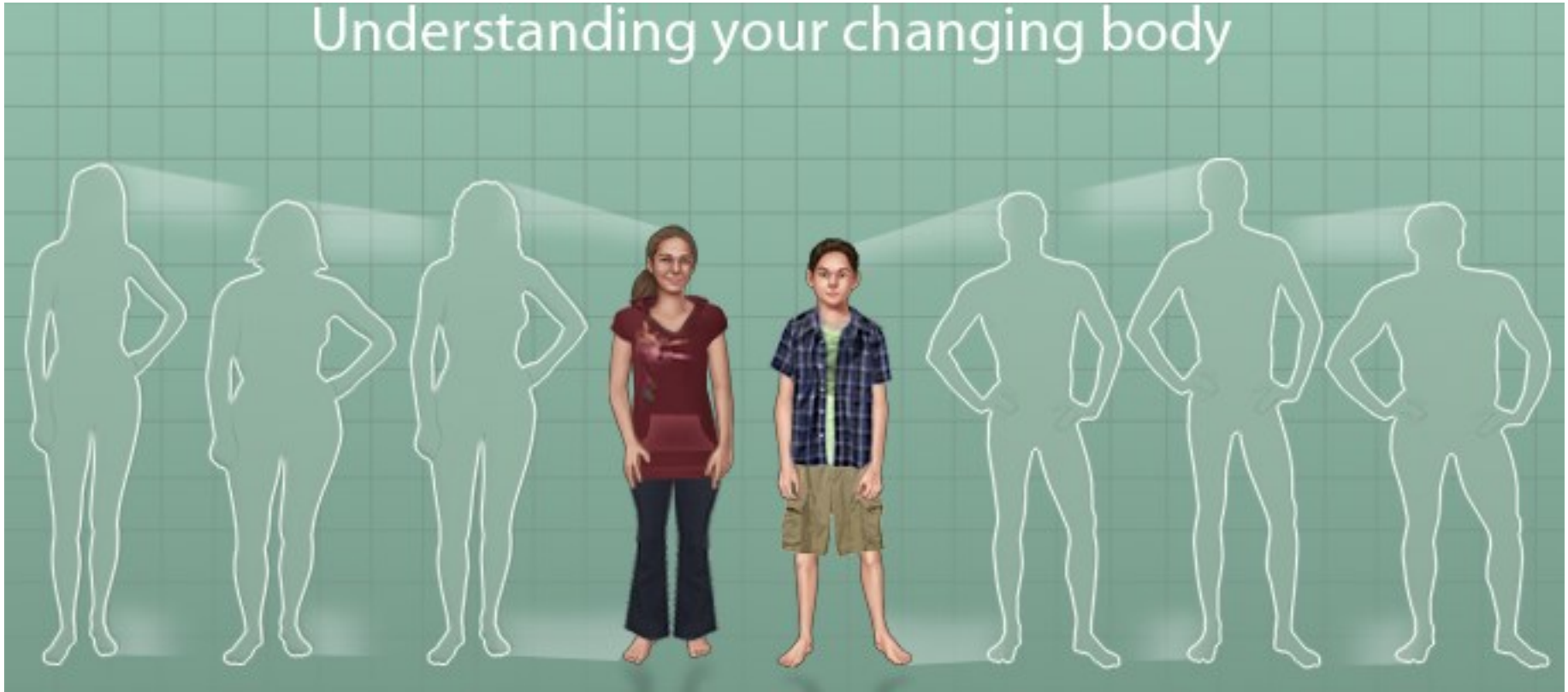


FAMILY LIFE EDUCATION

FROM A CHRISTIAN PERSPECTIVE

Understanding your changing body



By: Miranda Bassilios, PA-C

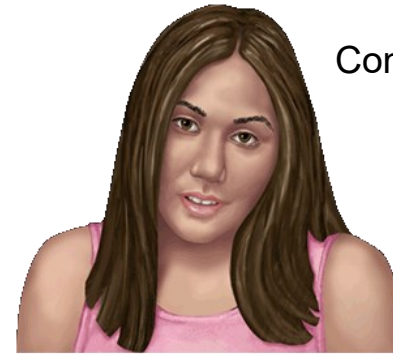
When we talk about these things
it is normal to feel



