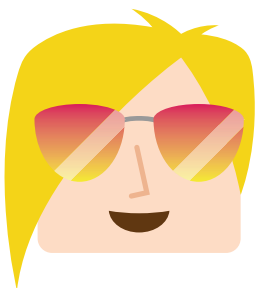




WHAT'S GOING ON?

**your guide to
growing up**
(for boys and girls)



Introduction

This book is about growing up. As you get older your body will change. You will get new feelings and emotions. These changes are called "puberty". This book tells you all about puberty.

This book is also about relationships. You have relationships with lots of different people. You have relationships with your mum, dad or carers. You have relationships with your brothers and sisters. You have relationships with friends, teachers and other people you meet in your life. Good relationships can help you as you grow up.

You may find words you don't know in this book. We have tried to explain these when we can. Ask an older person if you are not sure about a word or look it up in a dictionary.

The last page of this book tells you where you can get more help and advice.

You can read this book by yourself if you want. If you like you can talk to your mum, dad or carers about it. It's great to have someone you can talk to about growing up and all the new things that will happen to you. All grown-ups went through puberty when they were about your age, so don't be embarrassed to talk to grown-ups about it.

Changes as you get older

Puberty is the name for the time when you change from a child into an adult. It can happen any time between 8 and 16. It usually starts earlier for girls than for boys.

Sometimes you may feel excited to be growing up. That's great. Other times you might feel worried or embarrassed about the changes that happen in puberty. That's okay too.

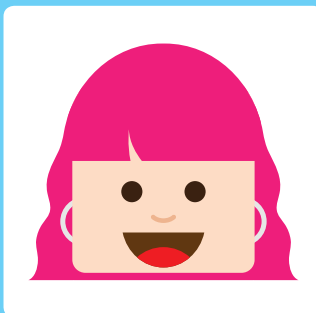
Fact:



Puberty begins with your body making extra hormones. Hormones are chemicals that carry messages round your body. They cause changes to how you look and how you feel.

Ellie – on growing up

I thought I was the only girl in my class that wore a bra and had my period. I remember feeling embarrassed about looking more grown up. Then I found out that some of the other girls had started too. I like that my body is becoming more like a woman's.



What happens during puberty?

The changes that happen during puberty can be different for each boy or girl. Here are some of the things that may happen.

Boys and girls

- Lots of hormones!
Hormones make you have new feelings and emotions. You might start to fancy other people. You might get moody. You might get more aware of how you look.
- You get hair under your arms. You get hair around your genitals. Every grown-up has body hair. Some people remove it and some people don't. That's their choice.
- You may sweat more. That makes it important to wash every day.
- Maybe you'll get spots or greasier hair.



Ben, 13 – on his first shave

I wanted to shave because I had hair on my top lip that was really noticeable. I looked stuff up on the net. I bought a shaver and foam. My uncle came round and showed me the best way to do it.

Girls only

- Breasts can start to grow. One can grow faster than the other. They can be different sizes. That's nothing to worry about. All women have different sizes and shapes of breasts.
- Your hips might get more rounded.
- Your period starts. The proper name for this is "menstruation". Read more about this on page **11**.



Boys only



- Your chest and shoulders might get wider.
- Your voice may get deeper (it "breaks").
- Hair will start to grow on your face.
- Hair gets thicker on your legs and arms. You might get some on your chest or back.
- Your penis will grow. Sometimes it will get stiff and hard. This is called "an erection".
- Your testicles will get bigger. One may hang down more than the other. The way the skin on your testicles feels might change.
- You will start to make sperm. Read more about this on pages **15 & 16**.
- You might get unexpected erections and wet dreams. Read more about this on pages **15 & 16**.

Your Body – Girls

Ovary:

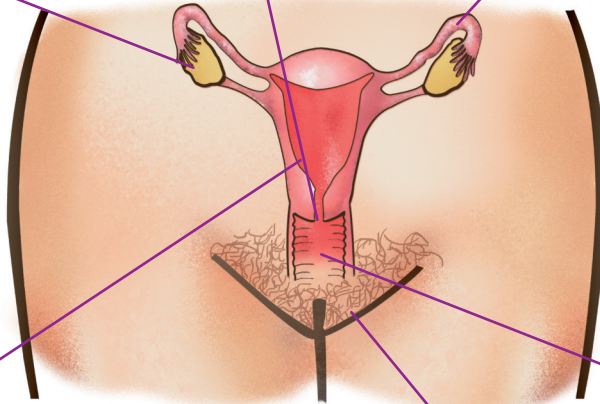
You have two ovaries. They store tiny eggs and make hormones. Each month an egg is released from one of the ovaries.

