



RSE

Relationships and Sex Education
At St John's Church of England Academy





Relationships and Sex Education At St John's Church of England Academy

RSE is taught as part of our RHE curriculum in the unit Our Bodies. RSE is delivered in an age appropriate way to Year 5 and Year 6 during the Summer Term.





To deliver the RSE lesson we will be using a range of resources to support these sessions.

The main resources are:





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Other sources of information and resources used:

Clips from

<https://www.youtube.com/embed/ukuUG6KOL0k?rel=0>

<https://www.youtube.com/embed/93lyt3KVM10?rel=0>

<https://www.youtube.com/embed/AFpJjXw8wsY?rel=0>

<https://www.youtube.com/embed/k882qrJJ4I?rel=0>





When will it happen?

People usually say you start changing when you're about 10, but it happens to some girls earlier than this and to others quite a bit later. The most usual age for the first changes is between 8 and 13. The fact is, when your body is ready, you'll start growing up.



Your weight

First of all, you have to build up some fat. Your body needs this as an energy store before it can cope with all the changes. So don't worry if you put on a bit of weight. It's not bad for you.

Same age, different stage

You might be the same age as your friend, but that doesn't mean you'll be growing up at exactly the same time. You may have finished growing and developing before she's even started, or the other way round. This can be embarrassing for both of you. If you start changing young, you may feel proud of your new body, but you might also feel self-conscious about being ahead of everyone else. If you don't start changing until later, you can feel left out, and as though everyone still treats you like a child when you don't want to be one.

You can't make yourself grow up faster, or more slowly. But one thing's for sure - everyone gets to the same stage in the end. No matter how old you are when you start puberty, you'll go on changing until you're fully grown up.

Lesson 1 Girls

What next?

Just so you know what to expect, there's a list of growing-up changes in the order they usually happen. But it doesn't matter if the order is different for you. Many will overlap anyway.



- You get taller, broader and heavier.
- Your breasts start to develop.
- Your face gets longer.
- Your pubic hair starts to grow.
- Hair grows under your arms.
- You start to sweat more.
- Your skin and hair may get greasier.
- Your sex organs develop.
- Your periods start.

A new you

It can take up to 3½ years from the very first changes of puberty to starting your periods. And it will be several more years after that before you finish growing up. All along, you'll start to feel a bit different in yourself. You're changing mentally as well as physically, and this can be stressful sometimes. Don't worry though: you'll still be you at the end of it all - just a more grown-up version of yourself!



WILL SHINE





Lesson 1

Girls

Taller and wider



When everyone starts telling you how much you've grown, the chances are that other changes are on the way too. Getting taller quickly is one of the very earliest signs of puberty. Soon after you start growing upwards, you'll start broadening out as well.

Not all girls have a really obvious growth spurt. Some seem to grow more gradually over several years.

A growth spurt

Girls usually grow fastest around the time they're 11½, but you may grow tall when you're quite a bit younger or older than this. Most girls have almost finished growing by the time they're 15.

If you go through a growth spurt early, it's likely that you'll stop growing early too. And if you start your growth spurt later, you may well catch up the early growers and even overtake them.



The broad bits

Your hips will be the part of you to broaden out the most. The bones of your pelvis widen to make more room for babies to be born.

Muscle power

An adult's body has double the percentage of muscle of a baby's, and you build up most of the extra during puberty. That's one good reason to eat well and exercise now.

Girls tend to have less strength than boys, but not only because they're naturally less muscley. Boys are usually bigger, with broader shoulders and bigger hearts and lungs.



The weight question

You'll get a lot heavier, maybe doubling your weight between the ages of 9 and 18. It isn't only fat and muscles that cause this; your bigger bones also weigh more and so do internal organs such as your heart and liver.

Girls put on more fat than boys, but for a reason. The extra can be used for energy when a woman is pregnant or breast-feeding her babies.

SHINE

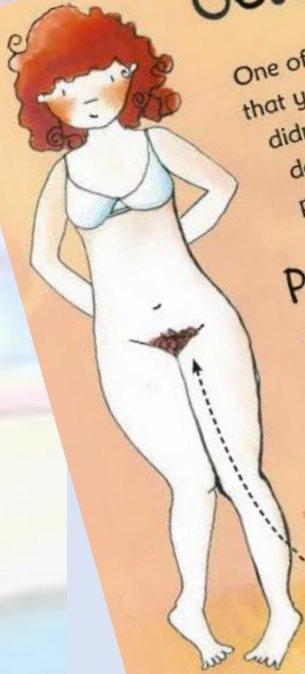




Lesson 1

Girls

Getting hairy



One of the first changes you'll notice is that you start getting hair in places you didn't have it before. Some people don't like this very much at first, but it's perfectly natural and everybody gets it.

Pubic hair

The first hair to sprout is your pubic hair. This gets more curly as it grows, and it may be a different colour from the hair on your head. If the hair gets so bushy that it sticks out from your swimsuit, you can always trim it; but, to save your skin, use round-ended baby scissors, not sharp ones.

Pubic hair grows in a triangle shape here.

What's the hair for?

No one really knows why people get pubic and armpit hair. Weirdly, it may be to give sweat something to cling to. Many animals use their sweaty smell to attract a mate, but this doesn't seem to work in humans.



Under your arms

About a year after you get pubic hair, you'll notice hair starts growing in your armpits too. If you want to shave this hair (you don't have to), you'll need a razor and some shaving foam or gel from a chemist's or supermarket.



1. First, splash some warm water on your armpits, then squeeze on a little bit of foam and spread it over the hair with your finger. Make sure the razor blade is securely in place.

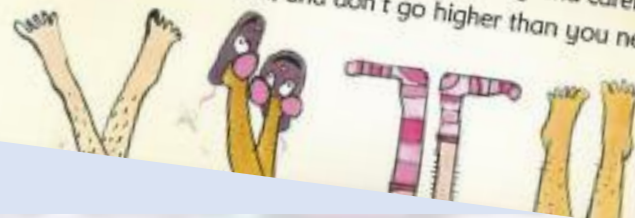


2. Carefully shave the hair off. Go downwards first, rinse your blade in water, then shave upwards to finish off. Rinse your armpits with cold water and dry them. Wait a few minutes before you put deodorant on, or it will sting.

If your skin feels sore after shaving, it may be that your blade is blunt or that you're sensitive to the foam you're using.

