

CHANGES



For the Young Adolescent

INTRODUCTION:

This book is for you, to help you understand changes in your body and yourself, just before and during the teen years

The first part is about *GIRLS*, and the second part is about *BOYS*. You can read just the part about *YOU*, or you can read both.

Let's start by explaining puberty (pronounced "pew-ber-tee"):

1. WHAT IS PUBERTY?

Puberty is the time when your body begins to change from a child's body into an adult's body.

2. WHEN DOES PUBERTY HAPPEN?

Puberty usually happens between 9 and 17 years of age. It can be at different times

in different people, and usually starts earlier in girls.

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3. WHY DOES PUBERTY HAPPEN?

In order to become an adult, you learn to think and act differently from when you were a child. Your body becomes different, too. It gets ready for the time when you are an adult, and may decide to become a mother or a father.

4. HOW DOES PUBERTY HAPPEN?

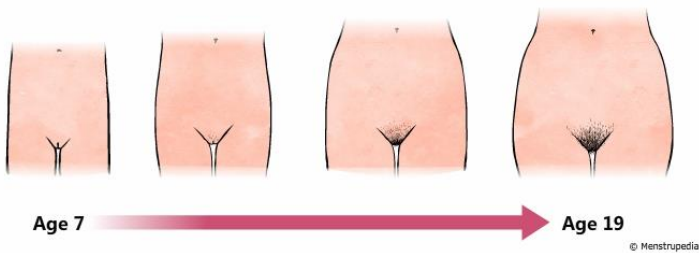
The changes in your body take place because of messages sent by your brain and your sex organs. The messages are carried by chemicals called hormones (hor-moans). These hormones regulate many body functions throughout life.

SECTION A - ABOUT GIRLS

We think you should know more about how the body of a young girl changes as she matures (grows up) into a young woman.

First, if you are a girl, your hips will start to get wider. You may not notice this at all.

You will also notice extra hair growing in the genital (gen-ni-tull) area and under your arms.

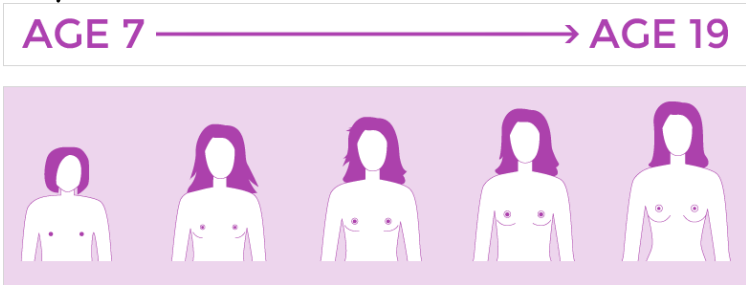


About the same time, you may be noticing an increase in size and a change in shape of your breasts. This growth may happen fast or may take a few years.

Your breasts may grow faster or slower than other girls you know.

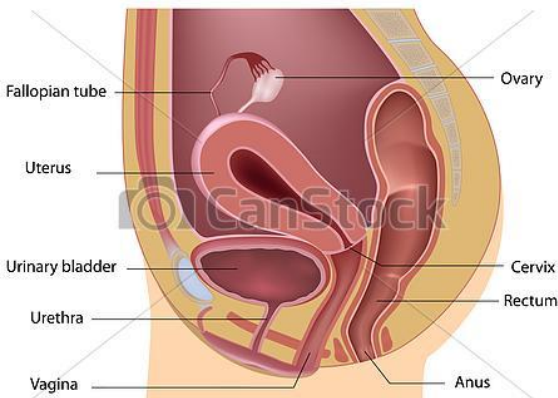
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At the end of puberty, no two girls will look exactly alike.

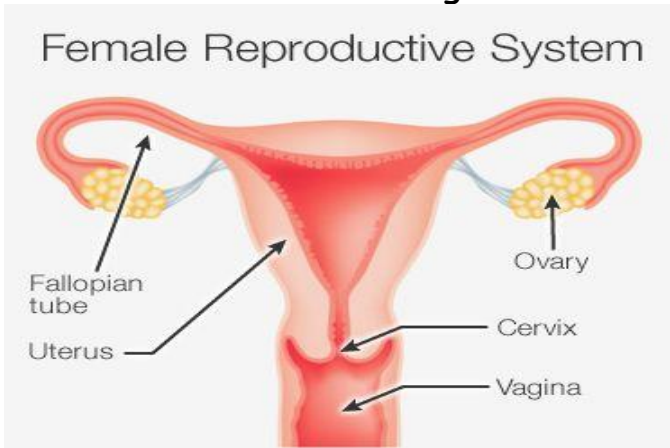


Around the time of puberty, changes you may not notice will take place in your genital area. This part of our book will show how a girl's insides look.

From the side (this picture shows half the body, cut down the middle):



And here is a picture from the front, showing you about where the female organs are found:



1. Ovaries: There is an ovary on each side of the uterus. Human eggs are stored in the ovary.
2. Bladder: The bladder holds urine and is in front of the uterus.
3. Uterus (womb): Where babies develop. Also, where bleeding comes from during your period.

