



**“What is this? - How to talk
about body changes with your
kids.”**

**“¿Qué es esto? Como hablar
con sus hijos acerca de los
cambios en el cuerpo.”**

What should I keep in mind as a parent?

- Puberty is a time of big changes in both body and identity



Puberty: the start of adolescence

- Figure out your values when it comes to body image
- Communicate clearly about your values, do not just list rules
- Actions matter just as much as words- if you think negative about yourself they will know
- Think about other adults in your child's life that could help talk about puberty



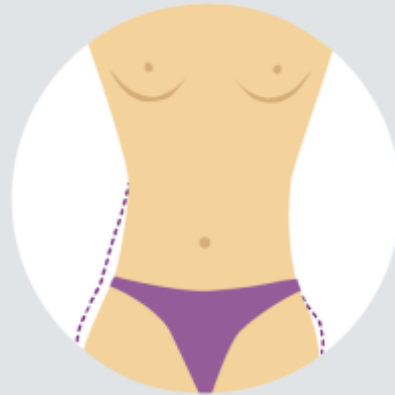
¿Qué debo tener en cuenta como padre?

- La pubertad es un momento de grandes cambios tanto en el cuerpo y la identidad
→ **Pubertad: el inicio de la adolescencia**
- Entienda sus valores cuando se trata de la imagen del cuerpo
- Comunique claramente sus valores, no sólo enumere reglas

- Las acciones son importante como las palabras-si usted piensa negativo sobre sí mismo sus hijos van a saber
- Piense en otros adultos en la vida de su hijo que podrían ayudar a hablar acerca de la pubertad



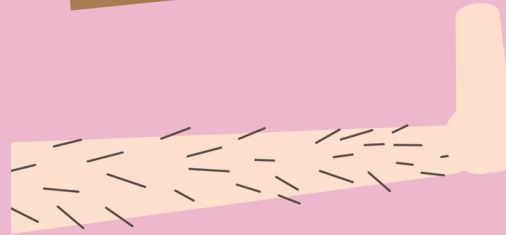
Changes



Los cambios

FOR BOYS,
PUBERTY
HAPPENS OVER
THE COURSE OF
5-6 YEARS

WHAT TO EXPECT DURING PUBERTY

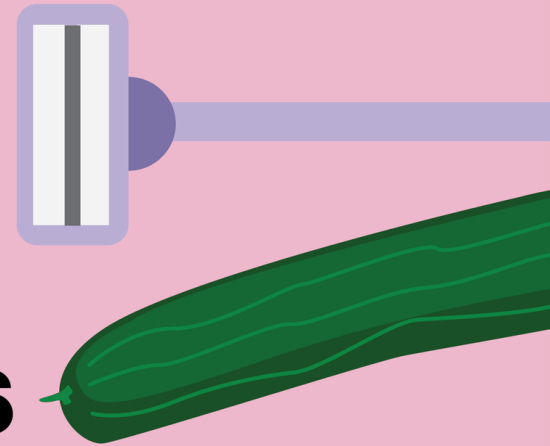


BODY HAIR

When puberty starts you'll start to get hair in areas it wasn't before. This includes under your arms, on your private parts (pubic hair) and your face. It is up to you whether you shave this hair or not, and you will find razors and shaving gel/cream from pharmacies and supermarkets.



ERECTIONS



An erection is when your penis goes hard and stiff, and usually happens when you're thinking about sex or sexual things. It is normal for an erect penis to be slightly bent or curved and this is nothing to worry about. During puberty you might get erections when you least expect them, which can be embarrassing but happens to most boys and is pretty normal.



SEXUAL THOUGHTS, FEELINGS AND WET DREAMS

Wet Dreams are when you ejaculate ('come' or 'cum') whilst asleep. It is normal to have sexual thoughts and dreams, especially during puberty when your body is changing. It can be confusing to begin with but is not unusual. Your body is having a sudden surge in hormones and will eventually adjust.



SWEAT

As puberty starts you will find that you sweat a bit more than normal. This is due to your sweat glands change to control your body temperature.

Its important to was regularly and wear clean clothes so you don't smell, so having deodorant around will be handy if you are concerned about smelling.



CHANGES TO YOUR MOOD

Moods swings are a natural part of puberty. One minute you could be happy and the next you might snap at people or get annoyed easily. Its normal to feel low or angry sometimes.



MASTURBATION

PRIVATE

It is normal to have urges and want to masturbate when you're going through puberty. Some people do it a lot and some not so much, everyone is different! Its important that this is something that does not make others feel uncomfortable, so masturbation should be done in privacy.

**YOUR
PENIS**

Penises come in all shapes and sizes. There is no 'right' size or shape. No matter the size, it is normal. The size of a penis can also change, depending on temperature or level of arousal.

