



WELCOME TO “PREPARING OUR CHILDREN FOR PUBERTY”

Christ the Saviour School

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Facts and Tips

- **Facts** – Anatomy, Physiology, Psychology (a little)
- **Tips** – How, What, Who and When
- **Disclaimer** – mostly professional not personal!

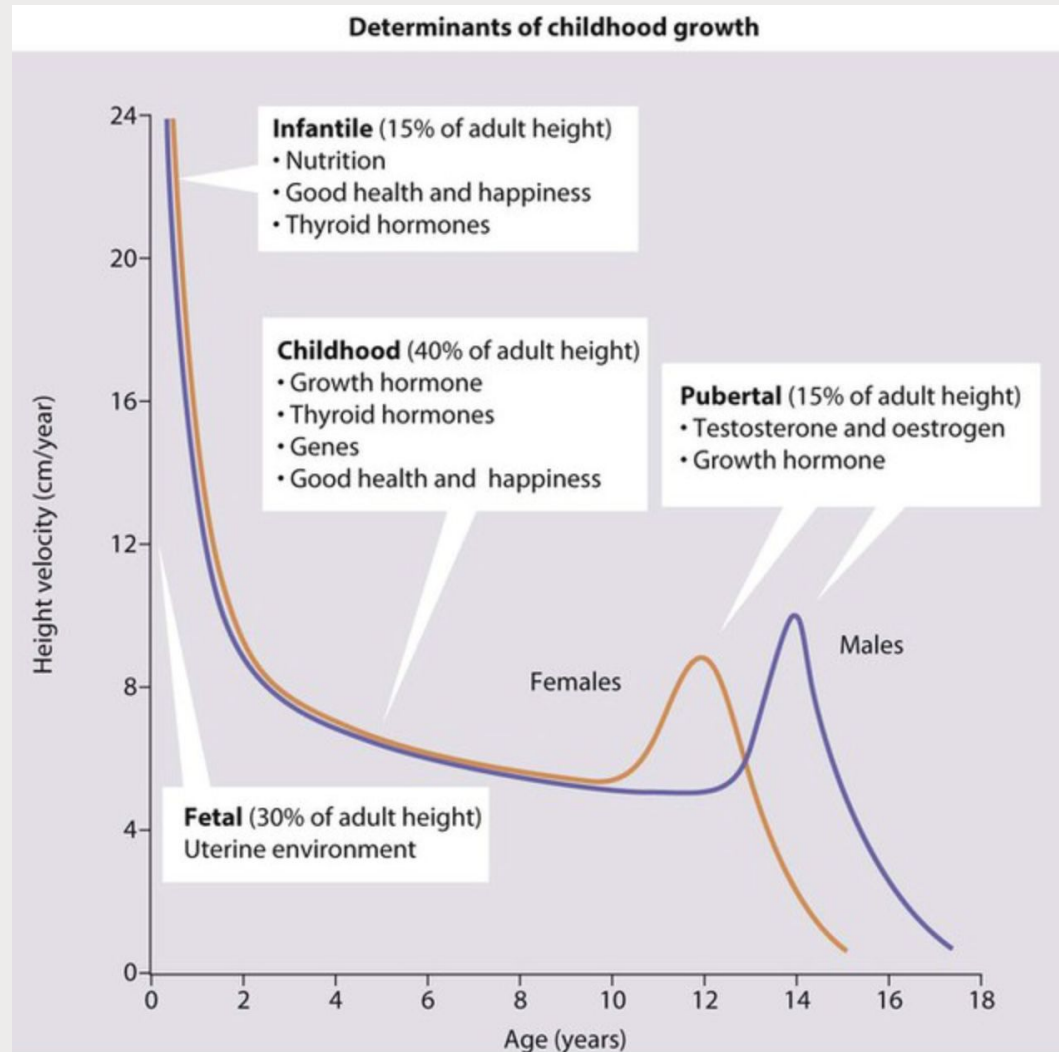
Young boys and girls are similar

- Size, strength, growth, intellect....
- Then one night the hypothalamus wakes up
- Adolescence:
 - Psychosocial and cultural characteristics of development during the teen years
 - Physical changes of puberty
 - Brain maturation ongoing until aged ~25

