

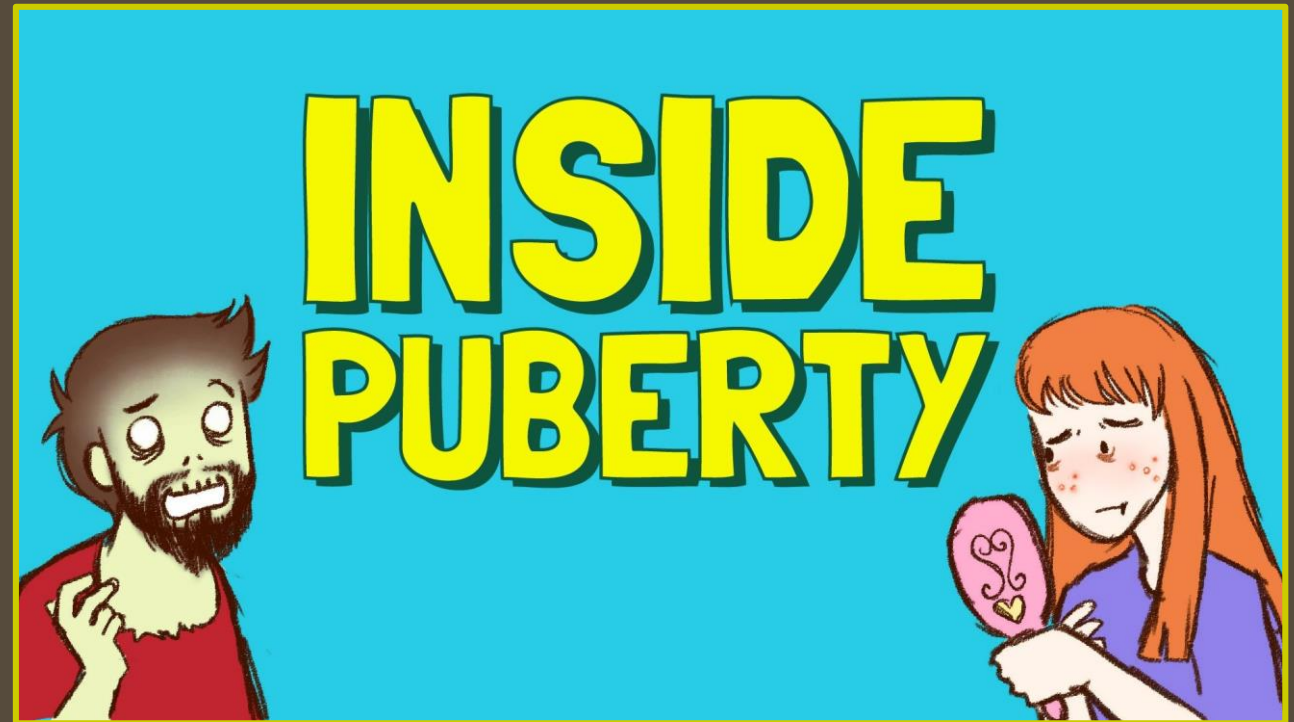


JOHNSON COUNTY HEALTH DEPARTMENT
AMBER TERHUNE, RN, BSN, HEALTH EDUCATOR
MARCH 2018

PUBERTY

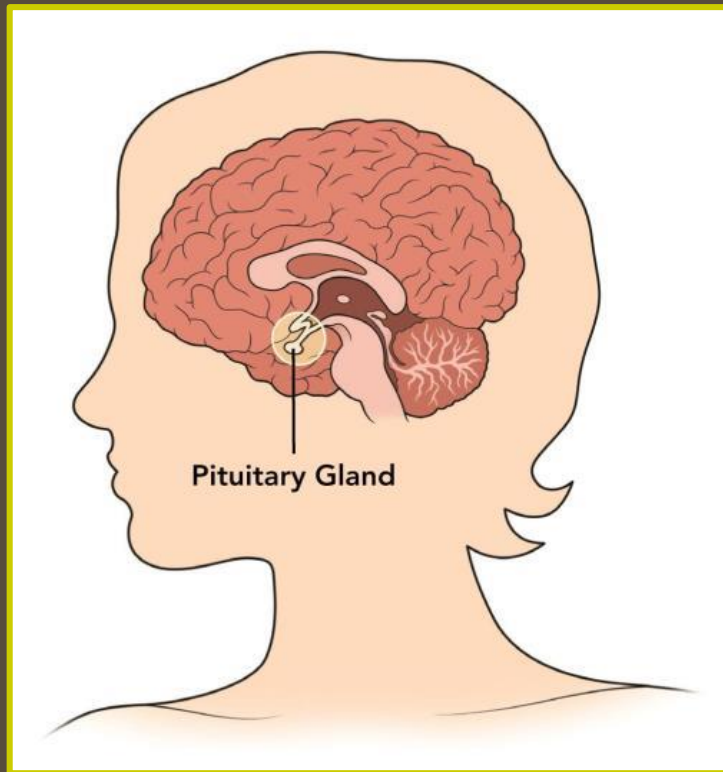
WHAT IT IS

- ❖ Series of changes in body
- ❖ Begin developing into adulthood
- ❖ Happens to everyone

