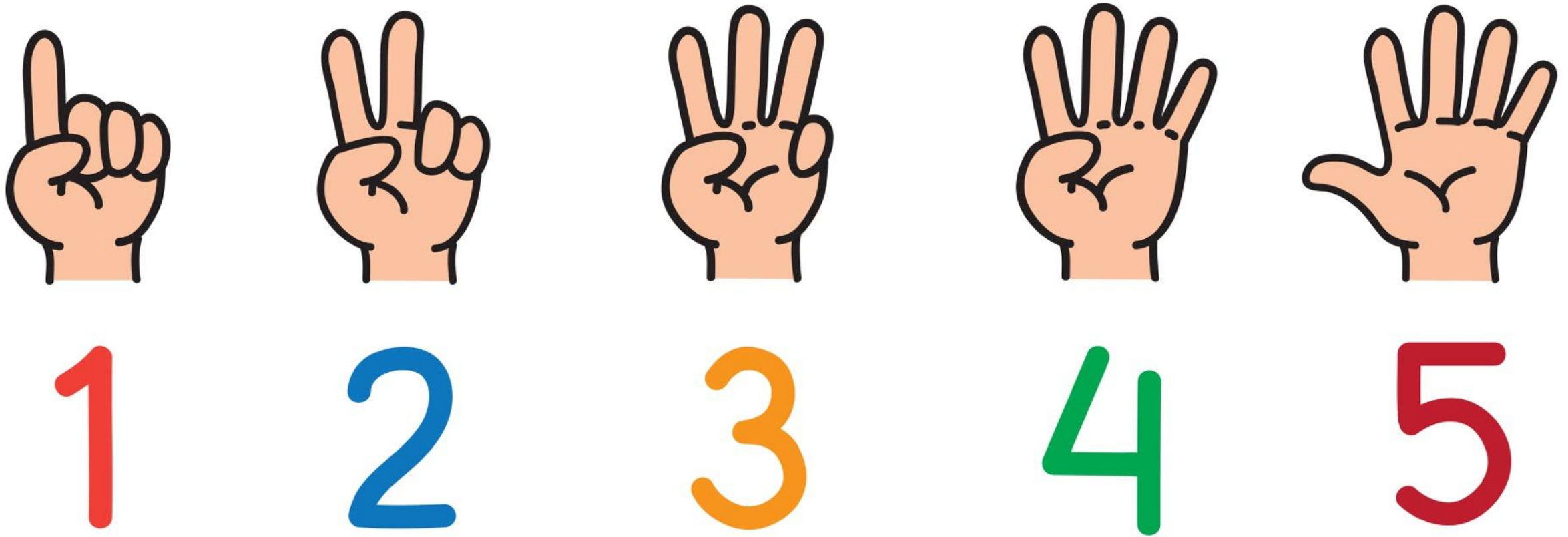


# **My body: My body is changing**

- I can name parts of my body.
- I can talk about the different parts of my body and what they do.
- I can describe the changes that take place with puberty.
- I understand how to maintain personal hygiene.



**Can you name 5 ways your body has changed since you were a baby?**

---

## **What is puberty?**

Puberty is the time in your life when your body begins to change.

Some changes you can see.

Some changes happen inside your body. You can't see these.

You can have stronger emotions and new feelings.



## When will puberty happen to me?

Puberty changes happen over several years. Usually between the ages of 9 and 16.

Some changes in your body might be happening now, some will happen later. This is different for everybody.





All the changes that happen during puberty are caused by chemicals in your body. These chemicals are called Hormones.

When your body is ready to begin puberty, your pituitary (say: pih-TOO-uh-ter-ee) gland (a pea-shaped gland located at the bottom of your brain) releases these special hormones.

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

When we go through puberty what happens to...

**Hair?**

**Skin?**

**Body shape?**

**Breasts?**

**Voices?**

**Smell?**

---





# What happens to hair?

---



A close-up photograph of a person's face and neck. The person has light skin and is wearing a black halter-neck top. There is visible hair on the neck and upper chest. The background is a soft, out-of-focus blue.

## Hair

---

Hair can grow on your face, around your genitals (private parts), arm pits (under your arms) and on your body.

Head hair can get oily and need washed more often.





# What happens to skin?

---





## Skin

Both girls and boys can get spots (acne).

Spots happen because your skin gets oilier.