On your legs

You might see more hair on your legs, but that's normal too. Humans are related to apes and the first people who ever lived were probably very hairy indeed. It's easy to cut yourself shaving your legs. If you do shave, go slowly and carefully in an upwards direction, and don't go higher than you need.



LL SHINE





Boys have worries too

Don't think that growing up is a walkover for boys. They can get just as anxious and embarrassed as girls do about the changes they're going through.

Squeaky voice

As boys grow up, their voice box (larynx) gets bigger and this makes their voice go deeper. While this is happening, a boy's voice can suddenly break into a squeak while he's talking. It's only the muscles of his voice box getting out of control for a moment, but it can be very embarrassing.



When to shave?

Getting a moustache and beard is one of the last changes to happen to boys. They can feel self-conscious because the hair is quite soft to begin with and it may not grow evenly, so that they have some hairless patches.

Then, they have to decide when to start shaving and learn how to do it without cutting themselves.



Lesson 1 Girls

Size anxieties

Am I tall enough? Are my shoulders broad enough? Am I muscley enough? And (worst of all) is my penis big enough? These are the main anxieties. But there's no "right" size or shape for boys any more than for girls. Everyone is different.



Breasts?

Some boys worry that they're changing sex because their breasts feel tender and swell up. But this doesn't last long. Once their hormones settle down, the "breasts" disappear.

Other embarrassments

For a man's penis to fit inside a woman's vagina during sex, it first has to swell, get hard and point upwards. This is called an erection and it happens when extra blood flows into the penis. Boys often have erections at inconvenient moments and it can be especially awkward if the erection won't go down.

While a boy is asleep, he may have what's called a wet dream – an erection and then an orgasm. An orgasm is the moment when semen squirts (ejaculates) out of his penis. This is only his body getting used to its new way of working, but it can be embarrassing to stain the sheets.



SHINE





When will it happen?

Most boys notice the first signs of growing up when they're about 12 or 13. Some boys might notice them before they are 10, and others not until they are 16. Most of the changes finish by the time a boy turns 18, but some of them can take a bit longer.

Same age, different stage



It's perfectly normal to develop at a different time from your friends. It doesn't matter who is the oldest in your class, or the tallest, or who eats the most. People start puberty when their bodies are ready, and not before. It can be a bit embarrassing if you are the first in your class to start, and frustrating if you are the last. But it does happen to everyone eventually, and everyone gets to the same stage in the end.

Your body needs an energy store before it can cope with all the growing that happens. So don't worry if you put on some weight – it's quite normal at this time of life.

Lesson 1

Boys

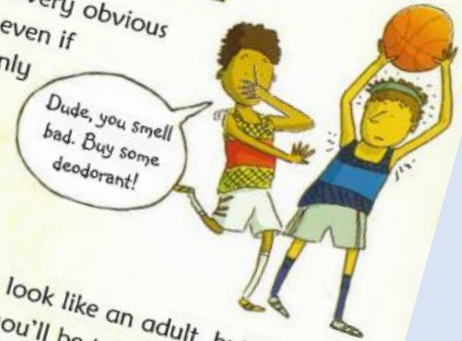


What next?

Just so you know what to expect, here's a list of growing-up changes. Most of them overlap each other, and they don't necessarily happen to everyone in this order.



Some of these changes are very obvious and you can't hide them even if you want to. You might only notice others if someone points them out to you.



Becoming a man

These changes might make you look like an adult, but it takes a few more years before you'll be treated like one. In many countries and states you have to wait until your 18th birthday before you're considered to be an adult, even though you might feel like one before that. Having an adult body doesn't mean you have an adult mind!

ALL SHINE





Getting bigger

"Haven't you grown!" You've probably heard this from your aunts or uncles, and you're going to hear it a lot more when you start changing. Getting taller is one of the most obvious things that will happen to you, and it can start quite suddenly.



A growth spurt

Boys usually grow fastest around the time they're 14, but you may grow tall when you're quite a bit younger or older than this. In just one year, a boy can add 7-12cm (3-5in) to his height. This is called a growth spurt, although some boys grow more gradually. If you start your growth spurt young, the chances are you'll stop growing young too. If you start your growth spurt later, you might catch up with the early growers and even overtake them.

You don't just get taller – your bones, muscles and internal organs all get bigger when you grow. In particular, your shoulders will broaden out, which makes you stronger and balances out your extra height. All this growing can keep happening into your early 20s.

Lesson 1

Boys

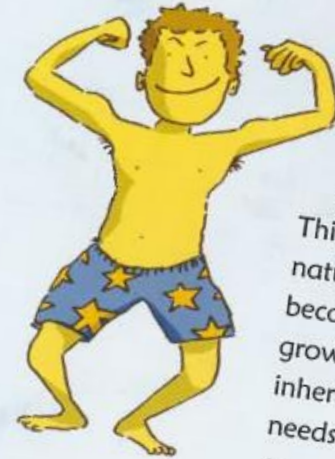
Looking funny

Many boys' hands and feet get bigger first, then their arms and legs, then their body. Because of this, you might think you look really gangly. Your nose and jaw change shape too, which can make you imagine that your face looks weird before it evens out. But other people won't notice these changes as much as you do.



Getting muscley

How strong and how tall you get both depend a lot on what you inherit from your parents. This means that some boys are naturally stronger than others, just because their bones and muscles grow more. It's not just about inheritance, though. Everyone needs to eat healthily and to get some exercise every day.



Breasts

Wait a minute – isn't that something that happens to girls? Well, yes. But nearly half of all boys find that they develop slight breasts, which can be quite tender. This doesn't mean you're turning into a girl. The swelling should disappear as you become more grown up.