Curious



Disgust



Comfortable



Shy



Embarrassed



Excited

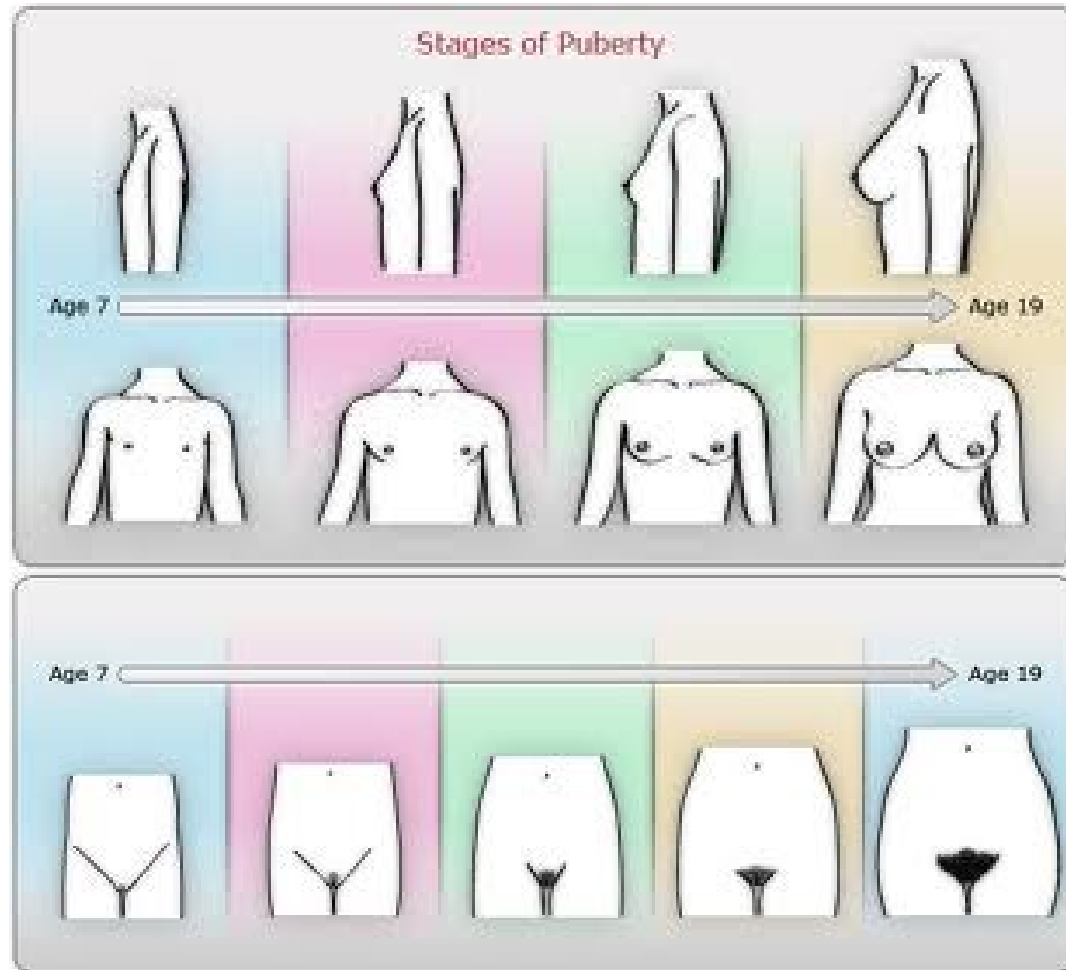
PHYSICAL CHANGES - PUBERTY

- Definition: when physical characteristics mature – between 9-16 years old
- It occurs because of **hormones** – mainly estrogen
- Hormones cause increased armpit sweating, body odor, acne, and armpit and pubic hair
- Breast development is the main sign a girl is entering puberty
- The first period usually starts within 2 years of the breasts forming

