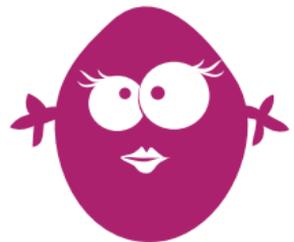
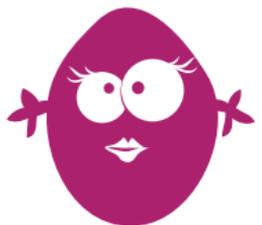
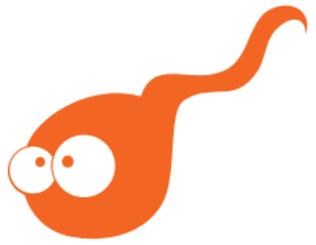
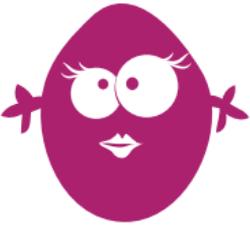
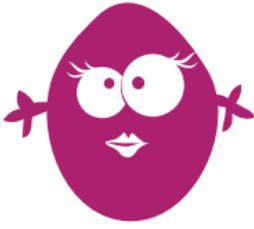


ME MYSELF AND I



puberty information
for everybody



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PUBERTY EXPLAINED

So, what is puberty?

- a) When weird stuff happens to you
- b) When a child is changing into an adult
- c) When zombies take over the Earth

If you picked b) you're right! Puberty is the time when a child is changing into an adult. Sometimes this is called **adolescence**. Some people think the things that happen during puberty are really weird, but you can use this book to find out what's really going on. And who knows, maybe even zombies go through puberty!

What causes puberty?

Certain **hormones** become more active during puberty. They travel around the bloodstream and signal different body parts to switch on and off, or change what they do. These tiny chemicals are responsible for all the puberty changes that you will see in this book.

Try saying these puberty hormones out loud:

- Oestrogen (ee-stra-jen)
- Testosterone (tes-tos-ter-rone)
- Androgen (an-dro-jen)

Why do we go through puberty?

During puberty your body becomes able to **reproduce**, or have children. Your reproductive parts mature and your body grows bigger and stronger. Your brain also matures and you make new social connections. There's a lot going on during puberty!

When does puberty happen?

Puberty happens at different times for each person. Puberty changes can start any time after age nine, but don't worry if you haven't noticed any changes yet. Your body will change when it's right for you.



BODY CHANGES



Body shape

As people go through puberty their bodies begin to look different. Everyone gets a bit taller, heavier and stronger. Some people have **growth spurts**, where they grow very quickly. Other people grow slowly. Girls' **hips** and boys' **shoulders** also start to widen. Everyone's body is different so don't worry if you don't look the same as someone else. You are unique.

Breasts

It is normal for girls and boys to develop some breast tissue under their nipples during puberty. For boys, this tissue can be tender, but usually goes away later in puberty. Girls' **breasts** continue to develop into all different shapes and sizes and you might choose to wear a crop-top or bra. No matter their shape or size, girls' breasts all work the same way to produce milk if you have a baby when you are older.

Body hygiene

During puberty **sweating** increases, so it is important to wash your clothes, hair and body more often. Usually people choose to use antiperspirant deodorant to reduce sweating under their arms.

Your face also sweats more during puberty, and a layer of oil and dirt can build up and cause **pimples**. This is normal and pimples eventually go away. Keeping your skin clean is important and try not to touch or squeeze the pimples, as this can make them worse or give you scars. If your pimples are very bad, a doctor may be able to help treat them.



Each body is different and constantly changes across the lifespan.

Sexy feelings

Arousal is the tingly feeling that happens when something is sexy. Lots of body parts are involved, but can you guess the main one? The brain! If someone thinks something is sexy, the brain sends signals making the heart beat faster, the clitoris or penis swell, and the skin all over the body becomes sensitive. This might start to happen during puberty.

Sometimes if someone is aroused they might choose to **masturbate**. This means massaging their genitals because it feels good. It's OK to masturbate as long as it's done in a private place. It's also OK if a person doesn't want to masturbate.

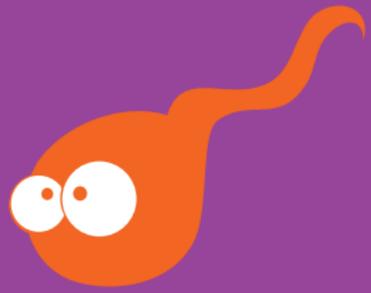
Hair, hair, everywhere!

