

Coconino County Health and Human Services

WHAT IS PUBERTY?



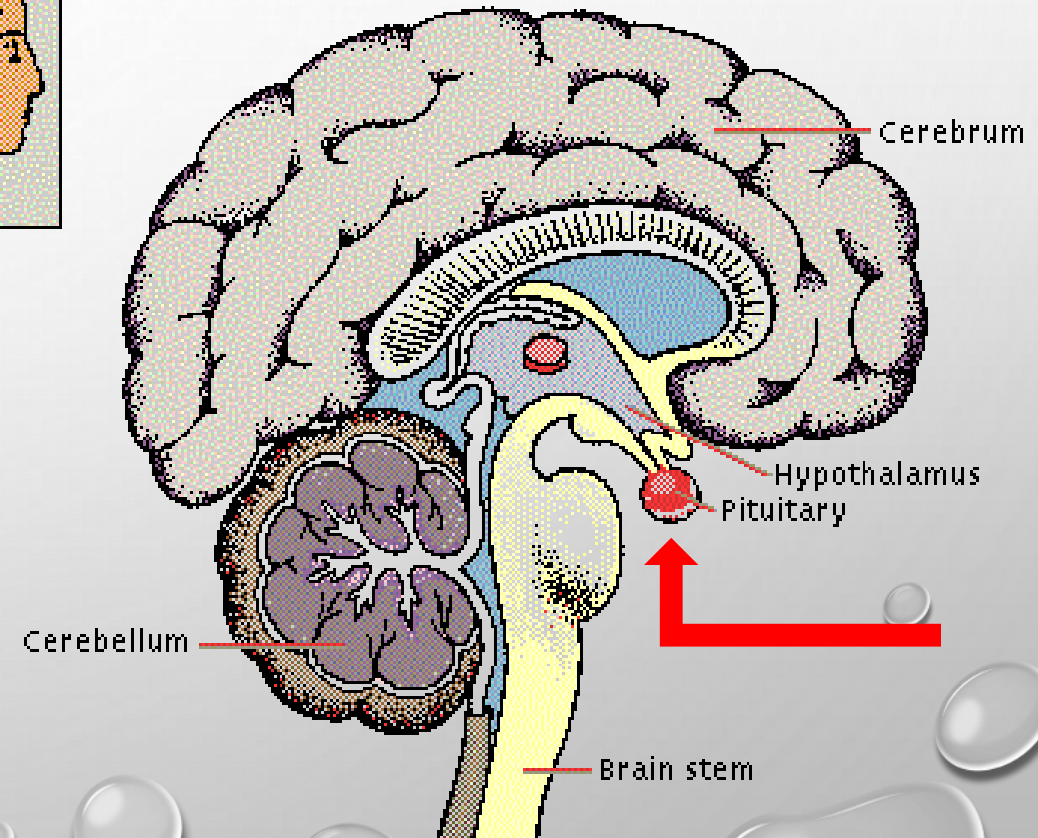
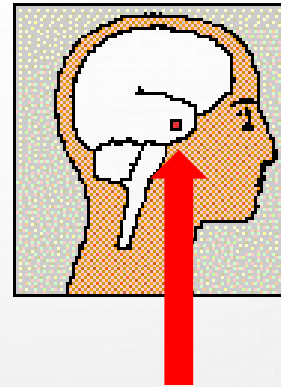
Kid body changing and developing into an adult body



WHAT CAUSES PUBERTY?

When your body is ready to begin puberty, your **pituitary** gland releases special hormones.

Hormone: Chemical made by the body and released into the blood. Orders different body parts to make specific changes.





LET'S GET THE GIGGLES OUT!

