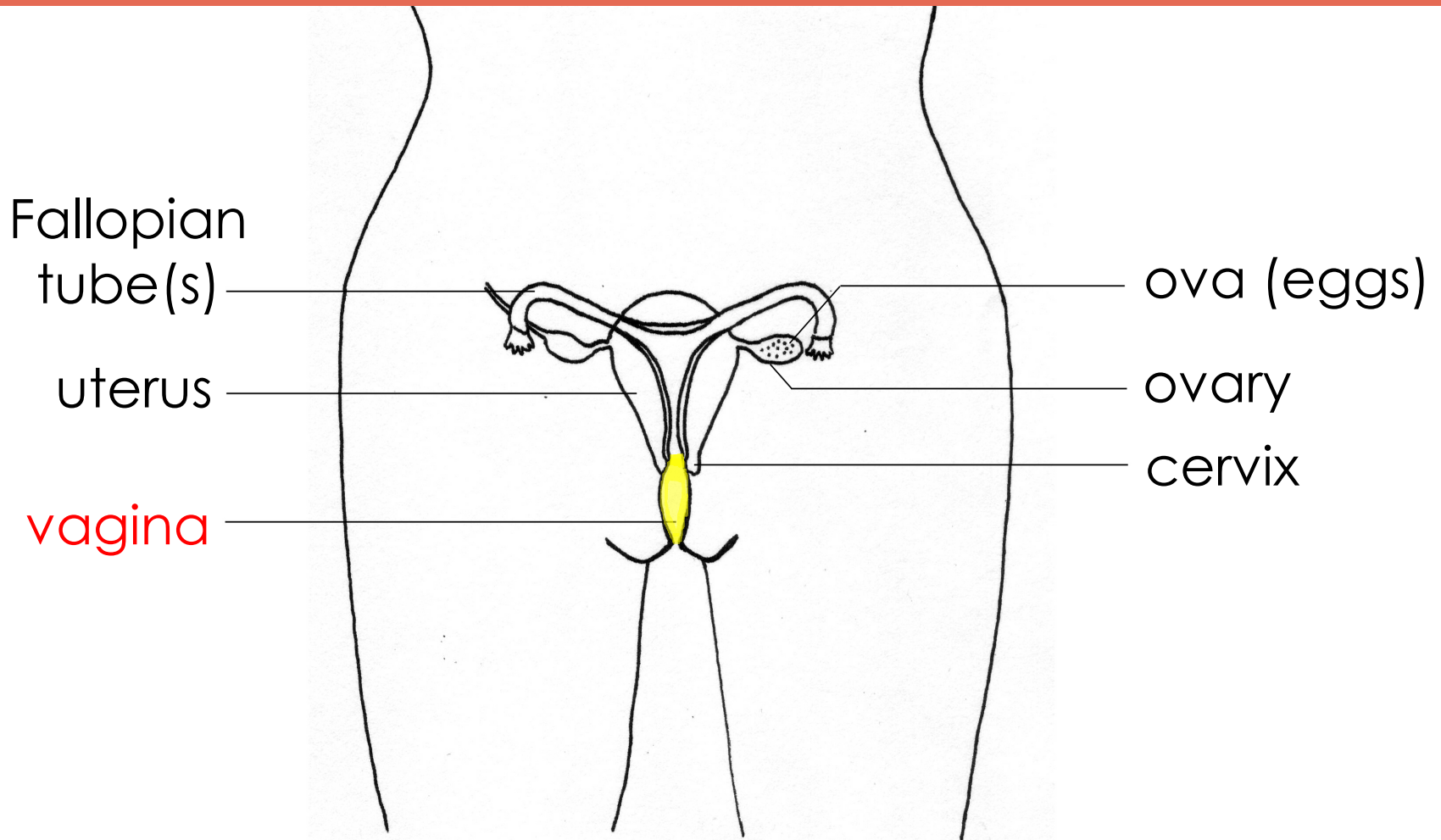
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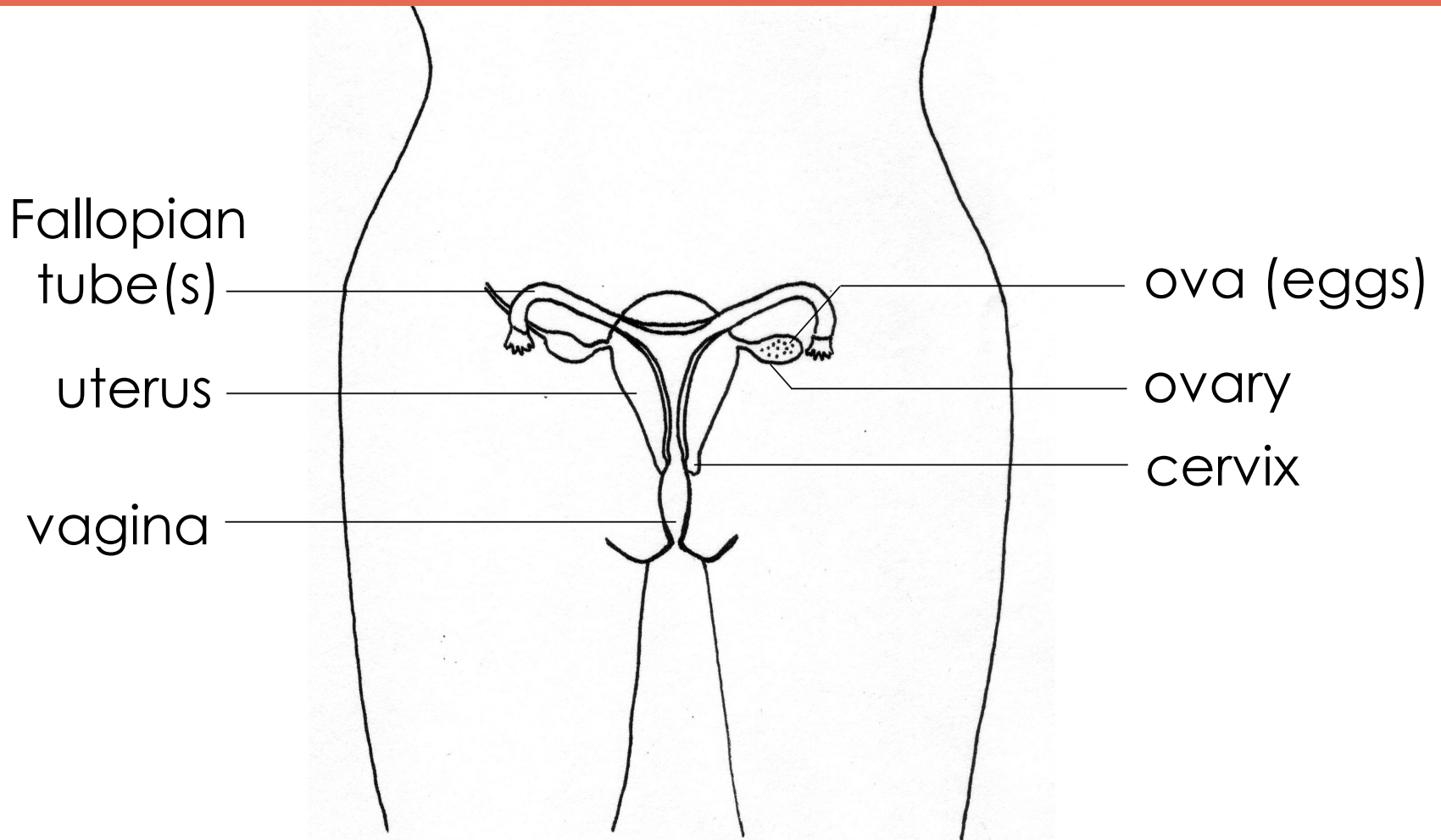