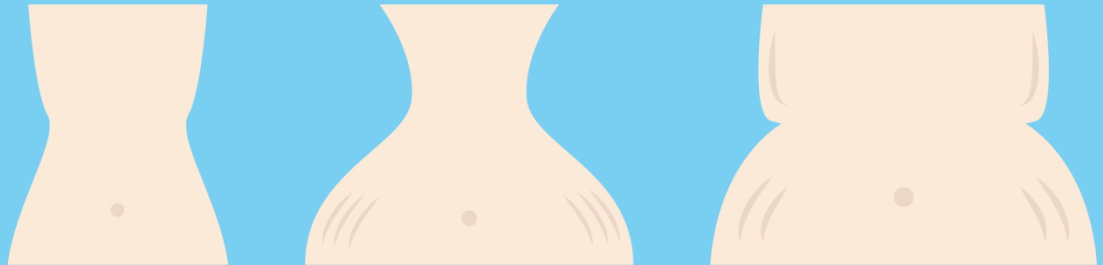


WHAT TO EXPECT DURING PUBERTY

FOR GIRLS,
PUBERTY CAN
START
BETWEEN
AGES 8-13 years

BODY SHAPE

Bodies grow at different rates during puberty so please don't compare yourself with your friends or classmates.



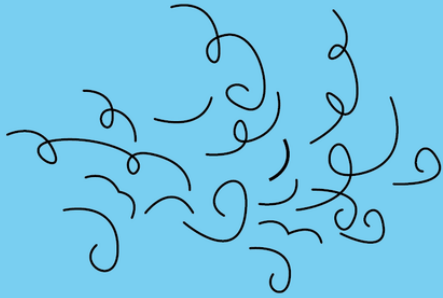
The size and shape of your breasts will keep changing throughout your life not just puberty.

Lots of different things affect body shape and size, including weight change and pregnancy.

It can be hard not to look at your body and compare it with the women we see online and the 'perfect' bodies that are advertised, but most of these are edited in some way. It is important to be body positive and love ourselves for who we are and how we look.



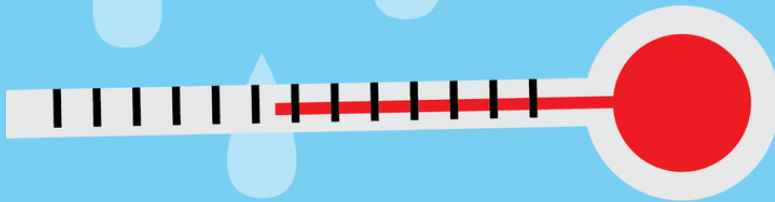
BODY AND FACE HAIR



Throughout puberty you will start to grow hair in new places, such as arms, legs and private parts (pubic hair).

This is your body and your decision whether or not to shave your body hair. Everyone has hair, it is a natural part of growing up, and you should never be shamed for having it.

SWEAT



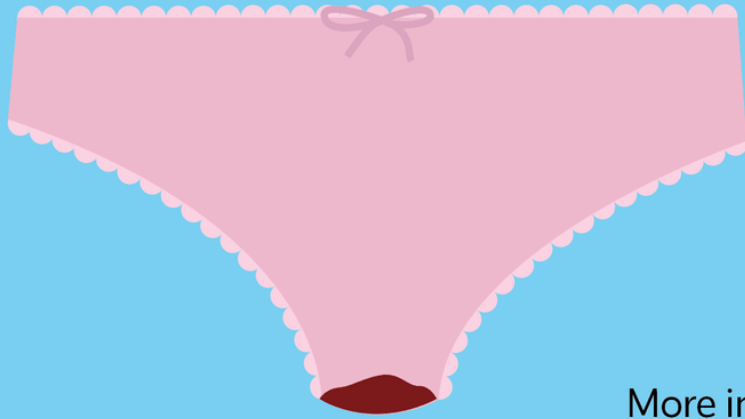
During puberty you'll start to sweat more, so that your body can easily control your body temperature. It's important to wash yourself and the clothes you sweat in to stay clean, and use deodorant/antiperspirant if you are worried about smelling.



PERIODS

Between the age of 8 and 14 you'll start your period. This brings along premenstrual tension (PMT) the days before and during your period, which is also known as period pain.

More information about periods on our Period Page!