Penis

Vagina

Testicles

Penis

Vagina

Testicles

Penis

Vagina

Testicles

Penis

Vagina

Testicles

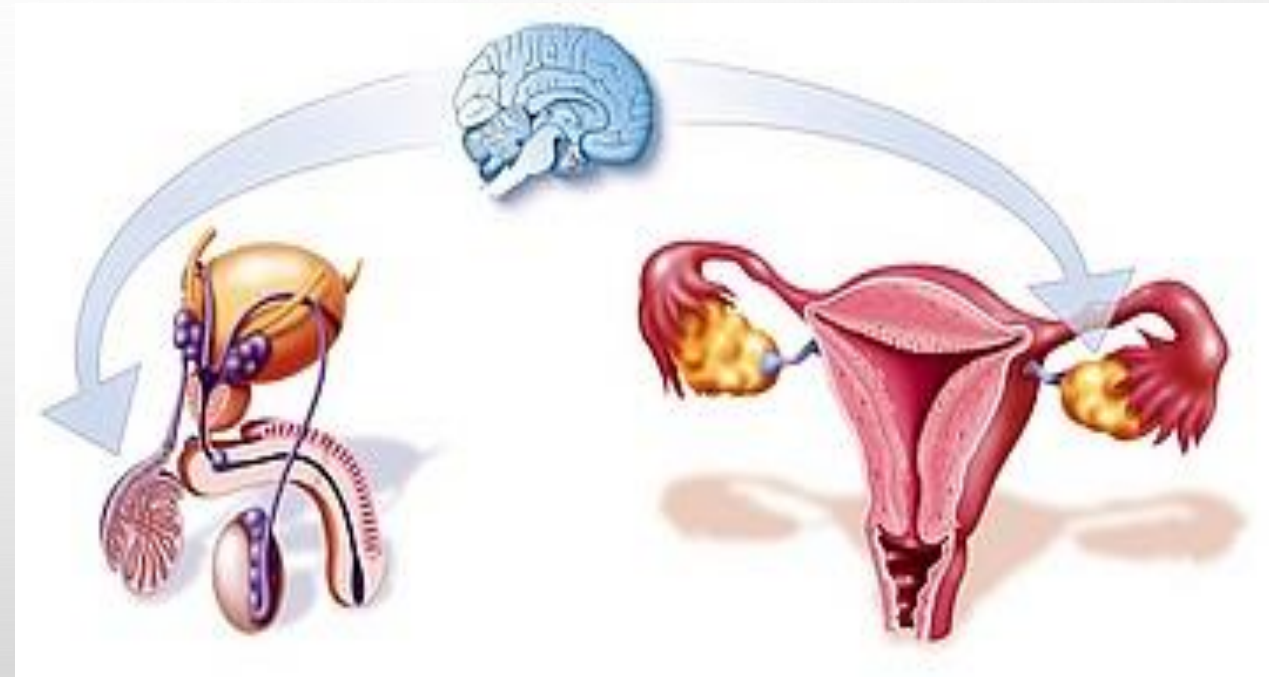


HORMONES

Depending on whether you're a boy or a girl, these hormones go to work on different parts of the body.

Testosterone: the hormone that causes most of the changes in a boy's body during puberty

Estrogen: the hormone causes most of the changes in a girl's body during puberty



PUBERTY

Everybody goes through puberty. Many of the changes people go through are the same and happen at the same time, and other changes are different and happen at different times.



ALL TYPES OF BODIES

Growth spurts in both height and weight

More sweat and oil production from pores

Acne from hormones and increased oil production

Mood swings

Hair growth on arms, legs, underarms, pubic area,
and for some boys on the facial area.

Changes in hair texture and/or color

BODIES THAT HAVE A PENIS

Starts: 9-15 years old

Body fills out and changes shape

Voice changes

Chest tenderness and growth

Penises grow longer and wider; testes get bigger

Hormones tell testes to begin making testosterone and sperm.

Begin to get erections (penis fills with blood and becomes hard)

nocturnal emissions (or wet dreams)

