



Living,  
Growing,  
Learning  
Body Wise

Condensed  
Presentation



Akron Children's Hospital

# What am I going to learn?

Puberty – Growth and Development

Hygiene

Male reproduction system

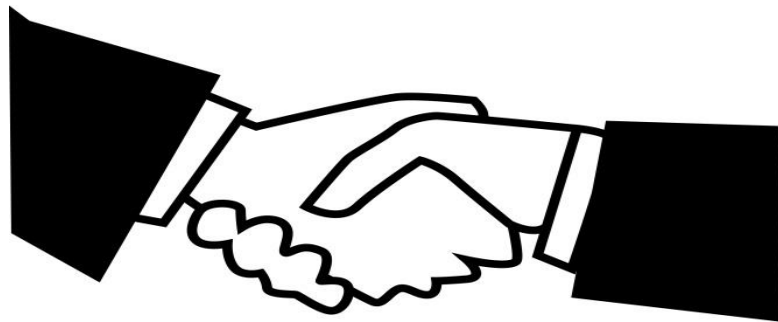
Female reproduction system





# Classroom Rules

It's all about  
**RESPECT**



# Do you know?

What two times in your life  
do you grow the most?



# Infancy and Adolescence



# Do you know?

What hormone is released in girls during puberty?

What hormone is released in boys during puberty?

What changes are going to happen?

What do you need to start doing because of these changes?



# Puberty

## What is it?

Puberty is also called Adolescence

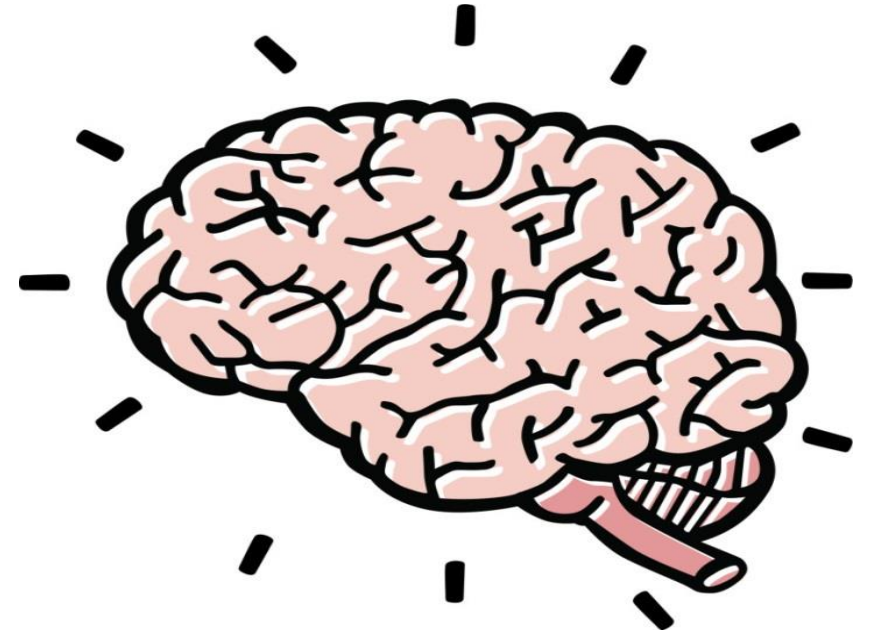
- It starts in the brain with the pituitary gland
- The pituitary gland is the size of a pea

The pituitary gland releases hormones that cause changes to occur

- Hormone for girls is: **Estrogen**
- Hormone for boys is: **Testosterone**

It is a time of many changes for boys and girls

- Some changes may occur without warning



# When does it start?

## Girls

- Between the ages of 8 and 13

## Boys

- Between the ages of 9 and 14





# What will happen to me?

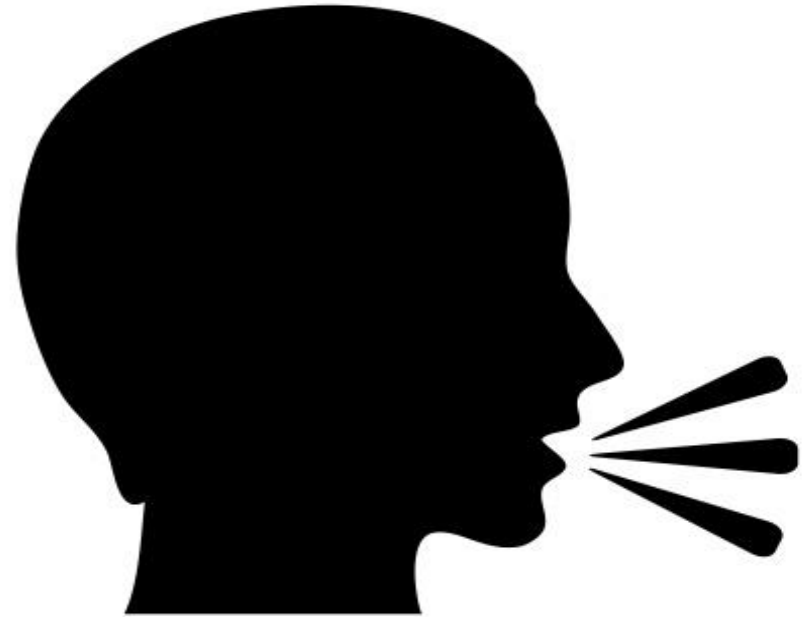
## Voice changes

### Boys:

- Voice will get deeper
- May have embarrassing moments of voice squeaking when talking
- Nothing you can do about it

### Girls:

- Girls will get a little higher
- This change may not be noticed



# What will happen to me?

## Hair

### Boys

- Under arms
- Legs
- Face
- Chest
- Back



- With the growth of facial hair boys may start shaving
- May need to shave for work, to be clean shaven may be considered professional for some jobs



# What will happen to me?

## Girls

- Under arms
- Legs



May start shaving legs and under arms



# What will happen to me?

Both Boys and Girls will get hair in the private areas

- Called pubic hair
- **This is normal!!!!**
- This may be the first sign that you notice when starting or going through puberty