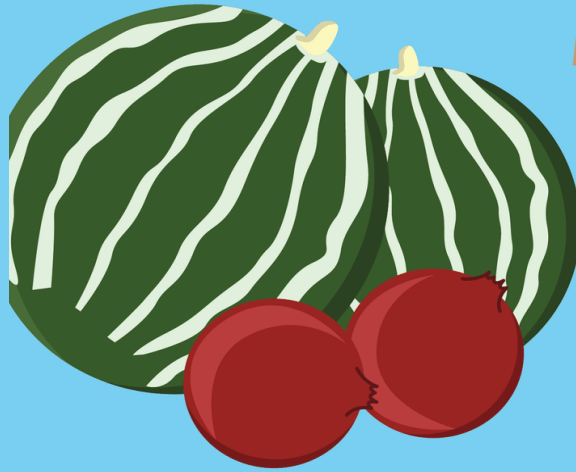


YOUR VAGINA

The not-so-nice-part of starting puberty - discharge. This is a clear, white liquid, that is naturally produced by your vagina to keep itself clean. If it becomes yellow or smells, or your private area becomes itchy, you should see a doctor as it could be a yeast infection.

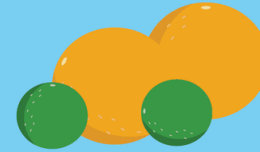
Before your period, you could have thicker or more discharge, and because of the PH level it may stain your underwear, which is totally normal.





BREASTS

Boobs come in all shapes and sizes and they are all normal! Your boobs keep developing until the age of 18.



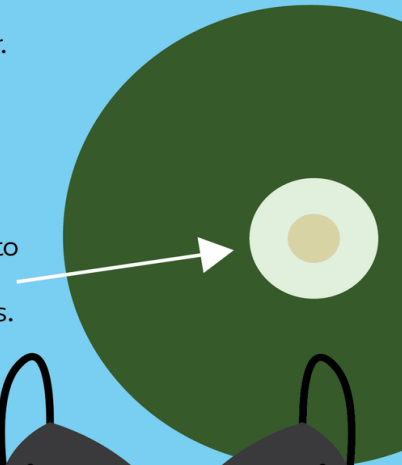
TOTALLY NORMAL FACTS ABOUT BOOBS:

One breast is almost always slightly bigger than the other.

Breasts can sometimes feel sore or tender. This normally happens before or during your period.

Nipples; they also come in different shapes and sizes. Sometimes inwards, sometimes outwards.

The Areola is the area around your nipple, and is normal to be a few shades darker than the rest of your boob. Sometimes your nipples have bumps, spots or small hairs.



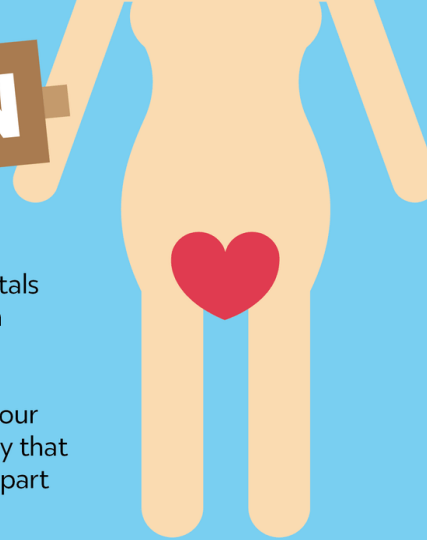
Now; bras. You can decide whether to wear a bra or not. If you feel more comfortable when wearing one, then it's the right time for you. Make sure you go to a bra shop or department shop like Debenhams to get fitted properly for maximum comfort!



MASTURBATION

Masturbation is when you touch your body and genitals because it feels good. You can make yourself orgasm through this.

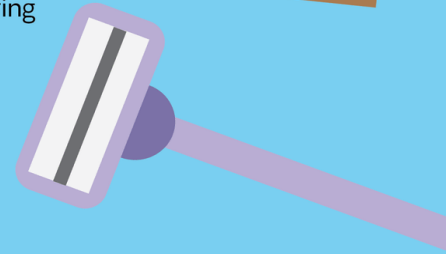
Both girls and boys masturbate and it's completely normal. It can be a comfortable way of discovering your body and how it makes you feel. Some people will say that it is wrong and you shouldn't do it, but it is a normal part of life and not something to be ashamed of.



HAIR REMOVAL

If you decide to remove some of the hair you get during puberty, you should be doing it safely, here is how:

- Shaving with a clean razor and shaving foam/soap
- Waxing with hot/clean wax – either done at home or at home using a wax kit.
- Applying hair removal cream and scraping off with special spatula – but don't use this on pubic hair as this is dangerous!



Make sure to read instructions first, and try on a small piece of skin before doing larger areas to check for allergies.



CONVERSATION TIPS

1 Be direct and matter-of-fact

2 Don't segregate every conversation by gender

3 Talk to your child about what puberty is like for people of the opposite gender as well

4 Be sensitive to your child's comfort level



Questions?
Preguntas?