MENSTRUATION

Women have a "menstrual period" or a menstrual bleeding about once a month.

Menstrual (mens-tru-all) periods begin at puberty between about 9 and 17 years of age.

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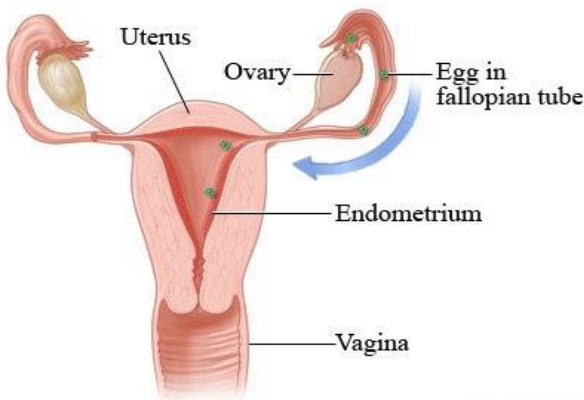
Women have periods until they are 40 to 50 years old.

When you start to menstruate, or have periods, that is a sign your body is growing up to become the body of a woman.

WHAT MAKES WOMEN HAVE PERIODS?

A woman's body goes through a cycle once a month, every month.

First, the ovary—the organ in which are found the eggs (or “ova”)—sends one egg into the tube.



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The egg travels slowly down the tube to the

uterus. At the same time, the uterus grows a thick inner lining with extra blood supply.

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Usually, at the end of the month, the thick lining comes off, and the extra blood drains out through the vagina.

If the egg is fertilized, it grows into a baby and the lining does not come off, and the woman does not have a period until the baby is born.

In most grown women, the menstrual periods occur regularly every three, four, or five weeks. But, in young girls who have recently started to menstruate, the periods are usually not regular, and you may often skip a month or two.

Also, many girls and women notice that when.....

They are upset....

Or sick....

Or if they take a long trip....

their periods come late.

During puberty, lots of other things will be happening to you. (See the end of this book.)

If you ever have questions about how your body is growing and developing, you can talk to your

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PARENTS or to a NURSE or DOCTOR. They have seen lots of other young girls grow to be women, and they can tell you how well you are growing and what to expect next. Please ask them any questions you have!

I'm 14 and I have not started to have Menstrual periods!



Some girls don't start until 16! Ask your mother how old she was when she started. Many girls follow a pattern like their mothers!



If we don't know the answer to one of your questions, maybe we can find out!

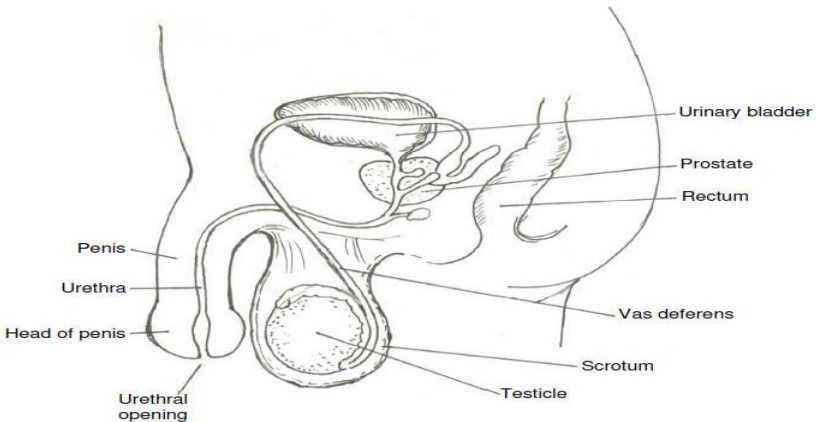
END OF SECTION A

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SECTION B - ABOUT BOYS

Boys also go through changes as they become adults. We would like you to know what changes to expect in a boy's body during puberty.

If you are a boy, first your testicles and scrotum and then your penis will grow larger. This growth may occur anytime between 9 and 16 years of age.

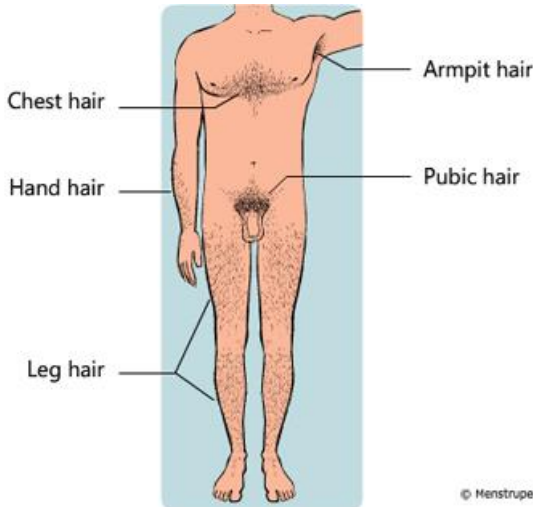


You may grow and get taller at a different time from other boys your age. Chances are, your pace is normal for you.

