

Puperty

GIRLS

Educational Pamphlet



Kynþroskinn, stelpur
Fræðsluhefti

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Próunarsvið heilsugæslunnar

Öll réttindi áskilin

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FOR YOU

This pamphlet contains information about puberty.

Keep this educational pamphlet handy so that you can refer back to it should you need information.

If you would like to know more it is good to discuss it with an adult in your family or the school nurse.





PUBERTY

At what age does puberty begin?

Mark x to the correct answer

- Everyone starts puberty at around age of 13
- It varies and can be between 8-18 years old
- For most puberty begins around the age of 15



What happens?

There are hormones that cause changes in the body.

There is a gland in the brain called the **pituitary gland**. The pituitary gland emits a hormone that goes to the ovaries which then begins producing the hormone estrogen.

Estrogen is carried through the bloodstream to various places in the body and causes changes.

Genetics and physical condition affects when puberty starts.



Does puberty start earlier in girls or boys?

Girls, they generally begin puberty a year earlier than boys.

How long does puberty last?

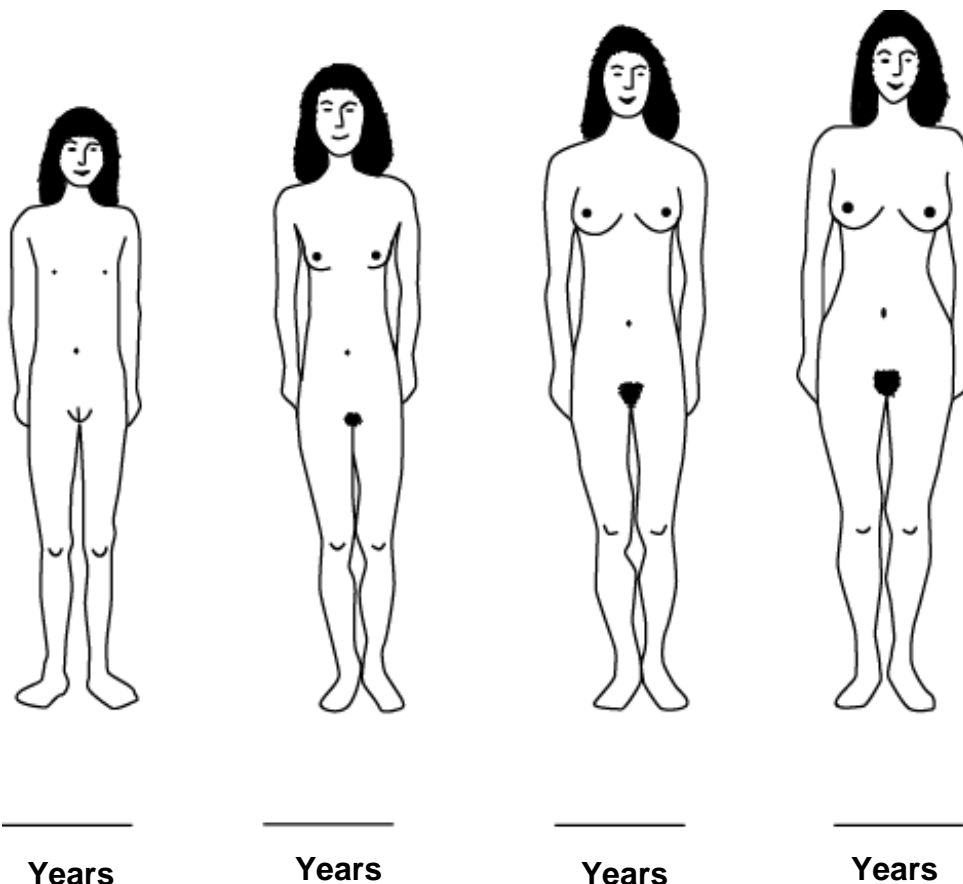
It varies for each individual and can be 1-2 years or up to 5 years. Girls have reached puberty when they begin menstruating and boys when they are able to ejaculate.

The body can continue to change until it has taken the shape of an adult individual, most often around the age of 18 years old.

Puberty is when a child's body begins to change to a body of an adult.

Everyone goes through puberty, even **you**.

How old do you think these girls are?



