

PUBERTY

FOR TYPICAL MALE AND TYPICAL FEMALE BODIES

*This lesson would go after the everyBODY puberty lesson

OUR ROLE

- Respect students feelings, values and opinions
- Use gender neutral and inclusive language (e.g. folks instead of boys and girls)
- Admit when you do not know and answer and commit to finding it
- Pay attention to where and when to refer students for support/help
- Demonstrate enjoyment and excitement when teaching sexual health education

WHY DO WE DO WHAT WE DO?

- Increase knowledge and offer strategies to build confidence when navigating ones experience through puberty
- Support their understanding of the bodies they live in and develop a positive sexual self view
- Educated students are typically healthier, more successful and safer

SETTING THE STAGE

*Review everyBODY lesson

- Respect: no pointing at or calling out names of people that may be examples of the things we are going to be talking about
- We will be body scientists today and will use the word 'interesting' to describe what we see and hear
- Choose one of the following three scientists you would like to be today during this lesson

Ex- (1) push up glasses (2) put pointer finger in the air or (3) stroke beard or mustache



PUBERTY ITS NORMAL



YOU ARE GROWING FROM A CHILD'S BODY TO AN ADULTS BODY –
THIS IS EXCITING NEWS !

- Every person goes through puberty
- Its normal
- Can't stop it or slow it down
- It's a process not a single event



PUBERTY ITS NORMAL



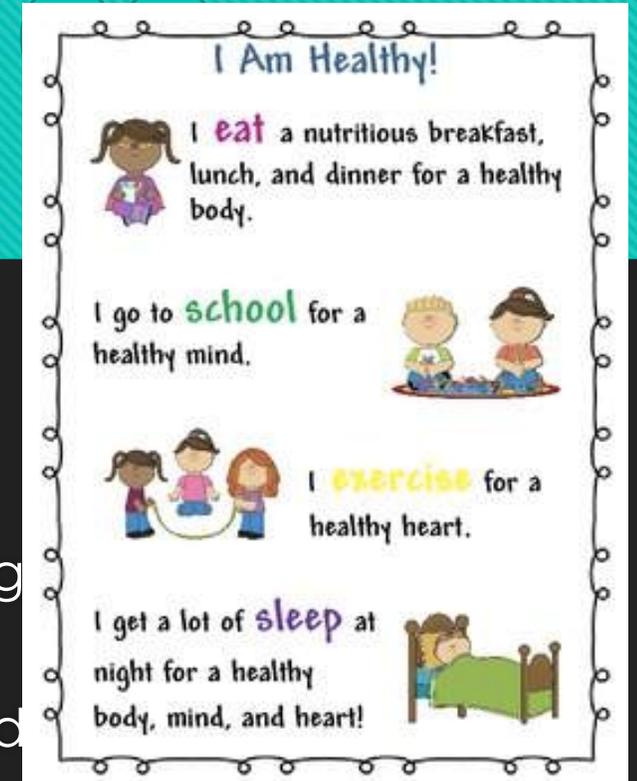
- How and what can you do to support your child body growing into its healthiest adult body?
 - Educating yourself
 - Eating healthy foods
 - Drinking water
 - Staying active regularly
 - Being with folks that love and care about you
 - Have an adult you trust
 - Get plenty of sleep



PUBERTY ITS NORMAL

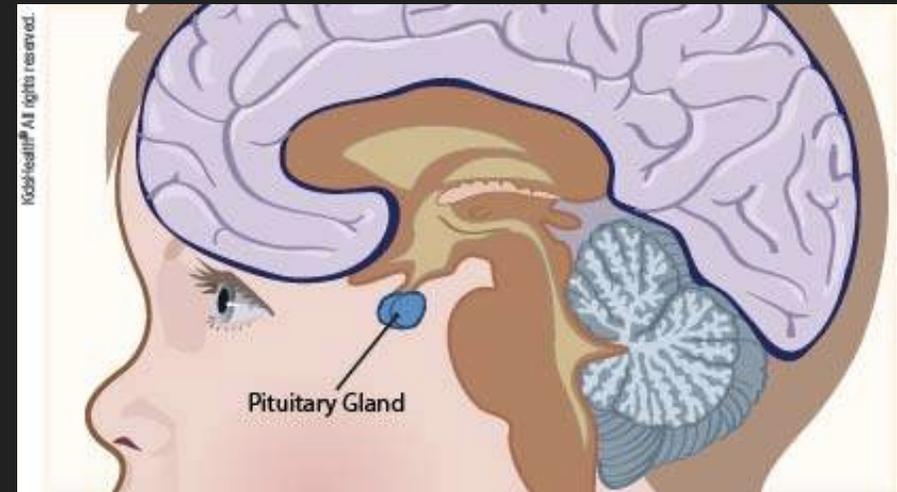
ACTIVITY:

- How and what can you do to support your child body growing adult body?
- Activity: cut and paste, draw or colour healthy behaviours and
- Create small video clip of all the ways they keep themselves safe and healthy



HORMONE BUDDIES

- Small pea sized gland in your brain called the pituitary gland
- Pituitary gland goes into supercharge mode during puberty
- Messages: I
 - Typical male bodies(testicles)=testosterone
 - Typical female bodies(ovaries)=estrogen and progesterone
- Have students repeat words with you

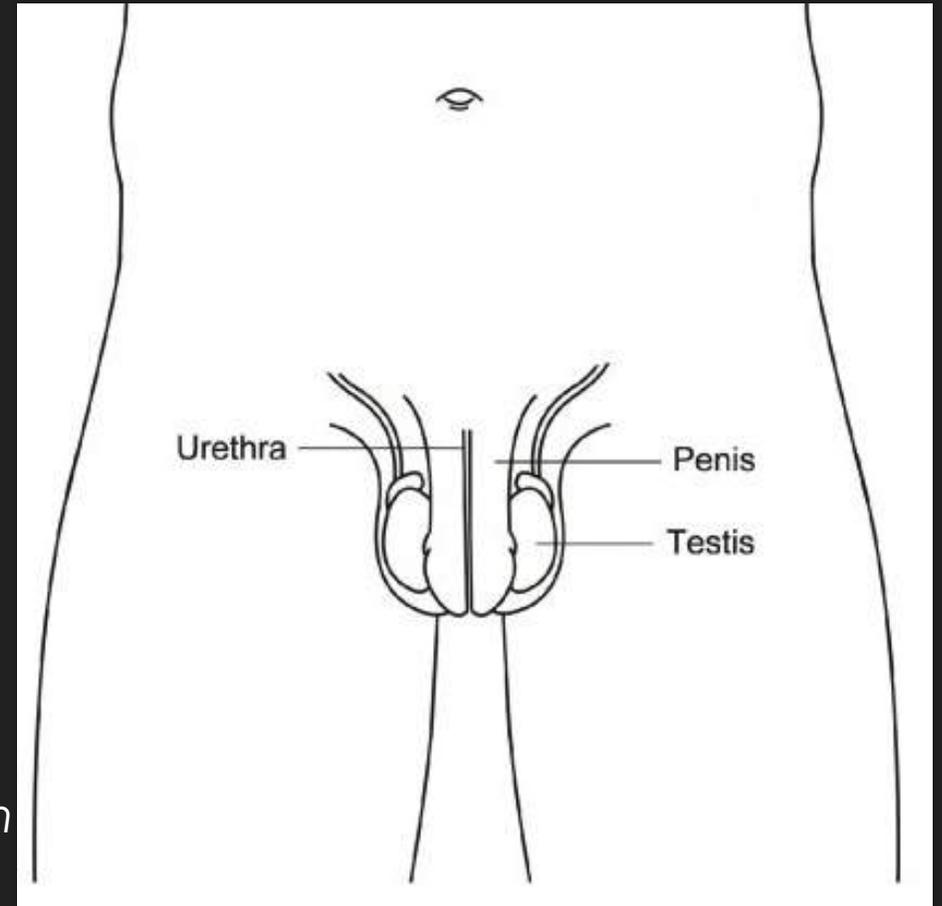


BODY TALK-TYPICAL MALE

Outer Genitals

- *Can have students draw an outline of a human body then label, colour and/or draw what they are learning*
- *Can have pre cut outs for students to put together the puberty changes that they are learning*
 - *Felt board*
 - *Whiteboards*

**student/teacher drawings better than pictures taken from the internet*



BODY TALK-TYPICAL FEMALE

Inner Genitals

- Label or colour areas being taught
- Write notes depending on the age

For older students you can have them place a check mark in the correct columns
Ex: typical female puberty change =hips widen

Name _____ Date _____

CHANGES BLENDERS

Many changes occur to boys and girls during puberty. For each of the changes listed below, decide whether it happens to only males, only females or if it happens to both.