# What will happen to me?

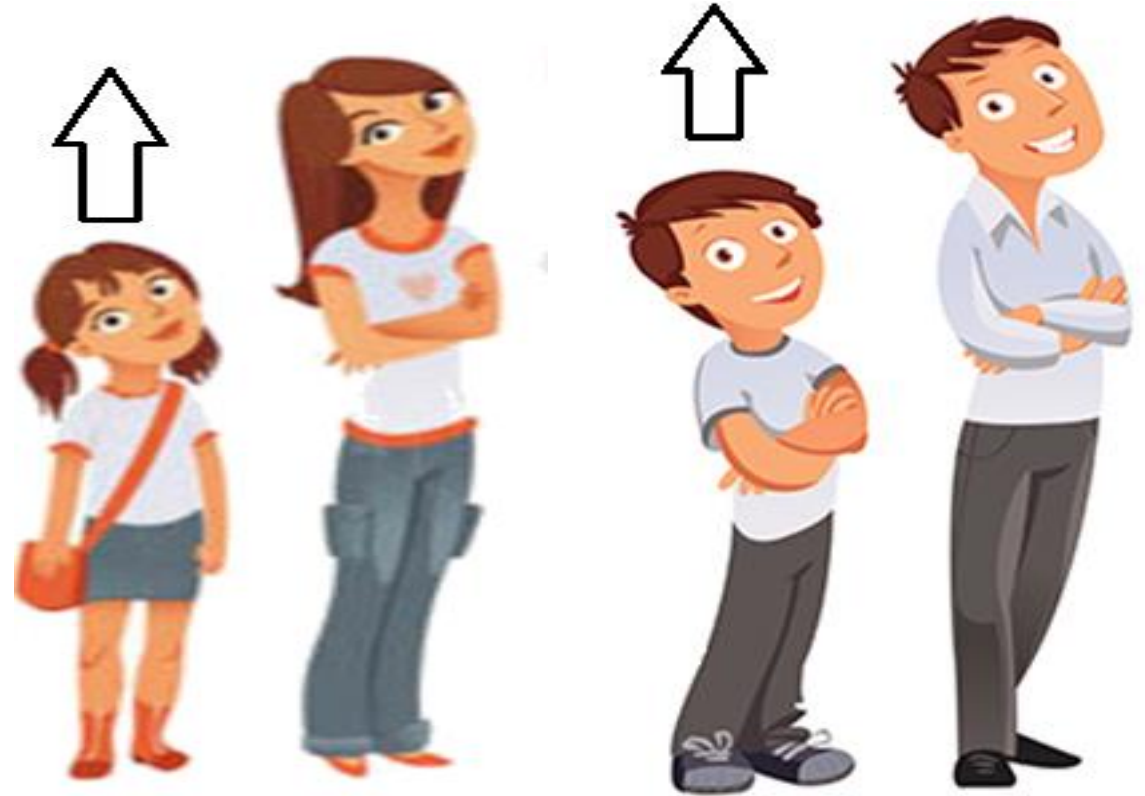
## Height

### Girls:

- Will grow an average of 6 inches taller
- Girls will grow first since they may start puberty first

### Boys:

- Will grow an average of 8 inches taller

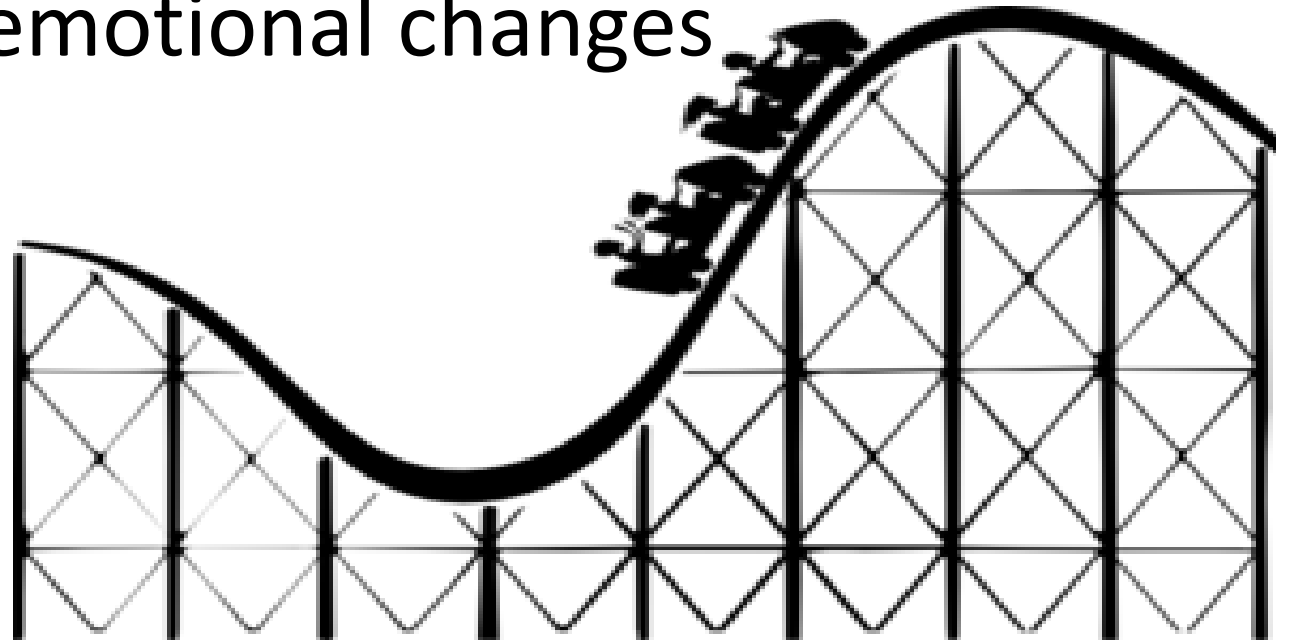


# What will happen to me?

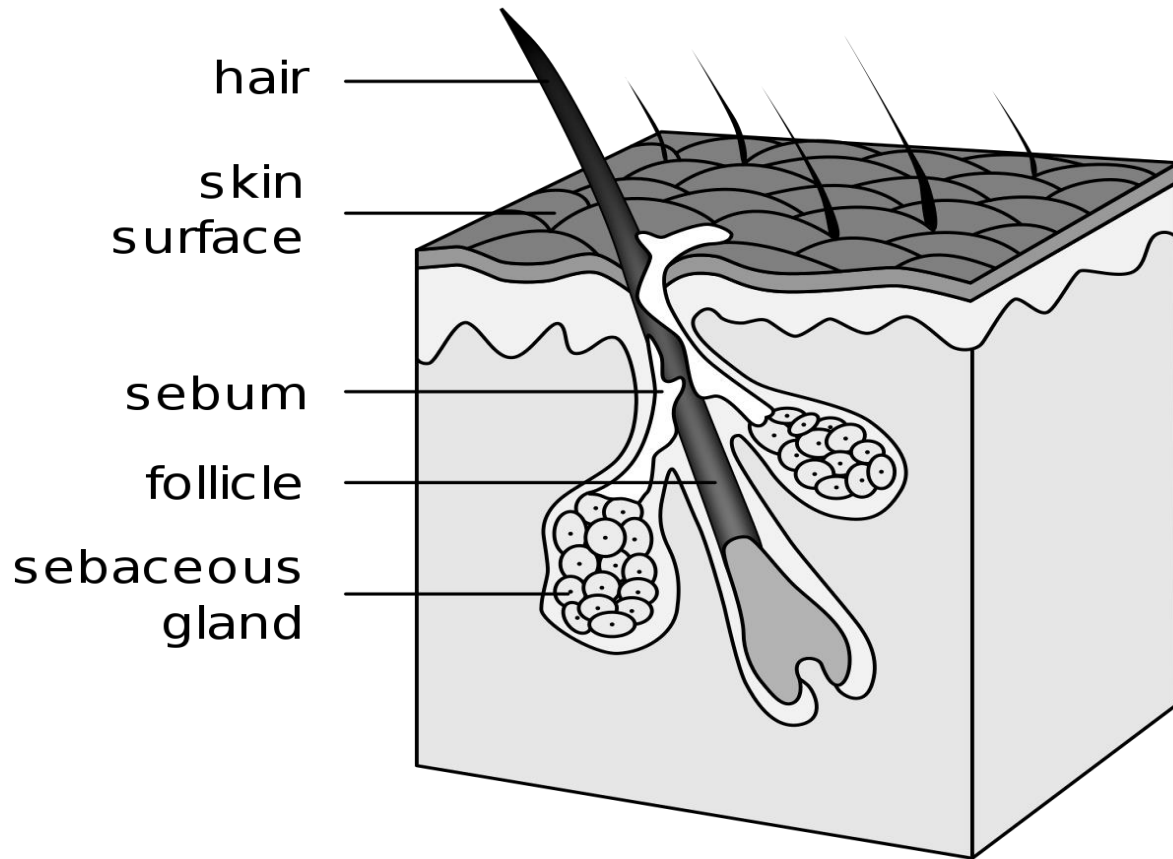


## Emotions

- Boys and girls may feel emotional changes
- This is all normal



# Hygiene



- With more hair comes more hair follicles
- Hair may become oily
- May have to change shampoos or wash hair more often
- With more hair comes more sweat follicles
- Sweat mixes with normal bacteria on skin and causes a **STINKY SMELL!!!!!!**



