



Confused?

Becoming an adult can be confusing. Part of growing up is learning about body changes and changes in feelings. It takes time to understand how these changes fit together with who you are and who you want to be. You don't have to rush. Growing up takes time. What you decide and do can make a difference in the rest of your life.

Glossary

Eggs – female sex cells stored in the ovaries.

Erection – when the penis fills with blood, making it become larger and stiffer.

Fallopian tubes – two small tubes that join the ovaries and the uterus.

Menstruation – when the lining of the uterus breaks down and passes out through the vagina each month.

Ovaries – two special body parts in a woman that make and store the eggs.

Penis – the male sex organ that hangs in front of the scrotum and between the legs.

Glossary Continued

Pregnant – a word to describe a female who has a developing fetus in her body.

Puberty – body changes in boys and girls that make them able to become fathers and mothers.

Pubic hair – hair around the sex organs on the outside of the body.

Scrotum – a small sack that hangs between the legs and holds the testicles.

Semen – the liquid that carries the sperm.

Sexual intercourse – when a man puts his penis inside a woman's vagina.

Sperm – male sex cells that are stored in the testicles.

Testicles – two special body parts in a man that make and store sperm.

Uterus – a special body part in which a fetus grows during pregnancy.

Vagina – the passage leading from the uterus to the outside of the body.

Vas deferens – a tube leading from the testicles into the penis. There are two of these tubes.

Wet dreams – when semen is passed from the penis during sleep.



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When people grow up, they change.

You change on the outside and on the inside. You may also change the way you think and feel. This brochure explains some of the changes boys and girls experience. For any terms in this brochure you may not understand, be sure to review the glossary.

When do these changes happen?

All boys and girls go through a special time called puberty. This is the time when changes in body shape occur and when some of your body parts begin to work differently. Your interests, attitudes, and feelings may also change.

Puberty comes at different times for different people. For boys, it usually begins between the ages of 9 and 15. For girls it usually begins between the ages of 8 and 16.

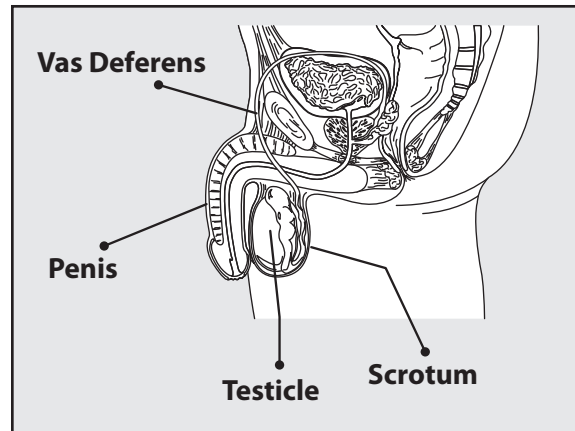
What are the changes in boys?

During puberty:

- Shoulders will become broader.
- Voice will get deeper.
- Hair may grow on face, under arms and in pubic area.
- Penis and testicles will begin to grow larger.

A boy has special body parts that make it possible for him to become a father. At puberty, these body parts begin to work.

The sac that hangs between a boy's legs is called the scrotum. Inside the scrotum, there are two testicles that make and store sperm. There are two tubes, each called the vas deferens, which lead from the testicles into a tube called the urethra. The urethra is in the penis. Sperm travels through the urethra to get to the outside. Urine also flows through the urethra.



At puberty, boys will begin to have erections more often. An erection is when the penis fills with blood, making it much larger and stiffer. Erections are a normal part of growing up.

Sometimes during an erection, liquid comes out of the penis. This liquid is called semen. It contains millions of sperm. If semen is passed from the penis during sleep at night, it is called a nocturnal emission or a "wet dream."

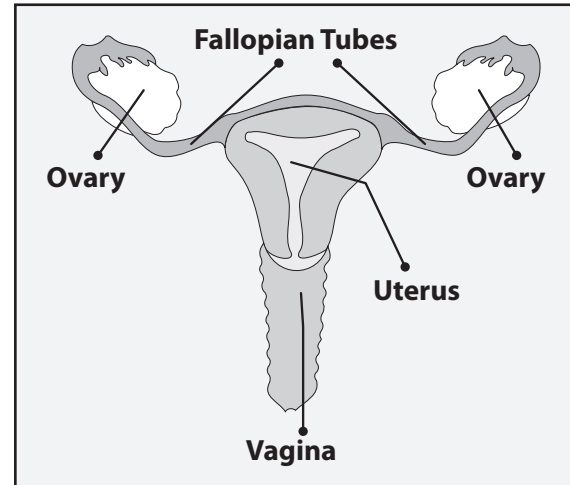
What are the changes in girls?

During puberty:

- Breasts will begin to grow.
- Hips will grow wider.
- Hair will grow under arms and in pubic area.

A girl has special body parts that make it possible for her to become a mother. At puberty, these parts begin to work.

A girl has two ovaries, each filled with eggs since she was born. Each month, usually one egg is released from one of the ovaries. The egg travels through the fallopian tube that connects the ovary to the uterus. It takes several days for an egg to travel through this tube on its way to the uterus.



As the egg travels through the fallopian tube, the uterus prepares to receive the egg. A soft, blood-rich lining forms on its inside walls. If intercourse (sex) occurs, the egg may be joined by a sperm. This is called a fertilized egg. If it is fertilized, it may attach to the wall of the uterus. The fertilized egg may then grow into a fetus. In other words, a girl becomes pregnant.

If the egg is not fertilized with a sperm, a girl is not pregnant and the lining of the uterus is not needed. The egg and the lining then break down and pass out of the body through the vagina. This is called "menstruation." Menstruation happens about every 28 days. This is what girls call a "period."

Who can you talk to?

All young people have questions about growing up and sex. Usually, adults have more correct information than people your own age. Don't be afraid to ask. Nurses, doctors, school counselors, religious leaders, relatives, and other adults you trust are almost always willing to talk with you. Most importantly, don't forget about your parents or your guardian!

You may think your parents or your guardian won't understand. Times have changed a bit, but they were young once too. They had the same feelings you have or will have. They too had to make their own choices. Sometimes it is hard for parents or guardians and children to talk with each other about sex. Conversations may never get started, or a talk ends up with everyone feeling like "no one understands."

If it makes you uncomfortable thinking about talking with your parents or your guardian about sex, try these suggestions:

1. Remember, your parents or your guardian care about you and your happiness.
2. Remember, your parents' or your guardian's ideas about sex come from their own personal experience and what they know. Their ideas may be different from yours.
3. Remember, your parents or your guardian will probably try to understand the way you think and feel. Try to be fair and listen to the way they think and feel too.
4. Learn to listen. Be open to ideas and opinions that may be different from yours.
5. Talk about your ideas and feelings clearly. Don't get angry and stop talking.
6. Don't give up on your parents or guardian. Keep talking.