Did you know that you have hair on nearly every part of your body? These body hairs protect your skin and during puberty they become darker and thicker.

It is normal for everyone's leg hair, arm hair, underarm hair and **pubic hair** (hair around the vulva, the base of the penis and testicles) to get thicker and darker. It is also normal for girls and boys to notice changes to their back hair, stomach hair and facial hair. Sometimes people choose to trim, shave or wax their body and facial hair.



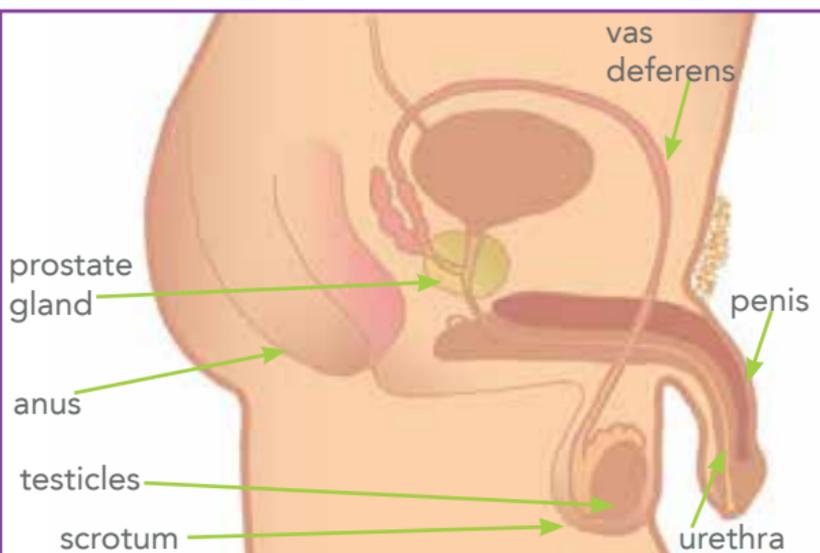
BOY BOODLES



During puberty, boys will begin to produce sperm and ejaculate. This means their bodies are able to reproduce.

The male reproductive system

- The **testicles** are where sperm is produced after a boy has started puberty. Testicles grow bigger during puberty and come in different shapes and sizes. Sometimes one testicle is larger than the other or hangs lower than the other. This is all normal.
- The **scrotum** is the skin that holds the testicles on the outside of the body. This skin is usually a bit darker than the rest of a boy's skin and may have pubic hairs on it.
- The **vas deferens** is the tube that carries the sperm from the testicles to the prostate gland.
- The **prostate gland** is where sperm are mixed with fluid called semen. The prostate gland is also involved in ejaculation.
- The **anus** is where faeces (poo) comes out. The skin around the anus is usually a bit darker than the rest of a boy's skin and may have pubic hairs around it.

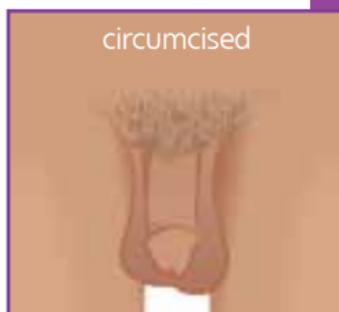


All about the penis

- The **penis** hangs at the front of a boy's body. Penises come in all different colours, shapes and sizes, so there's no such thing as a 'normal' penis. Some penises are short and thick, some are long and thin, some lean to one side. The penis may be darker or redder than the rest of a boy's skin and may have veins sticking out. Pubic hair grows around the penis, the testicles and the anus.

The head of the penis has lots of nerve endings so it is very sensitive and pleasurable to touch. A boy might rub his penis when he masturbates, or his partner might rub it during sex.

- The **foreskin** is a fold of skin that covers the head of the penis. Not every boy has a foreskin because it is sometimes removed. This is called circumcision. The penis works the same way with or without a foreskin. If a boy has a foreskin he should keep it clean by carefully washing under it when he showers or bathes.



- The **urethra** is a tube with a small opening at the tip of the penis. It has two functions. It can carry urine (wee) from the bladder, or semen (containing sperm) from the prostate. There is a valve that can block off one or the other, so boys can't urinate (wee) and ejaculate (release semen) at the same time.



FUN FACT:

Ever wondered why the testicles are outside the body? Sperm need to be kept a bit cooler than the rest of the body. So, the scrotum stretches or tightens to keep the testicles and sperm at the right temperature!

BOY STUFF



Voice changes

During puberty, hormones cause a boy's voice box to grow and move down in the throat. While this is happening his voice might be squeaky one minute and low the next. This is called his **voice breaking**, but it doesn't hurt. Soon his voice box settles in its new position. His voice will be lower than before, but every boy's voice will be a different depth.