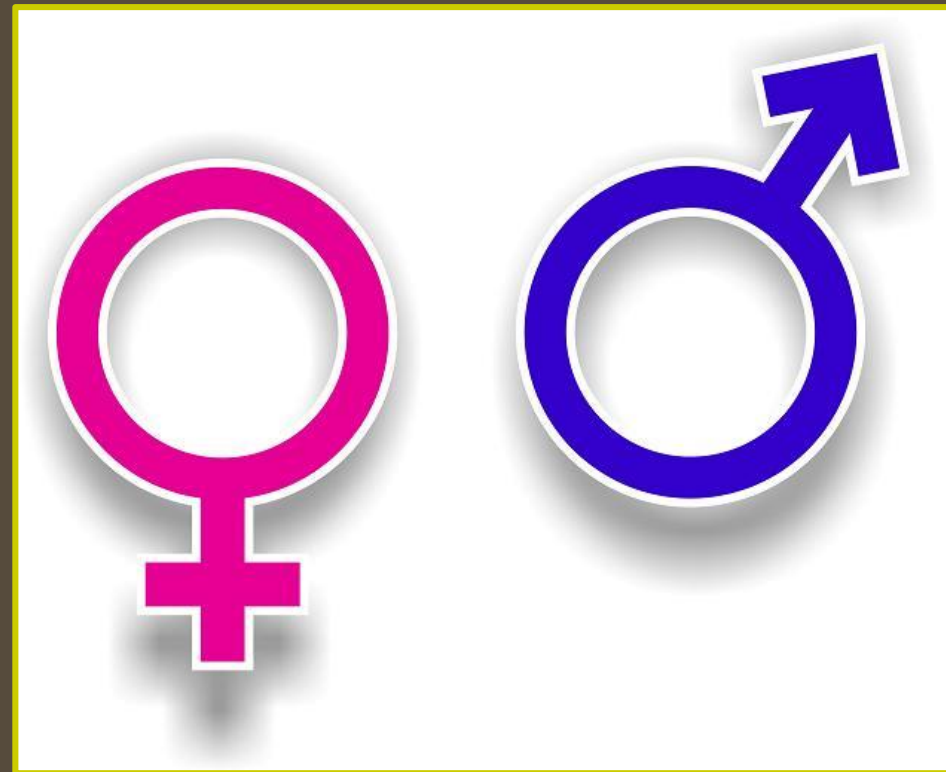


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WHAT CAUSES IT



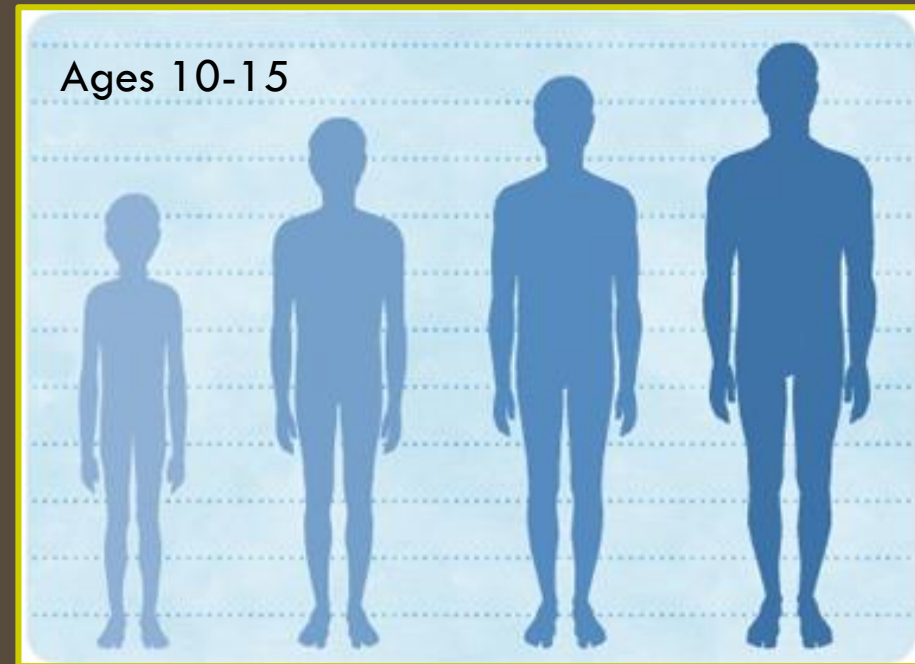