# Body and Skin

- Your body and skin will need to be washed often just like your hair or YOU WILL SMELL!
- Soap or body wash must be used
- You cannot get rid of the smell by just using water
- Start wearing deodorant



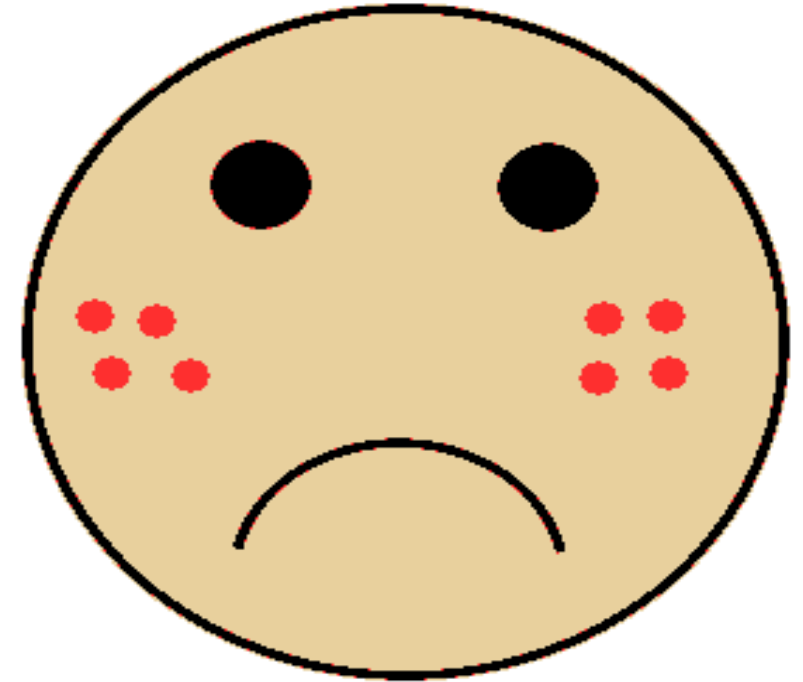


# Acne

- Also called zits or pimples
- Usually occur on your face
- Caused by hormones that cause our skin to make more oils
- With oil comes bacteria that clog the pores on our face
- Don't pop or squeeze can lead to Scarring

How do I help prevent it?

- Wash your face
  - Twice a day with a mild soap
  - Wash after being real sweaty
- Try not to touch your face all the time
- Even with prevention, it can be hard to get rid of



any questions?



# Female Reproductive System

## Girl body parts

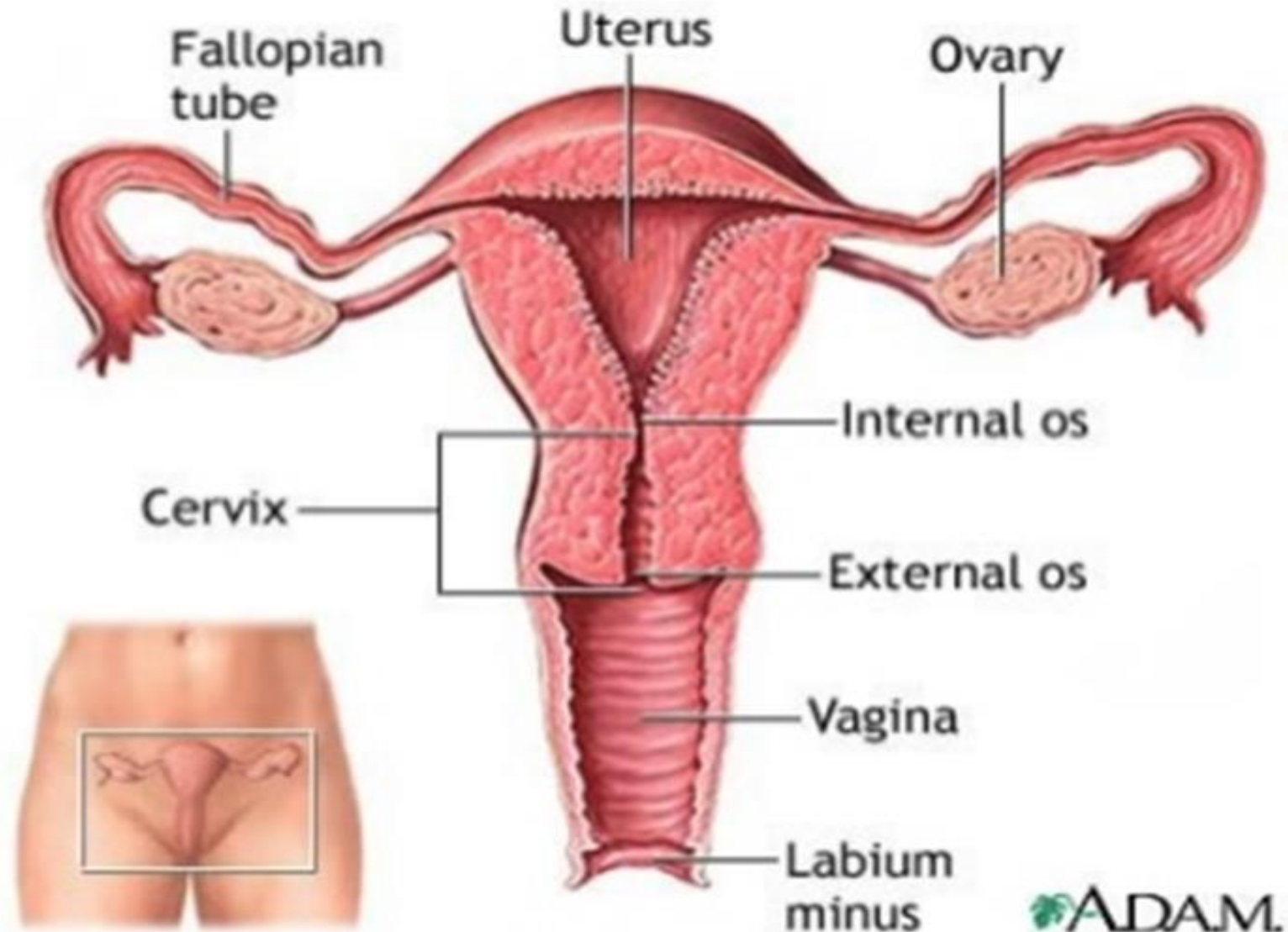
- Where are they located?
- How do they work?