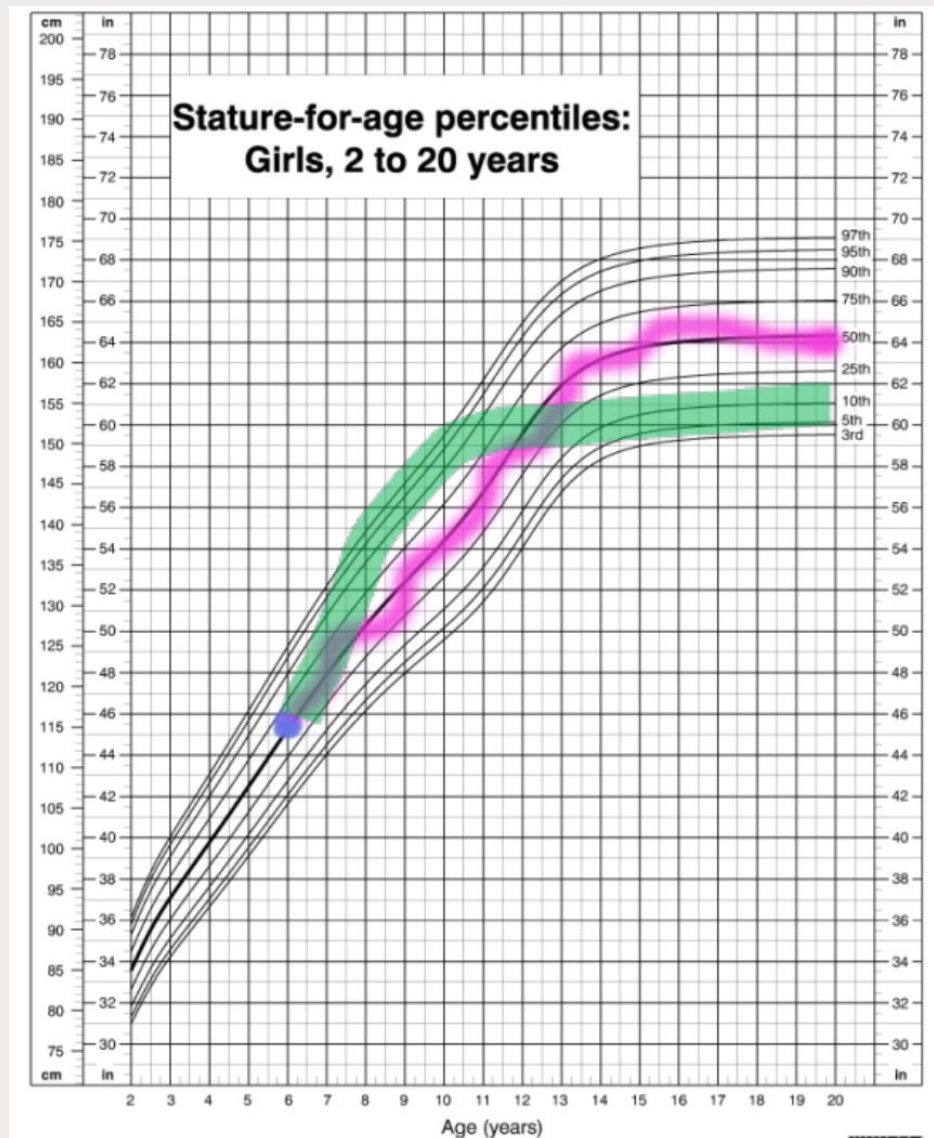
Puberty - physiology

- How it works
- Hypothalamus – GnRH -> Pituitary Gland -> FSH/LH
- Wake up the gonads – testicles and ovaries
- Hormones start before body changes
- Can go wrong (too early, unusual pattern of puberty etc)
 - If issues- see your GP for first step advice/to consider referral
- Some children find harder to cope with changes
 - *Non neurotypical*
 - *Gender identity*
 - *Different to peers (earlier/later)*

Growth



Growth



Published May 30, 2009.

SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).

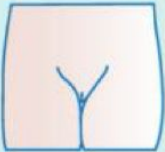



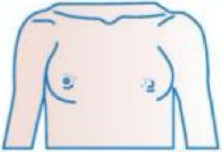




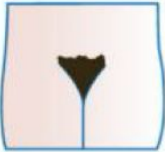







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Shared features boys and girls

- Adrenal glands get turned on → androgens
- Pubic hair and underarm hair
- Sweat - Think about deodorant choices
- Spots - Seek advice early if very bad/likely to scar.