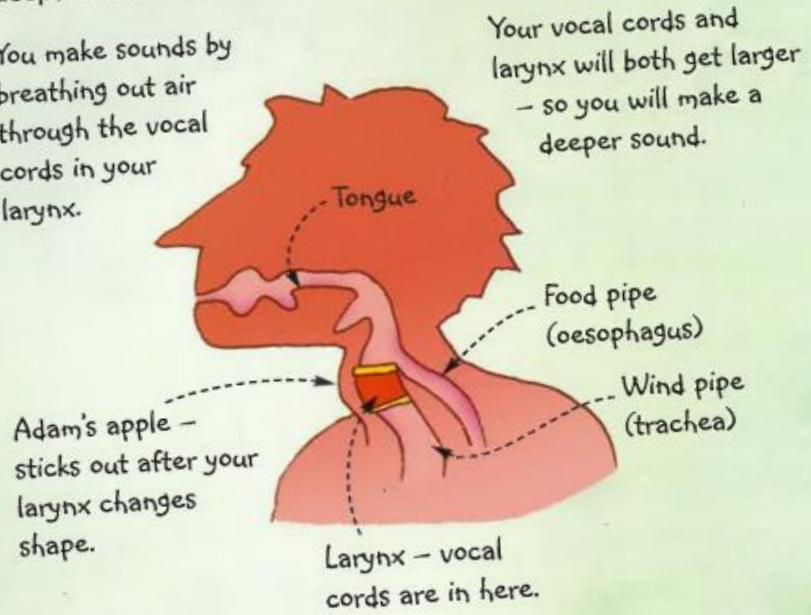




Voice of doom

In the middle of your throat you'll find your larynx. It's also called your voice box, because it's the part of you that you use to talk. Over the next few years, your larynx will get bigger and change shape slightly, giving you the deep, booming voice of an adult.

You make sounds by breathing out air through the vocal cords in your larynx.



Breaking your voice

When someone tells you that your voice has broken, all they mean is that it's got deeper. There's no moment when your voice actually breaks; in fact, nothing breaks at all - you just start to sound like an adult. You can already make your voice sound higher or lower if you try. Once it has broken, though, there's a limit to how high you can go, and your normal speaking voice will stay quite low.

Lesson 1

Boys

Speaking and squeaking

It can take a while for your voice to break fully. Annoyingly, it also takes time to get used to the bigger muscles in your larynx. Sometimes these get out of control while you're talking. When this happens, one or two words will come out squeaky in the middle of a sentence, often when you're excited. It's a bit embarrassing, it's usually funny, and it happens to just about everyone.



Whose voice?

By the time your voice finishes breaking, you will sound quite different. You won't notice it yourself, but anyone who hasn't heard you for a year or two might not recognize your voice any more. Don't be surprised if people on the phone mistake you for your dad - especially strangers.

Like all the other growing-up changes, your voice might break a lot earlier or later than your friends'. It might take a while, but everyone sounds a little deeper in the end - even girls.

SHINE





Lesson 1

Boys

Getting hairy

Seeing hair grow on your body is an odd experience. You'll notice your friends start to get hairy, too, but you won't all grow hair at the same time, or even in all the same places. But here's what you might expect:

Everyone has tiny hairs all over their body, but your new hairs will be thicker and longer.



If you shave off any body hair, you'll find that it grows back in a few days – and it will be itchy at first.

What, even there?

Everyone grows armpit and pubic hair soon after puberty starts, but face, chest and other body hair usually grows later, and some boys hardly grow any at all. Your pubic hair is usually the first to grow. To start with, it's quite thin and only grows in a small patch. After about a year it gets thicker, curlier, and spreads outwards a little bit.



Hair can grow just about anywhere on your body, even in places you can't see: on your shoulders, on your back, around your bum, in your bellybutton, and in your nose and ears.

Hair worries

With all this hair you might think you'll turn into a werewolf before long. In fact, only the hair on your head can grow very long. The rest of it stays short. You might also worry that your friends are showing off how much hair they've got, when you don't have any at all. There's nothing wrong with having lots of hair, or very little; different people find men attractive either way.

Beard and body hair can be a different shade from the hair on your head. Fair-haired boys often grow dark pubic hair, for example. And, if your body hair is very light, it can be hard to see even when it's fully grown.

L SHINE





Why periods happen

The biggest growing-up change of all is that you start having periods – a few days of slight bleeding each month from your vagina. This might sound scary, but periods show that your body is working properly. If you know what to expect, they're nothing to worry about.

Periods and babies

Periods are all to do with babies. Every month, a woman's womb builds up a thick, soft lining of blood vessels, so that a baby could nestle there and grow. When the woman doesn't become pregnant, the womb lining breaks down and comes out of her vagina as a period.



People usually notice a period has started when they go to the toilet.

Guess what?
I've started!



When periods start

There are a couple of clues to when your periods might start. It will probably be about 2½ years after your breasts begin to grow. And for a few months before your first period, you might get more fluid than usual leaking out of your vagina. Periods usually start sometime between the ages of 10 and 15 – but not always.

Lesson 2

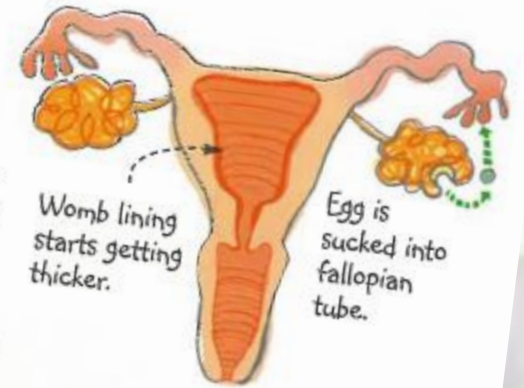
Girls

How often, how long?

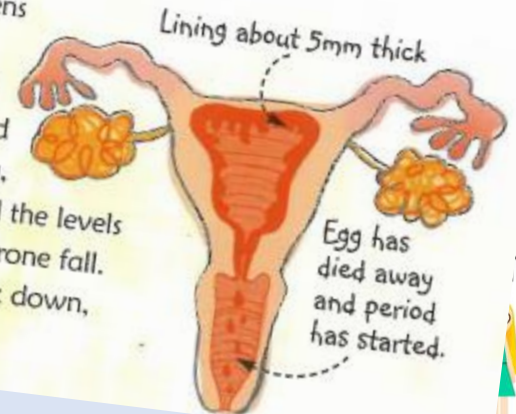
The time between the start of one period and the start of the next is often about 28 days (4 weeks or about a month). But this can vary, from 20 to 35 days or even longer, especially when your periods first begin. And each period can last as little as 2 days or as long as 8.

All caused by hormones

It's your sex hormones that make your periods happen. In the first half of the month, oestrogen makes the lining of your womb thicken up. Then, a ripe egg bursts out of one of your ovaries and travels down a fallopian tube.



Progesterone now thickens the womb lining even more. But when the egg doesn't meet a sperm and start growing into a baby, the egg breaks down, and the levels of oestrogen and progesterone fall. This makes the lining break down, and your period starts.