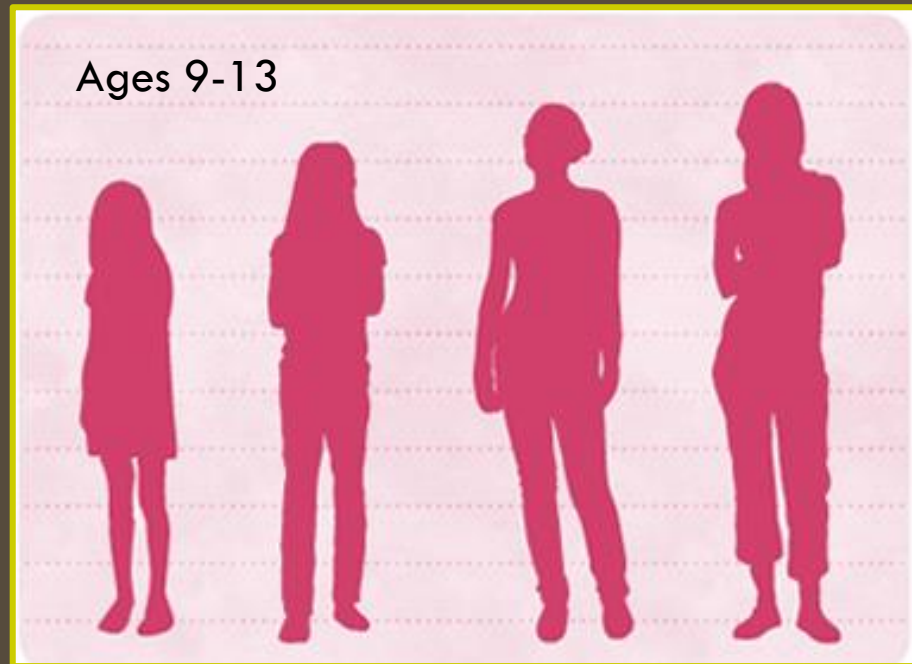
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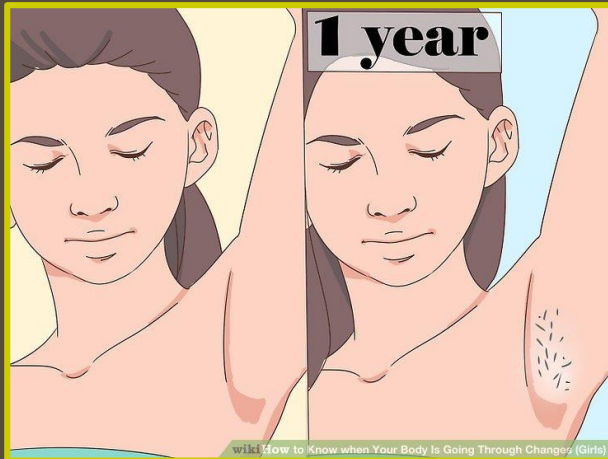
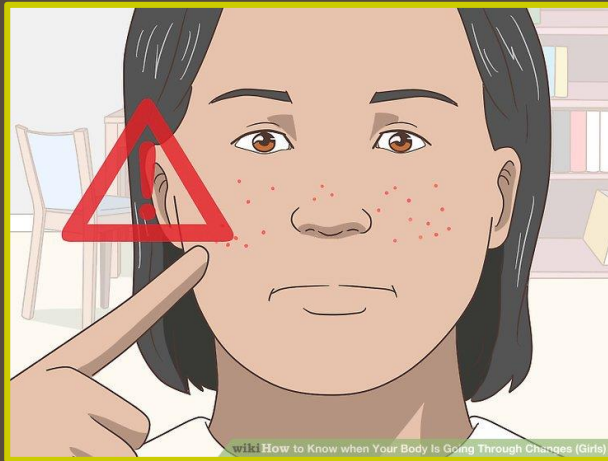
WHEN IT HAPPENS