Cervix:

This is also called "the neck of the uterus". It is at the top of the vagina.

Fallopian Tube:

These tubes take the eggs from the ovaries to the uterus.



Uterus:

This is where a baby can live and grow before it is born. Every month the lining inside the uterus gets thicker in case it's needed to look after a growing baby. If there is no baby, the lining breaks down and comes out through the vagina as a period.

Vulva:

This is the name for all of a woman's sex parts that are outside the body. Lots of people say "vagina" instead, but the vagina is inside the body, not outside.

Urethra:

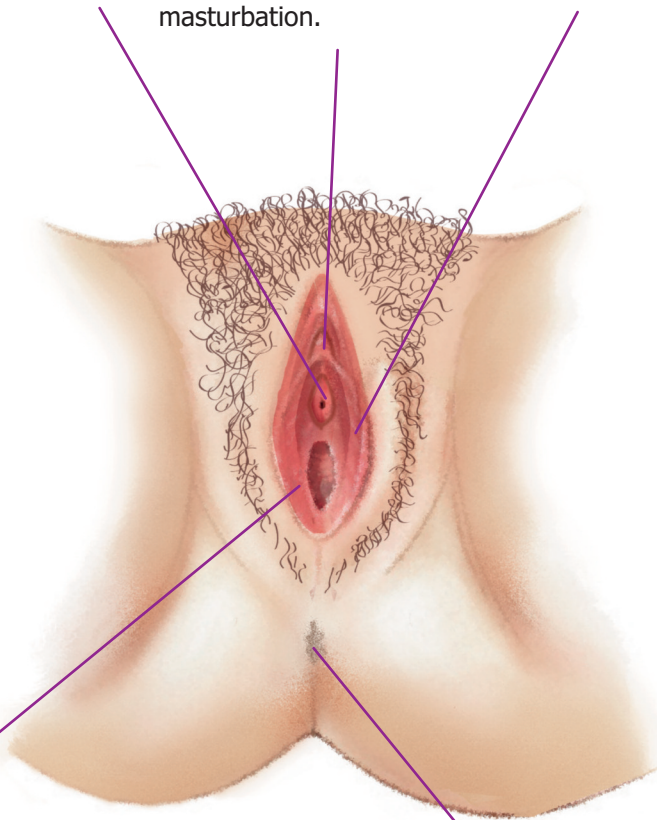
The tube that carries urine (pee) out of your body.

Clitoris:

A small mound of skin that is very sensitive during sex or masturbation.

Labia:

Folds of skin or lips that cover the opening to the vagina.



Vagina:

The passage between the uterus and the outside of the body. This is where menstrual fluid comes out during your period. It is where a penis goes in during penetrative sex. It is the birth canal that a baby comes through when it is born.

Anus:

The opening where faeces (poo) leaves the body.

Your Body – Boys

Seminal vesicle:

Two small tubes that make the fluid that is part of semen.

Bladder

Glans:

The sensitive part at the tip of the penis.

Urethra

Penis:

This is used to urinate (pee) and for penetrative sex. The size and shape of the penis can vary from man to man. An erect penis is bigger than a penis that isn't erect.

Scrotum/Testicles/Testes

You have two testicles/ testes. They are inside a bag of skin called the scrotum. They make sperm and hormones

Urethra:

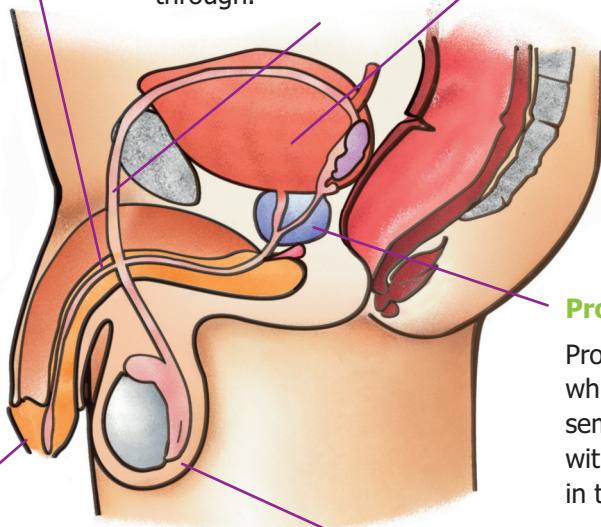
The tube that takes urine (pee) out of your body. It also takes semen when you ejaculate.