Facial hair

During puberty, boys start to grow more hair on their cheeks, chin and neck. At first the hair is fluffy and light but over time it gets longer, darker and thicker. It might not fully develop until he is in his 20s. Some boys end up with thick facial hair, but others will have lighter or patchy facial hair all their lives.

To remove facial hair boys can use razors or electric shavers. These are bought at the supermarket or pharmacy.

Razors & shavers

How to use a razor:

- Trim long hair with scissors or clippers.
- Wet the face and apply a shaving cream or gel.
- Run the sharp razor along the skin in the same direction that the hair grows (this is different for each part of the face).
- Rinse your face and you're ready to go!
- Moisturise or use aftershave.

TIP
When using a razor be careful around the jaw, throat, and lips



Erections

When relaxed, the penis hangs at the front of the body. When blood flows into the spongy tissue of the penis it becomes thicker, longer, stiffer and stands on end. This is called an **erection**. When this blood flow stops the erection goes away.

Boys can have erections from birth, but they happen more often during puberty. An erection can happen when something is sexy, or just because there is a lot of blood flowing around the body, like after sport. Relaxing and thinking about something else might help an erection go away faster.



Ejaculation

During puberty a boy starts to produce sperm and will begin to **ejaculate**. If the erect penis is stimulated, muscles contract, pushing semen (containing sperm) down the urethra and out the tip of the penis. This is called ejaculation.

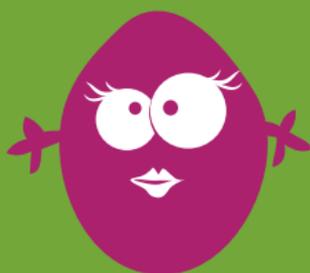
Wet dreams

Sometimes ejaculation can happen when a boy is asleep. This is called a "**wet dream**" even though the boy might not have a dream and doesn't wet the bed! Wet dreams are a boy's body getting used to its new sperm production and usually happen less often as a boy gets older. Only 1-2 teaspoons of semen are released, so it's easy to clean up. The semen can be wiped up with toilet paper and clothes can be put in the wash.

DID YOU KNOW?

Many millions of tiny sperm are contained in the 1-2 teaspoons of semen released during ejaculation.

GIRL BODIES



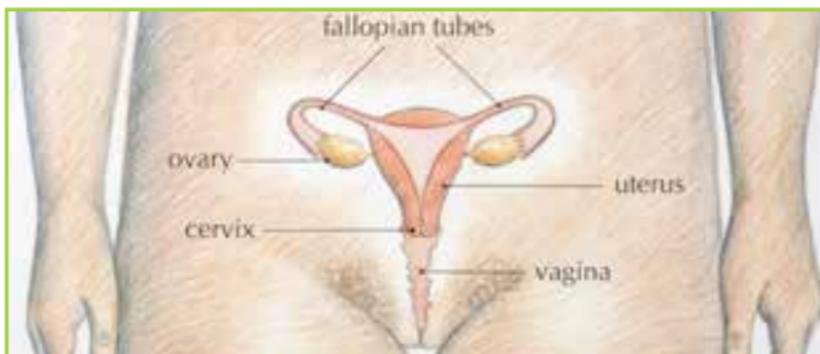
During puberty, girls begin to release eggs and have periods. This means their bodies are able to reproduce.