Different for each person



Menstrupedia. Puberty, n.d. <https://www.menstrupedia.com/quickguide>

CHANGES IN EVERYONE



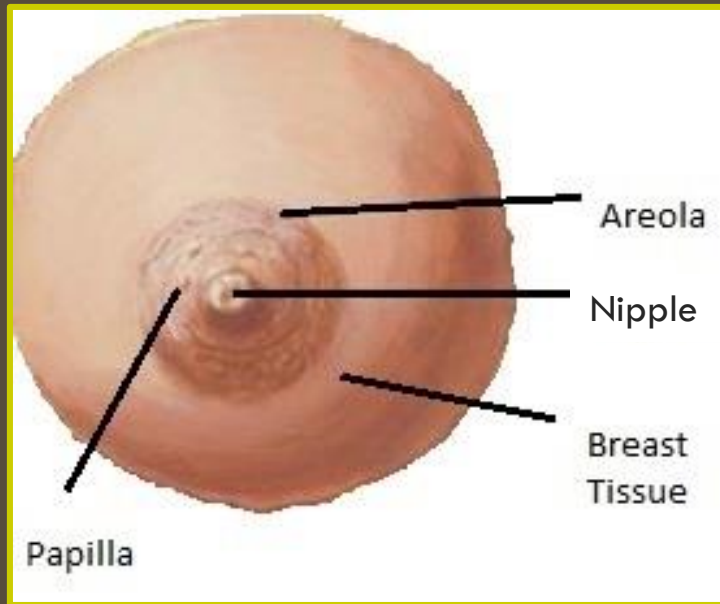
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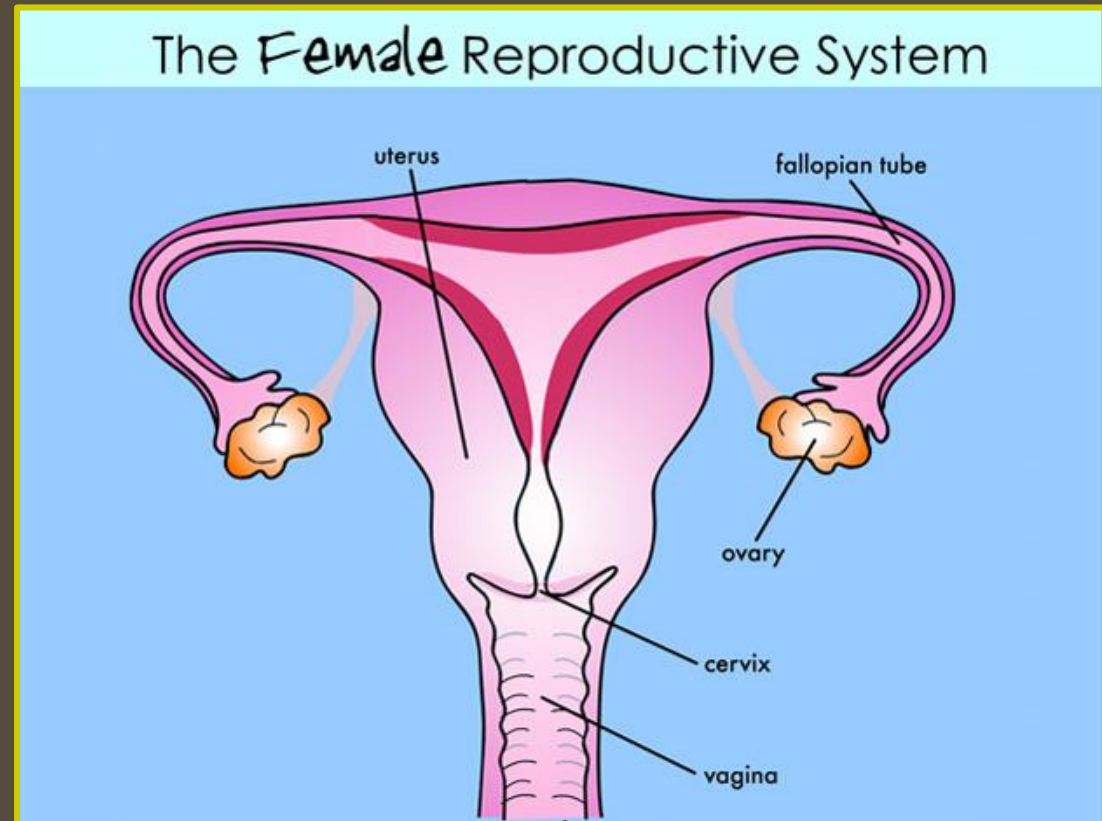
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ANATOMY: GIRLS