# Female Reproductive System

## Girl Parts

- Uterus
- Ovaries
- Fallopian tubes
- Vagina
- Cervix



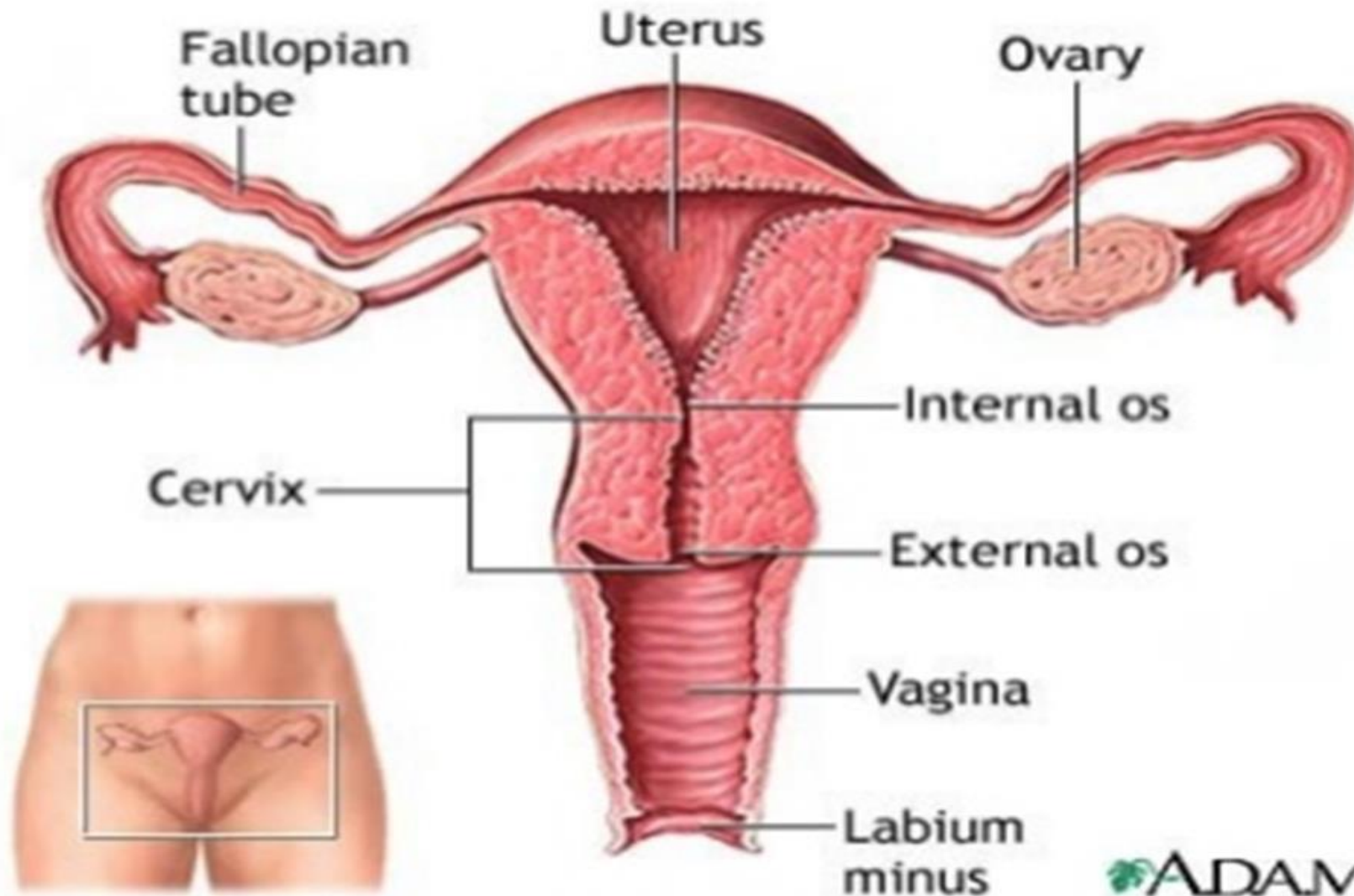
ADAM.



Akron Children's Hospital



# Female Reproductive System



ADAM.



Akron Children's Hospital

# Female Reproductive System

## Uterus

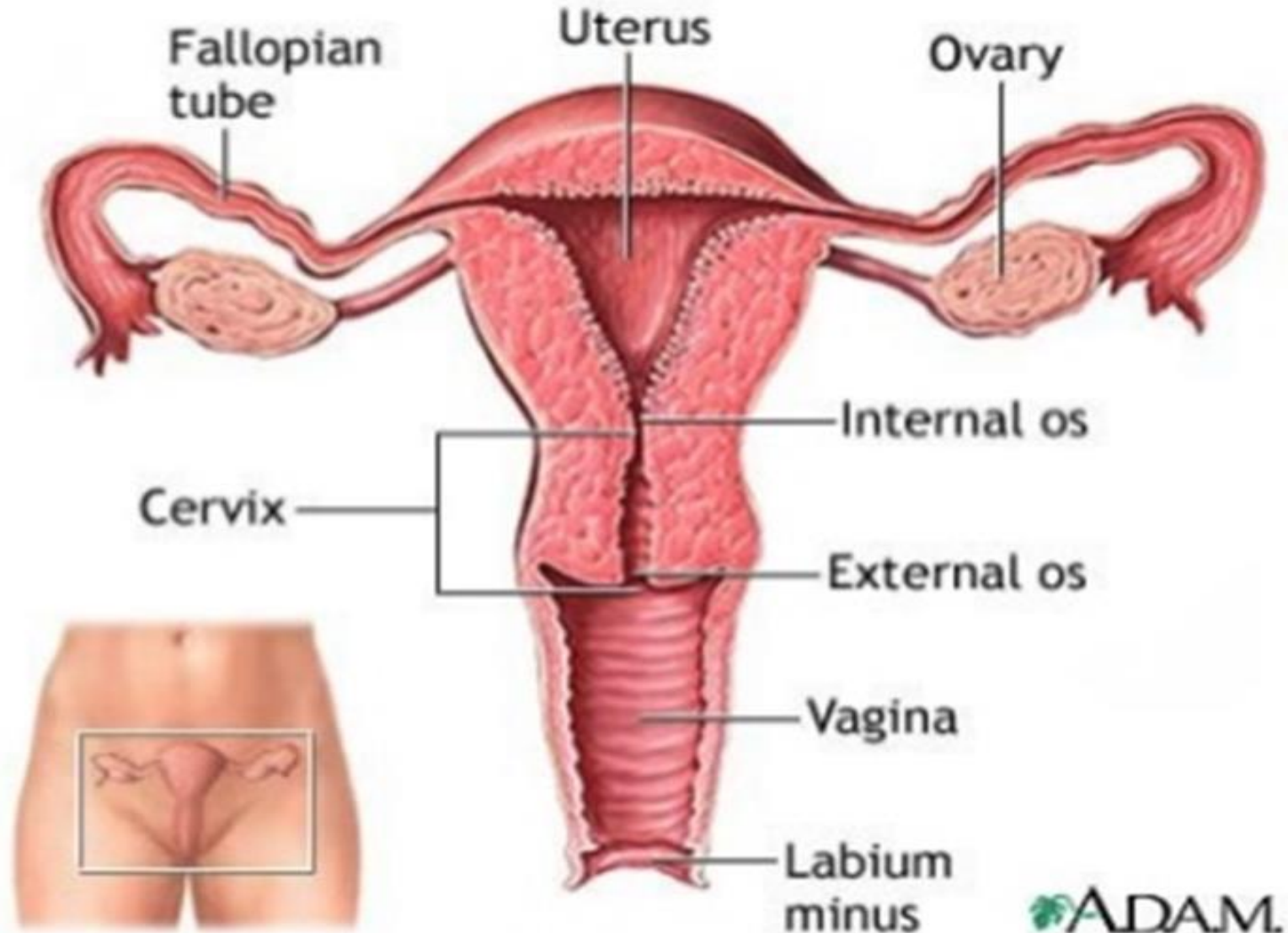
- Also called the womb
- Where a baby grows and develops when a woman is pregnant
- Can stretch up to 200 fists in size to allow a baby to grow

## Cervix

- Strong muscle area between the vagina and uterus

## Vagina

- Also called the birth canal
- Where the baby comes out of the pregnant mom



ADAM.