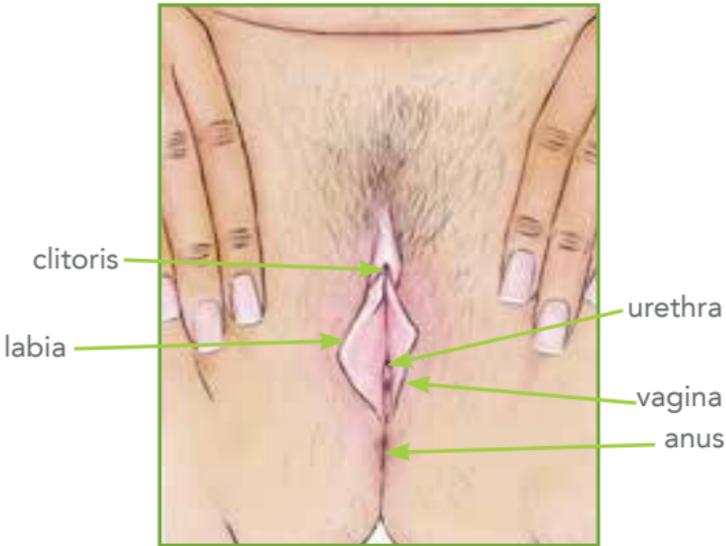
The female reproductive system

- A girl has two **ovaries** that contain all her eggs, or ova. During puberty the ovaries become active and release a mature egg around once per month.
- The **fallopian tubes** connect the ovaries to the uterus.
- The **uterus** grows a nutrient-rich lining each month in preparation for pregnancy. If there is no pregnancy then the uterus sheds its lining. This is called a menstrual **period**.
- The **cervix** connects the vagina to the uterus. It has a tiny passage that allows some things (like sperm) up to the uterus and some things (like period blood) down to the vagina.
- The **vagina** is a strong, stretchy passage that connects the vulva to the cervix. The vagina produces a clear or whitish liquid that helps keep itself clean. A girl might start to notice this in her underwear during puberty.

DID YOU KNOW?

Each month many eggs start maturing in a girl's ovaries, but only one or two develop enough to be released.





All about the vulva

- The **vulva** is the name for the outer area of a girl's reproductive parts (shown in this picture). Vulvas come in all different colours, shapes and sizes, so there's no such thing as a 'normal' vulva. Pubic hair grows around the vulva, the anus, the mons pubis and the top of the thighs.
- The **vagina** opens at the vulva, but most of the vagina is located inside the girl's body.
- The **labia** are the folds of skin that cover the vulva. The labia protect the vulva and prevent bacteria and dirt from entering the urethra and vagina. Labia come in lots of shapes, colours and sizes. They can be darker or redder than the rest of a girl's skin. The lips might be long or short, wrinkled or smooth, and one lip might be longer than the other. This is all normal.
- The **clitoris** is a pea-sized bump covered in folds of skin.
- The **anus** is an opening where faeces (poo) comes out.
- The **urethra** is a very small opening where urine (wee) comes out.

The clitoris has lots of nerve endings so it is very sensitive and pleasurable to touch. A girl might rub her clitoris when she masturbates or her partner might rub it during sex.

GIRL STUFF

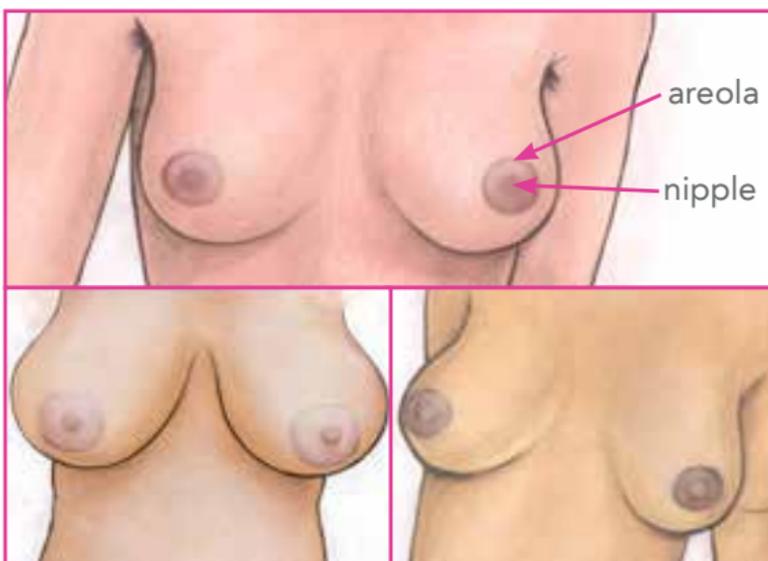


Breasts

Breasts come in different shapes and sizes and sometimes one breast is bigger than the other. In the middle of the breast is the **nipple**, which can stick out all the time, stick out if the girl is cold or aroused, or turn inward all the time. If the nipple sticks out it can be short or long. The **areola** surrounds the nipple and might be big or small, light or dark. It can also be bumpy and have hairs around it.

Breasts develop at different ages for different girls, so don't worry if your breasts develop before or after someone else's.

As breasts develop they can be tender and the nipples can be sensitive. Breasts can also become tender when a girl has her period.