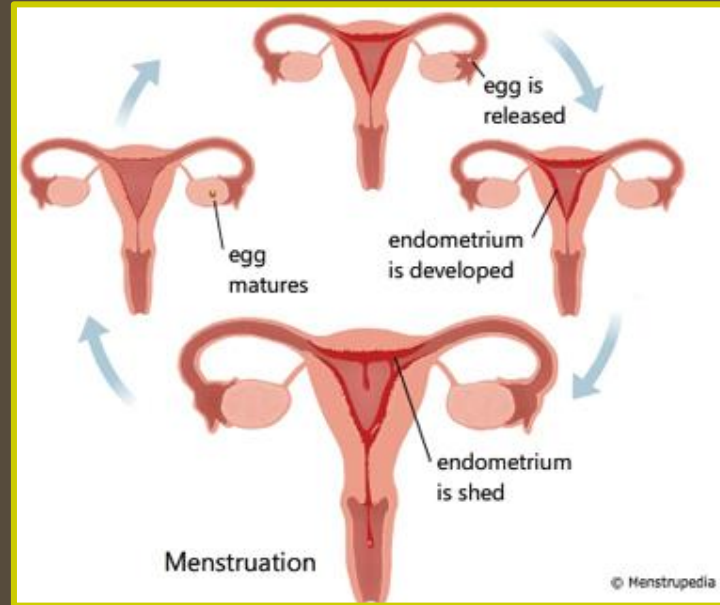


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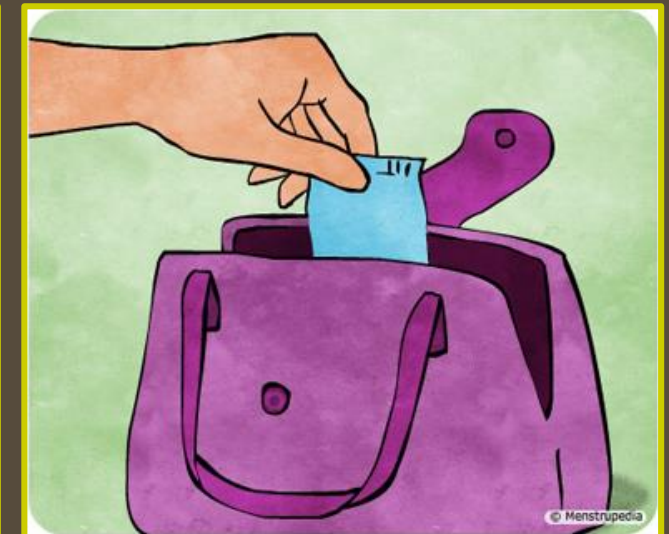
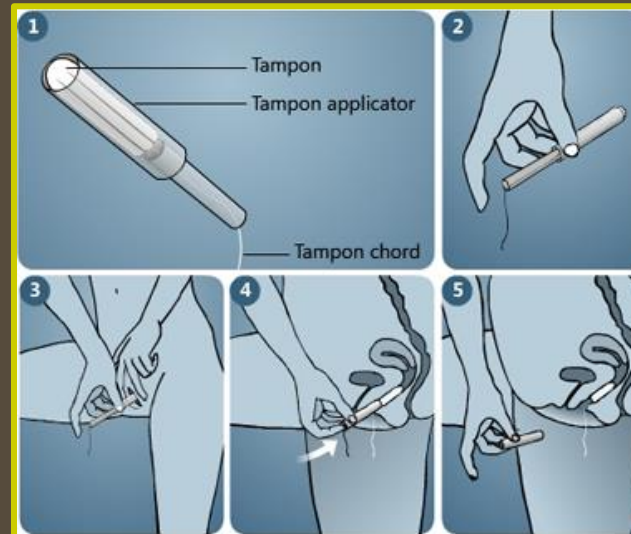
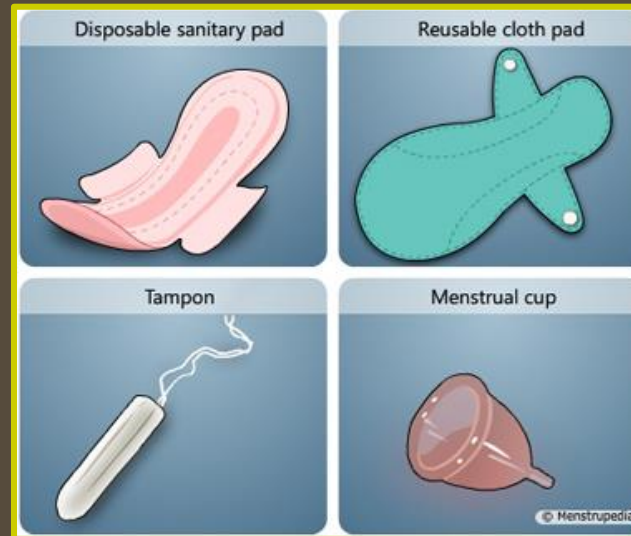


