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A Girl’s Reproductive Organs

Girls’ Body Parts

Boys’ Body Parts

A Boy’s Reproductive Organs

Head
Eyebrow
Eye
Ear
Nose
Mouth
Armpit
Nipple
Breast
Navel
Palm
Finger
Vagina
Thigh
Leg
Knee
Ankle
Heel
Toe

Ovary
Uterus
Fallopian Tube
Cervix
Vagina

Head
Eyebrow
Eye
Ear
Nose
Mouth
Armpit
Breast
Navel
Palm
Finger
Penis
Glans Penis
Leg
Knee
Ankle
Toe

Seminal Duct
Seminal vesicle
Testis
Sperm
During adolescence an important change occurs in a girl’s body, e.g. sometimes he has wet dreams

What is a wet dream?

In adolescence during sleep a thick, white fluid called sperm sometimes comes out of the penis. This process is called a wet dream. Lots of sperm are formed inside the body and when there is too much sperm some is released. Boys know that wet dreams are normal and nothing to worry about.

As we grow, our body goes through many changes. These changes occur due to secretions in the body.

These secretions are called ‘hormones’ and are vital for growth and development.

What changes occur in boys’ bodies when they are growing up?

- Acne
- Height gain
- Weight gain

Growth of hair on the body including a beard and moustache

Development of the body

Changes to the voice

Penis development

Development of an Adam’s Apple (a bulge in the neck)

As we grow, our body goes through many changes. These changes occur due to secretions in the body.

These secretions are called ‘hormones’ and are vital for growth and development.

What changes occur in girls’ bodies when they are growing up?

- Acne
- Height gain
- Weight gain

Growth of hair on the armpits and genitalia

Development of the body

Changes to the voice

Development of the vagina and breasts

Menstruation

There are different organs in our bodies. Boys and girls both have the same organs and they function in a similar way. Only their reproductive organs are different.

During adolescence important change occurs in a girl’s body - she starts menstruating

What is Menstruation?

All women and girls have a uterus. In the uterus, two ovaries are attached by two tubes. Between the ages of approximately 9 and 16 the eggs start to mature.

Every month one egg leaves an ovary and reaches the uterus through a tube. As the egg moves along the tube, a blood lining starts to develop on the inner lining of uterus. Slowly this blood lining thickens. If the egg is fertilized, this lining provides nutrition for the foetus. If the egg is not fertilized, the lining formed on the uterus is of no use to the body. Therefore this layer starts to break down and the blood lining and the egg are released from the vagina.

This is called menstruation and it usually lasts for 4 to 6 days.

Girls know that menstruation is a normal process and that it is nothing to worry about.
During adolescence boys and girls go through similar emotional changes. What else occurs during adolescence?

Fantasies  Peer pressure  Trying to form one’s own identity

Girls

As a girl grows, her body develops and changes occur. These changes occur from the ages of 9 to 19. This stage of a girl’s life is called ‘adolescence.’ After adolescence she will become an adult.

Boys

As a boy grows, his body develops and changes occur. These changes occur from the ages of 9 to 19. This stage of a boy’s life is called ‘adolescence.’ After adolescence he will become an adult.

Which emotions do they feel?

<table>
<thead>
<tr>
<th>Emotions</th>
<th>Girls</th>
<th>Boys</th>
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</thead>
<tbody>
<tr>
<td>Shame</td>
<td>Stress</td>
<td>Stress</td>
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<tr>
<td>Stress</td>
<td>Restlessness</td>
<td>Restlessness</td>
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<tr>
<td>Anger</td>
<td>Moodiness</td>
<td>Moodiness</td>
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<tr>
<td>Curiosity</td>
<td>Indecision</td>
<td>Indecision</td>
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<tr>
<td>Restlessness</td>
<td>Sexual attraction</td>
<td>Sexual attraction</td>
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<tr>
<td>Moodiness</td>
<td>Being more self-conscious</td>
<td>Being more self-conscious</td>
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<td>Indecision</td>
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</tbody>
</table>

Sexual attraction  Being more self-conscious

During adolescence boys and girls go through similar emotional changes. What else occurs during adolescence?

<table>
<thead>
<tr>
<th>Fantasies</th>
<th>Peer pressure</th>
<th>Trying to form one’s own identity</th>
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</table>

10 Years  6 Years  13 Years  15 Years  20 Years
During adolescence boys and girls go through similar emotional changes.

**Which emotions do they feel?**

**Shame**

**Stress**

**Anger**

**Curiosity**

**Restlessness**

**Rebelliousness**

**Moodiness**

**Indecision**

**Sexual attraction**

**Being more self-conscious**

**During adolescence boys and girls go through similar emotional changes.**

**Girl**

As a girl grows, her body develops and changes occur. These changes occur from the ages of 9 to 19. This stage of a girl's life is called 'adolescence'. After adolescence she will become an adult.

**Boy**

As a boy grows, his body develops and changes occur. These changes occur from the ages of 9 to 19. This stage of a boy's life is called 'adolescence'. After adolescence he will become an adult.

**What else occurs during adolescence?**

**Fantasies**

**Peer pressure**

**Trying to form one's own identity**

**Easily influenced**

**During adolescence boys and girls go through similar emotional changes.**

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**Fantasies**

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