WHAT IS PUBERTY?

- The stage of development that marks the beginning of the change from childhood to adulthood.
- Usually starts between the ages of 9 and 16.
- Occurs at different times for different people.
CHANGES THAT OCCUR WITH PUBERTY

- Your body grows taller, hips become fuller, waist narrows
- Skin becomes more oily, and pimples may develop
- Breasts begin to develop
- Menstruation begins
OTHER CHANGES THAT OCCUR

- Mentally you will be able to make more decisions for yourself, and take on more responsibilities.
- Emotionally you will begin to have more intense feelings.
- Socially you may feel the need for friends more than ever before and you may develop new interests, hobbies, and styles.
FEMALE ANATOMY

- Ovaries - storage place for eggs
- Egg – the female reproductive cell
- Fallopian tubes - tubes through which the eggs travel to the Uterus.
- Uterus - the organ in which a fetus grows and is nourished
- Vagina - the passageway from the uterus to the outside of the body, through which menstrual fluids pass
MENSTRUATION FACTS

- No one knows for sure when they will start for the first time.
- Watch for a whitish secretion in your panties.
- Once your period starts, use a calendar to mark the days of your period, so you know when to begin expecting it.
MORE MENSTRUATION FACTS

- Periods usually last an average of 4 to 7 days
- You may experience cramps before or during your period
- Your period can be slightly different from month to month
- You should still remain active during your period
WHAT PRODUCT TO USE?

- There are many different sanitary napkins (pads) to choose from.
- Avoid using tampons for now.
- Ask your mother’s opinion - she’s been where you are now.
- Carry around a pad and extra panties when your period is due.
WHAT CAN YOU DO TO HELP LOOK AND FEEL YOUR BEST DURING PUBERTY?

- Make healthy eating choices
- Get enough rest to keep up with the changes occurring
- Be active, physically
- Shower and use deodorant or antiperspirant daily
- Give special attention to your face to prevent acne
- Talk to your mom about when to start wearing a bra
Abstinence is voluntarily refraining from or doing without. This means choosing not to damage your body with harmful things such as drugs, or cigarettes. Positively speaking, this means you respect yourself and want to achieve the goals and dreams you have set for yourself by making good choices.
NON-COMMUNICABLE DISEASES

- Do **not** spread from person to person
- Can **develop** from the environment, heredity, or genetics
- Can affect any system of the body, such as respiratory, gastrointestinal, circulatory
- Sometimes **can** be cured or even prevented through medication, therapy, and/or understanding
- Sometimes **cannot** be cured but controlled through same measures
EXAMPLES OF NON-COMMUNICABLE DISEASES

- Asthma
- Allergies
- Diabetes
- Headache
- Cancer
- Heart Disease
COMMUNICABLE DISEASES

- Can spread from person to person, which means they are contagious
- Are caused by germs such as viruses or bacteria
- Spreads through direct contact - touching a sick person, or indirect contact - touching objects that a sick person has touched
- Can enter the body through the nose, eyes, or a break in the skin, or from hands to mouth
EXAMPLES OF COMMUNICABLE DISEASES

- Colds and Flu
- Chicken Pox
- Measles
- Pink Eye
- Fifth’s Disease
- HIV/AIDS
WHAT IS HIV/AIDS?

- HIV = **Human Immunodeficiency Virus**
- AIDS = **Acquired Immune Deficiency Syndrome**
- AIDS is the result of a long process that begins with the HIV virus
- HIV/AIDS is FATAL! There is no cure!
Definition of HIV/AIDS

- HIV/AIDS is a life-threatening disease that attacks the immune system.
- It weakens it so that the immune system can’t fight diseases.
- Your immune system is made up of the white blood cells in your blood.
- When germs enter the body, these cells attack them and kill them.
- In the case of HIV/AIDS, the white blood cells are killed before they can destroy the germs that cause diseases.
The HIV virus gets introduced into your body through blood to blood contact, through a break in the skin. It attaches itself to the white blood cells, your immune system, and begins to reproduce itself. As the virus spreads, more and more white blood cells are destroyed causing your immune system to become weaker and weaker.
WHAT THE DISEASE DOES TO YOUR BODY

- In the early stages of the disease your body has millions of white blood cells to still fight infection.
- But over time the HIV virus destroys more and more cells until you go from having millions of white blood cells to just hundreds, then tens, then none.
- The body can then be attacked by all kinds of infections and diseases (called opportunistic diseases).
- This is AIDS.
WAY TO SPREAD HIV/AIDS

- Coming in contact with fresh blood or body fluids of another person
- I. V. drug use - sharing needles
- Mother to unborn child
- Blood brothers

- Sharing toothbrushes, razors, or dental floss
- Tattoos, or body piercing
DOORKNOBS
DRINKING FOUNTAINS
TOILET SEATS
EATING UTENSILS
INSECT BITES
HUGGING
COUGHING, SNEEZING
HOLDING HANDS
WHAT SHOULD YOU DO?

- Learn accurate information about the disease
- Take responsibility for your own protection
- Refuse to use drugs
- Practice abstinence
- Respect yourself