- Whole body gets Curvier
- Skin gets oilier
- Breasts starts to develop
- Pubic hairs
- Hair under the arms
- Hip bones wider
- Weight gain on hips
- leg muscles get bigger and stronger

FAQs: GIRLS

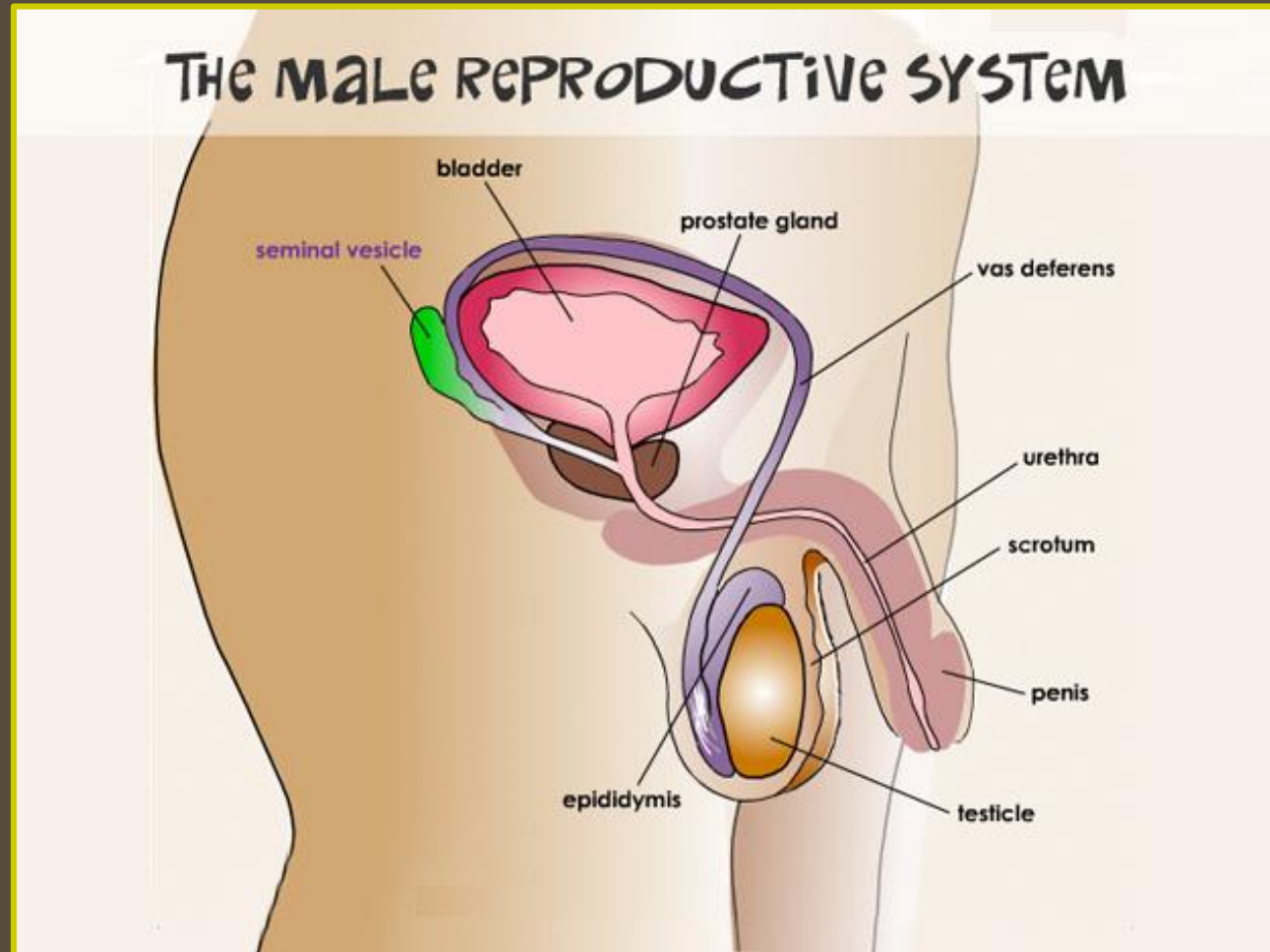
- ❖ What size bra do I need?
- ❖ What is PMS?
- ❖ Do periods hurt?
- ❖ What do I wear when I'm having my period?
- ❖ Can tampons get lost in the body?
- ❖ What if I start my period at school?

