Before we start...

Let’s cover some ground rules!

*Reminder that support is always available at school.
Other community resources will be shared at the end of the module.
Introduction

- Hygiene
- Puberty
  - Physical changes
  - Emotional & social changes
- Self-concept
- Reproductive systems
- Conception
- Menstruation & spermatogenesis
- Online safety
Hygiene

Why is it important?

- Prevents body odours
- Removes excess oils on skin
- Creates a healthy lifestyle and healthy habits
Personal hygiene includes…
Personal hygiene includes...
Genital care

Vulva

- Wipe from front to back
- Use mild, unscented soap
- Dry well
- Use unscented feminine hygiene products
- Put on clean underwear

Penis

- Gently pull back the foreskin (if uncircumcised)
- Wash the head and tip of the penis with mild soap
- Dry well
- Bring the foreskin back over the head of the penis
- Put on clean underwear
What is puberty?
- Pituitary gland
- Hormones
  - Testosterone
  - Estrogen
  - Progesterone
Physical changes during puberty

- Growth in height
- Weight (muscles, hips)
- Hair (underarm, pubic)
- Genitals
- Skin
- Body odour
Specific changes

- **Assigned female at birth:**
  - Breasts
  - Menstruation
  - Vaginal discharge

- **Assigned male at birth:**
  - Facial hair
  - Erection + ejaculation
  - Changes in voice
Emotional and social changes

- More intense emotions and feelings
- Confusion and questions about changing bodies
- Adjusting to changing relationships
  - More independence
  - New interest in relationships
  - Influenced by friends & classmates
- Searching for identity
What makes me, me?

Personal identity

Self esteem

Self-concept

Sexual orientation
Assigned male at birth
External genitalia

Penis
Testicles
Assigned male at birth

Reproductive system

- Bladder
- Vas deferens
- Cavernous body
- Urethra
- Foreskin
- Glans
- Penis
- Rectum
- Seminal vesicle
- Prostate gland
- Anus
- Cowper’s gland
- Epididymis
- Testicle
- Scrotum

- Cowper’s gland
Spermatogenesis & ejaculation

- Sperm production begins at the onset of puberty.
- The first sign that an individual can reproduce is having an erection that produces ejaculation.
Assigned female at birth

External genitalia

Vulva

- Clitoris
- Labia majora
- Labia minora
- Anus

Mons pubis

Urethra orifice

Vaginal orifice
Assigned female at birth
Reproductive system

- Fallopian tube
- Uterus
- Cervix
- Vagina
- Ovary
- Ovum (egg)
Conception

Sperm transport
Conception

Egg transport
Conception
Fertilization
Conception
Implantation
Menstrual cycle
Menstrual products

Sanitary pad or liner

Tampon
Menstrual products

Menstrual underwear

Menstrual cup
Consent

- Consent is permission for something to happen or an agreement to do something.
- Nobody can make someone do something they don't want to.
- If a person tells someone to stop, they should stop.
- No one should touch another person without their consent.

No means no!
Online safety

- Never share personal information online.
- Never share naked pictures online.
- Only use social media with individuals that you know and trust.
- Do not accept friend requests from people who you have no connection to.
Resources & services

Where to find credible information on puberty:

• Talk to a trusted adult such as a parent or guardian
• The Link
  • Ottawa Public Health
• Community health clinic
• Primary health care provider and other health care professionals

Your health matters!
References

- Canadian Pediatric Society
- The Society of Obstetricians and Gynaecologists of Canada
- Parenting in Ottawa
- The Link
- Canadian Paediatric Society
- The Ontario Curriculum: Health and Physical Education
- Ontario Ministry of Education
- Planned Parenthood
- Kids Help Phone
- Niagara Region Public Health
- MediaSmarts
- Health Link BC
- KidsHealth.org
- Kids Helpline
- www.healthdirect.gov.au