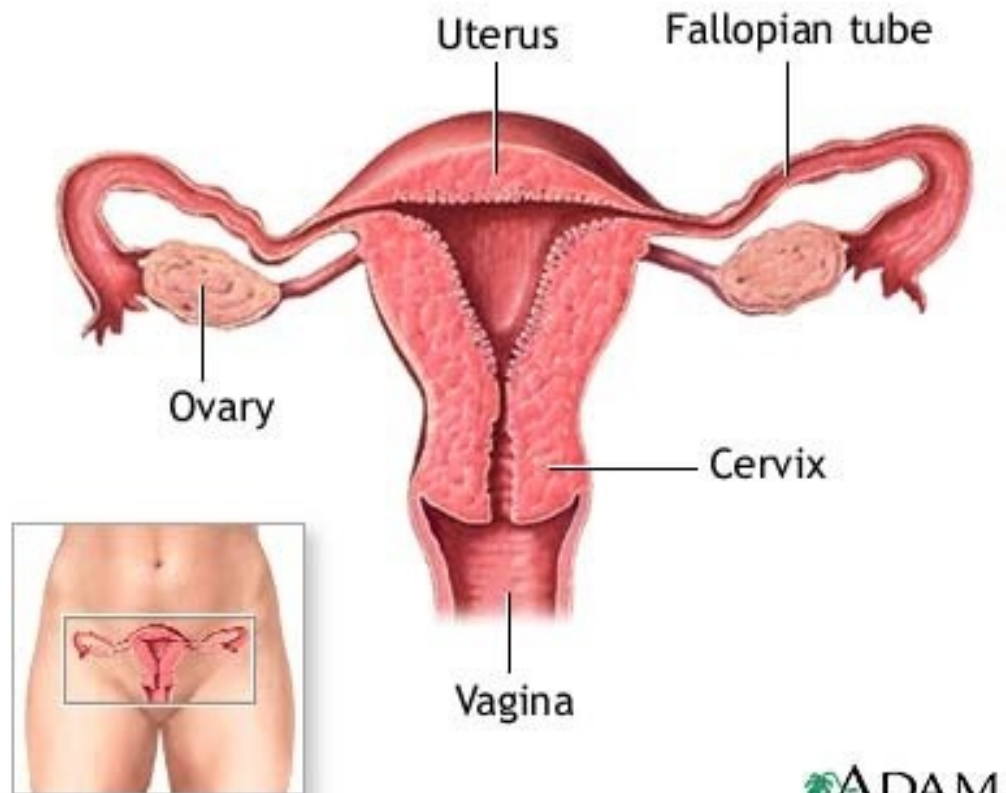
PHYSICAL CHANGES - PUBERTY

- Before the first menstrual period, a girl will normally have:
 - An increase in height and weight
 - Hips become rounded
 - Breasts start to develop
 - Body produces sweat (armpits)
 - Clear or whitish vaginal secretions
 - Pubic, armpit, and leg hair growth

PHYSICAL CHANGES - PUBERTY



FEMALE REPRODUCTIVE SYSTEM ANATOMY



FEMALE REPRODUCTIVE SYSTEM

OVULATION

- Definition: the release of an egg from the ovary – some women feel a slight pain with ovulation
- We are born with about 400,000 eggs
- Only about 400 of them will mature in our lifetime
- Every month, the ovary prepares an egg that matures, and the lining of the uterus thickens
- If this egg becomes fertilized, it results in a pregnancy
- If not, it will result in a period - menstruation

FEMALE REPRODUCTIVE SYSTEM

MENSTRUATION

- Definition: when the thickened lining of the uterus, that was preparing for pregnancy, sheds or sloughs off
- Nothing to be ashamed of... every female has it
- If not pregnant → period
- Occurs once a month or every 21-35 days
- Lasts 3-7 days
- First day of cycle is first day of period

FEMALE REPRODUCTIVE SYSTEM

MENSTRUATION

- At first, it will be irregular - skips a few months, or have it twice a month
- Takes a few years for your ovaries to normalize and menses to become regular
- Use pads to protect your clothes from the blood
- Change them every 1-4 hours depending on how heavy the flow is – if left on all day, it will begin to smell bad – not necessary to get scented pads, may irritate your skin