BODIES THAT HAVE A VAGINA

Starts: 8-13 years old

Body fills out and changes shape

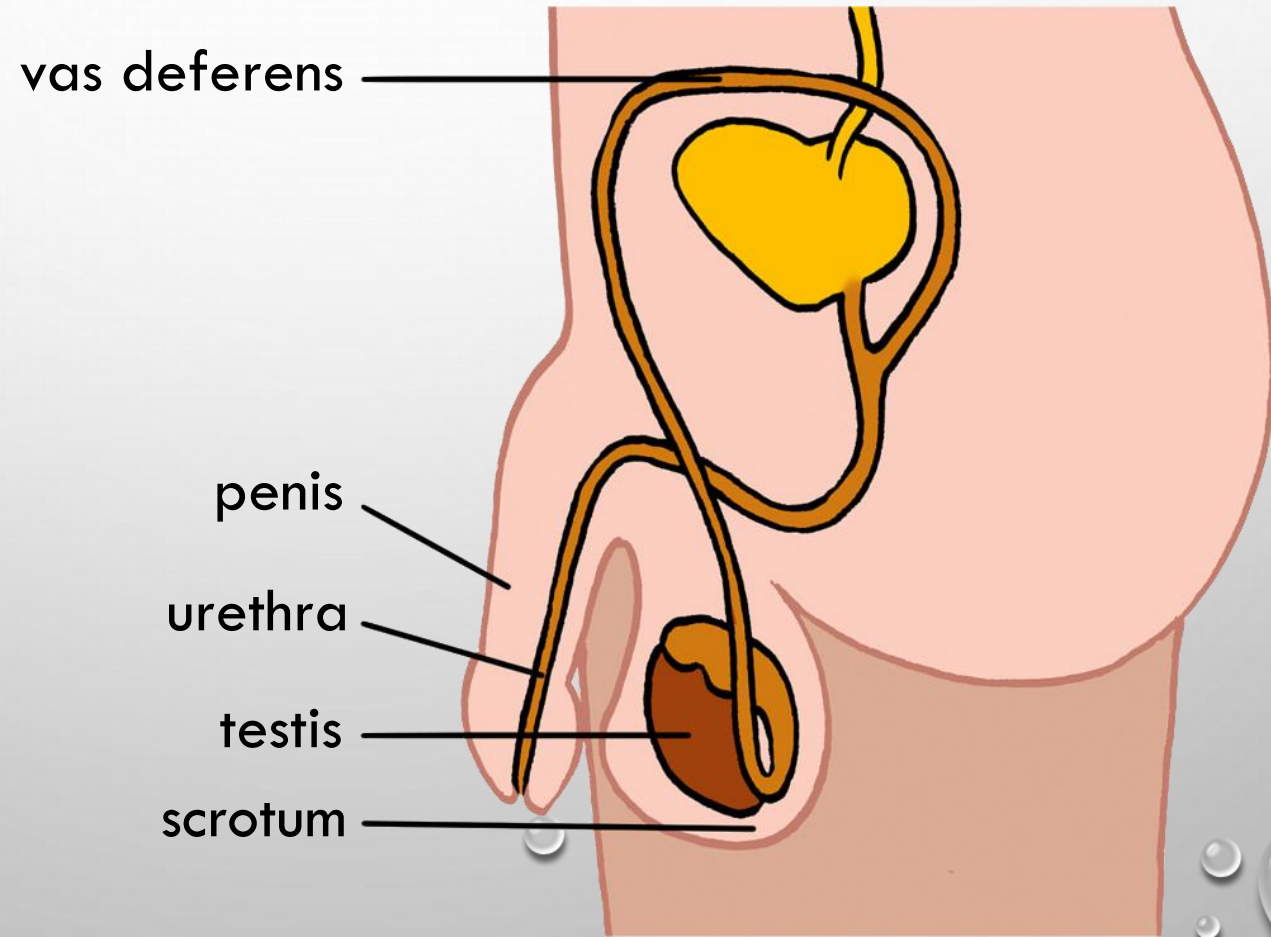
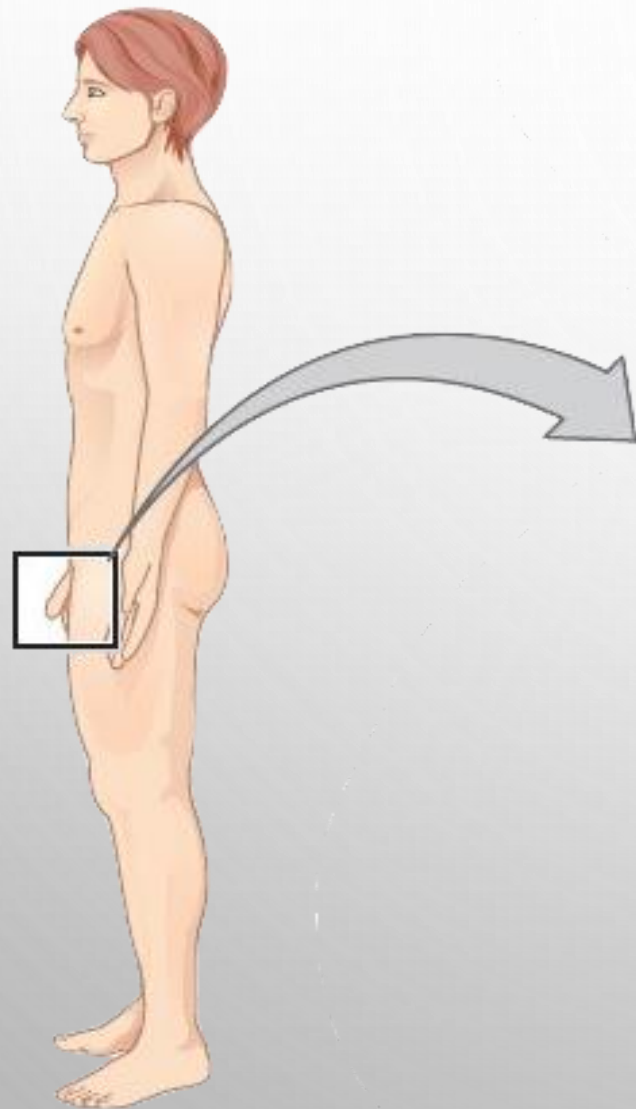
Voice changes

