As We Grow Up

Girls’ Body Parts

- Head
- Eyebrow
- Eye
- Ear
- Nose
- Mouth
- Armpit
- Nipple
- Breast
- Navel
- Palm
- Finger
- Vagina
- Thigh
- Leg
- Knee
- Ankle
- Heel
- Toe
Boys’ Body Parts

- Head
- Eyebrow
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- Mouth
- Breast
- Navel
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- Finger
- Penis
- Glans Penis
- Leg
- Knee
- Ankle
- Toe

A Boy’s Reproductive Organs

- Ureter
- Bladder
- Prostate gland
- Seminal vesicle
- Vas deferens
- Testis
- Penis
- Urethra
- Scrotum
During adolescence and with the onset of puberty, important changes occur in a boy’s body and he experiences semenarche or his first ejaculation. This is commonly known as a wet dream.

Puberty is the process of physical changes by which a child’s body matures into an adult body capable of sexual reproduction. The major landmark of puberty for males is the semenarche, which occurs on average between the ages of 11-15.

What is semenarche?
At the onset of puberty, thick white fluid called semen comes out of the penis. This major change in a boy’s body is known as semenarche (first ejaculation) and this process is called ejaculation. Lots of semen is formed inside the body and when there is too much – some semen is released. During adolescence, boys sometimes experience these wet dreams.

Boys know that wet dreams are a normal part of the growing up process and that there is 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 physical, emotional and social changes occur in a boy’s life, when he is growing up?
- Height gain
- Weight gain
- Acne
- Growth of hair on the body including a beard and moustache
- Development of the body
- Changes to the voice
- Penis development
- Semenarche
- Development of an Adam’s Apple (a bulge in the neck)
- Ambition
- Dreams
- Shyness
- Strong opinions
- Responsibility
- Individual desire
- Seeking independence and testing boundaries
During adolescence and with the onset of puberty, important changes occur in a girl’s body and she starts menstruating. Puberty is the process of physical changes by which a child’s body matures into an adult body capable of sexual reproduction. The major landmark of puberty for females is menarche, the onset of menstruation, which occurs around the age of 12 but can be as early as 8 or 9 years of age.

**What is Menstruation?**

Each month, special chemicals inside the female body, called hormones, cause the body to release an egg from one of the two egg sacks, called ovaries. Each month, about 10 to 20 tiny eggs start to ripen but only one or two eggs are released. The egg then travels to the uterus via the fallopian tubes.

The uterus prepares for the egg with extra tissue and blood vessels, ready to support and nourish the growing foetus. Only if the egg meets sperm will it be fertilised and slowly develop over 9 months into a baby.

If the egg is not fertilised, it passes right through and just dissolves. The blood vessels and thickened lining of the uterus are no longer needed and form the menstrual flow, which escapes through the vagina. This is the menstrual period which lasts from 4 to 5 days but anything between 2 and 7 days is normal. Menstrual flows occur on average every 28 days but anything between 21 to 35 days is normal.

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. 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.

**What else occurs during adolescence?**
- Feeling of responsibility
- Peer pressure
- Strong opinions or views
- Trying to form one’s own identity
- Individual desires

**Which emotions do they feel?**
- Curiosity
- Shyness
- Desires
- Rebelliousness
- Indecision
- Restlessness
- Dreams
- Stress
- Moodiness
- Ambition
- Vulnerability
- Sexual attraction
- Self-consciousness
- Feeling of responsibility
- Peer pressure
- Strong opinions or views
- Trying to form one’s own identity
- Individual desires

**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.**

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**Which emotions do they feel?**

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