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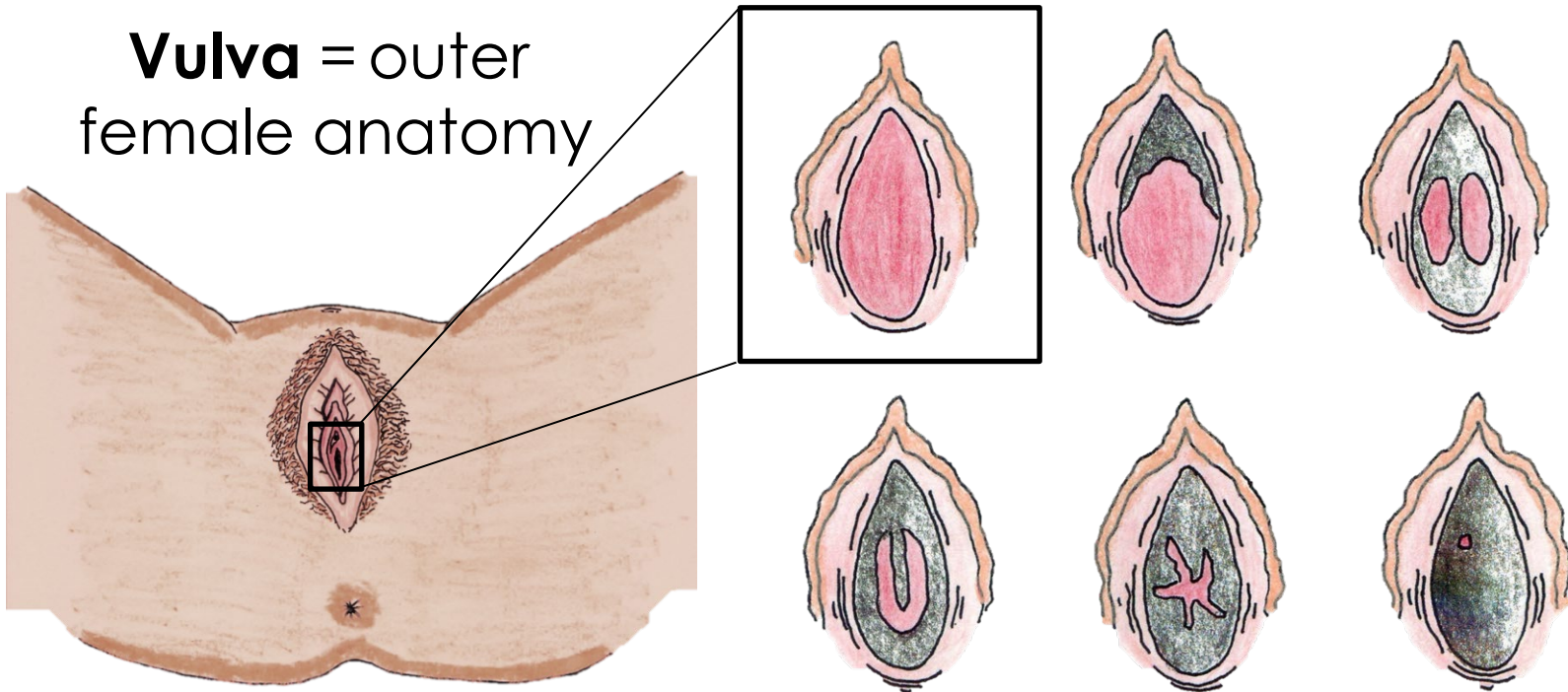
Internal Female Anatomy



