Health 3/8/19

EQ: What are important facts about puberty?

CW: Facts about Male and Female Bodies

HW: No HW

Agreements-Do we need to add to these?

Confidentiality-What you say here stays here (you are always encouraged to talk with your family about class but respect others confidentiality.)

Respect for others opinions and values-don't make fun of or put each other down

Listen while others are sharing-one person talks at a time.

Respect for diversity

No direct personal questions

Have an open mind

Try not to laugh even if it's difficult

You are not required to talk about yourself but be open to participating in general discussions.

Agenda

1. Anonymous Questions
2. Quiz
3. Writing Prompts
4. Important facts

Why is morning wood a thing?

Hormone shifts.
Your testosterone level is at its highest in the morning after you wake up. It is highest immediately after waking up from rapid eye movement (REM) sleep stage. The increase in this hormone alone may be enough to cause an erection, even in the absence of any physical stimulation.

Why do guys grow hair on their penis?

They don't - but both males/females grow pubic hair. Hair around the genitals.

Pubic hair exists for a reason

Providing cushion against friction that can cause skin abrasion and injury, protection from bacteria and other unwanted pathogens

Do we have to remove our hair on our private part when having sex?

No, this is not necessary.

Do all vaginas look the same?

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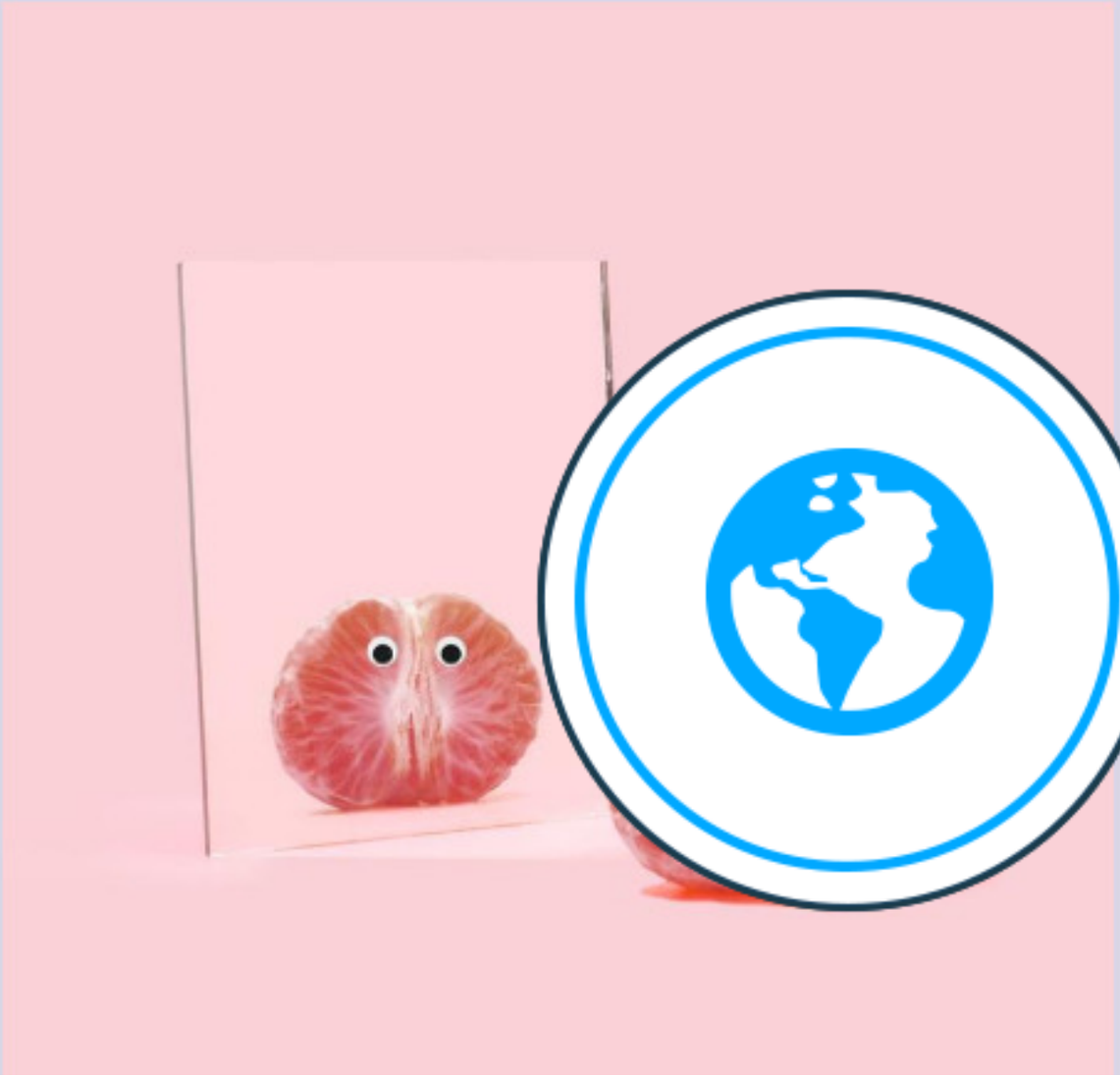