Sperm duct and glands:

The sperm duct is just below your bladder. It takes sperm from the testicles to the urethra. The sperm duct mixes the sperm with fluid made by the seminal vesicle as it goes through.

Bladder:

Urine (pee) goes from the kidney to the bladder. It stays in the bladder until you urinate (pee).

**Prostate Gland:**

Produces a thick white fluid called semen. Semen mixes with the sperm made in the testes.

Foreskin:

The skin which covers the tip of your penis. Foreskins can be different sizes. Some foreskins can be pulled far down from the tip of the penis. Others can only be pulled down a little bit. Some boys or men don't have foreskins because they have been removed for religious or medical reasons.

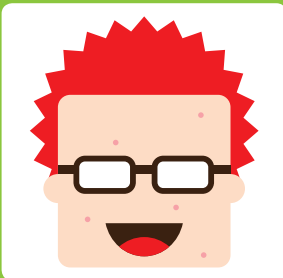
Testicles/Testes:

You have two testicles/testes. They are inside a bag of skin called the scrotum. They make sperm and hormones.

Keeping Clean

During puberty you will have hair growing in new places. You might sweat more. Your hair might feel greasy. You might be worried about getting spots. Keeping clean can help you to feel good about yourself.

- Wash your body every day. Make sure you always wash under your arms and between your legs.
- Boys who have foreskins should take care to wash and dry under their foreskin every day.
- Shampoo your hair.
- Shower after playing sport or taking exercise.
- Change your underwear every day.
- Use deodorant or antiperspirant under your arms after your shower. This can stop you getting body odour (B.O.).
- Girls – during your period change your pad or tampon every few hours.
- Boys – if you have a wet dream change your pyjama bottoms and have a shower when you get up.



I wash my face all the time and still have loads of spots. What am I doing wrong!? John

Spots can happen any time when you are growing up. They happen more at puberty because of all the extra hormones in your body. Some things can help, like eating fruit and vegetables. Washing your face in the morning and at night can also help. If you are still worried talk to your doctor. The chemist can also give you advice on treating spots.

Menstruation (Periods)

Menstruation (having periods) is one sign that a girl is growing up. It happens when a tiny egg comes out of one of the ovaries. As this happens, the lining inside the uterus gets thicker. This is to get ready for pregnancy. If the egg meets a sperm it attaches itself to the lining and grows into a baby. If it doesn't, the egg and the lining leave through the vagina. This is known as menstruation or a period. It looks like blood. It can be red or brown. It usually lasts a few days.

At first your periods can be irregular. This means that the time between them is different. After a while this will settle down. You will be able to work out when your next period will come. Most likely it will start about a month after the last one started.

Fact:



Did you know that girls are born with all the eggs in their ovaries that they'll ever need?



Jenny – on her first period

My mum told me all about periods and what to expect. I was a bit worried about getting mine. I thought everyone at school might know. She told me not to worry. She said it doesn't all come out in a big gush. She told me to carry pads and a spare pair of pants in my bag just in case. When my period started I was well prepared.

How will I know if I'm getting my period?

Some girls get signs that their period is coming soon and others don't. You might just find a small amount of menstrual fluid on your pants one day. That's how you might know your period has started.

Some signs you might get before your period:

- Your breasts may feel tender or they could get bigger.
- Spots on your face.
- Pains in your tummy.
- Headaches.
- Feeling moody, irritated or weepy. This is called Pre-Menstrual Syndrome (PMS).

Remember:



Remember all women have periods so it's normal to talk to your mum, sister, aunt or friends about them!

If you feel bad, there are lots of things you can do to make yourself feel better. The best thing to do is get out and about and stay active.

Keeping clean during your period

You use sanitary pads or tampons during your period to keep you clean. This stops menstrual fluid getting onto your pants. You can buy them in any supermarket or chemist.

Sanitary pads stick to your pants. They soak up the menstrual fluid as it leaves your body. A tampon looks like a rolled-up piece of cotton wool. You put it inside your vagina. It soaks up the menstrual fluid.

Whichever you use it is important to change them often so that you keep clean. It's a good idea to have sanitary pads in your bag for when your period starts.



I've heard you can't use tampons until you're older. Is that right? Katy, 11

There is no right or wrong age to use tampons. Using tampons or pads is your own choice. Why not talk to your mum or carer about it? Some girls find pads easier to use. Others prefer tampons as it means they can still do things like going swimming.