Girls

Female pubic hair appearance	Pubic hair description	Breast appearance		Breast description
	No pubic hair			Elevation of papilla only
	Sparse growth chiefly along the labia/base of penis			Breast bud stage
	Darker, coarser, more curled hair			Enlargement of breast and areola
	Adult type hair over a smaller area			Projection of the areola and papilla
	Spread to the medial surface of the thighs			Recession of the areola to the contour of the breast, projection of papilla only

Boys

Tanner stage	Male genital appearance	Male genital description
1		Testicular volume <3ml
2		Testicular volume <3ml, change in texture to scrotal skin
3		Increase in size of penis with further testicular enlargement
4		Further enlargement of penis and testicles with development of glans penis
5		Adult size and shape

Puberty

	girls	boys
1	8-11y. Ovaries enlarge. Hormones start	9-12y. Hormone production starts
2	8-14y. Breast Buds, First Pubic hair, growth	9-15y. Muscle grows. Testes and scrotum grow, first pubic hair
3	9-15y. Breasts grow, More hair, Perhaps Period	11-16y. Penis grows longer. Hair spreads to legs, chest broadens, voice breaks, facial hair
4	10-16y. Areoles darken, triangle of pubic hair, periods and maybe ovulation	11-17y. Penis grows wider. More facial hair and body hair, oily skin
5	12-19y. Full height, regular ovulation. Adult breasts	14-18y. Full height. Adult

Some variation in age

- Average age for first breast development 10.5y, period 2.5 years later
- From 8 years – and often 7 years old in Black Americans. (18.5 years in parts of Nepal)
- Earlier with obesity, reduced exercise
- Too early < 7/8 girls < 9 boys
- Earlier puberty = earlier adult height
- Boys later and slower to complete
- Stress for those early and late
- Other variations (hair, height, size....)

Girls - Periods

- About two years after breasts start growing
- Also indicated by age of female relatives
- Can be earlier.....usually irregular.....
- Slight increased vaginal discharge for a few months
- Night, school trips, “sleep overs”, unexpected...
- Towels/period pants
- Moon cups
- Tampons
 - *A particular reason to talk!*

Boys – erections and ejaculation

- Boys can get erections at all ages
- When testosterone gets going “any time and any place”.
- Ejaculation – 11 – 15 years.
- Nocturnal Emissions (wet dreams)
- Dealing with embarrassment
- And shaving
- Problems – School Health Advisor or GP.....

Tips - What to tell and when

■ No correct way

- *Open*
- *Honest*
- *In context*
- *Learn more from what you do, how you act, than what you say.*
- *Gradual exposure of detail/fuller truth*
- *Use factual language*

■ Lots of incorrect ways

- *Too much*
- *(Too little)*
- *(Too early)*
- *Too late*
- *In company*
- *Alone*
- *Fairy tales*

A reflection of overall relationship
and communication

What to tell and when

- Don't leave it to the school!
 - Little and often, as soon as possible
 - No need to be embarrassed.
 - Use the right anatomical language
 - No need to interrogate them – confidentiality
 - Warn re: risks – people, TV and internet
-
- Take opportunities – when they ask, tampon adverts
 - Books and homework

Who does the telling?

- Time alone with you child
- ? same sex parent (depends on relationship)
- Uncles and aunts
- Church youth groups
- Mentors – need training and supervision

School Health Advisors

- “School Nurses”
- Group of schools – visiting
- General health check in reception
- Referrals from teachers
- Some vaccination, personal hygiene
- Sex and Relationships Education in yr 5/6 and high school
- Available and Skilled