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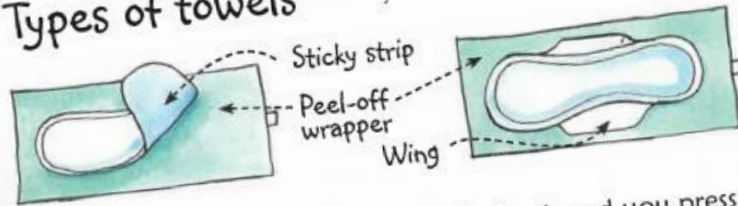




Using towels

Most girls feel happier using sanitary towels (pads) instead of tampons when they first start their periods. Sanitary towels fit in your knickers and soak up the blood as it leaves your body.

Types of towels

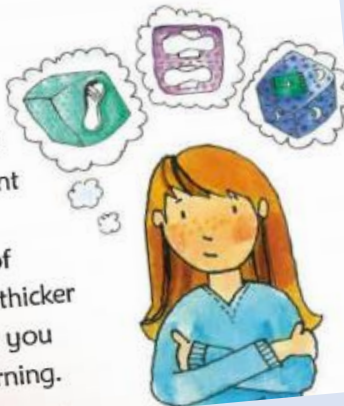


Most towels have a sticky strip on the back and you press them onto your knickers to hold them in place. It might take a bit of practice to get them in exactly the right position each time.

Some towels have side flaps too, known as wings. These fold over and stick to the underneath of your knickers, so the towel is held in place extra securely and is a bit more absorbent too.

Size and thickness

Towels come in different sizes, so you can choose one to fit the shape of your body. They come in different thicknesses too. The blood usually flows more heavily near the start of your period, so you might need a thicker towel then, and at bedtime, when you won't be changing it until the morning.



Lesson 2

Girls

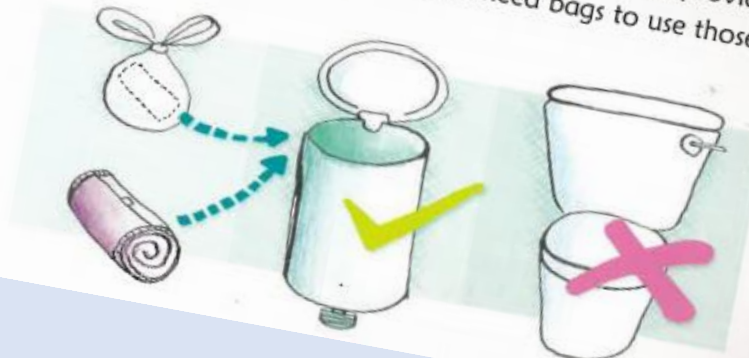
Changing towels



You'll soon get used to feeling when your towel needs changing. In the day, you should change towels every few hours anyway – not just in case they leak, but also to stop bacteria building up on them. Period blood is completely clean, but once it's outside your body it meets bacteria in the air and this can cause a smell or even infections.

Getting rid of towels

You can't flush towels down the toilet, as they block the pipes, or often end up polluting beaches or rivers. Instead, you need to wrap them up and put them in a bin. If your towels are individually wrapped, you can put them back in their wrapper to throw away; or you can buy sanitary disposal bags. It's a good idea to take a bag with you when you go out, although special bins are often provided in public toilets and you may not need bags to use those.



ILL SHINE





Coping with periods

Having periods is a normal, healthy part of growing up, and many people have no problems with them at all. On the other hand, your hormone levels are going up and down throughout the month and this can make you feel better at some times than others.

Period pain



Some women get an ache low down in their tummy at the start of a period. This happens when hormones affect muscles in the womb.

Doing some exercise often helps a lot, but if the pain is too bad for that, you can try resting for a while with a hot-water bottle on your tummy. If that doesn't work either, you may be able to take a painkiller.

PMS

Some people feel bloated, headachey, tired and low for a few days before their period. This is known as PMS (premenstrual syndrome) and is probably caused by changing hormone levels. There's no foolproof remedy, but it's worth trying to eat healthy food little and often throughout the day, as well as taking exercise and getting extra sleep.



Lesson 2

Girls

Top tips

Be prepared

As your periods may not be regular at first, carry a towel or tampon with you, just in case. You can also wear a pant-liner when you're expecting a period. These are like very small, thin pads. In an emergency, use tissues, paper towels, toilet paper or even a sock.

Be confident

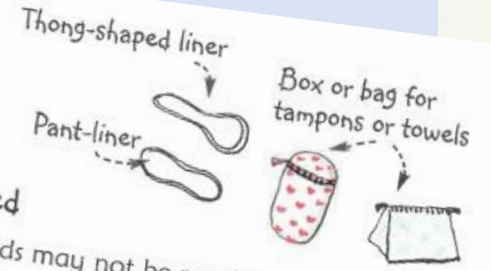
You may feel that everyone can tell you're having a period just by looking at you. They really can't. And most towels are so slim they would never be seen unless your clothes were really skintight.

Change towels and tampons often

Some people wear dark-coloured clothes during their period just in case of a leak. If the worst happens, try tying your jumper round your waist to hide the mark, or turn your skirt round so people will think you've spilled something down your front.

Relax in a bath

Blood flows more slowly in water, so it's fine to have a bath. Just have lots of toilet paper ready afterwards, so you don't get blood on your bath towel.



SHINE



Lesson 2

Girls

Pack

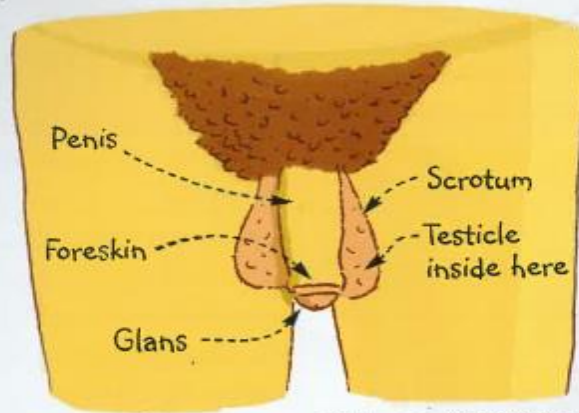




Down there ...

One place where you'll definitely notice some changes happening is between your legs. That's where your genitals are. They're also called sex organs, because you need them to have sex and make babies.

Take a closer look



When you finish puberty, you will have all your pubic hair, your penis will have doubled in size, your testicles will be up to ten times bigger, and they'll be making lots of sperm.