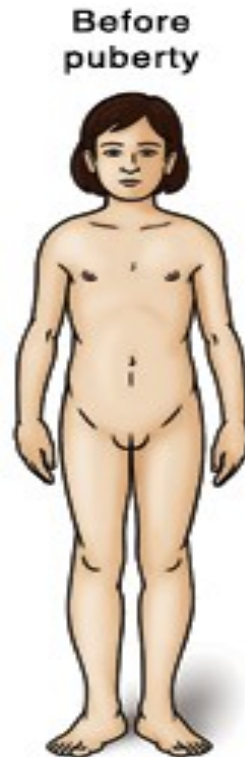
FEMALE REPRODUCTIVE SYSTEM

MENSTRUATION

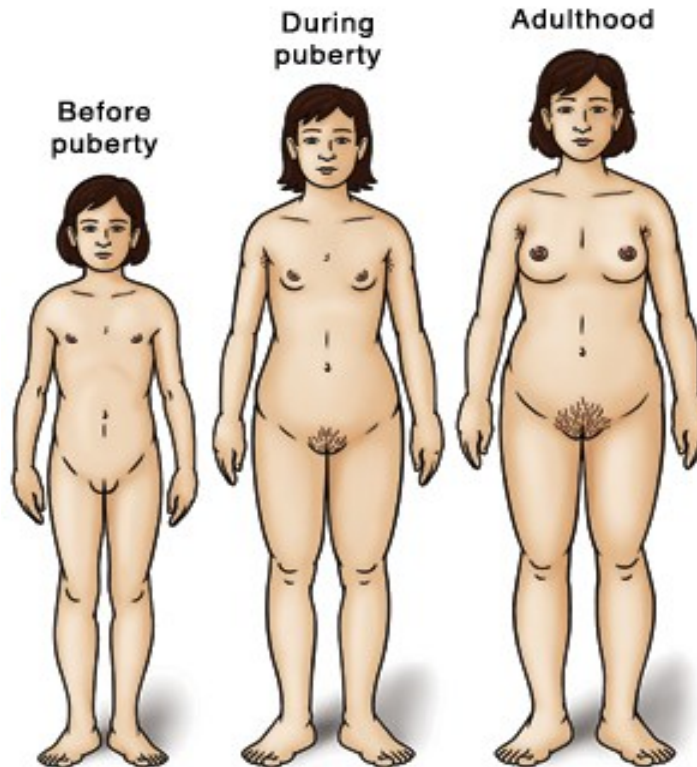
- Be sure to not flush them down the toilet – wrap them in toilet paper or put them in a bag
- Always carry extra pads with you
- Can get cramps before or at beginning of period – it's normal
- Can take pain medications like: Advil, ibuprofen, Midol, Motrin, PMS – premenstrual syndrome:
NORMAL!
 - moody and emotional, bloated and swollen
 - usually occurs about 1 week before period starts – goes away when period starts

PART 2: EMOTIONAL AND SOCIAL CHANGES DURING PUBERTY

Meet our friend “Jen” Here she is before puberty...



... and here she is after



- What emotional/mental changes do you think she's experiencing during puberty that is different from when we was a child?
- Work with a partner and make a list.

What are some emotional changes/thoughts
YOU have experienced?

Anxious

No one likes me

Anger

Sexy

Dumb

Powerful

MY BODY IS GREAT

My body is gross

Clever

Scared

Awkward

What about self-image?

- Do you know anyone at school who is struggling with her self-image?
- Why?
- What can this lead to?

Normal feelings during puberty

- mood swings – happy one day, sad the next.
- strong need to be social + strong need to be private.
- Sometimes you may feel grown-up, other times like a kid
- There may be lots of tears and arguments.
- Self-esteem changes
- Changing hormones cause some of these feelings.

Relationships

- Raise your hand if you know a girl in your grade who has ever...
 - Dated a guy
 - Been in a physical relationship with a guy
 - Felt pressured to dress a certain way to get attention
- Discuss with a partner - Is it wrong to like a guy when you're in 4th or 5th grade? When is it “ok” to like someone? When is it “ok” to date someone?

A Better Attitude

- Ephesians 4:22-24
- Work on being the best person you can be
- Enjoy relationships with friends without the stress
- Matthew 6:33

Conclusion

- Puberty is an exciting time in your life.
- Your body makes many changes — both physical and emotional — to prepare for adulthood.
- There is a lot to know about your body and how it works.
- Today we had the opportunity to start learning about all those changes. Your parents can teach you even more.

Final Words

- The right thing at the wrong time is the wrong thing.
- Purity - past and present
- Building a Godly lifestyle
- Guard your heart

Any Questions?