https://www.knixteen.com/blogs/the-rag/learn-about-vagina

By Erin Laskis

Friday, Oct 5, 2018

How can you get aids?

HIV is a virus that infects people by getting inside their blood cells. To avoid getting HIV, you must prevent the blood, semen, vaginal fluids, or breast milk of someone who is infected from entering your body through your mouth, vagina, anus, tip of your penis, or breaks in your skin.

I've heard the female body has a way of saying it's ready for sex, is that true?

No. The decision to have sex is an personal decision that is effected by your values and beliefs. Generally, it is better to wait until you are older and have developed emotional maturity. There is no way to tell from the female body if this has happened.

Is it possible for a girl to never get her period? If so, why and what will happen to her body if she doesn’t get it?

I couldn't find any examples of this happening.

Is it bad for your penis to be smaller for a longer period of time?

No, everyone reaches puberty at a different rate. There is no reason to worry.

How much is to much masturbation?

Some people can and do develop an addiction to masturbation. You may be spending too much time masturbating if masturbation causes you to:

skip your chores or daily activities
miss work or school
cancel plans with friends or family
miss important social events

Addiction to masturbation can harm your relationships and other parts of your life. Masturbating too much may interrupt your work or studies, which can lower productivity.

Is it normal for a boy to grow a beard during puberty and do they try to hide it?

Is is normal for a boy to grow a beard and some do try to hide it by shaving.

Men typically start developing facial hair in the later years of puberty or adolescence, between seventeen and twenty years of age, and most do not finish developing a full adult beard until their early twenties or later.

How long in your life can you have your period? Can you have babies up to that point?

Girls can start their periods anywhere from age 10 upwards, but the average is around 12 years.

The average age for the menopause (when periods stop) in this country is 50 to 55

How tall can a person get m & f

Data collected from the federal Centers for Disease Control show that average height for Americans has stabilized in the past 50 years to about 5 feet 9 inches for men and 5 feet 4 inches for women.

Tallest Woman: Sandy Allen 7'7"
Tallest Man: Robert Wadlow 8'11"

How can I increase the chances of making a girl pregnant?

This is not a good idea at your age. Adults can visit the doctor for fertility treatments or other options.

Can i have sex with an older person, is it healthy?

Most teens would benefit from waiting to have sex until they are emotionally mature. Sex with someone older runs the risk of having an unhealthy power balance even if they are under 18.

If they are 18 or over, it is a crime.