A FEW POSSIBLE BOOKS

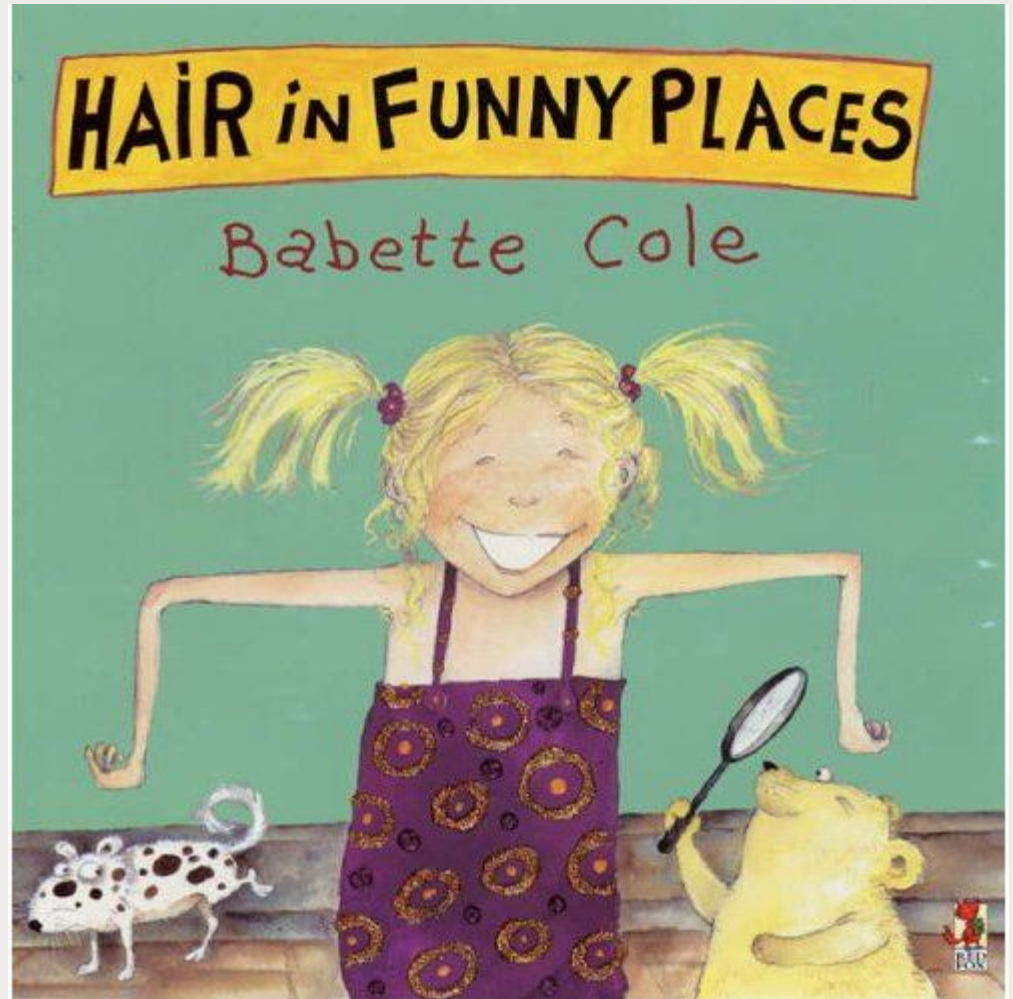


Hair in Funny Places

■ £5.99

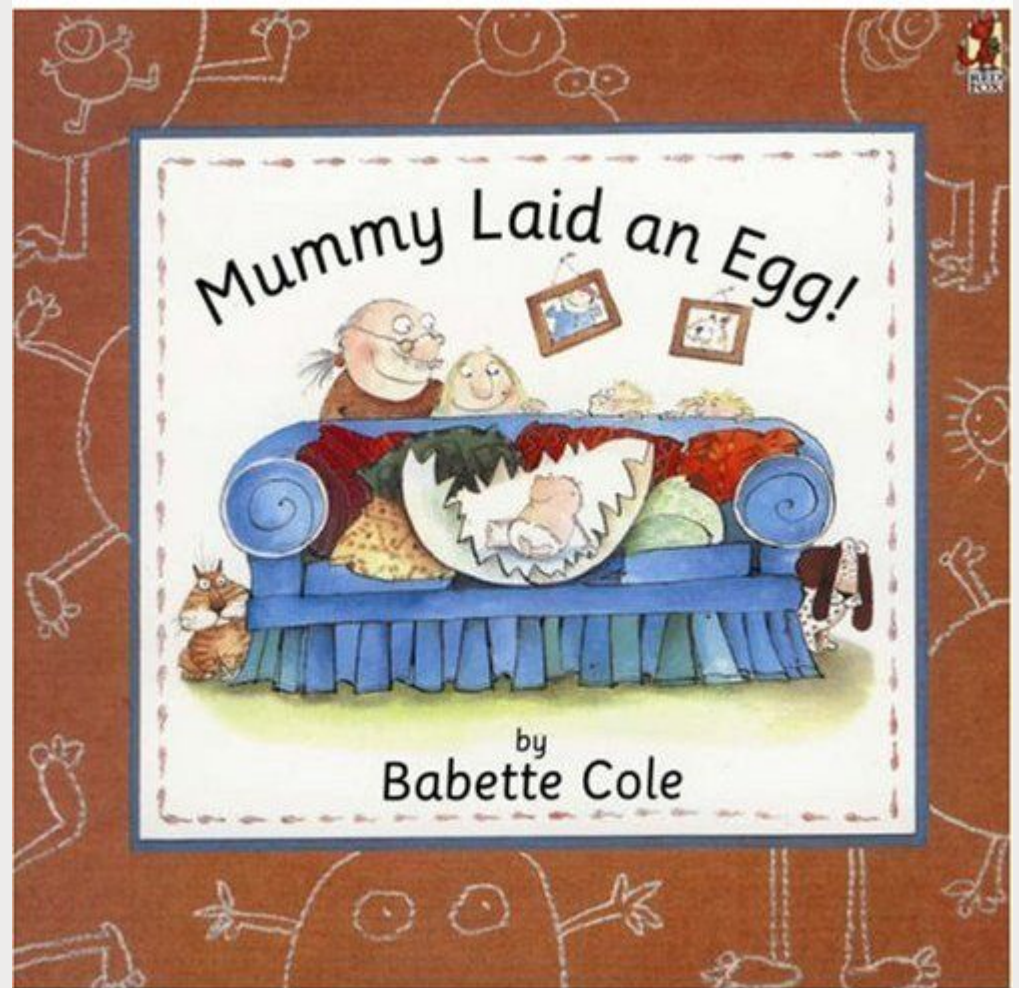
Mr & Mrs Hormone's
chemistry set

978-0-099-26626-6



Mummy Laid an Egg

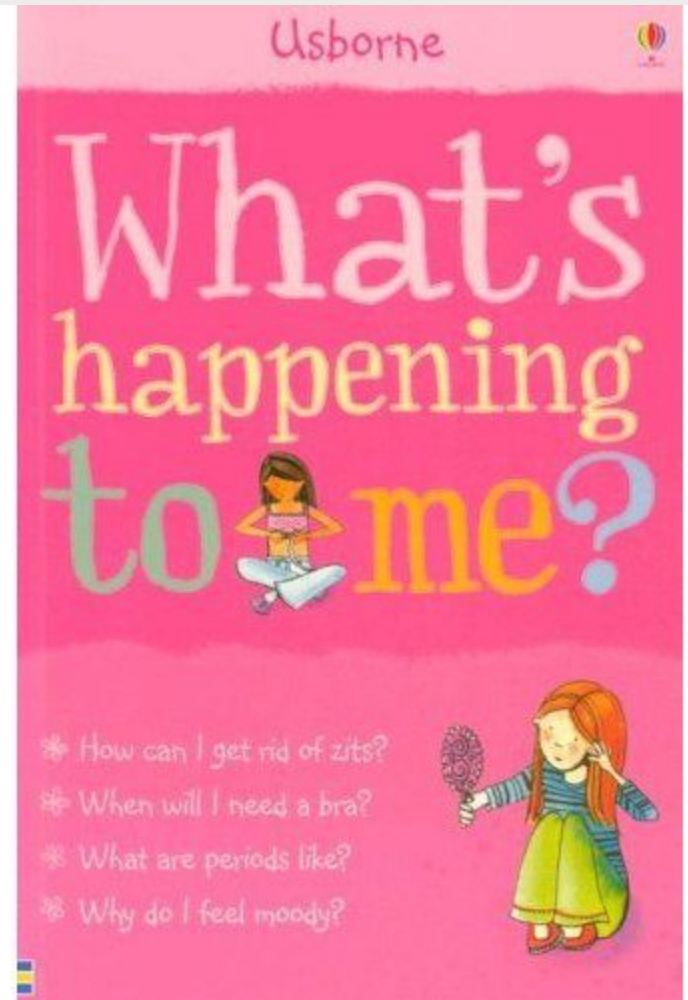
- £5.99
- Great fun
- Younger children
- Age 3-7



What's happening to me ?

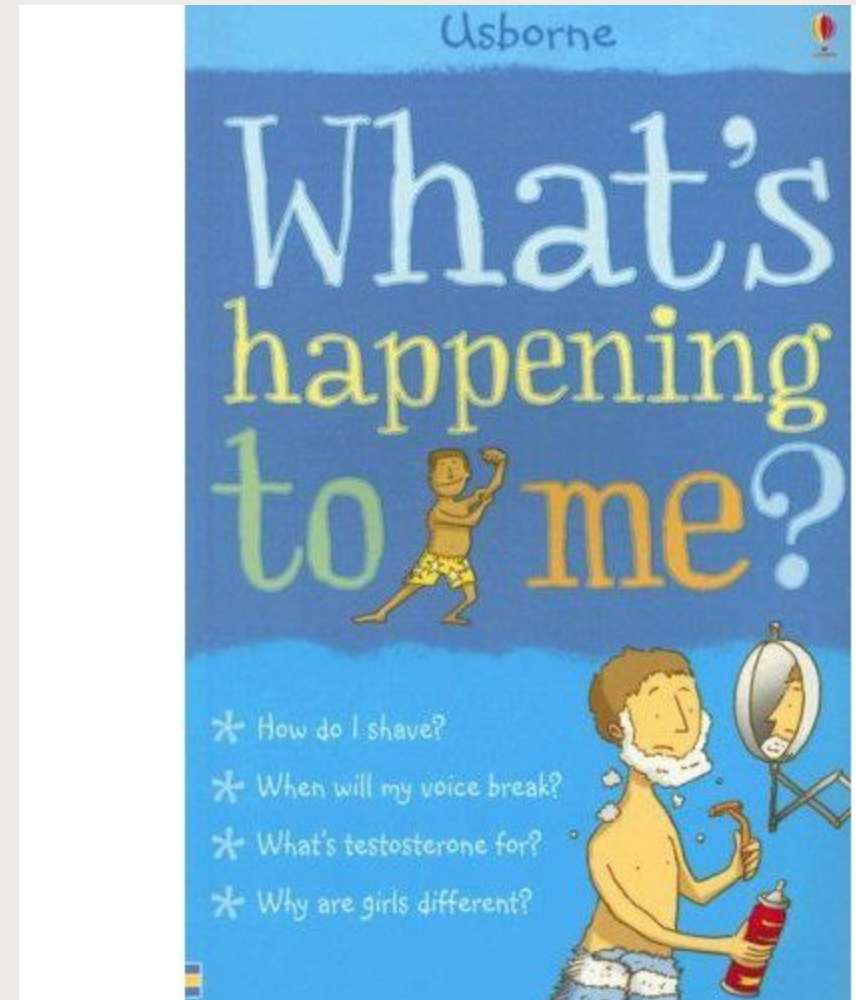
I bought this book for my 9yr old daughter who is going through early puberty. Very child-friendly (there aren't many books on this topic that are aimed at the younger end of the puberty age range). It's very well written, nicely laid out so it doesn't look daunting! Easily understood and with good diagrams. It does mention a couple of topics I would have preferred to leave until later (ie masturbation and sex), but only one or two sentences. It's good for explaining why puberty causes mood swings, spots and sore bits. I have recommended this book to several friends, my daughter loves it and has read it cover to cover several times.