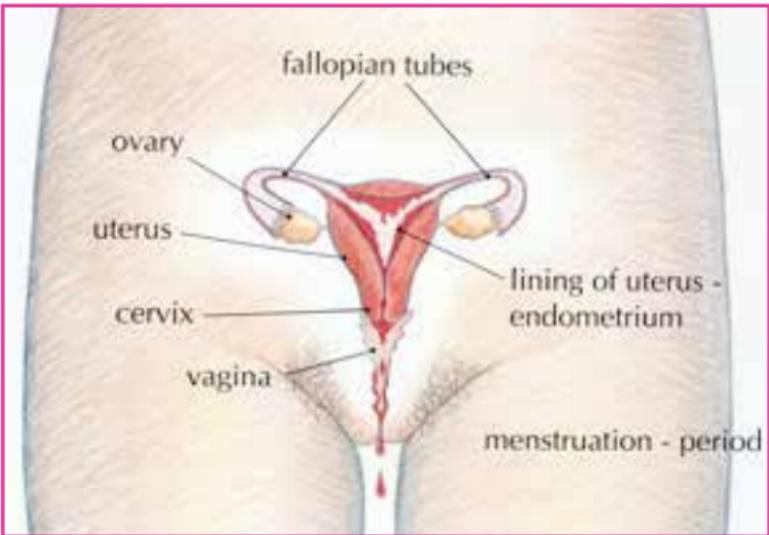
Bras and crop tops

Some girls are comfortable without a bra or crop top, but some girls choose to wear a bra or a crop top to support their breasts. Bras and crop tops come in many different sizes, shapes, and styles, so it's a good idea to try a few on to find one that fits well.

Girls can do anything they would normally do when they have their period.

The menstrual cycle

The **menstrual cycle** is how a girl's body prepares for a possible pregnancy. If no pregnancy occurs she will have a **menstrual period**. A full menstrual cycle usually lasts about a month, but this can vary.



During the menstrual cycle:

1. Hormones cause an egg to develop in the ovary and the lining of the uterus to thicken.
2. The egg is released from the ovary and travels down the fallopian tube toward the uterus.
3. If sperm are not present for fertilisation, the egg and the lining of the uterus break down.
4. Blood from the uterus then flows out through the vagina as a menstrual period.
5. The whole cycle then starts again.

Pads & tampons

To soak up period blood girls can use pads or tampons. These are bought at the supermarket or pharmacy and come with instructions for use.

Be prepared by keeping some pads and tampons with you. You can put them in a pencil case or bag to keep them private!

Pads:

- Sit in the underwear
- Soak up the period blood that comes out of the vagina
- Come in different shapes and thicknesses, with wings or without
- Should be changed every three to four hours during the day



Tampons:

- Are inserted into the vagina
- Soak up the period blood inside the vagina
- Come in different sizes and some include an applicator
- Are useful when swimming or wearing something tight like a leotard
- Should be changed every three to four hours during the day



TIP

Put used pads and tampons in the bin, not down the toilet. They'll block the drain!

Periods Q & A

Q: When will I get my period?

A: Girls get their first period between the ages of nine and 16. Don't worry if you get your first period earlier or later than someone else. Your period will start when your body is ready.

Q: How often will I get my period?

A: At first, your periods might be irregular but after the first year they usually settle into a pattern of every 21-48 days (average 28 days). The pattern is different for each girl.

Q: How long does a period last?

A: Each period lasts for about three to seven days. The first few days usually have the heaviest flow.

Q: What will my period be like?

A: Period blood is darker than other blood. It might be bright red or brownish and be blobby or stringy.

TIP

Mark on a calendar when you get your period. This can help you to know when your next period will come.

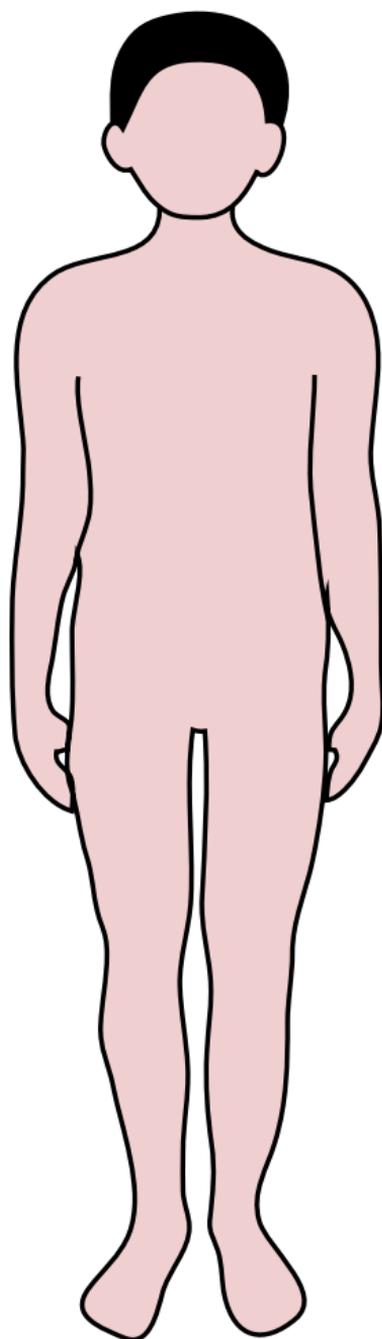
Period pain

Just before or during a period, some girls might have cramps, bloating, tiredness, or a headache. Sometimes girls won't have any pains.