The left testicle often hangs lower than the right one to stop them from banging together. They have to hang down because the inside of your body is too warm for your sperm. On cold days, your scrotum shrinks and pulls your testicles up nearer to your body to keep your sperm at the right temperature. Your penis shrinks when it gets cold, too.

The purplish, bell-shaped end of your penis is called the glans. It's very sensitive and so is all or partly covered by the foreskin – but not everybody has one (see page 22).

Lesson 2

Boys





... and up here

You're used to your penis hanging down. But sometimes it gets hard, and points up and away from your body. This is called an erection. You need to have an erection to ejaculate semen.

Some boys get erections from an early age. Most boys find they get them every day when they're going through puberty.

How does it happen?

Blood is always pumping in and out of your penis, but a valve can make more blood flow in than normal, and less flow out. The extra blood fills up a spongy substance called erectile tissue, making your penis bigger and harder. You can feel it as soon as it starts to swell. After a while, the valve lets the blood flow out again, and your erection goes down.



You'll probably get an erection if you think about sex, or if you see someone you fancy. Often, though, you can get an erection without knowing why, and when you really don't want one. This is just your body and brain getting used to your new hormones.



Lesson 2

Boys

Make it go away!

Erections can be embarrassing, because there are times when you're sure that everyone can tell you've got one. They can be less obvious if you wear briefs rather than boxer shorts, or if you wear baggy trousers. Most erections will go away after a few minutes, and if you try to concentrate on something else it can help to get rid of them. This is much easier said than done, of course.



Bodily fluids

The first time your penis squirts out semen, it can be very surprising, but it's a nice feeling. Some boys wake up to find it has happened while they were asleep, during a "wet dream". These are pleasant dreams that are often, but not always, about sex. Semen is wet, and it leaves a mark on your pyjamas or sheets, but it washes out easily. Some boys have a lot of wet dreams, but not everybody has them.

Once their bodies have started producing semen, boys can make themselves ejaculate by rubbing their penis up and down. This is called masturbation. It's a natural thing to do, and some boys do it every day because it feels good. You don't have to masturbate, though, and some boys never do. The feeling you get when semen squirts out is called an orgasm (also called "coming"), and it happens when the muscles in your penis contract. Sometimes this makes the semen squirt out quite far; other times it just oozes out.

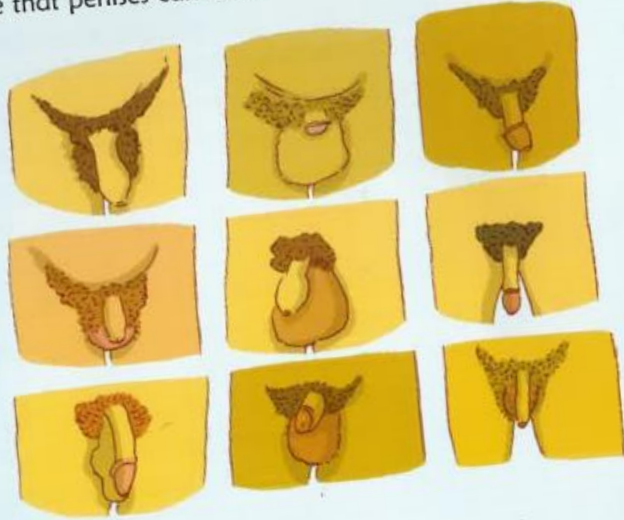
SHINE





Other boys look different

When you're in the changing room or the school showers, you'll probably notice other boys' penises. Don't worry, everybody glances at other people sometimes. You'll soon notice that penises can look different in some ways.



Jackets not required

When they are born, all boys have a foreskin covering all or part of their glans. But in some countries and religions, boys have their foreskin removed – usually a few days after birth. The operation to do this is called circumcision. Whether you do or don't have a foreskin, your penis will work in the same way as everybody else's.

Boys who haven't been circumcised will find that their foreskin gets pulled back a bit when they have an erection, exposing the glans. If you have a tight foreskin, this won't happen at first, but it should loosen as you get older.

Lesson 2

Boys

Make it bigger

Nearly all boys, especially teenagers, worry about the size of their penis. When they're floppy, penises change in size all the time, and they can get really small when it's cold. But erect penises don't vary in size as much as floppy ones do. Big ones also get hard and stick out when erect, but they don't necessarily get much longer or thicker.



There's nothing you can do to make your penis longer. Although boys tease each other about it, you'll find out that girls generally don't care.

Bends



You might have a slight bend to your penis, which you'll probably only notice when it's erect. It might bend up, or to the left or right. Some boys have a really obvious bend, while other boys' penises look straight. Both kinds are normal. You won't give yourself a bend, and you can't make one go away.



Bumps and moles



If you look closely, you might see moles or little bumps in various places on your penis and scrotum. These are very common and are nothing to worry about. You only need to tell a doctor if they start to change, for example if they get bigger or become itchy.





Lesson 3

Girls

Keep clean

You'll need to wash a bit more now than you did when you were younger if you want to stay smelling sweet. This isn't because you get dirtier, but because you start to sweat more.

Washing

You have sweat glands all over your skin but they're more concentrated in some areas – in your armpits and around your genitals. Even if you can't always have a shower, you need to wash those bits every day to stop smells developing. And you may need to change your clothes more often than you used to, at least your underwear and tops.

Deodorants

Most "deodorants" have an antiperspirant in them too. Deodorants work by stopping smells developing on your sweat, while antiperspirants actually cut down on how much you sweat. A deodorant/antiperspirant is a good idea for your armpits, but it might be best not to use one all the time. The chemicals they contain may be absorbed by your body and some people think these aren't healthy. Try going without a deodorant on days when you're relaxing at home, and don't use one overnight.



Front to back

Your anus is pretty germmy. And if the germs are spread to your vagina and urinary tube, they can cause infections. To avoid this happening, always wipe, wash and dry your genitals from front to back. Use mild soap but no deodorants or perfume here, as they can irritate your skin badly.



Normal or not?

Remember that the fluid from your vagina is healthy and cleansing. There is more of it at some times than others and its colour can change from clear to milky-white. It's only a problem if it starts to make you itch, burn or smell. This means you may have an infection or an allergic reaction and you need to go to the doctor. The doctor may be able to diagnose the problem from your description, without examining you.



