Always Changing Boys and Puberty

Middle School Boys



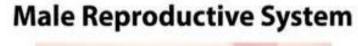
Today's Class Guidelines

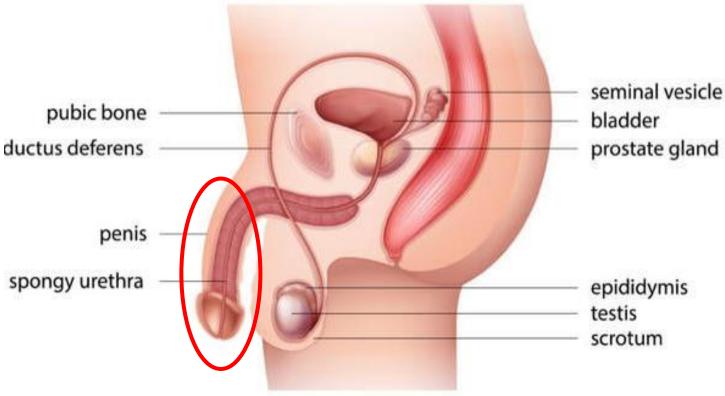
- Don't be afraid to ask questions
 - raise your hand
 - leave a question in the box
 - email Nurse Katie at kmilligan@artsk12.org
- I will use appropriate medical terms

MALE PUBERTY

- Most boys begin puberty between the ages of 9 and 14
- Your body produces more of a hormone called testosterone.
 This causes changes like:
 - Voice becomes deeper (vocal cords thicken)
 - Getting taller and more muscle growth
 - More sweat production (more body odor)
 - More skin breakouts (zits/pimples)
 - More body hair
 - Penis and testicles grow larger

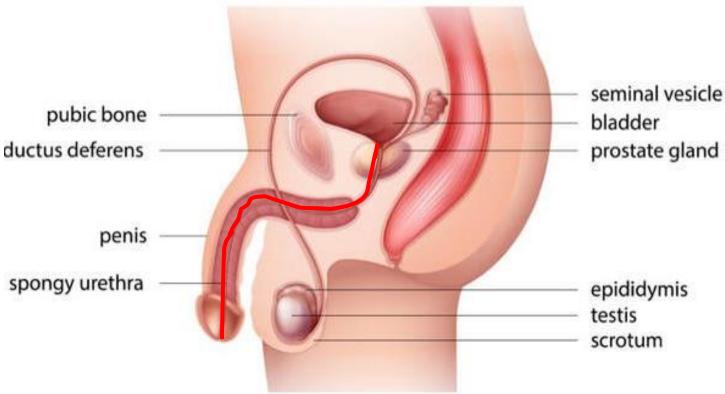
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 - Penis male organ from which sperm and urine leave the body through the urethra
 - Testis produces sperm
 - Scrotum Pouch of skin that contains the testicles
 - Epididymis cord behind testis that carries sperm
 - Prostate gland secretes fluid that protects sperm



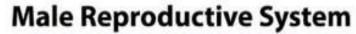


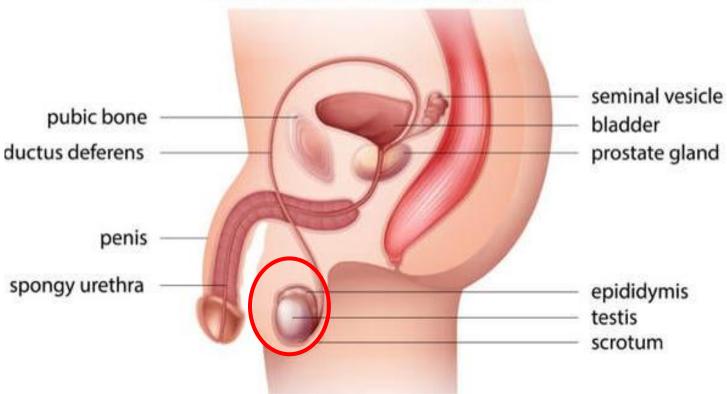
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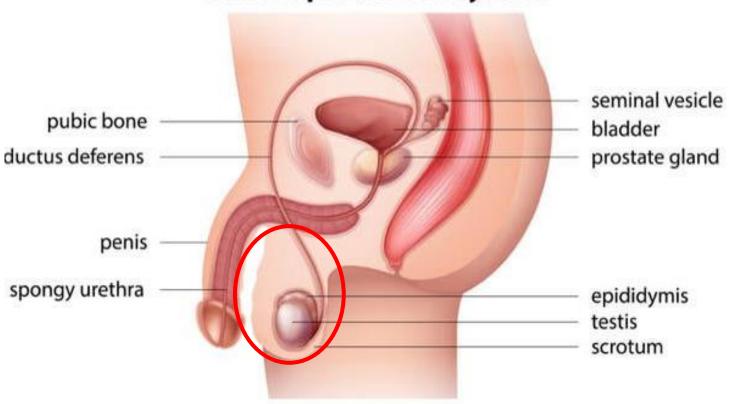
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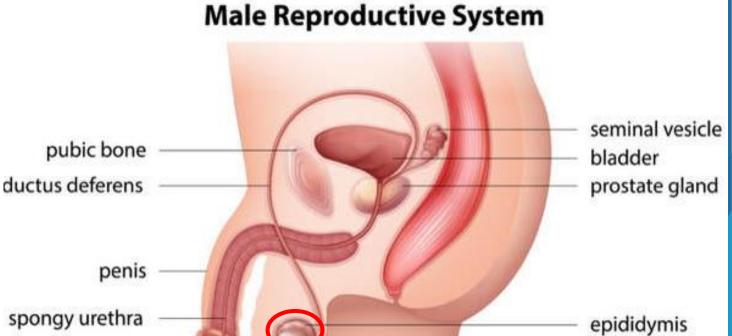