Hymen

= a thin piece of skin partially covering the opening to the vagina

Vulva = outer female anatomy



Female Bodies

**Male
Bodies**

**All
Bodies**

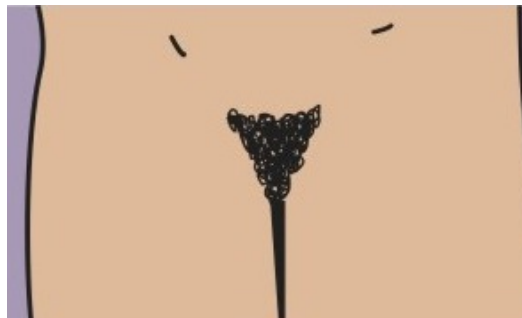
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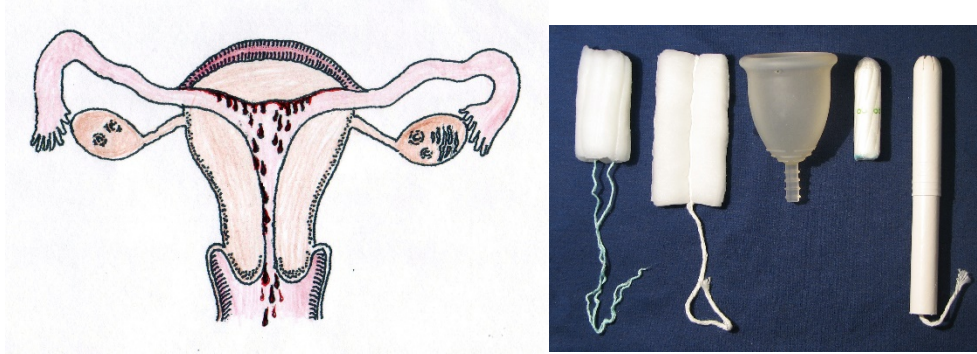
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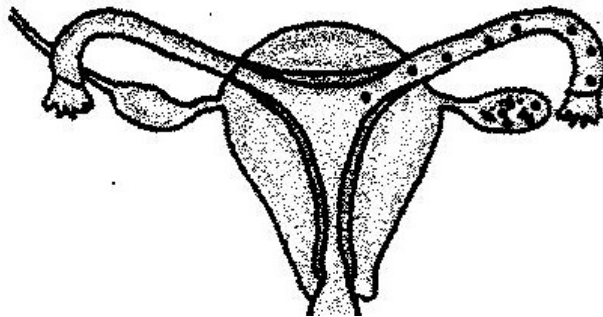
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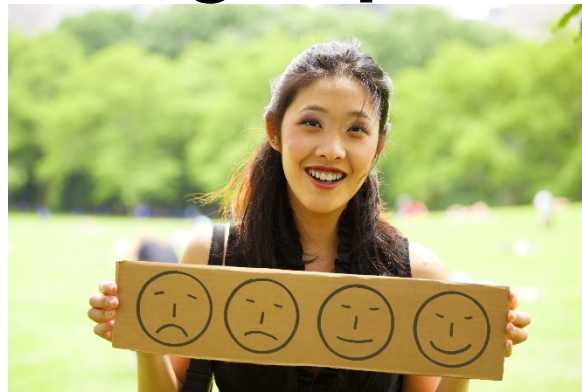
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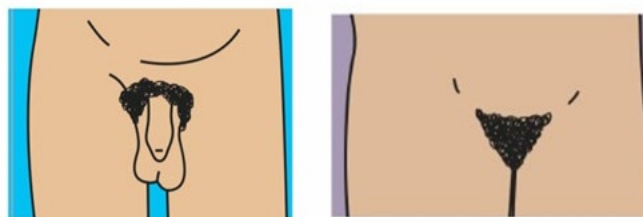
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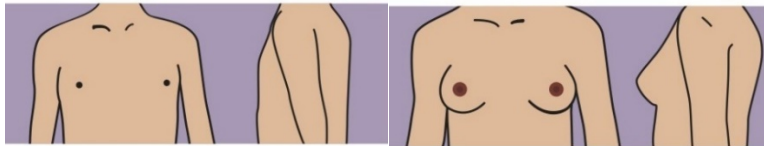
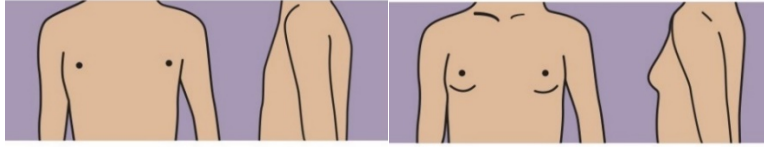