WILL SHINE





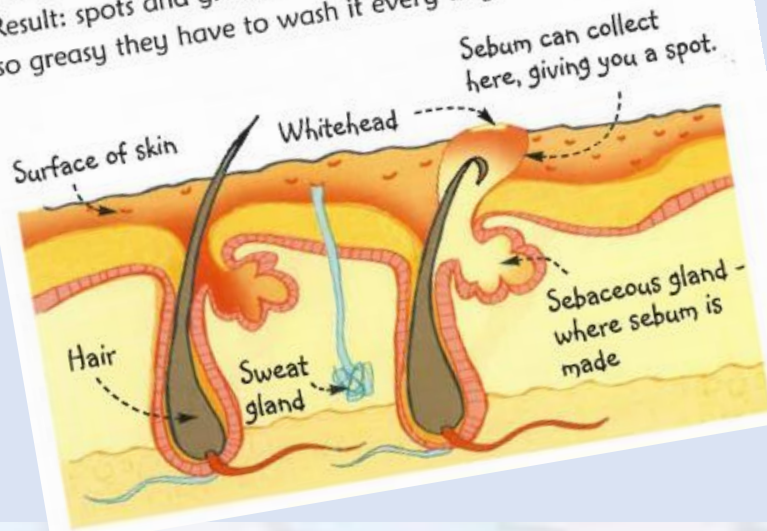
From the neck up

As if things like breasts and periods weren't enough to worry about, most girls get a bit self-conscious about their faces too. Almost everyone has spots at some time or another, and lots of people get greasy hair.



Too much grease

Everyone's skin produces a kind of oil called sebum. Without it, your skin and hair would dry out. But the huge changes in your hormone levels, especially in testosterone, can send sebum production out of control. Result: spots and greasy hair. Some people's hair gets so greasy they have to wash it every day.



Lesson 3

Girls

Dealing with spots

Different people swear by different spot remedies. The best thing is to find out which works best for you.

Wash your face twice a day with mild, unperfumed or antiseptic soap. Use warm water and your bare hands.

Keep your hands and nails clean, and don't play with your spots.

Try one of the spot treatments you can buy from the chemist's.

Eat a healthy diet. Many people believe that certain foods give them spots, although experts haven't found any evidence for this.

Use as few beauty products as possible if you're in a spotty phase. This includes make-up, although medicated concealer sticks can give good camouflage for just one or two spots.

If your spots are really bad, don't put up with them - ask your pharmacist or doctor what to do.

Squeezing

It probably doesn't do much harm to squeeze the odd spot, but there are a few precautions to take if you do.

- * Wash your hands first.
- * Use your fingers, not your nails.
- * Only squeeze blackheads or whiteheads, nothing red or angry.
- * Stop if nothing happens, or if clear fluid or blood comes out.
- * Dab on an antiseptic, such as tea tree oil, afterwards.
- * Wash your hands again.

SHINE





Filthy beasts

As you grow up, you'll start to sweat more. Adult sweat can be thick and smelly, and it often appears when you're nervous – not just when you're exercising. Keeping clean is good for you and makes you more pleasant to be with.

Sweating and smelling

The best way to get rid of sweat and smells is to wash every day. After you wash, you can put on deodorants – which kill the bacteria that make the smells; or you can use antiperspirants – which cut down on how much you sweat. Most things labelled as deodorants also contain antiperspirants.



By the time you've grown hair in your armpits, you'll probably need to use a deodorant under your arms every morning. Just remember that deodorants aren't a substitute for washing!

Roll-on or spray?

Most deodorants can be applied using either a roll-on stick, or an aerosol spray can. Both work equally well at stopping smells, but aerosols can be bad for people with asthma or allergies, and some of the gases they contain harm the environment.

Lesson 3

Boys

Getting smeggy

If you have a foreskin, you'll find that you can roll it back further as you get older. Once it is loose enough for you to expose the whole glans, you will see that you have started making smegma. This is a natural and healthy lubricant that all boys' penises make every day – even if they're circumcised. If you have a foreskin, the smegma may build up underneath it into little white flakes, which smell bad. You need to wash these flakes away every day or two. To do this, gently roll back your foreskin and wash the glans with warm water. You can use a mild soap if you want, but don't use gels as the skin here is very sensitive.

Hygiene and health

Washing isn't just about getting rid of bad smells. Bacteria live on your skin, and if you let them grow and reproduce, you're more likely to get an infection. Bacteria like to live in warm, dark and hairy places, so be sure to wash your armpits, bum, genitals and your hair regularly.

Bacteria live in your clothes as well as on your skin. Even if you've had a shower, putting on dirty or sweaty clothes will make you smell, and isn't healthy. It's a particularly good idea to change your underwear every day.



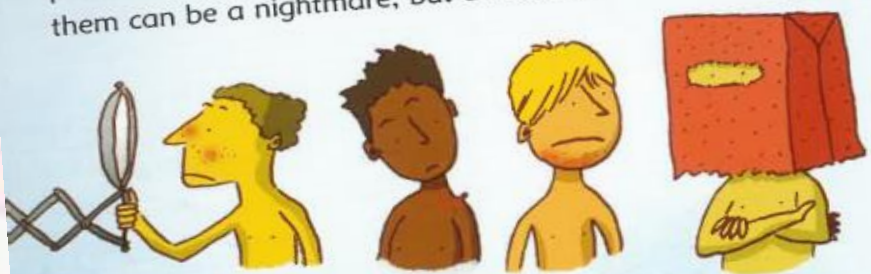
HINE





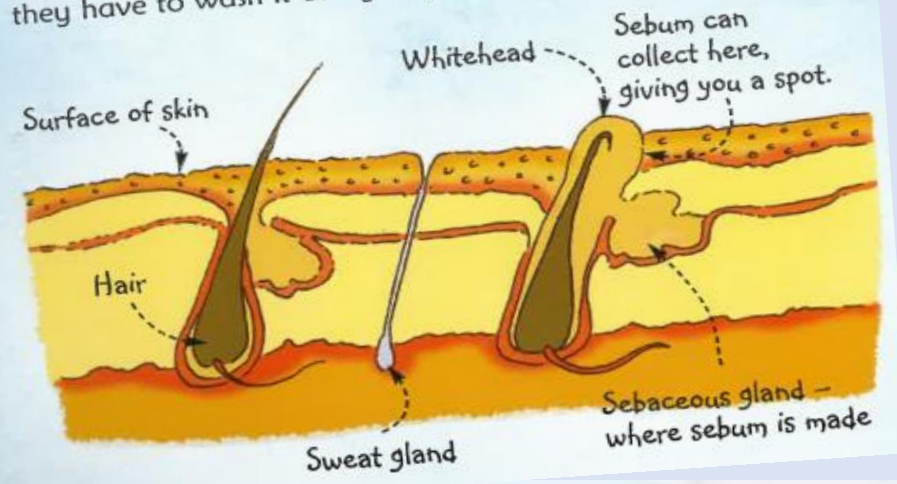
From the neck up

Almost everyone gets spots on their face when they're a teenager. You can also get them on your back, or other parts of your body. Trying to get rid of them or hide them can be a nightmare, but at least you're not alone.