Things that might help:

- Mild exercise
- Heat packs
- Painkillers or anti-cramping medication
- Talking to a doctor

PUBERTY CHANGES

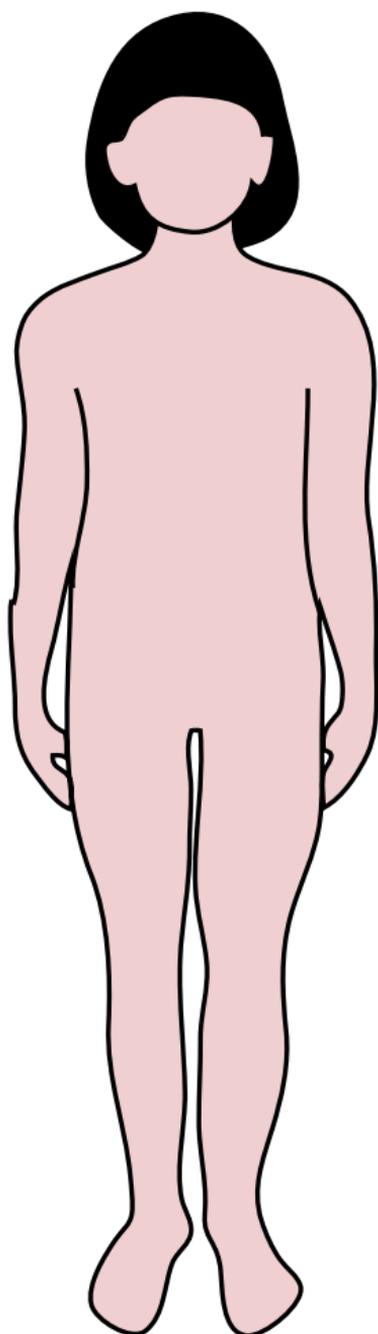


People who are intersex are born with genes, hormones or body parts that are not exclusively 'male' or 'female'. Find out more at www.oii.org.au

Draw or label all the puberty changes that will happen to this boy and girl.

Explore more body changes at

www.bodytalk.org.au/puberty-explorer





SOCIAL CHANGES



During puberty, relationships with family and friends can change and new kinds of relationships begin.

Family

Your relationships with **family** members might change during puberty. You might start to want more independence and privacy. You will be able to make more decisions for yourself and contribute more to how your household runs. This all takes a long time to get used to, so it's important to talk to your family about how you feel and to think about how they feel too.

Friends

Friends are people you can talk to and share your feelings and experiences with. You might sometimes fight or want to spend time apart for a while, but friends are people who make you feel good when you are with them. Your friendships will change during puberty. You might start making new friends as your interests change. You might have a best friend, or a few best friends. It's great to have special people that you are close to, but it is important that friendships don't stop you from making new friends or being yourself. Sometimes you may need to reduce the amount of time you spend with one person and open up your friendship to other people. It's also OK to spend time on your own.

Attraction

During puberty you might start to be attracted to someone. Attraction is when you like someone as more than a friend or you get sexy feelings when you see or think about them.



You can be attracted to someone from the opposite sex, same sex, both sexes, or you might not be attracted to anyone.

All these forms of attraction are normal and healthy and no-one is allowed to be teased or bullied because of who they are attracted to.

New relationships

Sometimes you might become attracted to one special person. You might want to spend more time with them and get sexy feelings when you think about them. Sometimes that person will feel the same way, but sometimes they won't. This can be hard to deal with at first, but try to remember that you are a unique person with lots of great qualities.

If two people are attracted to each other, they can decide to have a closer relationship. It's up to you how your relationship works. Both people need to talk about how they feel, the limits of the relationship and what kinds of activities they want to do.

Even though intimate relationships can be very special, a healthy relationship doesn't get in the way of your other relationships with friends and family. If you find that you don't have time for other relationships you might need to think about balancing your time with different relationships.

Do you want to...?

In any relationship, it's important that both people feel comfortable and only do things that they want to do. That's why if you want to kiss or touch someone, you need to ask whether they want to. This is called getting **consent**.

You could ask things like:

- Are you comfortable?
- Do you want to go further?
- Do you want to stop?