Remember

The changes in the body do not happen overnight, rather over several years

Be considerate and kind

No One has control over when puberty starts



GIRL ⇒ WOMAN

Fill in the blanks

genitals, hips, growth, breasts, emotions, menstruation, sweating, skin, hair growth, excretion (excrete)

1. _____ grow – often the first visible sign of puberty
2. Rapid _____ - a growth spurt will often occur at the beginning of puberty
3. _____ grow wider – more curvier shape, the waist is more visible and hips wider
4. Genital _____ begins
5. The inner and outer _____ grow larger and change
6. _____ becomes oily and you may get acne
7. _____ increases
8. _____ begins – Often the last visible symptom in girls
9. _____ change and become more intense
10. Your vagina may _____

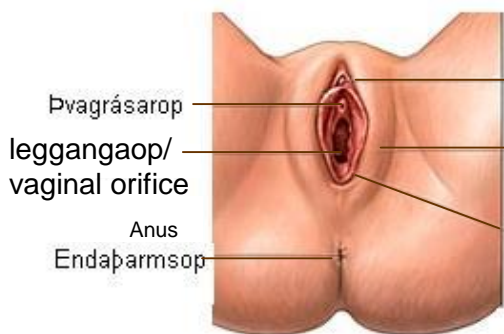
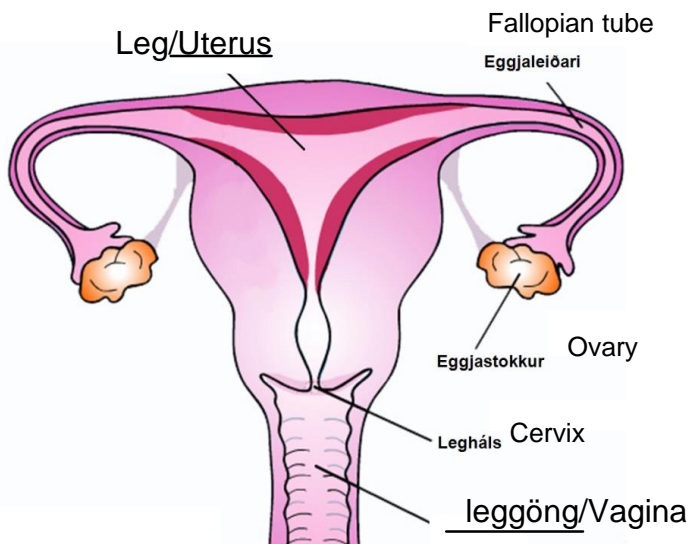


What is most often the first sign that puberty has started?

What indicates that a girl has reached puberty?

WOMEN'S REPRODUCTIVE ORGANS

Write on the appropriate line the name of women's reproductive organs:



snípur/clitoris

Labium majus
Ytri skapabarmar

Innri skapabarmar/
labium minus



Stafarugl

Finndu 6 orð sem teljast til kynfæra kvenna:

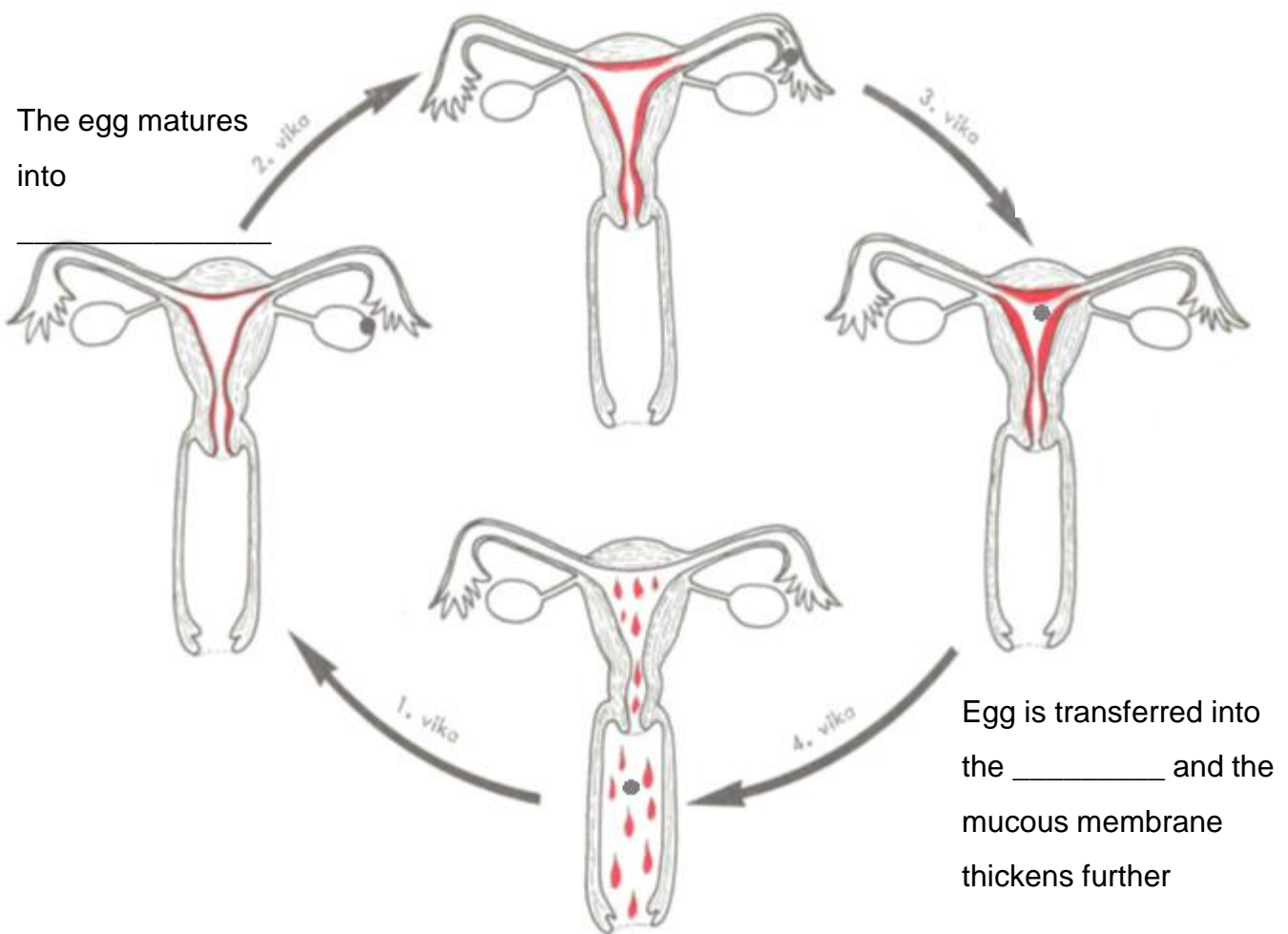
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æ	p	k	t	þ	x	á	e	ó	e	e	b	u
u	ð	k	l	n	o	l	c	g	d	g	é	r
r	b	a	a	s	l	s	g	ð	s	l	o	g
e	k	r	d	f	t	i	o	p	e	ð	s	a

leggöng, legháls, leg, eggjaleiðarar, eggjastokkar, snípur



THE MENSTRUATION CYCLE

The fallopian tube grabs the egg _____ and it travels through and the mucous membrane thickens.



The egg is flushed out from the vagian as soon as _____ begin.

What happens if the egg is fertilized in the womb?

Menstruation

Sanitary Napkins

- Placed in your panties while menstruating.
 - They contain many layers which should prevent any bleed through.
 - Ask for guidance to assist you in selecting the right kind for you.
 - Change your sanitary napkins every 2-3 hours.
 - Wrap the used napkin in paper and throw away in the garbage bin.



Tampons

The tampon is inserted into the vagina and it absorbs the blood.

- The thread on the tampons is for extraction.
- They need to be changed about every 2-3 hours.
- Sanitary napkins are preferable to tampons.

Menstrual cup

- The menstrual cup is inserted into to the vagian and collects the blood flow.
- Empty as needed.