Menstrupedia. Puberty, n.d. <https://www.menstrupedia.com/quickguide>



ANATOMY: BOYS

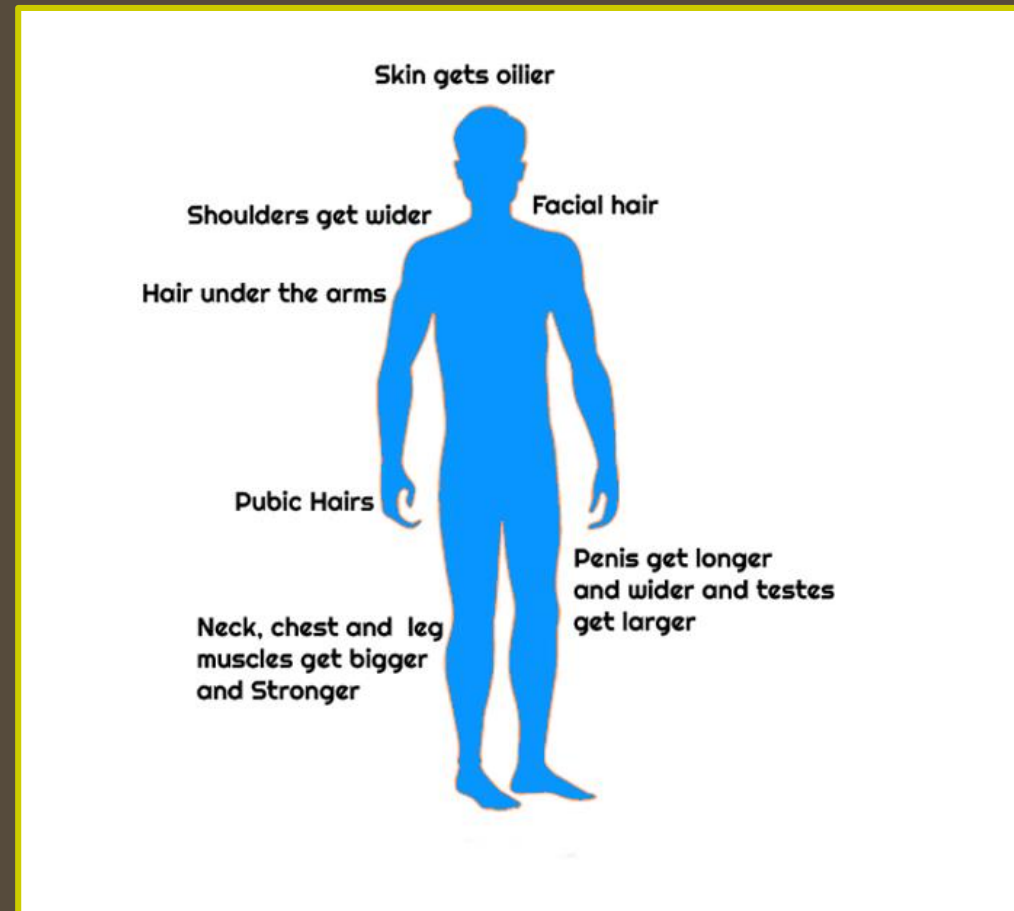
Dowshen, MD. Steven. KidsHealth. *Male Reproductive System*, Oct. 2015. <http://kidshealth.org/en/teens/male-repro.html?WT.ac=p-ra#catchanging-body>