Akron Children's Hospital

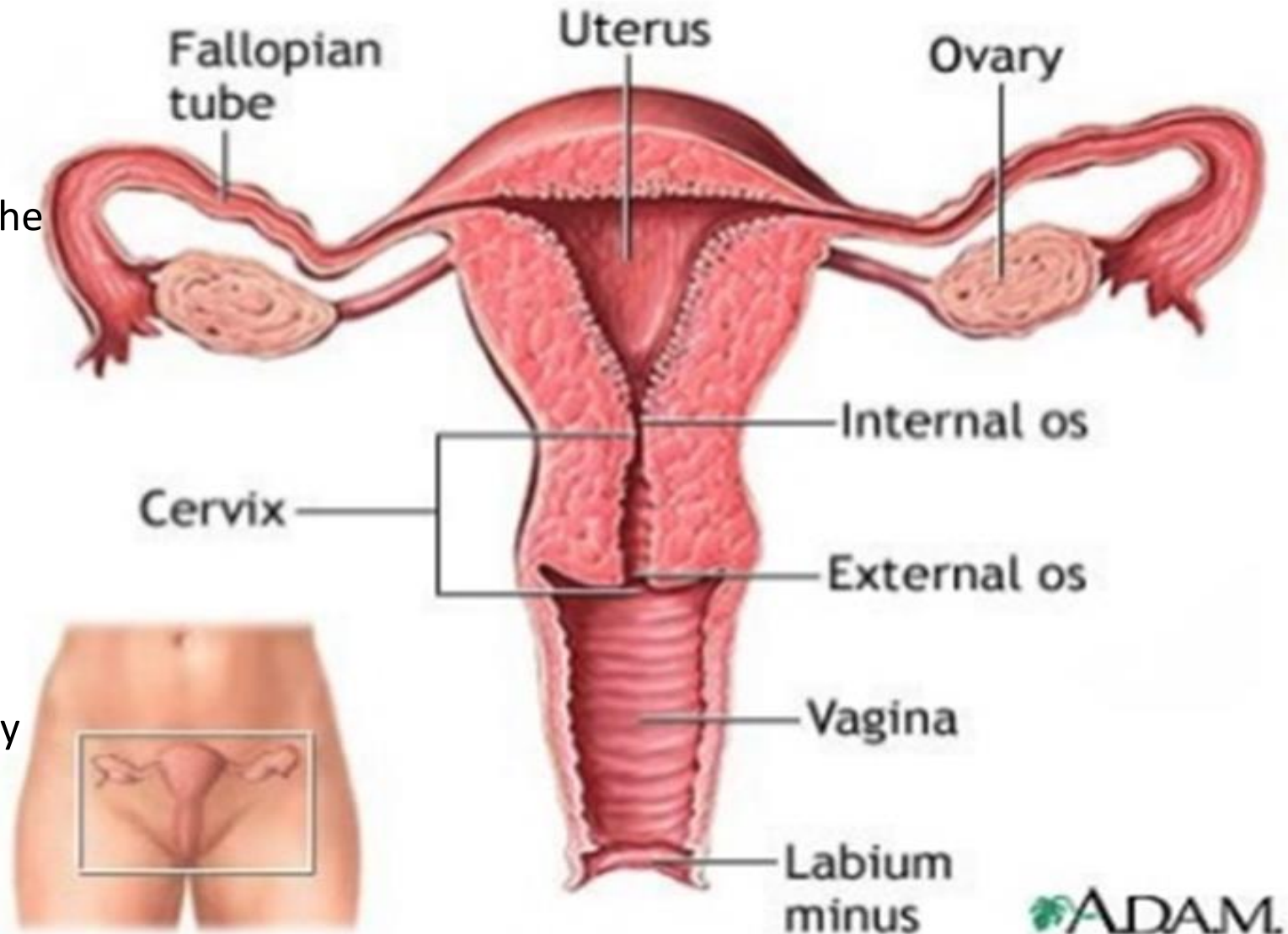
# Female Reproductive System

## Fallopian Tubes

- Connect the ovaries to the uterus
- A tunnel that allows the egg to travel to the uterus
- As skinny as a piece of spaghetti

## Urethra

- Not part of the reproductive system but important to know
- Straw tube that connects to the bladder
- This tube is used for urine to exit the body

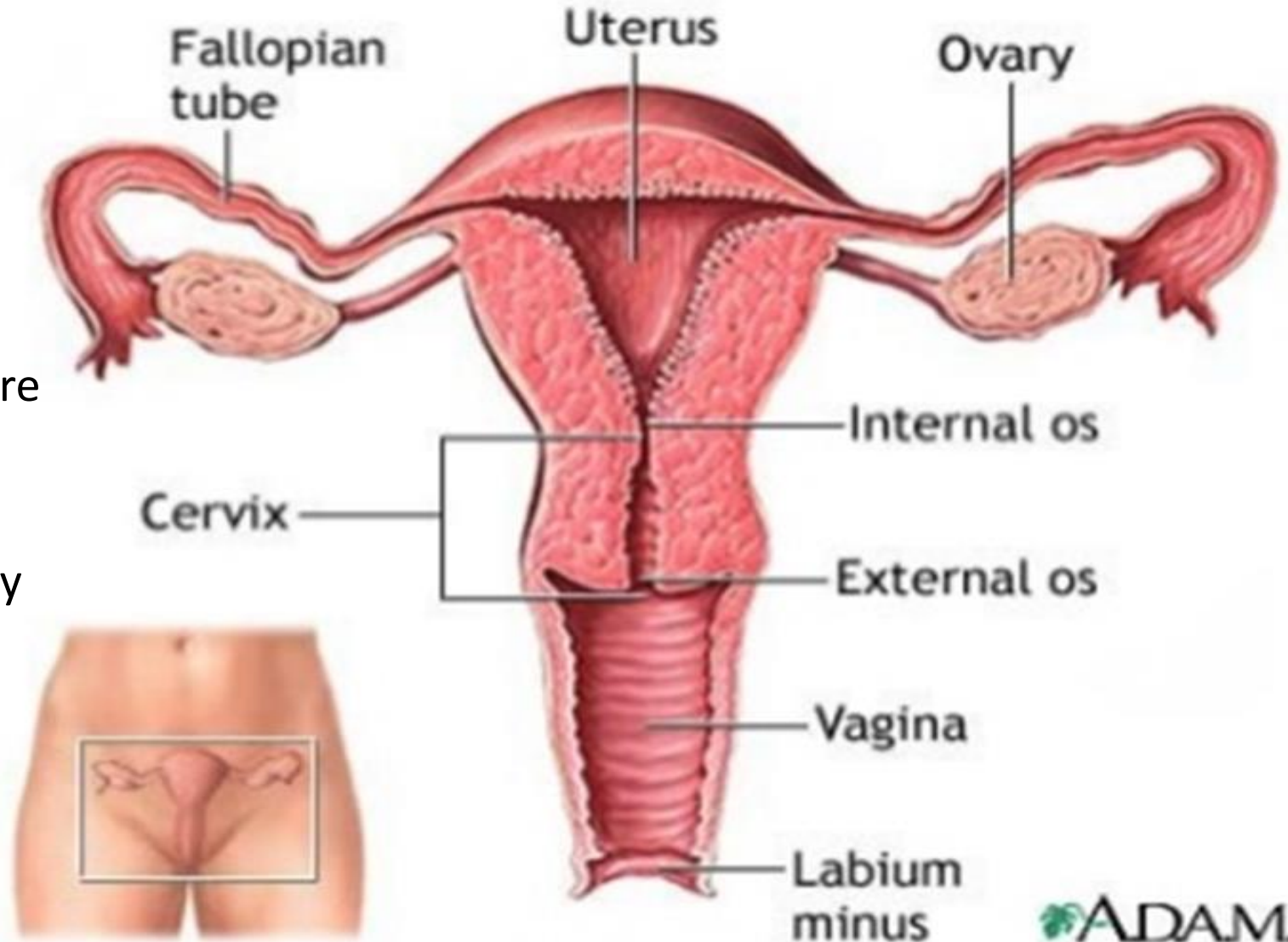




# Female Reproductive System

## Ovaries

- Produce, store and release egg cells
- Egg cells are the female sex cell
  - Have 23 chromosomes
    - ½ of the chromosomes that are needed to make a baby
- Girls are born with eggs
  - The eggs are inactive until puberty begins



ADAM.