Values

Our Whole Lives (OWL) Values:

Self Worth

Sexual Health

Responsibility

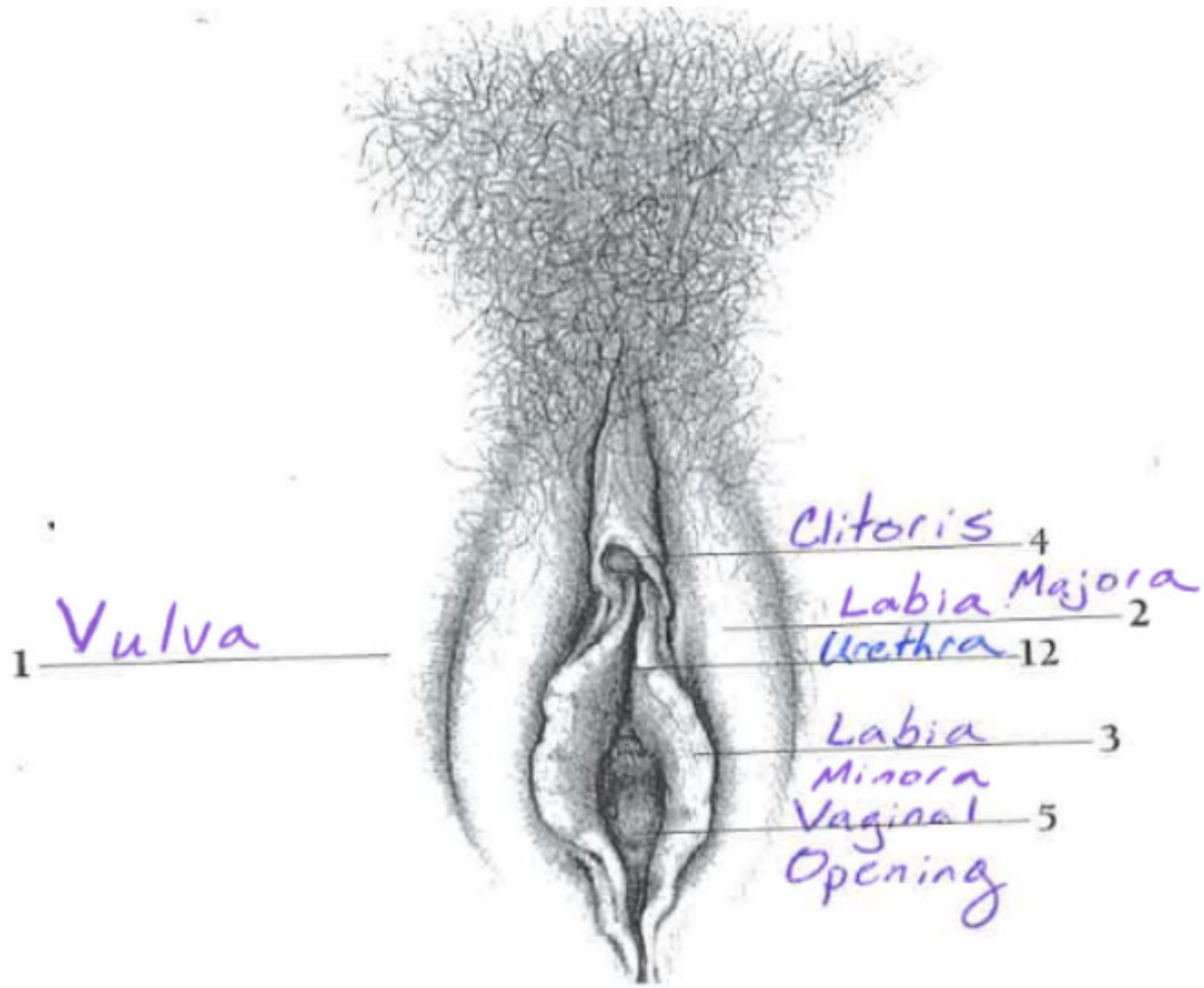
Justice & Inclusivity

Open Ended Question

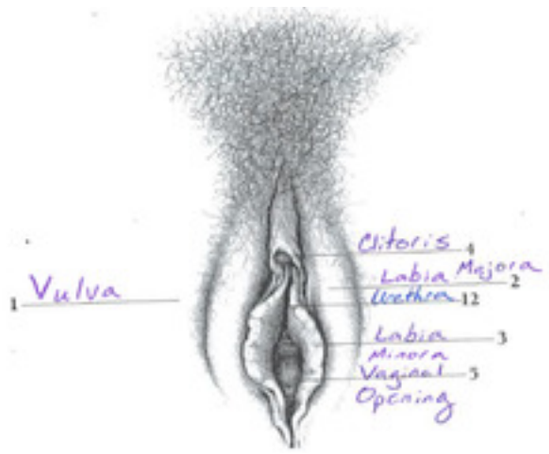
Write silently for three minutes: What questions or concerns do you have about puberty? What do you already know about puberty?

Please enter your answer here.

Vulva: Consists of labia majora, labia minora, clitoris, urethra and vaginal opening



Open Ended Question



Write silently for two minutes: What is your reaction to the diagram of the vulva? What messages does the media send out about vulvas?

Please enter your answer here.

Important Facts

1. The vagina is self-cleansing.
-Normal, moist discharge cleanses inside of vagina, so douches and feminine hygiene sprays are unnecessary and can cause infections.
- Water alone, or mild soap and water are sufficient.
-The vulva normally had a musky odor
-Visit health provider is vaginal discharge is yellow/greenish or has curd-like texture

Menstruation

1. Begins at puberty - Hormone signals ovaries to start producing estrogen and progesterone

Ovulation occurs once a month - this is when an egg ripens and is released from an ovary.

In preparation for a fertilized egg, the uterus builds up a thickened lining made of blood and body tissue to nourish the egg. If the egg is not fertilized by a sperm cell, this lining is not needed and is shed through the vagina during menstruation.

This is known as having a period.

Menstruation ceases during pregnancy to provide nourishment to developing fetus.

Menstruation

- Periods generally last from 3-7 days.
- Menstrual cycles are approximately 28 days long and are counted from the start of one period to next. (Lots of variation)
- Not unusual for cycles to be irregular for the first year or two.