Changes	Females Only	Males Only	Both
Fingert may start to appear			
Menstrual period begins			
Stomach gets wider			
Breast get larger			
Hips widen			
Pubic and underarm hair grows			
Respiration (breathing) increases			
Testicles get larger and produce sperm			
Body odor increases			
Fangs grow longer and wider			
Ovaries begin releasing eggs			
Hair grows on face			
Sporting up activities & not dreams begin to occur			
Muscles start to appear			
Voice changes and deepens			
Skin becomes oily			
Body produces sex hormones			
Body shape changes & weight gain			
Start having sexual thoughts & feelings (also about love & love)			
Mood swings: irritability, nervousness, overwhelming or confusion, loneliness, happiness etc			
More argumentative & less tolerant			
Desire autonomy (more independence & freedom)			


Knutson & Associates

BODY SCIENCE – TYPICAL MALE

- *QU-Can you open your mouth and say awwwww? The sound that you hear, is it a low deep tone or a high pitch squeaky sound or is it another type of sound?*
- *QU-Who can point to their voice box or larynx? Place fingers gently on your throat, then repeat the awwwww sound*
- *QU-Can you feel the vibration on your fingers? That is your larynx or voice box*
 - *When air passes through it a sound is created-air comes from the lungs*
- *Voice deepening=your larynx gets bigger and thicker and your vocal cords lengthen and deepen*
- *Balloon visual/auditory*

BODY SCIENCE – TYPICAL MALE

- If I do this (attempt to go from a slouched position to sitting to sitting up straight and make shoulders look more broad)

QU-What do you notice happening with my shoulders and chest?

*Younger grades can have them practice this 😊

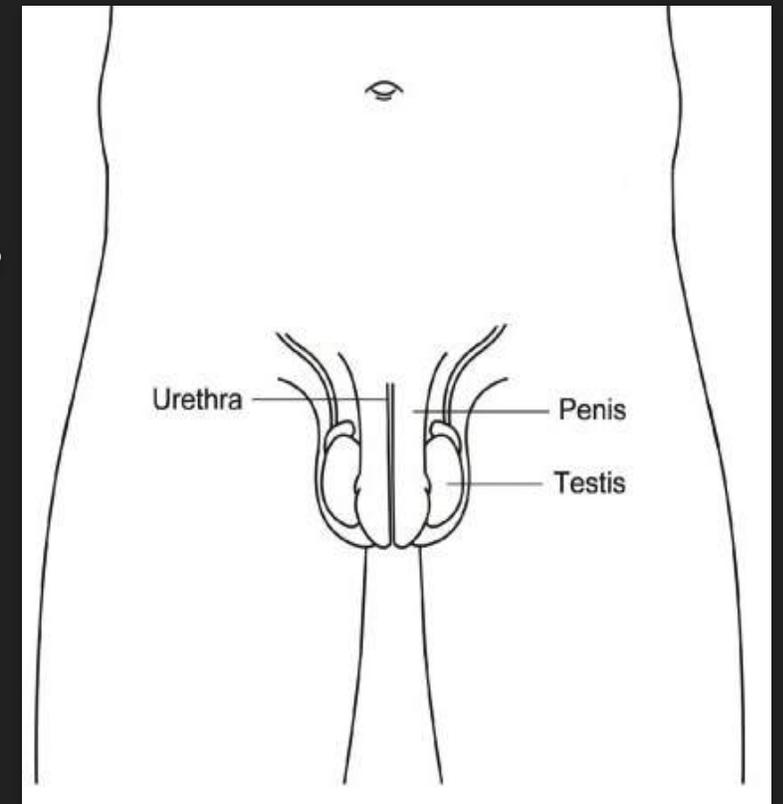
- Shoulders broaden and chest widens, stretches chest tissue can see a reduction in breast development in most typical males

PUBERTY-TYPICAL MALE

- QU-What parts of our bodies grow during puberty? (Fingers, hair, legs, ears etc)
- It's important to know that all parts of our bodies grow as we go from a child's body to an adult body
- Our genitals grow just like all our body parts
- Typical male bodies have a penis and two testicles that sit in a sac like structure that is called the scrotum
- The scrotum has a big job, has to keep the testicles 2 degrees lower than the body temp. at all times

BODY SCIENCE-TYPICAL MALE

- Testicles have a similar shape to a hard boiled egg
- Testicles make the smallest cell in the human body: sperm
- QU-do you know how many sperm are made by one testicle?
- MILLIONS!
- The sperm grow and mature in the epididymis
- The epididymis holds the mature sperm and is located on the testicle-it's a lovely storage space for the mature sperm