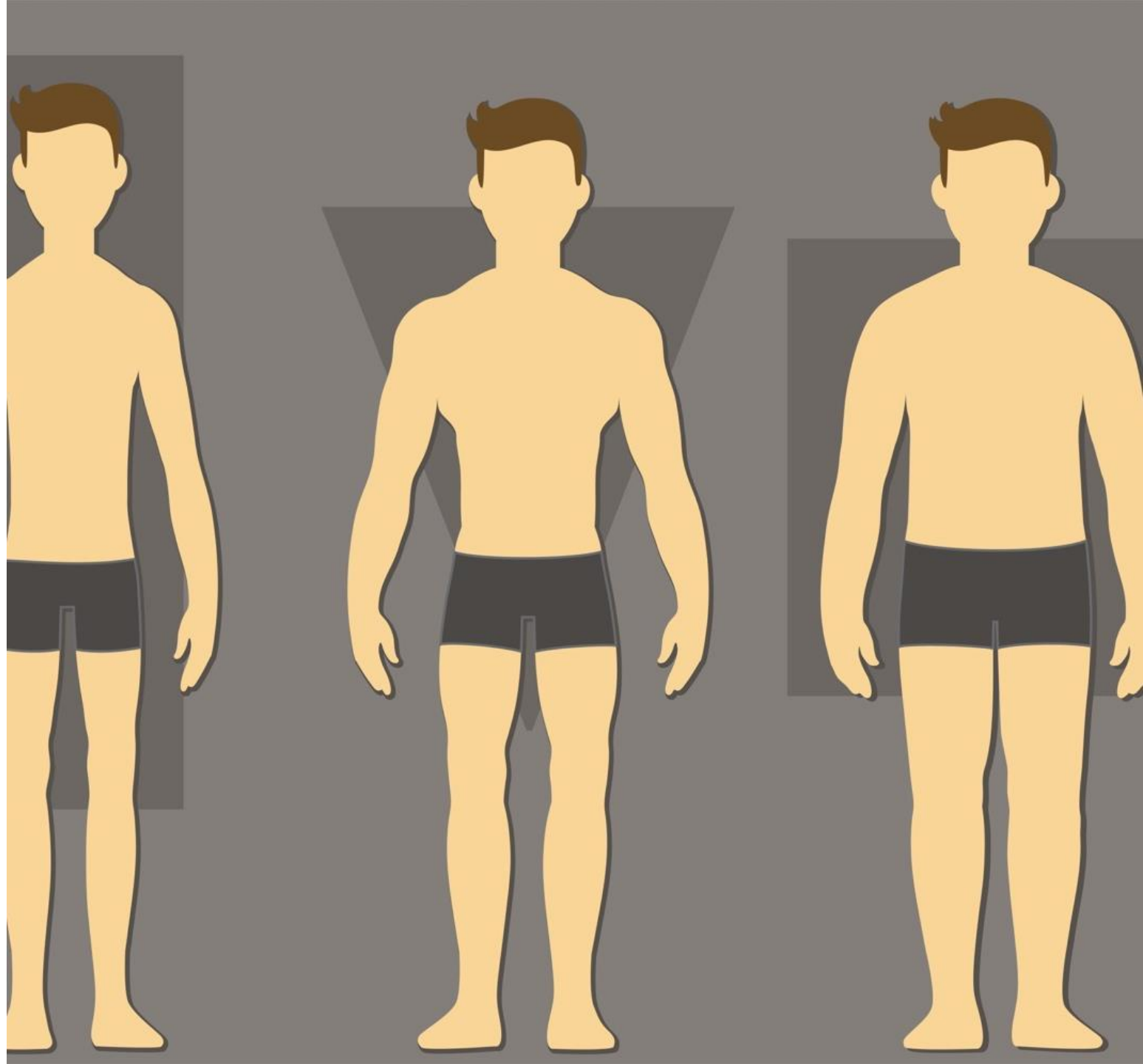
---





# What happens to body shape?

---



## Body shape

Boys and girls grow taller.

Boys get broader across the shoulders and their body becomes more muscular.