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There are other changes happening in your body. They are all directed or caused by chemicals or hormones in your blood—very much like the hormones in a girl's blood which are causing changes in her, too.

You will begin to grow hair under your arms, in your genital (gen-ni-tull) area, and maybe on your face and chest.



Other changes may happen. Sometime during your teen years, your voice will change and get deeper. Sometimes it will **CRACK!**

It would be great if a boy's voice changes happened overnight, but it takes a long time. It may embarrass you, but it's normal—another sign you are growing up.

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Sometimes boys notice that their breasts get a little bigger. That is usually nothing to worry about and will go away.

Your pants may not fit. You are growing fast!!!



You may also notice your pants because of a bulge in the front sometimes. This is an erection. That means your penis becomes stiff.

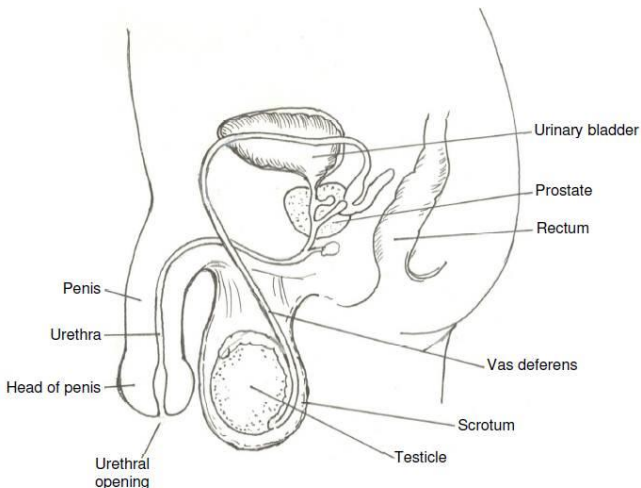
This has been happening all your life, but you may not have noticed it before.

Erections can happen at times when you don't expect them. It is another sign that you are becoming a young man.

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When you start having erections, you may also notice that once in a while you wake up with wet pajamas. No, you probably didn't wet the bed. You had a wet dream. That means that while you were asleep, your body squirted out some seminal fluid (liquid material in which sperm float.) The dream may have been a pleasant one, about girls.

Here is where the sperm (the man's seed) comes from:



- Urinary Bladder: Holds urine.
- Vas deferens: Tube through which the sperm passes.
- Urethra: (tube in the center of the penis) Urine passes through here sometimes—other times, sperm comes out here.
- Testicle: Millions of sperm are made here.
- Rectum: Last part of the intestines, through which passes feces or stool.

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It may take time to get used to many of the changes you are going through. You may feel awkward sometimes.



But, most of the changes, slow or fast, are normal.



Just like different kinds of people are normal.

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If you ever have questions about your body changes or changes in feelings or moods, you can talk to your PARENTS or to a NURSE or a DOCTOR. They have seen lots of other boys as they grow into young men. They can tell you how well you are growing and what to expect next.

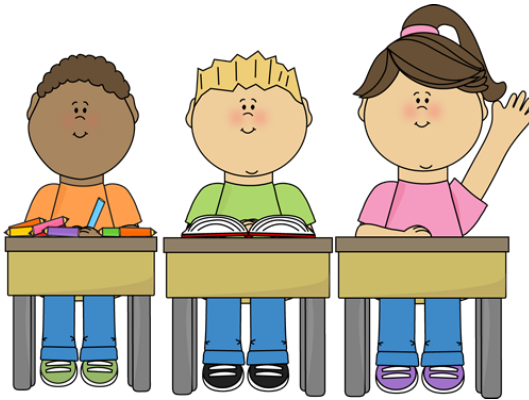
Please ask them ANY questions you have. If we don't know the answer, maybe we can find out!)



BUT THIS IS NOT THE END!!!

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SECTION C....ABOUT BOTH BOYS AND GIRLS....



Some things that happen during puberty are the same in both **BOYS** and **GIRLS**.

Things like:

ACNE: If you have any acne (pimples, zits), and it bothers you, please let the doctor or nurse know. They can help.

BODY ODOR: As you grow up, your sweat glands change. You may sweat more—especially under your arms. You may find that you must wash every day or use deodorant in order to keep smelling good!

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MOOD CHANGES: These are too complicated for us to explain completely. You might start noticing your moods more during the teen years, or you really might get more upset or excited about things than you did before. The reason for the mood changes may be partly related to new ideas you have as you grow and learn, and they may be related to your hormones (those chemicals in your blood that are directing your emotions as well as your body to grow and change).

DATING: May start when you are in junior high, or maybe not until you are out of high school.



Of course, EVERYBODY is DIFFERENT.
Different people may notice different things.

Most people have some questions about puberty.
If you have any, you should have them answered
by your:

- TEACHER
- NURSE
- DOCTOR OR
- PARENTS



The End