BODY SCIENCE – TYPICAL MALE

- QU-When people want to strengthen their muscles and get stronger what are some things they do to accomplish this? Ex-workout, go for walks, lift weights
- Correct, all great answers, you are all definitely becoming body smart scientists
- The typical male body has to exercise its penis and it does this by becoming erect
- The penis fills up with blood and gets harder, it happens even to babies but more erections happen during puberty
- They can happen at any time and this is perfectly normal
- Just think-"My body is exercising to stay healthy and I'm growing just as I should be"

BODY SCIENCE – TYPICAL MALE

○ QU-has anyone ever heard of the term nocturnal? What do you think this means?

-Active at night

○ QU-what animals do you know of that are active at night?

-Owls, foxes, bats etc.

○ During puberty the typical male genitals are or can be active at night. Which means the penis becomes erect and a small amount of mature sperm and other fluids are released

○ During puberty the epididymis can fill up with too much mature sperm-like a bucket overflowing so our bodies have to empty it

BODY SCIENCE-TYPICAL MALE

- The mature sperm go out of the epididymis, move through a tunnel called the urethra and out the end of the penis
- It's about a tsp of white fluid, which is called semen
- This is called a nocturnal (active at night) emission (release).
- This is perfectly normal and its your body staying healthy and growing just as it should be
- If you wake up in the middle of the night or in the morning and feel a bit of wetness on your pj's or on your bed sheets, just put them in the laundry and go back to sleep or get ready for the day just as you normally do

WHAT IS NORMAL FOR TYPICAL MALE BODIES DURING PUBERTY?

QU-Who can list the many wonderful changes that happen during puberty to a typical male body?

- Voice deepens
- Chest and shoulders widens/broaden
- Penis/testicle growth
- Erections
- Nocturnal emissions

BODY SCIENCE-TYPICAL FEMALE BODY

- Now we are going to discuss how a typical female body grows from a child's body to an adults body
- For typical females they start to produce more breast tissue which will increase the size of that person breasts
- Some people choose to wear a bra or supportive tank top as their breast size increases and some do not, it's your choice
- EveryBODY develops at different paces and at different times. Your body will develop just as its meant to and when its ready

BODY SCIENCE-TYPICAL FEMALE

- Another part of the typical female body that grows is the hips, they widen just as the chest widens on the typical male body
- The hips widen in order to make room for a baby if this person chooses to get pregnant
- For some typical female bodies this will be quick, others it will be a bit slower
- Some will have wider hips and some won't
- We are all beautiful and unique

BODY SCIENCE-TYPICAL FEMALE

- Another wonderful change that occurs in the typical female body during puberty is the vagina starts to release a fluid, sometimes its clear and sometimes it can be a whitish/yellow colour. Sometimes its runny and sometimes it's a bit thicker
- It's not a lot of fluid just a little, it can end up on your underwear which is totally normal but if you choose to change your underwear that is completely fine too

QU-why do you think fluid starts to be released by the vagina?

- The vagina is very smart because its self cleaning, the vaginal fluid is healthy and your bodies way of keeping itself clean from bacteria
- This body science is really cool stuff and you are so lucky to be scientists yourselves today

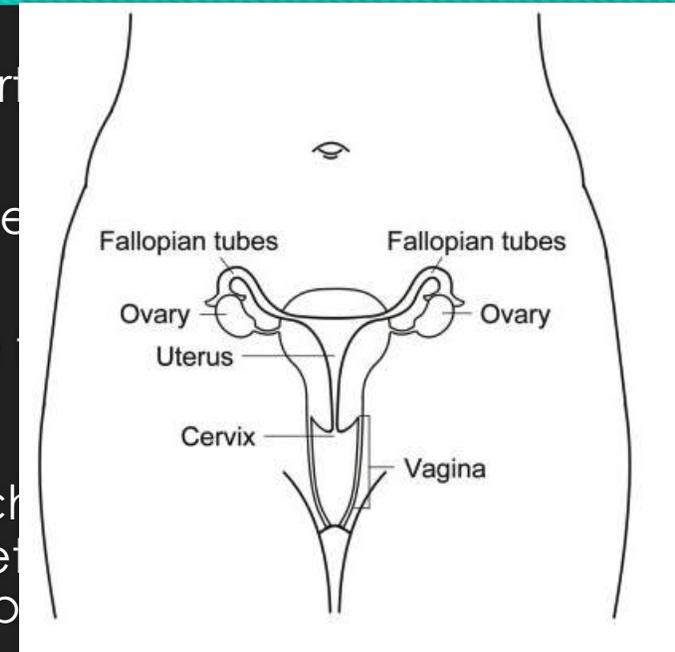
BODY SCIENCE-TYPICAL FEMALE

- Once a month, for typical female bodies, your hormones start prepared for having a baby, if and when you choose to
- During puberty the ovaries release an ovum which is the large grain of sand