Breasts develop, starting with swelling and tenderness of the nipples

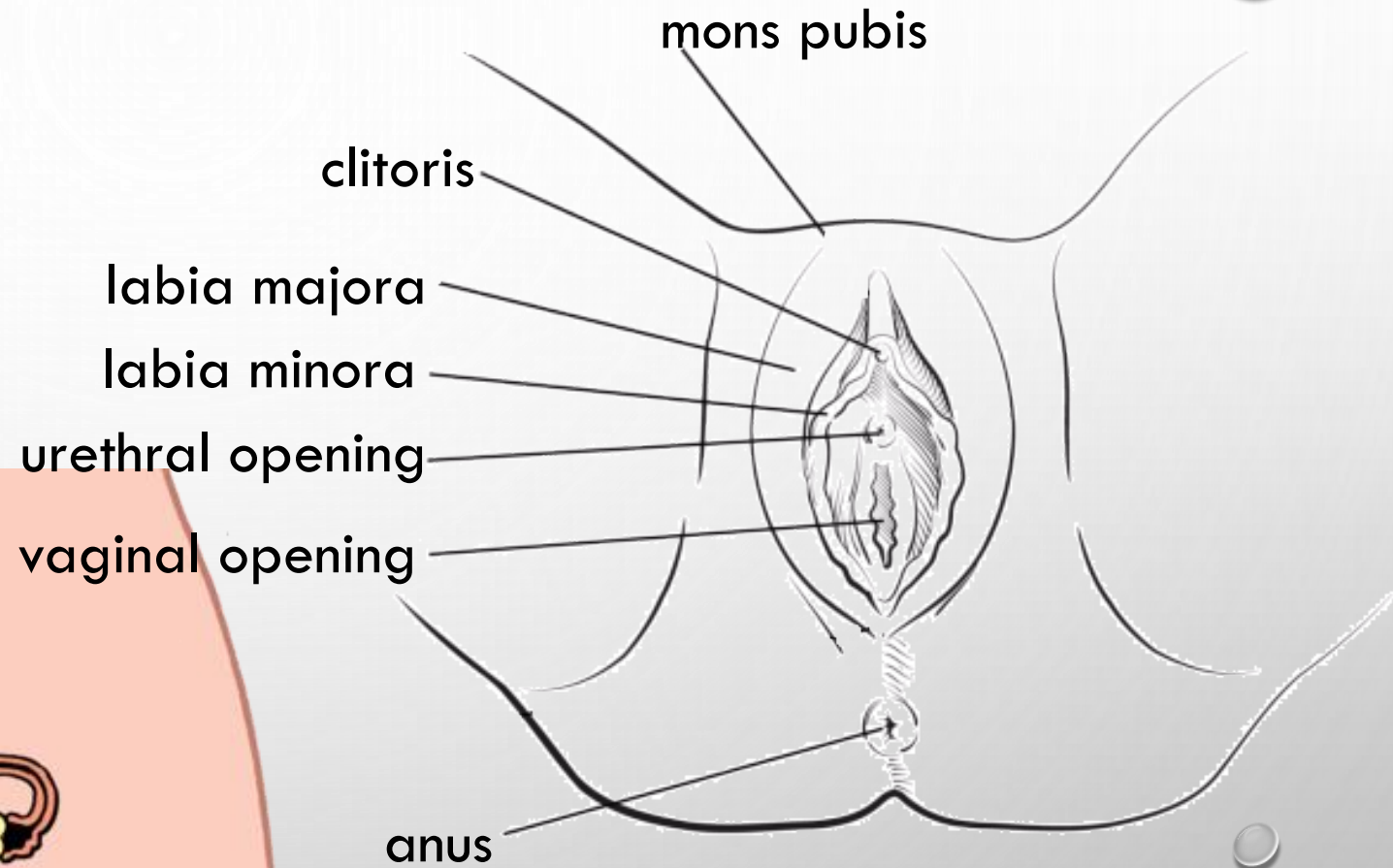
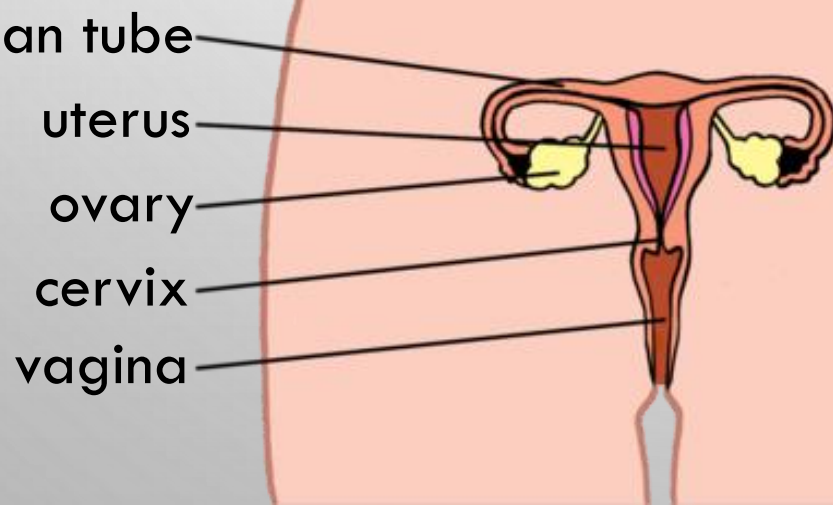
Hormones tell ovaries to make estrogen.