Reproduction

When you are an adult you might decide you want to have a baby. The name for how a baby is made is "reproduction".

A man's sperm and a woman's egg need to meet for a baby to be made.

About once a month in a woman's body a tiny egg leaves one of the ovaries. It goes down a tube to the uterus. If the egg meets and joins with a sperm this is called "fertilisation". If this happens it can grow into a baby. This is called "pregnancy".

Fact:



A baby takes around 9 months to grow in a woman's uterus. When it's ready to come out it moves down through the vagina and the woman gives birth.

The egg and sperm can meet when the man's penis goes into a woman's vagina during penetrative sex. Semen which has the sperm in it comes out of the man's penis. As well as making babies, sex is a way for some adults to enjoy their own and others' bodies and show they care for each other.

If the egg doesn't meet with a sperm, it leaves the woman's body during her period. For more information on periods see pages 11 – 13.

Wet dreams

Some boys have wet dreams. A wet dream is when a boy ejaculates when he is asleep. It's also called a "nocturnal emission". Ejaculation is when semen comes out of a boy's erect penis.

Wet dreams are completely normal. They happen to lots of boys. Don't be embarrassed if it happens to you.

Remember:



Remember: Wet dreams can be a bit messy. You will need to get washed and change your pyjama bottoms or sheets.



Pete – on wet dreams

I was really embarrassed but my dad was great about it. He helped me get some clean sheets. He said it was totally normal. He said not to worry. That made me feel a lot better.

Unexpected erections

Getting an erection when you don't expect it is very common during puberty. An erection is when the blood vessels in the penis fill up and it gets hard. It can be embarrassing but it's totally natural. It happens to all boys.

Tips for dealing with it:

- Stay sitting or cover it with a bag or jumper until it goes away.
- Try to think about something else.
- Wear clothes that make it less obvious.
- If people notice, try to laugh it off.

Remember:



It can be embarrassing but it's totally natural and happens to all boys.

Masturbation

Masturbation is when a girl or boy touches their body in a way that makes them feel good. For boys this often means rubbing the penis. A girl often rubs the area around her clitoris. But it can be any part of the body that feels nice when you touch it.

Sometimes when you are masturbating you can have an orgasm. This is when you get a very strong feeling of pleasure.

Masturbation is a normal and healthy way to explore your own body. You can find out what feels nice for you.

It's OK to masturbate as long as you do this somewhere private. This might be your bedroom or the bathroom.

Different kinds of relationships

As you grow up you have lots of different kinds of relationships. These are with different people. You have friendships. You have relationships with your parents and family. You have relationships with other people in your life.

Friendships are really great. Some friendships are very close and will last all your life. Others will last only a short time before you both move on. Having a good friend means you have someone to talk to, to ask advice and to spend time and have a laugh with.

Sometimes you can develop strong feelings for someone and feel really attracted to them. This is called "fancying" them. It's one of the fun things about getting older.

You might fancy someone in your class or school, an actor, sports person or pop star. You might even think you fancy adults like a family friend or teacher. This is a normal part of growing up.

Lots of young people growing up have dreams or strong feelings about someone who is the same sex as them. This is quite normal and doesn't always mean that they are gay, lesbian or bisexual.

Some people are lesbian, gay or bisexual. Being lesbian or gay means that you fancy people of the same sex as you. Being bisexual means fancying both sexes. You might already know some people who are lesbian, gay or bisexual. This might be in your family or some of your friends. It doesn't matter who we are attracted to. What counts is treating everyone with respect.

Fancying people is fun and exciting. It can sometimes make you nervous or uneasy. Some things to remember are:

- The relationships you have with your family and friends are just as important as the person you fancy.
- You might think your feelings will last forever. Usually they don't and you move on.
- Be yourself and you'll probably find people are attracted to you.
- Whatever you're feeling, talking to someone you trust can help.

Sexuality and sexual health

When people talk about sexuality they mean things like relationships, emotions, feelings or attraction to other people and sexual activity. Information on all these things is in this booklet.

Everyone's sexuality is different. People experience sexuality in different ways. What is important is that you look after and respect your own and other people's sexuality and sexual health.

Good sexual health means keeping safe and looking after your body. It also means having healthy relationships and having confidence and respect for yourself and others. A big part of sexual health is being able to talk to other people about your sexuality and your feelings and emotions.

Fact:



A big part of sexual health is being able to talk to other people about your sexuality, feelings and emotions.

Feelings and emotions

During puberty hormones can make your feelings and emotions much stronger. There are easy things you can do to help you deal with this.