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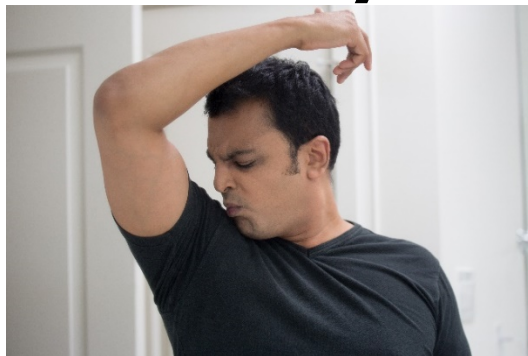
**Feel uncomfortable about
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Feel proud and excited about body changes



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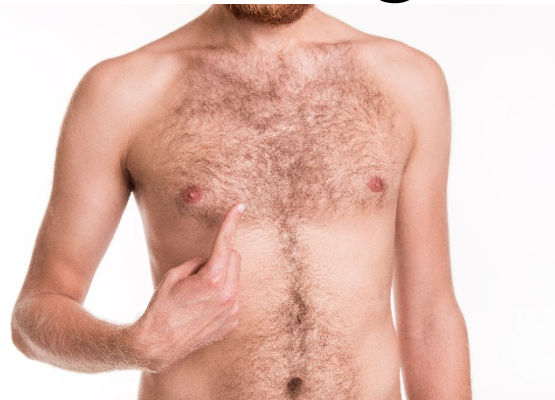
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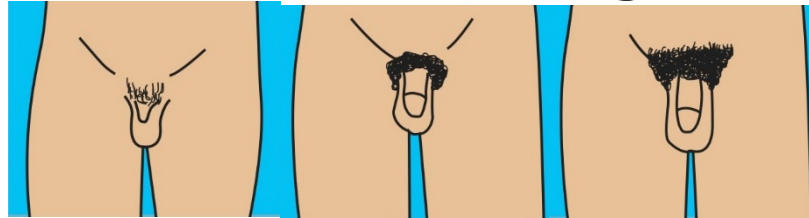
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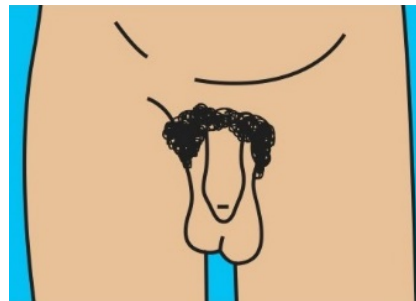
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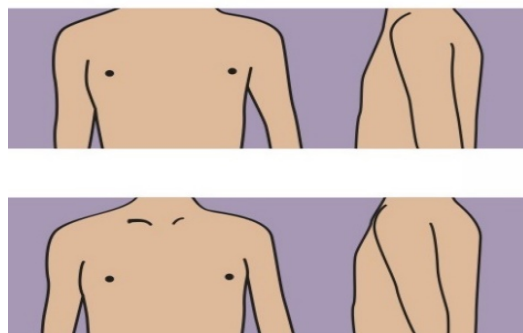
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**May release semen during
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**May have “cramps”
during menstruation**