Start a period/menstruation.

ANATOMY OF THE PENIS AND TESTES



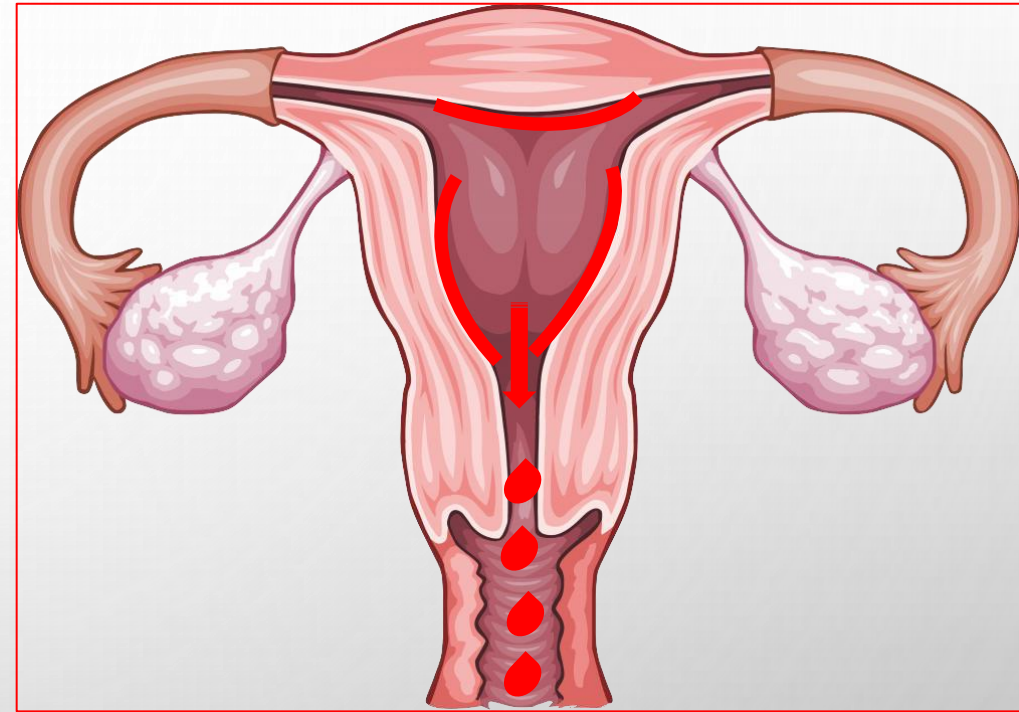
ANATOMY OF THE VULVA AND UTERUS



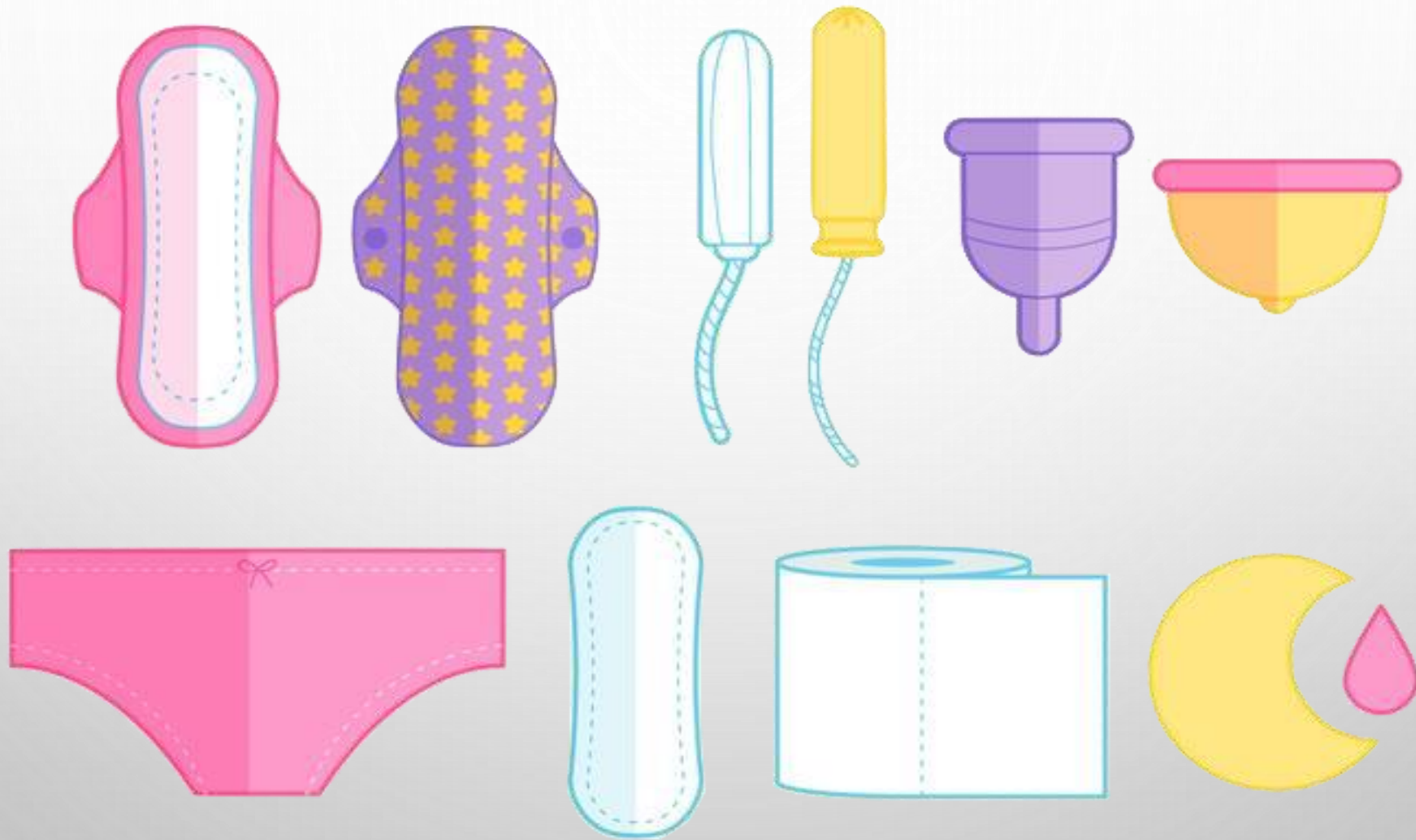
WHAT IS A PERIOD, AND WHY DOES IT HAPPEN?

The menstrual (men-strul) period, or monthly cycle, is when endometrium is released through the vagina. Endometrium has blood in it and so this process resembles bleeding.