Akron Children's Hospital

# Female Reproductive System

## Menstrual Cycle (Also called period)

- Something only girls experience, starts during puberty
- Happens every month



# How the Menstrual Cycle Works





# Sexual Intercourse

- This is the action that enables an egg cell from a woman to be fertilized by a sperm cell from a man
- A way ADULTS show special love to one another
- This is a MAJOR responsibility!



any questions?



# Male Reproductive System

## Boy body parts

- Where are they located?
- How do they work?



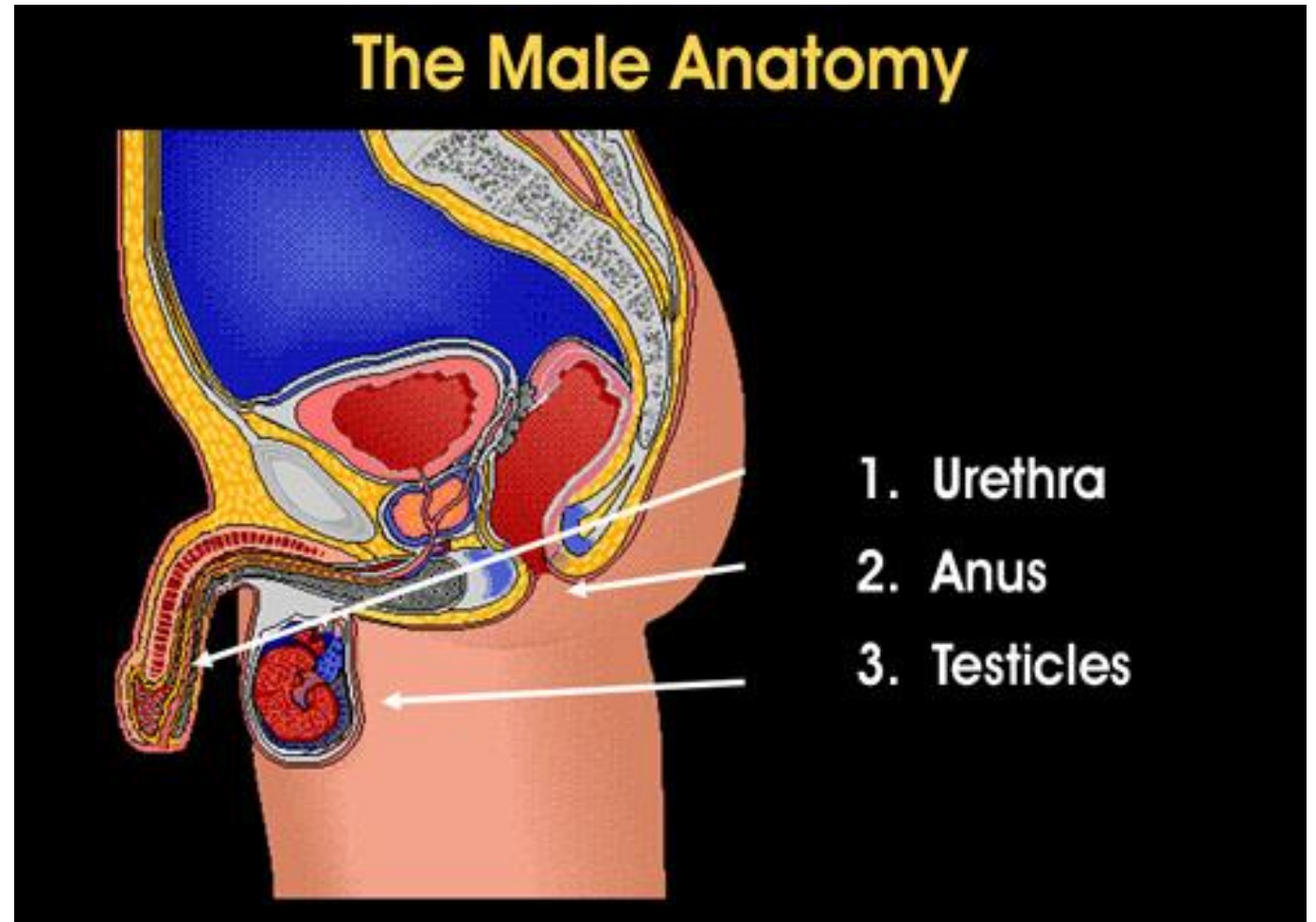
Remember the rules

It's all about  
**RESPECT**

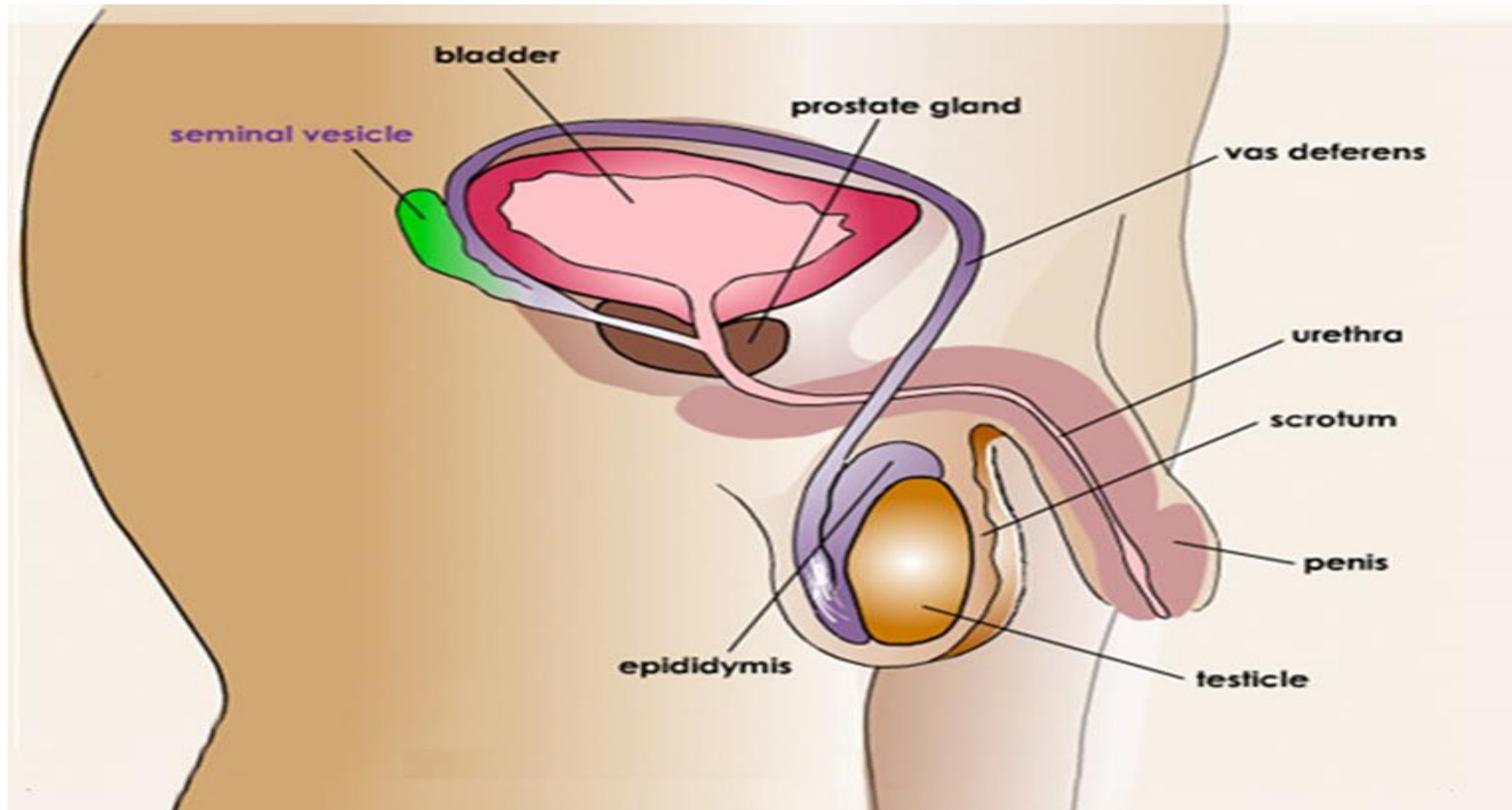


# Male Reproductive System

- Testicles
- Scrotum
- Urethra
- Penis