Taking Care of Me: Personal Hygiene

Hygiene

Taking care of our body is very important so we can keep ourselves healthy!

How do you keep your body clean?

Brushing your Teeth

Use a **toothbrush** and **toothpaste**

Brush 2 times every day (morning and before bed)



Washing your Body

Wash your body
every day
(with **soap!**)
in the shower
to get rid of
dirt and germs



Washing your Hair

Wash your hair in the shower to get rid of dirt and oil

Shampoo and **conditioner** help clean and make hair smell nice



Caring for your Hair

Use a **brush** or **comb**
to keep your hair
neat and untangled



Smelling Nice

Underarms can sweat and sometimes smell bad

Put on **deodorant** every day to help underarms stay dry and smell nice



Getting Dressed

Put on clean clothes
(shirt, underwear, socks)
every day



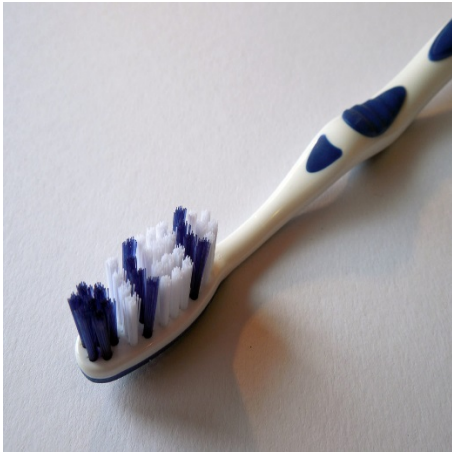
Washing your Hands

Wash hands with **soap** after coughing, sneezing, or using the bathroom



Appendix G.4: Hygiene Cards

TOOTHBRUSH



TOOTHPASTE



MOUTHWASH



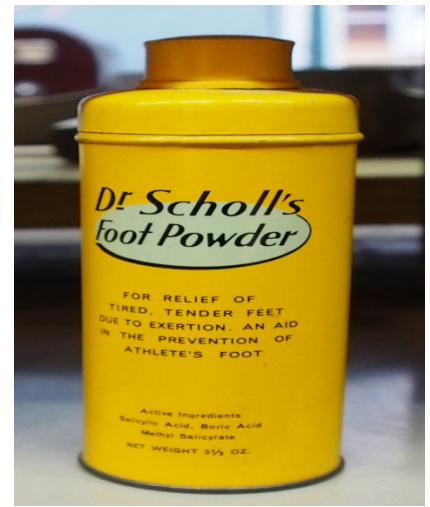
WASH HANDS



LOTION



FOOT POWDER



SOAP



SHAMPOO



CONDITIONER



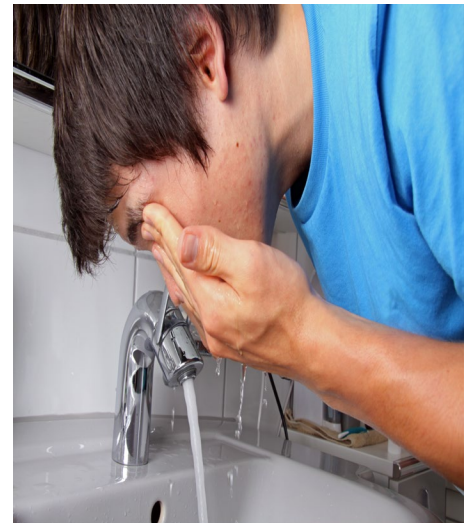
WASH HAIR



FACE WASH



FACE WASH



DEODORANT



HAIR BRUSH



COMB



CLEAN UNDERWEAR



CLEAN SOCKS



BRA



JOCKSTRAP



PADS



TAMPONS