Also let your partner know how you feel, what you like and what you don't like.

Find out more at: www.bodytalk.org.au

If you don't want to...?

You never have to kiss or touch someone if you don't want to. If someone touches you in a way you don't like you can tell them to stop, even if it's someone you like.

If someone makes you uncomfortable it's important to tell a trusted adult, or call Kids Helpline on **1800 55 1800**.

If you have experienced sexual assault it's important to tell someone. You can call the National Sexual Assault, Domestic Family Violence Counselling Service on **1800 RESPECT**, 24 hours a day.



FEELINGS CHANGE



Feelings change a lot during puberty. There are many things you can do to help you deal with them.

What am I feeling?

Feelings are your body responding to something that is happening to you. Sometimes feelings are easy to understand, like 'thirsty' or 'hot'. Sometimes feelings are hard to understand.

Paying attention to your feelings can help you learn to understand them. You can use feelings to help you make decisions, like "Ouch, I'd better not sit so close to the fire", or "That was mean, I don't think I want to be friends with that person".

Puberty & feelings

During puberty, you might feel happy one minute and sad or angry the next. This is sometimes called **mood swings**. Hormones have something to do with mood swings, but how you respond to them is up to you. As you pay attention to your feelings and learn to understand them you will be able to respond to mood swings better, rather than lashing out at family members or friends.

Am I normal?

Girls' and boys' bodies change a lot during puberty and everyone ends up looking a bit different. There is no right or wrong when it comes to body shape or appearance. Magazines and other media sometimes give us the idea that looking a certain way is important. But the most important thing is to be healthy and happy.

A healthy **body image** means being comfortable in your own skin and valuing who you are rather than what you look like.

Sometimes the way people feel about their gender (being a 'girl' or a 'boy') doesn't match their body. For more information about transgender contact www.gendercentre.org.au

Dealing with breakups

Ending a relationship can be hard to do and everyone reacts differently. You might feel sad, shocked, angry or relieved. These feelings usually soften with time. The important thing is to look after yourself. Try not to blame the other person or do anything to try to get back at them, like rush into a new relationship. It can also help to talk to someone you trust.

Feeling sad, stressed or anxious

Most people sometimes feel like this, but exactly what people feel and how extreme it is varies. Usually feelings like this pass, but there are things you can do to deal with them too. Check out www.reachout.org.au for some ideas.

Sometimes no matter what you do these feelings won't go away. This could be a sign that something more is going on. It can help to talk to someone you trust, like a friend, family member or counsellor. You can also go to www.eheadspace.org.au to chat to someone about how you're feeling.



LET'S GET TECHNOLOGICAL

So, you're on your device and you get a notification. "OMG check this out!!"



It could be something great, like an invitation to a friend's party, a funny picture, or a link that's just perfect for your assignment. Technology makes all these things really easy.

But what if you open it and find a sexual picture that you don't want to see? Maybe it's a private picture of someone you know. Or maybe it's a nasty anonymous message.

These kinds of things aren't new, but new technologies mean that they're much easier to access and to spread among heaps of people.

So, here are a few things that are good to consider when using technology.

Online friends

Technology can help people meet, communicate and strengthen their relationships. However, sometimes people bring the nasty side of their relationships to technology too.

Fights, bullying and breakups that occur through technology can have damaging effects because they are public, embarrassing and difficult to delete or avoid. It's important to consider other people's feelings when using technology, and when in doubt talk to the person directly.

THINGS YOU CAN DO:

- Check your privacy settings regularly
- Only add or friend people you know and avoid giving out personal details
- Think before you post, send or forward. Do you really want your grandma to see that?
- Treat others how you would like to be treated
- Block and report offensive, abusive or illegal material
- Check out www.cybersmart.gov.au for more info.

Sexting

Sending nude or sexual pictures or video is sometimes called **sexting**. Someone might choose to do this as a way to flirt and the intended receiver usually keeps the image private.

However, in Australia nude or sexual imagery of someone under age 18 is considered child pornography. This means that you could get in some serious legal trouble if:

- You're under 18 and you send a sexual image of yourself
- You receive a sexual image of someone under 18
- You take or pass on a sexual image of someone under 18

So, it's best to think before you sext and never pass on a nude or sexual image.

Pornography

Sexual images or videos intended to arouse are called **pornography**, or porn. Porn has been around a long time, but new technologies have made it much easier to access. This means that more people than ever have been exposed to porn and at younger ages, even though the legal age to access pornography is 18.

Porn Vs reality

Some people might think that porn is sexy and fun, but porn doesn't always send positive or accurate messages about bodies, consent and relationships.