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Male Reproductive System



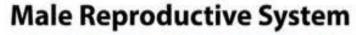
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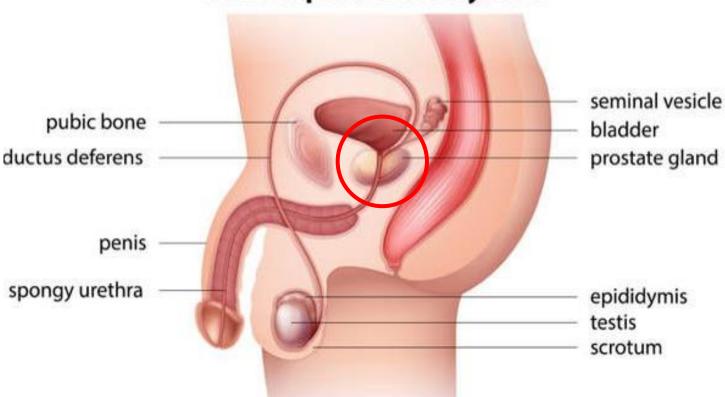


testis

scrotum

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Puberty: Erections

- When the penis becomes engorged (full of) blood causing it to become hard.
- Completely normal and doesn't have to have anything to do with your surroundings.
- Nocturnal emissions
 - Semen comes out of the penis at night through ejaculation
 - Normal
 - Starts during puberty, but becomes less frequent as you get older.
 - This happens often in some young men and not at all in others.

Puberty: Testicular Self Exam

- Testicular Self Exams Examine testicles monthly.
- Become familiar with how your body feels. If something changes, you will know.
- If something feels different, tell your doctor.
- It is normal for one testicle to be slightly higher than the other.
- Self care to prevent testicular cancer



Check one testicle at a time by rolling the testicle between your thumb and forefinger. Feel for lumps and changes in size.

Why is Personal Hygiene Important?

- You are less likely to get sick
- You will feel better about yourself
- Others will enjoy having you around

Sweating

- Body produces more sweat; body odor. (2.6 million glands)
- Why you sweat:
 - Helps to regulate body temperature.
- Bathe/shower with soap daily (especially armpits, privates, and rear)
- Change sweaty clothes.
- Control underarm odor and wetness with deodorant or antiperspirant

Skin Care

- Oil glands become more active
- Oil and dead skin cells lead to acne
- Cleanse twice a day
- Don't worry! Acne is a normal part of puberty, and you can do things to reduce it.

Shaving

- Puberty brings more facial hair
- Some boys start shaving at 12 and some don't need to shave until a few years later (some people don't shave at all)
- If you would like to start shaving:
 - Ask a trusted adult to show you how
 - Use a clean razor (electric or blade)
 - Do not share razors (prevents spread of infection)
 - Shaving after a warm shower makes the hairs softer and opens pores

Healthy Hair

- Shampoo hair regularly (daily depending on your activity level)
- Shampooing helps remove dirt, oil, and styling products
- Massage conditioner into your hair
- If hair is cut short, use sunscreen on your scalp

Oral Health (care of your teeth)

- Brush teeth and gums with a fluoride toothpaste at least twice a day
- Floss teeth daily
- See your dentist on a regular basis (Cleanings 2x per year)
- Drink fluoridated water (if available)

Hand Washing

- The <u>One</u> thing <u>YOU</u> can do to prevent the spread of germs such as cold, flu, stomach bugs and more
- Keep your fingernails trimmed
- Wash hands for 20 seconds with SOAP and water:

<u>WHEN???</u>

- Before and after eating
- After using the bathroom
- After sneezing or coughing
- After playing with an animal
- Anytime your hands are dirty

Foot and Shoe Care

- Let your shoes air dry
- Wear socks with shoes to help absorb odor
- Use foot powder or spray for your feet and shoes (especially if you have athlete's foot)
- Keep your toenails trimmed and clean
- Inspect your feet when taking a shower or bath for cuts or abrasions (especially if you go barefoot)
- Always wear shower shoes or flip-flops in shared showers
- Keep shoes away from pets

Healthy Bodies

- Stay active
- Eat nutritious foods
- Good hygiene
- Personal Safety
- Plenty of sleep (but not in class)
- <u>Do not use drugs of any kind</u>, including tobacco, alcohol, street (illicit) drugs.

Who to Talk to:

- Family member:
- Mom, Dad, Grandma, Grandpa, Uncle, etc.
- (Just make sure it is someone old enough to give you
- good advice.)
- Teacher, school nurse, coach, counselor
- Doctor
- Any trusted adult

PRIDE In Who You Are...

Nurse Katie loves you!!!

Resources:

Proctor and Gamble Always Changing and Growing Up Program