- Talk to someone you trust about how you feel. Ask them any questions or worries you have.
- Try keeping a diary to write down what you feel so it's not bottled up inside.
- Having friends around you is great. Talking to them and spending time with them really helps. You can make new friends by joining a club, a sports team or volunteering.
- Run about, read a book, play the computer or listen to music.
- Simple things can help. Take part in healthy activities and get a good night's sleep. Be proud of the good things you've done.

Remember:



Whether you're having a good day or a bad day, what's important is that you feel good about yourself. After all, you're pretty great! The changes that are happening to your body and your feelings and emotions just mean you're growing up.

Body image

You don't need to be a glamorous model to feel good about yourself. Did you know that pictures of the bodies and faces you see in magazines, TV and films are often changed to make them look thinner and younger? You don't have to try and make yourself look older or sexy to feel good. What's most important is that you can be yourself.

People say lots of untrue things about how you should look or behave. Many of these things are in pornography and in some magazines.

What you see isn't real or correct. Real-life bodies don't look this way. This isn't really a true

picture of what sex is. In fact many people find it offensive. There is nothing wrong with asking for help when you need it – talking to someone about your worries and concerns is one of the best things you can do.



I'm the only girl in school who doesn't wear a bra. I feel like no-one will ever fancy me. Sophie, 12

During puberty bodies change and grow in different ways. You and your friends will look different. This doesn't mean no-one will fancy you. Be confident. Think about the things you like about your body. Be happy with who you are. People find that very attractive!

Making choices

As you grow up there are lots of decisions you have to make. Some are small. Some are bigger. Having friends to talk to about these really helps.

Sometimes it's easy to feel like you should do the same things as your friends. It's important that whatever you decide it's what **YOU** want to do.

Good friends won't make you feel bad for saying no or doing things differently. You might find that you're not the only one that feels the same way.

If you feel like your friends are always trying to get you to do things you're not happy with, talk to someone you trust. Sometimes it's better to say no and walk away or find new friends who like the same things as you do.

Remember:



Body parts like your breasts, penis and vulva are private. Nobody has the right to touch them or any other part of your body in a way that makes you feel uneasy or when you don't want them to. If this happens to you, talk to an adult that you trust or call **Childline** for free on **0800 1111**.

Bullying

If you're being bullied, don't put up with it. It's not your fault. Talk to an adult you trust. They can help you make it stop.

- Bullying is not just about punching and kicking. There are lots of different kinds of bullying.
- Gossiping or spreading nasty rumours is bullying. This is the same whether it's in person, online or by text message.
- Calling a person names or writing nasty things about them is bullying.
- Forcing someone to do something they don't want to do is bullying.
- Ignoring someone or leaving them out is bullying.

Fact:

A lot of bullying happens by text message or online. This is called "cyber-bullying".

For information about bullying or if you or someone you know is being bullied visit

www.childline.org.

If you feel you have nobody you can talk to about bullying and you need some help or advice, you can also call Childline for free on **0800 1111**.

Staying safe online

You are probably on the internet loads. It's such a great way to keep in touch with friends and family. Whether you are using messaging, chat rooms, social networks or gaming, it's really important to stay as safe as possible. Here are a few tips.

- Never give out personal information on social networking sites.
- Use a nickname rather than your real name.
- Remember, you can block people you don't know. Use privacy settings to make sure only your real friends can see what you post online.
- You can never be sure who you're really talking to online. Never arrange to meet face to face with anyone you've met online.

If you see or read something upsetting or are worried about anything, talk to an adult you trust like a parent or carer.

For more information on how to stay in control and report problems on the internet, visit **www.thinkuknow.co.uk**

Remember:



Once you put something online you can never get rid of it. Even after you've deleted it a digital footprint is left behind. Think very carefully before you put anything online.

Talk about it...

Talking about growing up and relationships can really help. If you are not sure about anything that's in this booklet talk it over with someone you feel comfortable with and can trust.

There are many people who can give you information and advice:

- Your mum, dad or carer
- Someone else you live with
- A teacher
- A youth or group leader
- An older brother or sister
- A good friend

Websites that can give you information on puberty and relationships are:

www.likeitis.org.uk

www.beinggirl.co.uk

www.teenagehealthfreak.org

www.lgbtyouth.org.uk

Other people who can answer your questions or talk about how you feel are:

Childline **0800 1111**

www.childline.org

www.thinkuknow.co.uk

for more information on how to stay in control and report problems on the internet.



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