- Average total amount of menstrual fluid is around 1/2 cup
- At different times, discharge may be brownish, deep red, or bright red. Clots may be present.

Menstrual Hygiene

- Sanitary Napkins or pads
- Should be changed several times a day and at bedtime.
- Cannot be worn while swimming

Menstrual Hygiene

- Tampons are thin rolls of absorbent material that are inserted into vagina
- Can be worn while swimming
- Available with/without applicators
- Should not be flushed
- Must be changed regularly like pads

Menstrual Hygiene

- Deodorant tampons may irritate the vagina and should be avoided
- Toxic Shock Syndrome - use minimum absorbency needed/alternate between pads and tampons
- Symptoms - Fever, vomiting , diarrhea, fainting, dizziness, rash that looks like sunburn

Menstrual Hygiene

- Reusable cloth pads - rinsed and then machine-washed
-
- Menstrual Cups - foldable latex or silicone that are inserted into vagina
- When full - they can be removed, rinsed and reinserted.

Menstrual Cramping

- Some people have cramps or other discomfort just before or during their periods.
- Caused by tightening and relaxing of muscle layer of uterus
- Treatment: Hot water bottle to abdomen, take a walk, warm bath, drinking hot tea, ibuprofen, acetaminophen, exercise.

Anonymous Question Form

1. Ask related questions - I will answer at start of class

2. If you want a private answer - add your name

3. If you don't have a question, write a comment about today's lesson

4. I will ignore personal/rude questions

5. Please remember I am a real person, easy to forget when submitting online questions.

Anonymous Question Form

You may submit your questions he w who the question is from - add your name in the question box.

Submit your quest

Your answer

SUBMIT

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