Age 9-12



What's happening to me ?

- 978-0794515140

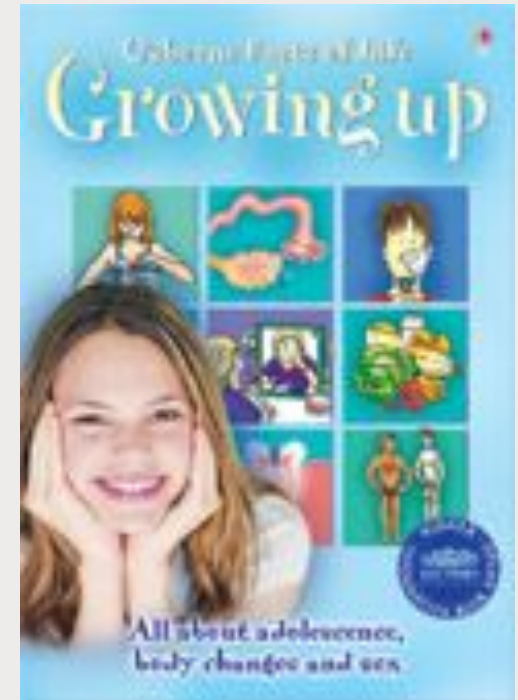


Usborne Facts of Life

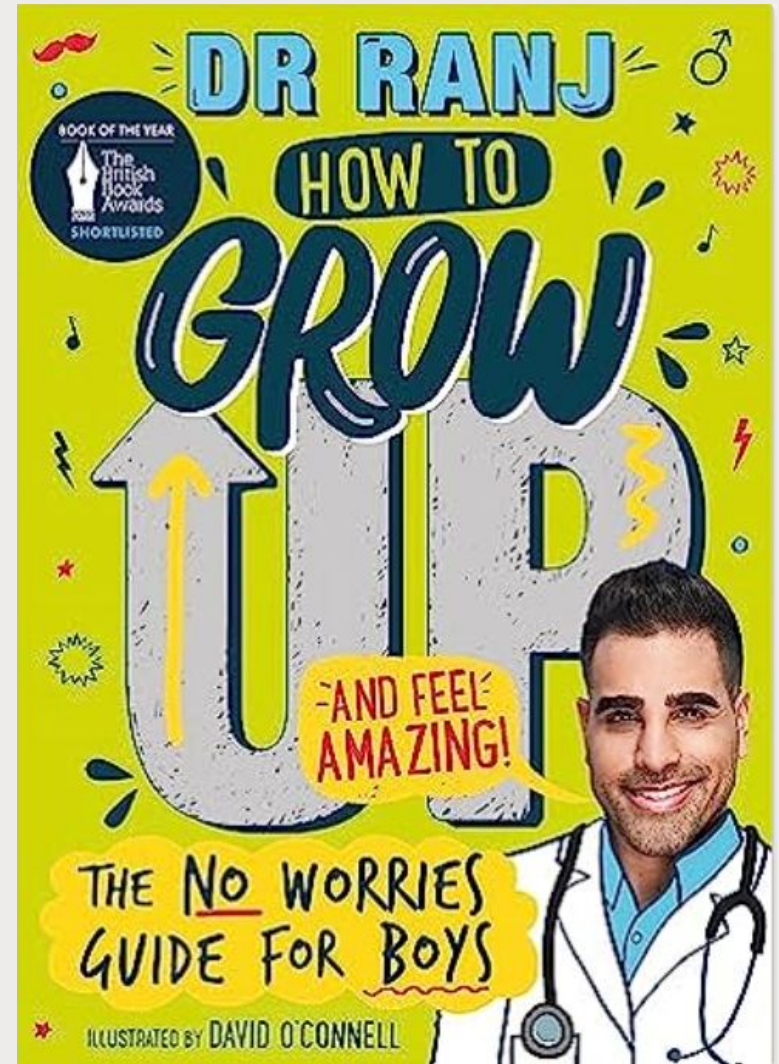
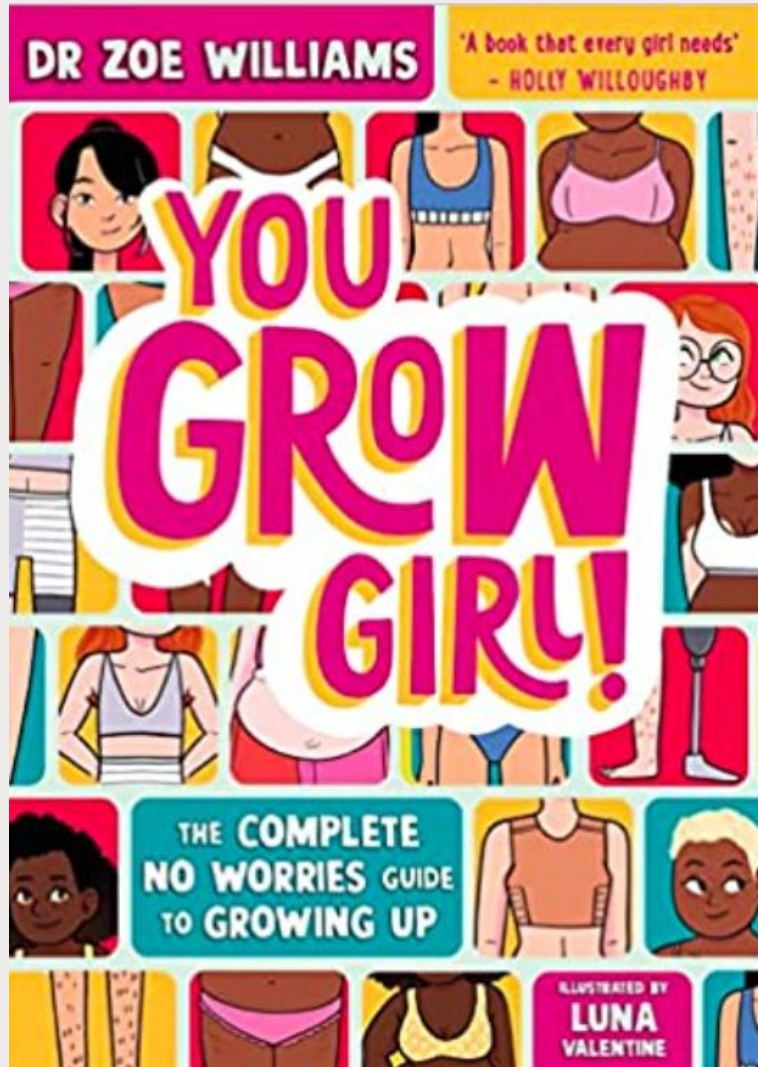
“The best ever book on growing up.”

this book should be rated 5 stars. it is very interesting and tells you everything you need to know about growing up. it tells you tips on how not to be embarrassed with things like periods, and it is a very, very useful book.

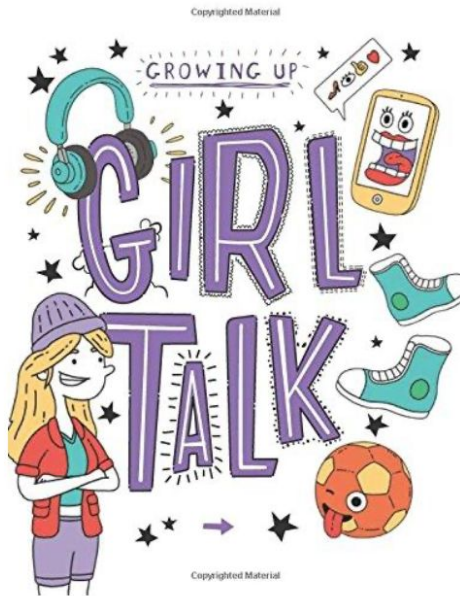
11-14 years ish



You grow girl/How to grow



Girl/Boy Talk



Girl Talk by Lizzie Cox

(£9.99, QED Publishing)