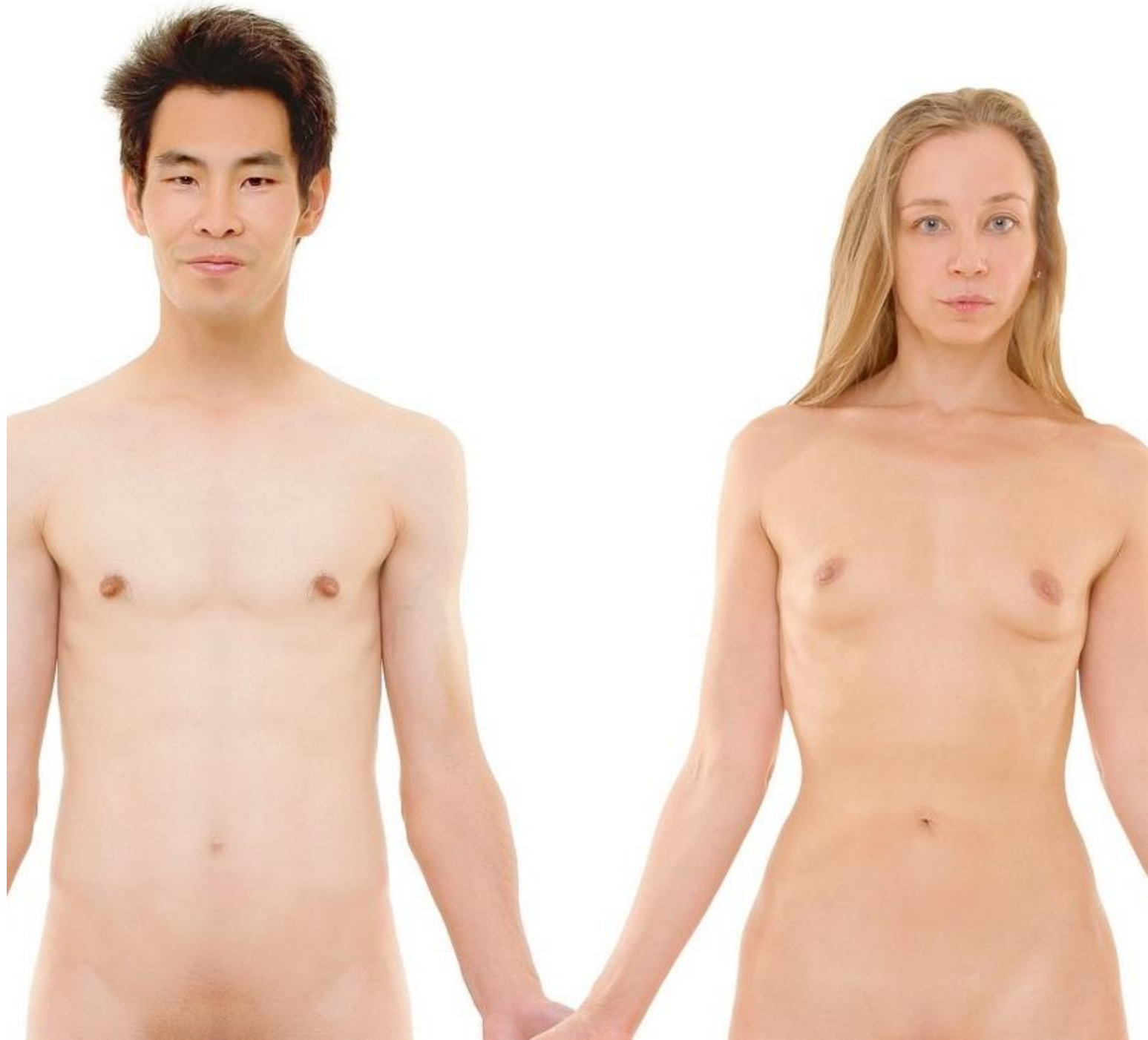
Girls' hips widen and their waist becomes narrower.





# What happens to breasts?

---



## Breasts

Breasts get bigger and rounder as they grow.

Every girls' breasts are different. Boys can sometimes have growth in their breast area too.

---





## What happens to voices?

---



---

## Voices

---

Boy's voices can get deeper.  
Girls voices might become  
deeper too. This happens  
over time.







## What happens to body smells?

---





## Smell

---

Boys and girls sweat more when they go through puberty.

Sweat can make your clothes or body smelly.

It is important for girls and boys to wash themselves and change clothes more often.



Some changes that happen to boys and girls are to get your body ready to have a baby when you grow up, if you want to.



## Periods

When a girl goes through puberty her ovaries release an egg every month.

For a few days each month blood and other fluids pass out through the girl's vagina. There can be some fluids called pre-period discharge before the period starts.

Periods are also called menstruation.



When a girl has her period she wears a sanitary towel or tampon or menstrual cup to absorb the fluid.



During a period, girls can feel that it is a bit painful or uncomfortable.

---

A girl can still do anything she wants when having her period.

Every girl is different and unique!



## Erections

---

An erection is when the boy's penis goes hard and sticks out from his body.

Erections are normal. They can happen at any time. After a while the erection will stop and the penis will be soft again.



## Wet dreams

---

When a boy is asleep he can get an erection. He might ejaculate. Ejaculation is when semen comes out of the boy's erect penis.

When a girl is asleep her vulva can become wet and slippery.

---

Not everyone has wet dreams but if you do this is normal.

If you wake up in the morning and your underwear and sheets are wet and sticky, you had a wet dream. Take off your dirty underwear and pyjamas. Remove your dirty sheets. Wash yourself and put on clean underwear and clothes.





**What have we  
learned about today  
that's been most  
interesting for you?**