CHANGES IN BOYS



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<https://www.wikihow.com/Tell-if-You-Have-Hit-Puberty-%28Boys%29>



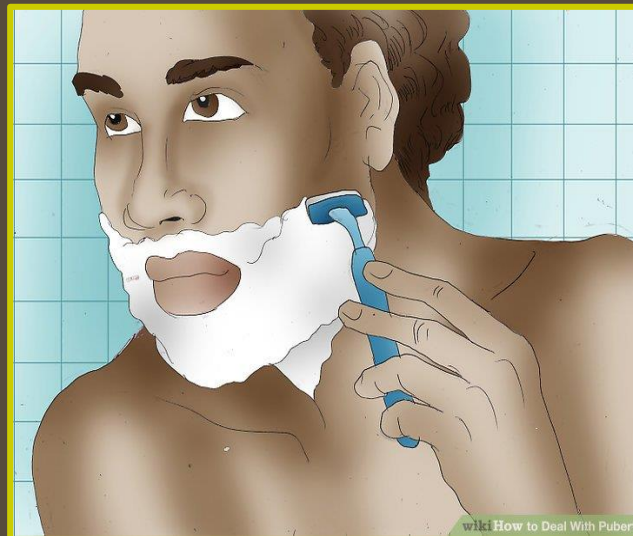
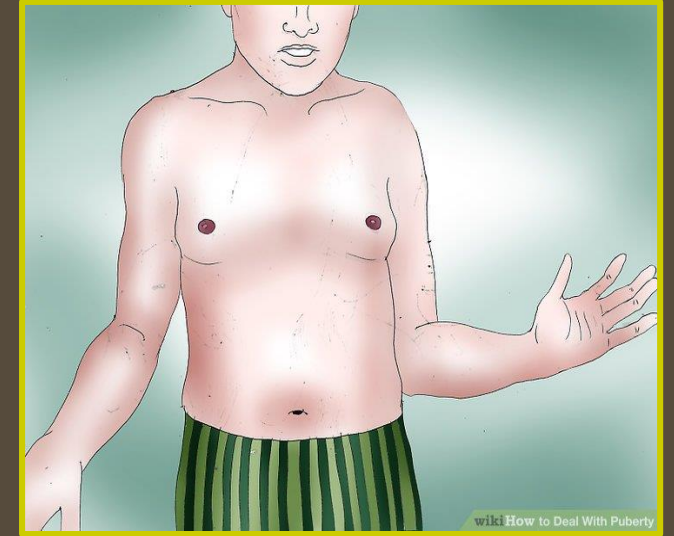
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FAQs: BOYS

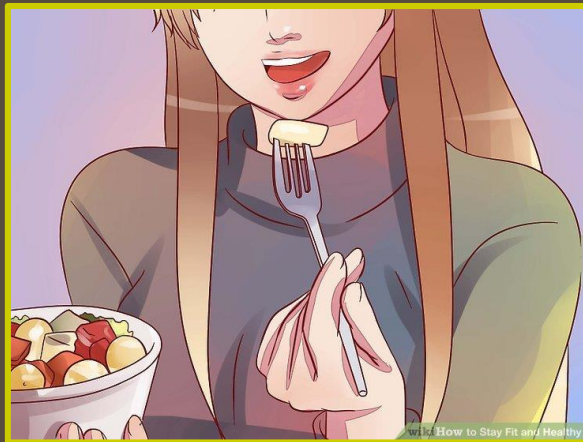
- ❖ Why am I shorter than other people, including many girls?
- ❖ When do I start shaving my face?
- ❖ Why am I getting breasts?
- ❖ Why does my penis get hard sometimes?
- ❖ Why do I sometimes wake up with wet, sticky underwear?

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WikiHow. *How to Tell if You Have Hit Puberty (Boys)*, n.d.
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CARING FOR YOURSELF



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