QU-does anyone remember the name of the smallest cell in the

➤ Sperm

- While the ovum is growing inside the ovaries, the uterus, which female body, fills up with blood and nutrients. The body is getting baby. The uterus creates a wonderful comfy nest for a possible
- When the ovary release an ovum into the fallopian tube, which is the path to the uterus, the ovum waits for approx. 12-24 hours for a sperm



BODY SCIENCE-TYPICAL FEMALE BODY

- If there is no pregnancy, the body pushes out the nutrient rich nest it created in the uterus, so that it can begin to make a healthy nest or bed for the next month
- This release of blood and nutrients out of the vagina is called your period or menstruation
- Most periods last for 3-7 days
- During your period you expel or release from your vagina less than two table spoons of blood

BODY SCIENCE-TYPICAL FEMALE BODY

- To keep your underwear clean during your period you have a few options to choose from:
 1. Pads-place on the inside of your underwear
 2. Tampons-insert into the vagina, make sure hands are clean
 3. Menstrual cup-insert into the vagina, make sure hands are clean
 4. Whatever you choose to use, you will need to change it a few times a day depending on how much fluid your body is releasing that day

*Always read instructions

BODY SCIENCE-TYPICAL FEMALE BODY

- For some typical females periods are not painful but some may experience a headache, tenderness in their breasts or a bit of pain in their abdominal region

QU-What are some things you can think of that might help with a headache, tender breasts or tenderness in the abdominal region?

- Warm bath
- Hot water bottle/heating pad
- Exercise
- Water
- Eating healthy foods (B1)

BODY SCIENCE-TYPICAL FEMALE BODY

QU-who can tell me the changes that occur during puberty for typical female bodies?

- Breast development
- Hips widen
- Vaginal fluid
- Menstruation/period

What Is Normal For Typical Male and Typical Female Bodies

TYPICAL MALE

- Voice deepens
- Breast development
- Chest widens
- Penis/testicle growth
- Erections
- Nocturnal emissions

TYPICAL FEMALE

- Breast development
- Hips widen
- Vaginal fluid
- Menstruation

ASKABLE ADULT

- We have learned a lot today about how typical male and typical female bodies grow during puberty

- A lot of science is happening and its all very exciting watching your self grow

QU-If you are concerned or worried about something that is happening to your body what adult do you trust that you can talk to?

- Remember all the changes we discussed today are perfectly normal, everyone grows at different rates and times

- It's important to get to know your body, know what it looks like, feels like and smells like that way, if something changes or you are worried about it you know to talk to a physician or trusted adult for support

RESOURCES

- Books:

- It's Perfectly Normal by Robie Harris
- What's Happening to Me? By Alex Frith
- Is This Normal? By American Girl
- Hair There and Everywhere by Jacqui Bailey
- The Care and Keeping of You by American Girl

- Youtube Clips:

- Nocturnal emissions: https://www.youtube.com/watch?v=uotzoDDRW_s
- Menstration options: <https://www.youtube.com/watch?v=kmWbOC8Fbb0>

ITEMS NEEDED FOR PUBERTY LESSON

- Drawing utensils/drawing board
- Balloon
- Check list
- Pads/tampons/menstrual cup
- Tsp/Tbsp
- Water
- Pads
- Tampons
- Menstrual cup
- Heating pad/hot water bottle
- Hardboiled egg
- Books-resources

IMAGES USED IN THIS PRESENTATION

- Collage: Healthy body, mind and soul blog
- I Am Healthy: Teachers pay teachers
- Pituitary gland: Teen Health
- Typical female body with ovaries: Anatomy for Kids
- Typical male body: Anatomy for Kids
- Changes in Puberty checklist: Teachers Pay Teachers

QUESTIONS FOR VIEWERS

- QU-What did you find most valuable in this presentation?
- QU-Is there a specific topic or grade level you would like more support on?

THANK YOU

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