- Prostate Gland and Seminal Vesicle



# Male Reproductive System





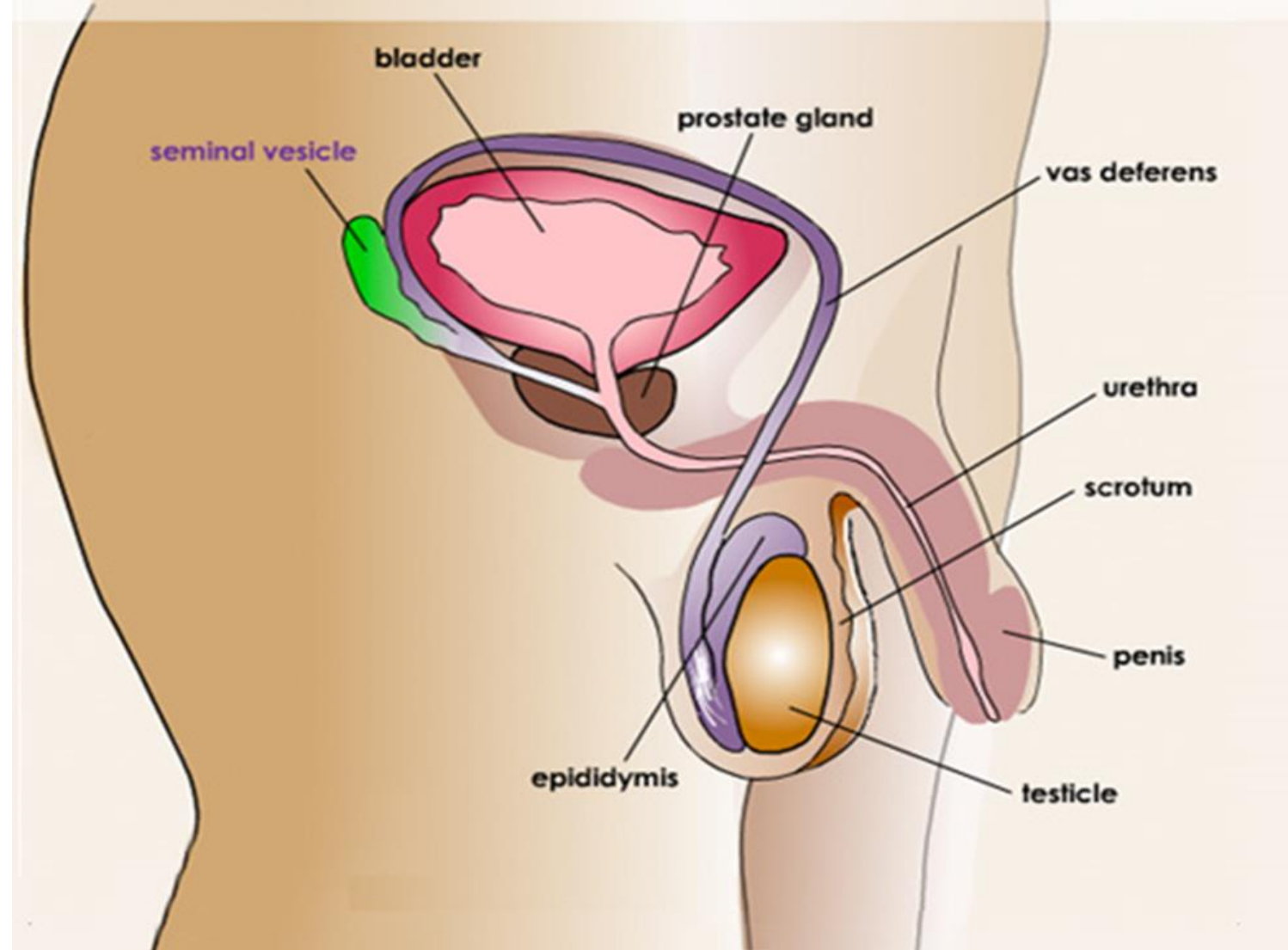
# Male Reproductive System

## Testicles

- Produce sperm cells
- Produce the male hormone testosterone

## Scrotum

- Skin sack that holds the testicles



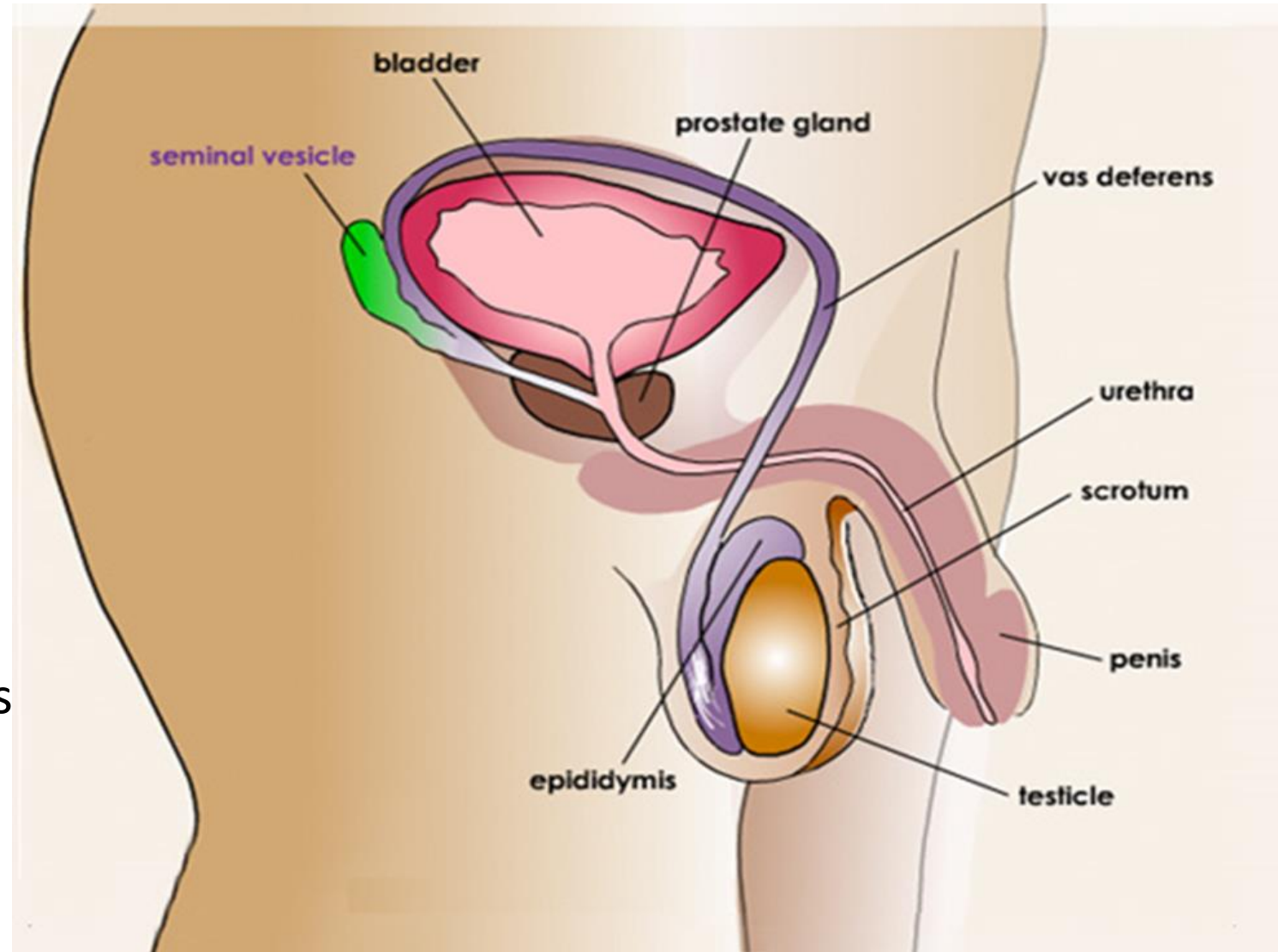
# Male Reproductive System

## Prostate Gland and Seminal Vesicle

- Produces a white milky fluid for the sperm that helps nourish the sperm
  - This fluid is called semen

## Urethra

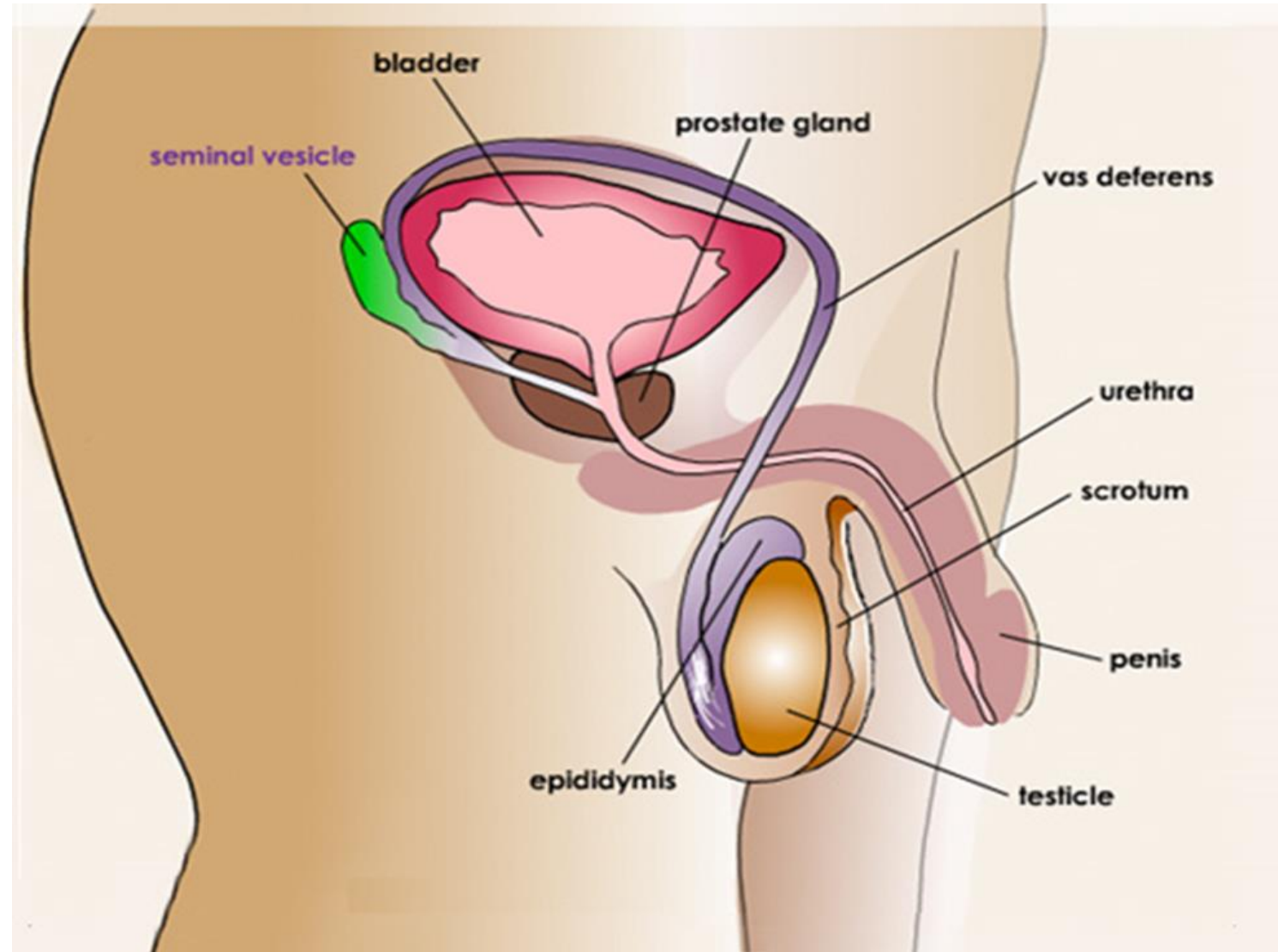
- Straw tube that connects to the bladder
- This tube is used for urine and semen to exit the body out the penis



# Male Reproductive System

## Penis

- Made up of spongy material and blood vessels
- There are no bones in a penis