Whether or not you like porn, the important thing to remember is that **porn isn't the real world**.

Some people don't like to watch porn or do things that are shown in porn, so always check with your partner before you try something new.

My PUBERTY PLAN



1. Two places where I can get puberty items (like shaving equipment or pads and tampons) are:

.....
.....

2. A person I know who can answer my questions about puberty is:

.....

3. A website that can give me accurate information about puberty is:

.....

4. I can be prepared for puberty by:

.....
.....

5. I can help my friends through puberty by:

.....
.....

PUBERTY QUIZ



You can find the answers on the page number indicated.

1. Puberty is when ais changing into an(p4)
2. causes puberty changes (p4)
3. Everyone starts puberty at ages (p5)
4. During puberty, boys begin to produce..... and girls begin to release(p8 & 12)
5. Boys can have..... more often during puberty (p11)
6. A boy can clean up semen from a wet dream using or by his clothes (p11)
7. Each girl's and boy's is a different size, shape and colour (p13 & 9)
8. A girl will get her period about once a(p15)
9. Girls can use and to soak up their period blood (p16)
10. Your relationships with and may change during puberty (p21)
11. Asking someone whether they want to kiss or touch is called getting(p23)
12. You can use to help you make decisions (p24)
13. A healthy body image means valuing, rather than (p24)
14. If you feel sad or anxious all the time it can help to talk to a, or(p25)
15. makes things easier to access and spread among many people (p26)

Family Planning NSW

Family Planning NSW specialises in reproductive and sexual health information and services. Our friendly doctors and nurses can advise you about puberty, periods, contraception, STIs and more. Family Planning NSW has clinics around NSW – check out a Family Planning NSW centre near you: www.fpnsw.org.au

Family Planning NSW also answers questions about reproductive and sexual health over the phone: **Family Planning NSW Talkline 1300 658 886** is open 8:30am to 5pm weekdays or by email via the Family Planning NSW website www.fpnsw.org.au

Also available in this series are:

- **What Suits Me? Contraception options for girls and guys**
- **Your Best Defence: Keeping an eye on STIs**

Find out more at: www.fpnsw.org.au/youngpeople

Connect with us

Find us online for news, information, resources and campaigns. We also share videos, photos and Family Planning NSW events.



[/familyplanningnsw](https://www.facebook.com/familyplanningnsw)

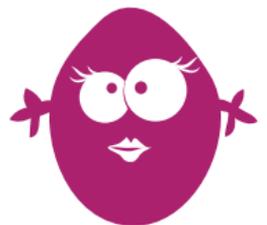
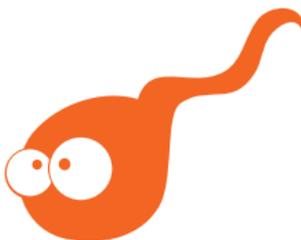
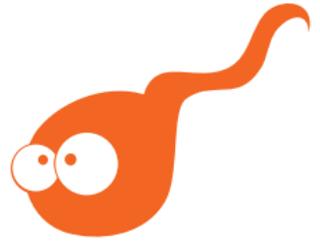
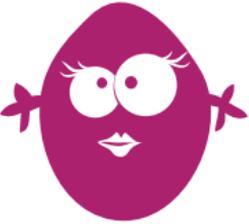
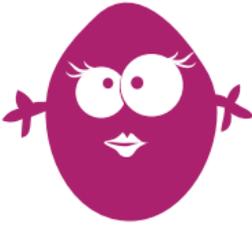
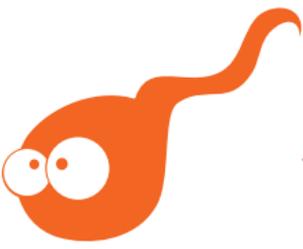


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CONTACT US

Family Planning NSW, Ashfield

328-336 Liverpool Road,
Ashfield NSW 2131
Phone: (02) 8752 4300

Family Planning NSW, Dubbo

2B / 155 Macquarie Street
Dubbo NSW 2830
Phone: (02) 6885 1544

Family Planning NSW, Fairfield

24-26 Nelson St
Fairfield NSW 2165
Phone: (02) 9754 1322

Family Planning NSW, Hunter

384 Hunter Street
Newcastle NSW 2300
Phone: (02) 4929 4485

Family Planning NSW, Penrith

13 Reserve Street
Penrith NSW 2750
Phone: (02) 4749 0500

Family Planning NSW Talkline:

1300 658 886 or fpnsw.org.au/talkline

Family Planning NSW Bookshop:

(02) 8752 4307 or bookshop@fpnsw.org.au

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