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
- Reproductive systems
- Conception
- Menstruation & spermatogenesis
- Emotional and social changes
- Self-concept
- Sexually explicit media & online safety

Welcome!
Hygiene

Why is it important?
• Prevents body odours
• Removes excess oils on skin
• Creates a healthy lifestyle and healthy habits

How often?
• Every day!
• After physical activity
• Morning routine
• Evening routine
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
Puberty

- What is puberty?
- Pituitary gland
- Hormones
  - Testosterone
  - Estrogen
  - Progesterone

Pituitary gland
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
Assigned male at birth

External genitalia

Penis

Testicles
Assigned male at birth
Reproductive system

- Penis
  - Cavernous body
  - Urethra
  - Foreskin
  - Glans

- Vas deferens
- Bladder
- Testicle
- Epididymis
- Seminal vesicle
- Prostate gland
- Rectum
- Anus
- Cowper’s gland
- Scrotum
- Prostate 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

Mons pubis
Urethra orifice
Vaginal orifice

Vulva

Clitoris
Labia majora
Labia minora

Anus
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 products

Sanitary pad or liner

Tampon
Menstrual products

Menstrual underwear

Menstrual cup
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
Healthy relationships
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.
Sexually explicit media

- Portrays people and relationships in ways that are misleading and inaccurate
- Promotes an unrealistic body image and harmful gender stereotypes
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
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

OttawaPublicHealth.ca/SchoolHealthOnline