# Male Reproductive System

## Erections

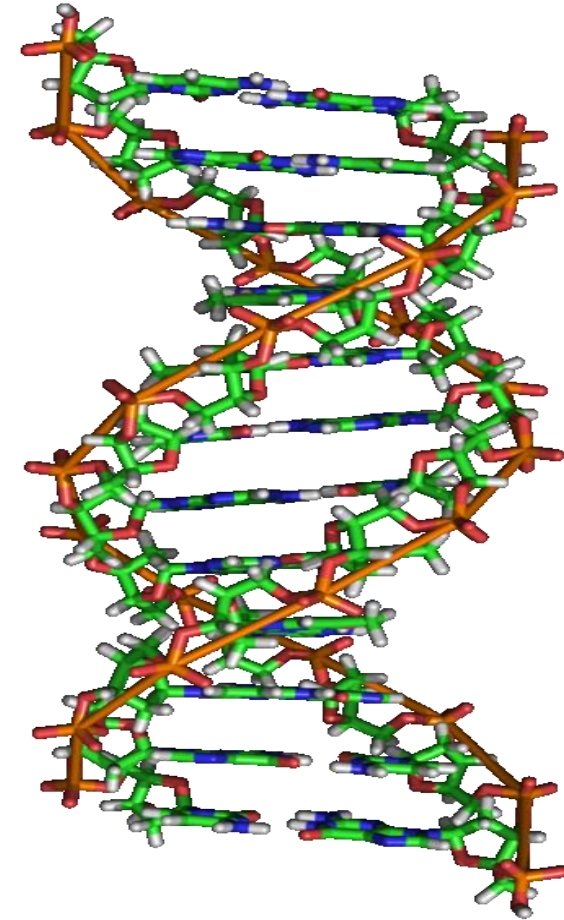
- Sometimes hormones for no reason at all will send blood to the penis
- This causes the penis to get harder and more erect in appearance
- This is called an erection
- May happen more frequently during puberty
- **No one will notice**
- They will go away on own in matter of minutes
- **This is normal**



# Male Reproductive System

## Sperm Cells

- Only boys have them
- Called the male sex cell
- Produced and stored in the testicles
- Contain 23 chromosomes
- Half of the chromosomes that are needed to make a baby
- Start to be produced during puberty
- 1/8 the size of a grain of salt
- Sperm cells need semen for nourishment





any questions?