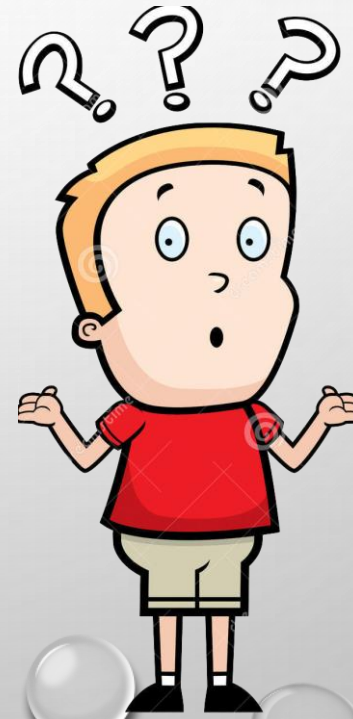
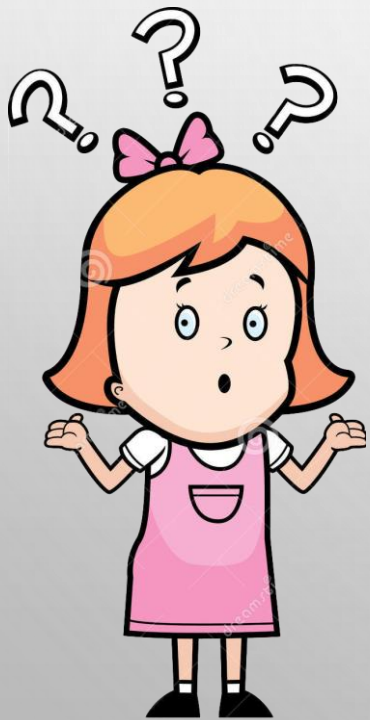
A period usually happens once a month, and lasts 2 to 7 days.



PERIOD PALS



I'M GROWING AND I'M CHANGING, BUT AM I
NORMAL?



UNIQUELY YOU!

When your parents created you, they passed on their genes — a kind of special code — and those genes helped to decide lots of things:

- size and shape
- eye color and hair texture
- *Even when and how your body changes during puberty!*

No two people are exactly alike, but what we all have in common is that we all go through puberty.



HYGIENE: OUR SECRET WEAPON!

Good hygiene becomes especially important as we start going through puberty. It is one of the few things we do have control over! Not only is it good for you, but it can make you feel good too!

HYGIENE

A set of practices performed to preserve health and prevent the spread of diseases.

Personal Hygiene: maintaining the body's cleanliness.

10 TIPS FOR TIP TOP HYGIENE



BOTHER TO BATHE

A shower every day or two is a must, and always after a sports practice or outdoor play.



MAKE TIME FOR TOOTHBRUSHING

Brush twice a day to prevent against gingivitis, cavities, and *bad breath*. Always have floss and mouthwash on hand too.

10 TIPS FOR TIP TOP HYGIENE



LOOK MA, CLEAN HANDS

Wash hands often, especially before eating and after using the bathroom, sneezing, or playing with pets. Make sure to scrub with warm soapy water for at least 15 seconds, rinse, and dry.



SWIPE AWAY SWEAT

Use deodorant to control bacteria which cause smelly body odor and use antiperspirant to stop or limit sweating. Clothes get smelly too, change and wash clothes often!



DE-GREASE HAIR

Hair gets oilier as you grow. Wash hair every day or two. An added benefit: keeping hair clean and out of your face will help control breakouts caused by oil and greasy hair products.

10 TIPS FOR TIP TOP HYGIENE



NICE NAILS

Clip weekly and cut nails straight across to prevent ingrown nails. Try to nix nail-biting to prevent irritated skin and the spreading of germs.



TIME TO SHAVE?

Unwanted hair? Ask a trusted adult to help show you how to shave properly to prevent cuts. Rinse razor thoroughly between uses and change blades often.



STOP SKIN SUFFERING

Like hair, skin tends to become oilier as puberty progresses. Use clean hands to wash face gently once or twice a day with a mild cleanser. Resist picking at any pimple or blackhead on your face.

10 TIPS FOR TIP TOP HYGIENE



PLAN PIERCINGS CAREFULLY

Choose a clean studio with an experienced, knowledgeable staff. Check for sterile equipment, and make sure the staff members wear fresh gloves for each procedure.



FEMININE HYGIENE

Don't share hairbrushes or makeup, especially things used near her eyes or mouth — it spreads germs! Change feminine products often.

HYGIENE KITS

Each of us will build a small kit to keep with us at school.

Let's make good hygiene our goal!



smell

~~look~~ good feel good