It is recommended to shower daily while menstruating or on your period

Mark X to the right statement

- | | | |
|--|----------|-----------|
| Menstruation occurs about every 28 days | () True | () False |
| Your periods usually last for about 3-7 days..... | () True | () False |
| While menstruating, girls should be on bed rest | () True | () False |
| Girls often feel cramps while menstruating | () True | () False |
| The menstruation cycle takes a whole year..... | () True | () False |
| It is only necessary to use warm water to wash your genitals..... | () True | () False |
| You can attend gym while menstruating..... | () True | () False |
| The total amount of menstrual fluid pr. month is about ½ cup | () True | () False |

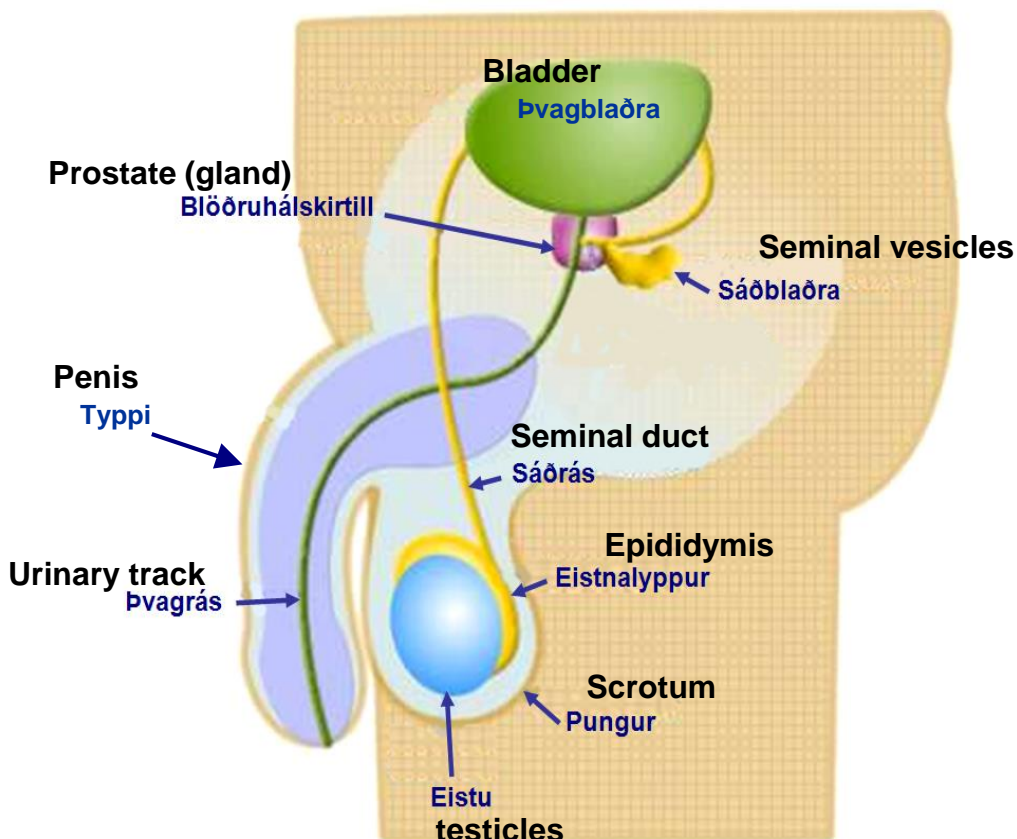


BOY ⇒ MAN

The main changes for boys entering puberty are:

1. Testicles, penis and scrotum grow
2. Increased hair growth on parts of the body
3. Voice changes, becomes deeper - The voice “breaks” (high and low)
4. Muscles become more defined and larger
5. Rapid growth
6. The testicles begin to produce massive amount of sperm - Often the last symptom
7. The skin becomes more oily and acne can appear
8. Increased sweating
9. More intense emotions
10. Temporary nipple enlargements- for some boys.

The Male Genitals



SPERM - EJACULATION



The male gamete or sex cells are called sperm.

The sperm cell is formed in the testicles and develop in the epididymis. The sperm cell has a tail and are able to swim up the woman´s vagina into the uterus to the egg. If the sperm cell comes to an egg, it attempts to fertilize the egg by entering it. Once a single sperm cell has entered the egg, it locks down and no more sperm cell can enter.

Sperm

Sperm is a white and sticky fluid. The sperm contains sperm cells along with fluids from the prostate gland and seminal vesicles.



Ejaculation

Ejaculation is when sperm is ejected from the penis following stimulation. When that happens it is often a sign that boys have reached **puberty**.