Too oily

Everyone's skin produces a kind of oil called sebum. Without it, your skin and hair would dry out. But the changes in your hormone levels, especially testosterone, can send sebum production out of control. Result: spots and greasy hair. Many people's hair gets so greasy that they have to wash it every day.



Lesson 3

Boys

Dealing with spots

Different people swear by different spot remedies. The best thing is to find out which works well for you.

Wash your face twice a day with mild, unperfumed or antiseptic soap. Use warm water and your bare hands.

Keep your hands and nails clean and don't play with your spots.

Try one of the spot treatments you can buy from the chemist's.

If your spots are really bad, don't put up with them - ask your pharmacist or doctor what to do.

Eat a healthy diet. Many people believe that certain foods give them spots, although experts haven't found any convincing evidence for this.

It's hard not to worry about how you look, but try to remember that other people are more interested in you than your face.

Squeezing

Some doctors say you should never squeeze your spots, but here are a few precautions to take if you do:

- * Wash your hands first.
- * Use your fingers, not your nails.
- * Only squeeze blackheads or whiteheads, nothing red or angry.
- * Stop if nothing happens, or if clear fluid or blood comes out.
- * Dab on an antiseptic, such as tea tree oil, afterwards.
- * Wash your hands again.





The changes inside you ...

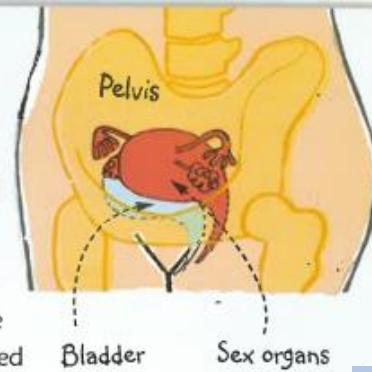


For your body to get ready for having babies, big changes need to happen in what are called your sex organs. You won't really notice the changes as most of your sex organs are tucked away inside your body.

Your sex organs are low down in your tummy.

Where everything is

Your sex organs (shown on the right in red) are behind and just above your bladder, where urine (wee) is stored. They are protected by the bones of your pelvis.

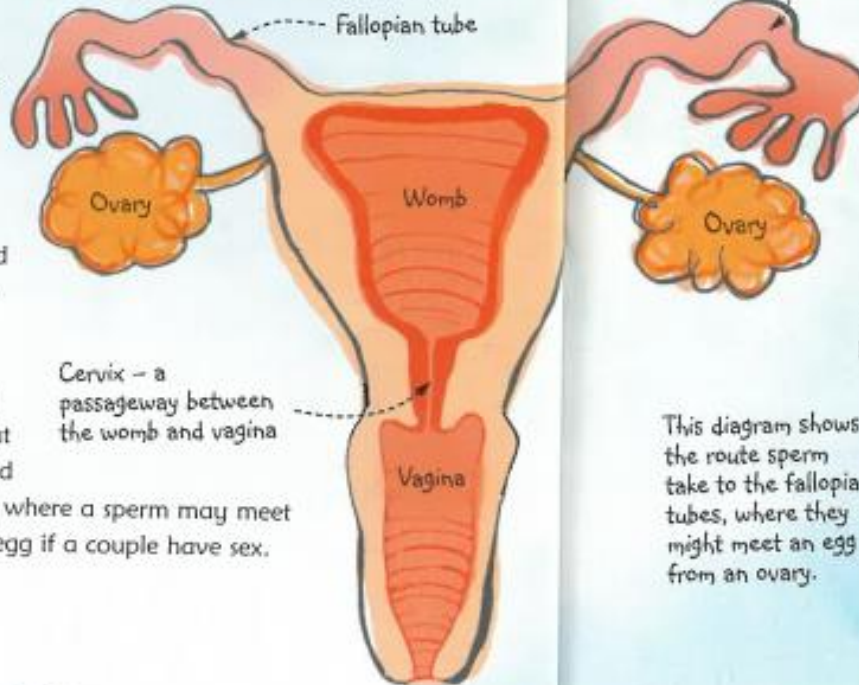


What everything is for

You have two ovaries, two fallopian tubes, a womb (sometimes called a uterus), a cervix and a vagina. These will all get bigger, just like the rest of you.

Your ovaries are where your eggs are stored. When your ovaries are full-grown, they are about the size and shape of walnuts.

The hollow part of your fallopian tubes is only about as wide as the lead in a pencil. This is where a sperm may meet and join with an egg if a couple have sex.



If a woman becomes pregnant, the baby grows inside her womb. A womb is normally about the size and shape of an upside-down, hollowed-out pear. It stretches hugely as a baby gets bigger.

Your vagina is a tube which leads to the outside of your body. It is about 10cm (4in) long and its walls are very stretchy. A man's penis fits inside a woman's vagina during sex and babies travel down it to leave their mother's body and be born.

This diagram shows the route sperm take to the fallopian tubes, where they might meet an egg from an ovary.



Lesson 4 Girls



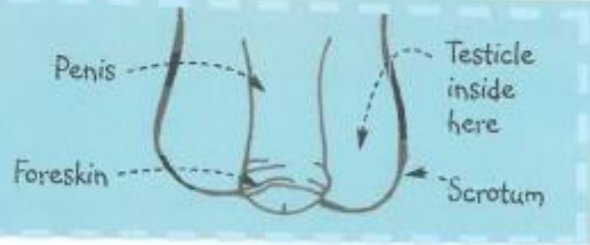


How boys' bodies work

Boys have to go through lots of growing-up changes too. Here you can find out what happens to their bodies so that they can eventually be fathers. Like girls, boys are physically able to produce children much sooner than they are able to look after them.



Boys' sex organs

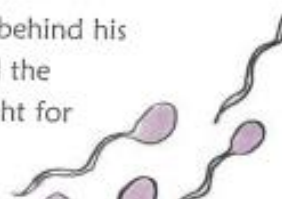


Boys' sex organs grow larger at puberty, just like girls' do. And they grow pubic hair too.