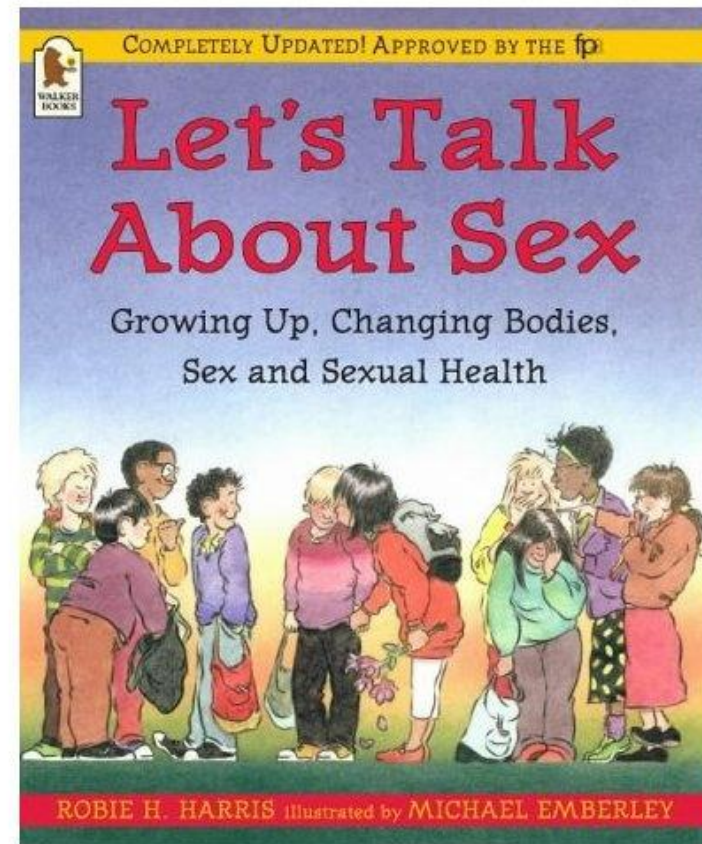
Bet for ages 9-12

A great dip-in, dip-out advice and information book about all things growing up: hormones and body changes, personal hygiene, sex and contraception, relationships, body image, bullying and how to stay safe online. Written by a former teen magazine editor, packed with questions and plain answers and fully illustrated with funny images and accurate diagrams throughout, this book is a light-hearted and reassuring guide which normalises puberty and the changes it brings. The boys' version, **Guy Talk** (£9.99, QED Publishing), would also make informative reading for girls (and vice versa).

Let's talk about Sex

■ “Our family think this is a brilliant book. It would be appropriate for children from ages (8), 9, 10 or 11 depending on maturity etc to about 14 years. The book covers "growing up, changing bodies, sex and sexual health" in a factual and accurate but often light-hearted way, recognising that children can be very embarrassed about these topics, but do need to know the full facts and the context. It has been written for them as individuals and is aimed at their level of interest and understanding.”

■ £9.99



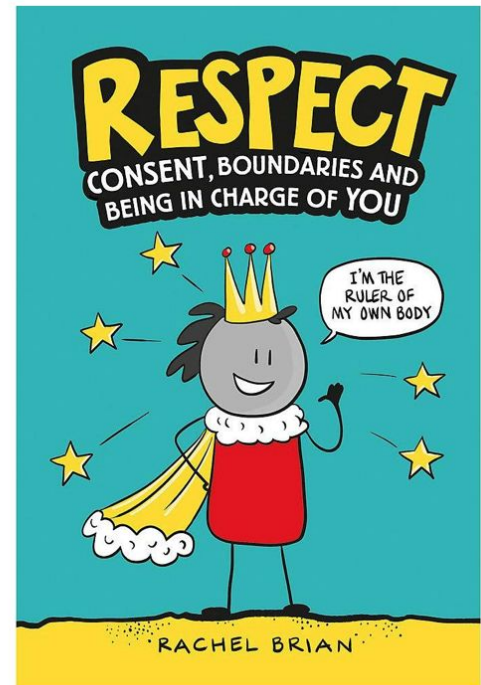
Respect, consent and boundaries

Respect: Consent, Boundaries and Being in Charge of YOU by Rachel Brian

(£7.99, Wren & Rook)

Best for ages 7-11

A funny, insightful introduction to consent which is the perfect conversation starter for parents and children. Through cartoon illustrations about setting boundaries, respecting other people and learning to be an awesome friend, this is a playful, smart handbook to feeling 100% in charge of your body and your self.



Teenagers

- £7.99
- “To any parents who are struggling through the teenage years - grab this book now! Having read all the Parsons books, I knew it would be good but this one is probably going to top the list with parents. Having emerged slightly the worse for wear from this stage of parenting myself, I appreciated the opening message "It's Normal!" and the theme of reassurance for both parent and teenager that runs through the book”.