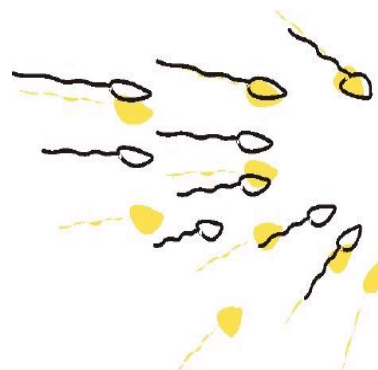
Nocturnal ejaculation

Ejaculation can occur during sleep and it is perfectly normal. It is sometime referred to as having wet dreams.

About 350 million sperm cells eject in every ejaculation.

How many sperm cell does it take to fertilize a woman's egg so that a baby is made?

Answer; _____

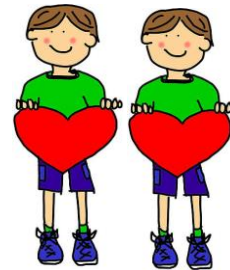
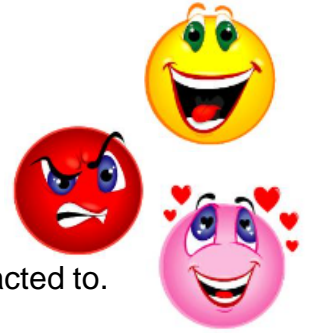




Emotions

During this time all emotions become more intense.

Sexual orientation refers to what gender people are attracted to.



MASTURBATION

Masturbation is touching, stroking or rubbing the genitals to achieve pleasure

Masturbation is also...

- a way to get to know your body
- important for both genders
- a preparation for intimacy between two individuals
- for most, the first sexual experience
- a normal part of people's lives

Most people
masturbate

Masturbation is a private moment with yourself

ACNE

Why do they appear?

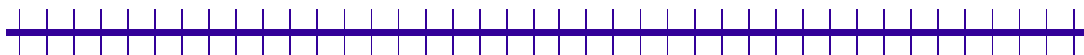
Acne are common and often appear during puberty. The production of the hormone androgen increases and can cause acne.

It varies by individuals how much acne appears. Some only have a few blackheads, others small pimples and yet others get cysts.



Skin care

- Leave pimples and blackheads mostly alone.
- Wash your face morning and night with warm water.
- Seek medical help if acne is a cause of concern.



CLEANLINESS

- Shower every 1-2 days and always after a workout
- Not necessary to clean genitals with soap.
- Change underwear and socks daily, body odor quickly transfers to clothing.





TELL

Some kids are subjected to sexual violence. The perpetrator can be either someone you know and trust, or a stranger. They will always insist it be a secret and will even say it is normal.

Bad or uncomfortable secrets should not exist.

If you have such a secret you should find an adult in your family or school you feel comfortable **talking to**.

You can always call **112** which is the number for children or **1717** which is the Red Cross helpline.



Sexual violence is when:

- Someone tries to touch your breast, genitals or behind in an uncomfortable way.
- Someone wants you to touch their genitals.
- Someone wants you to watch dirty images.
- Someone asks you send a nude picture of you.
- Someone who forwards or shares a nude picture of you without your permission.

What are the online etiquette?

What is sexting?

Children who are subjected to sexual violence often feel shame and at fault. This is incorrect - sexual violence is never the child's fault.

INTERVIEW

Interview a woman or a man in your family, f.ex. mom/dad, older sister/brother, grandmother/grandfather or aunt/uncle.

How old were you when puberty began?

How did you feel during puberty?

Did you get any education or information about puberty at school or at home?

Do you have any funny stories about something that happened during puberty?

Please feel free to add more questions



Cleanliness

- Bath or shower every other day
- Deodorant
- Clean underwear and socks every day.
- Clean hands
- Clean teeth, beautiful smile

Courage

- Stand up for yourself
- Make good decisions
- Be comfortable in your own skin/body
- Share your joys and sorrows with someone you trust

Rest

- Sleep 9 - 11 hours every night
- Your body grows the most during sleep
- Good sleep, better focus
- Better health with enough sleep

Health

- A wide range of food - all food categories
- Regular meals
- Biscuits, soda and candy in moderation
- Drink 3-5 glasses of water a day
- Lýsi – fish liver oil, one teaspoon a day

Happiness

- Think positive
- Respect yourself and others
- Encourage and help others
- Show mutual trust

Exercise

- A brisk exercises at least 60 minutes a day
- Limited computer and television usage
- Exercise increases wellbeing