The end of the penis is very sensitive and is protected by a fold of skin called the foreskin. In some religions, boys have their foreskin cut away in a surgical operation called circumcision.

At puberty, sperm start being made in a boy's two testicles (his balls). Male sex hormones (androgens) are made here too. Full-grown testicles are about the size of small plums.

A boy's testicles hang outside his body, behind his penis, in a pouch of wrinkled skin called the scrotum. The temperature here is just right for sperm production.



Lesson 4 Girls

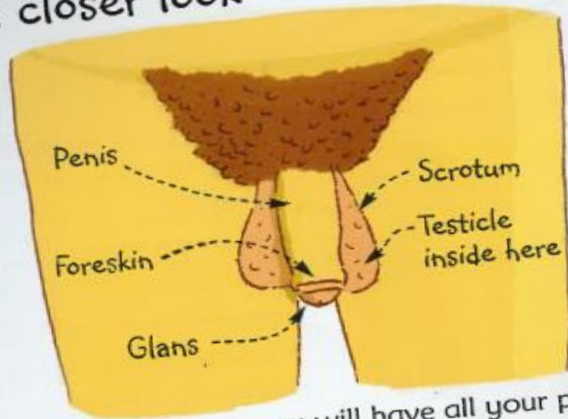




Down there ...

One place where you'll definitely notice some changes happening is between your legs. That's where your genitals are. They're also called sex organs, because you need them to have sex and make babies.

Take a closer look



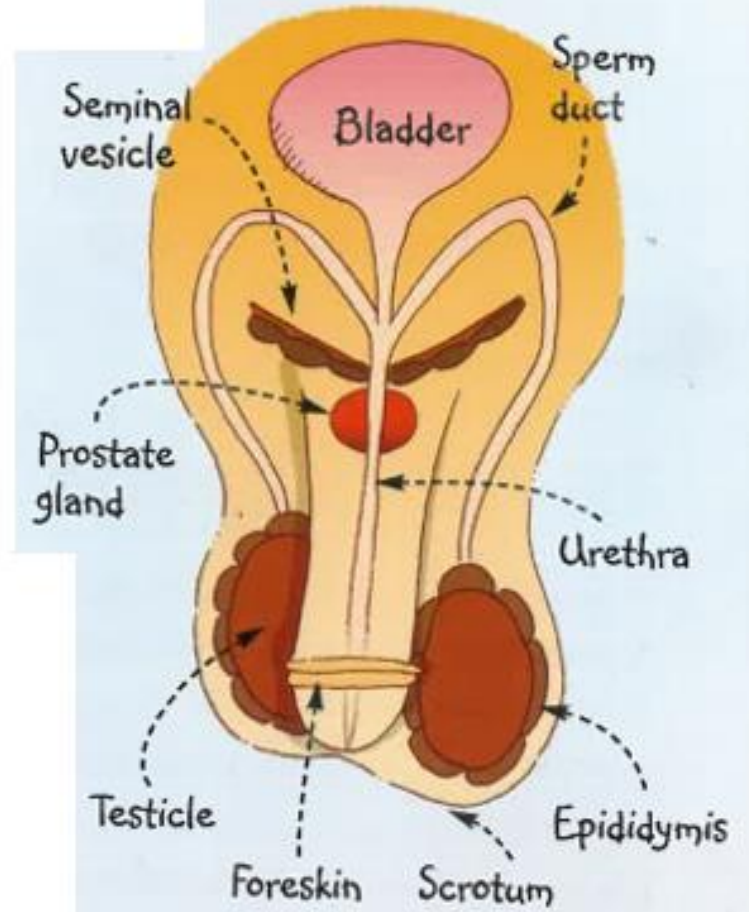
When you finish puberty, you will have all your pubic hair, your penis will have doubled in size, your testicles will be up to ten times bigger, and they'll be making lots of sperm.

The left testicle often hangs lower than the right one to stop them from banging together. They have to hang down because the inside of your body is too warm for your sperm. On cold days, your scrotum shrinks and pulls your testicles up nearer to your body to keep your sperm at the right temperature. Your penis shrinks when it gets cold, too.

The purplish, bell-shaped end of your penis is called the glans. It's very sensitive and so is all or partly covered by the foreskin – but not everybody has one (see page 22).

Lesson 4

Boys



I WILL SHINE





Girls on the inside ...

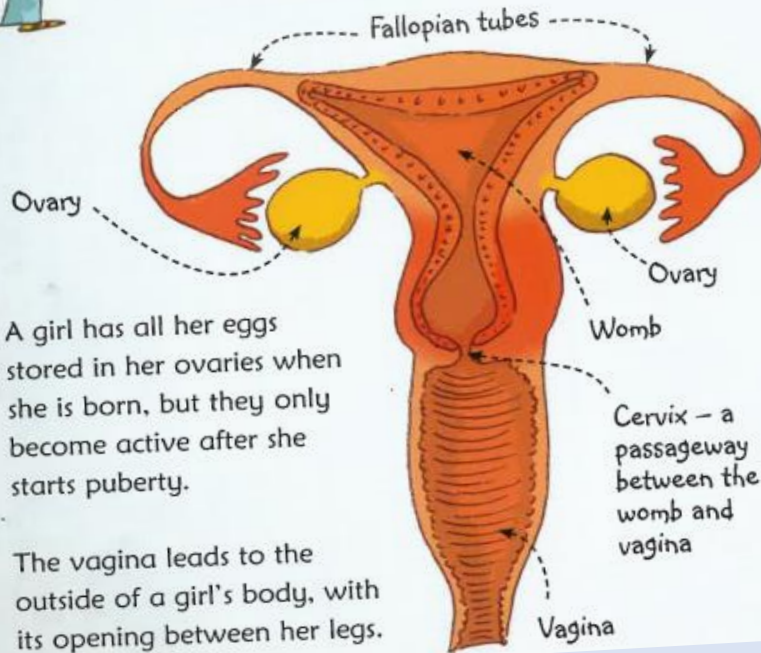


Some of the most important changes that happen to a girl take place deep inside her body. That's because most of her sex organs are safely hidden away inside her, and that's where babies are made.

A girl's sex organs are low down in her tummy.

What's in there?

A girl has two ovaries, two fallopian tubes, a womb (sometimes called a uterus), and a vagina. These will all get bigger, along with the rest of her body.



Lesson 4

Boys

