Puberty Changes Facilitators Prompt Sheet

Puberty is when people start to change from being a child into a young adult. The speed of these changes will be different for everyone. Puberty starts sometime between the ages of 7 and 16 and the process takes several years to complete. People will start puberty at a slightly different time and will develop differently – it’s important to respect that we are all different.

**For Everyone:**

* Grow Taller (you might feel more achy or tired as a result).
* You may get spots.
* Get more hair – under your arms, on your legs and genitals, sometimes face and chest too
* During puberty we get sweatier, especially under our arms and in between our legs. People may choose to use deodorant or antiperspirant under their arms to help reduce their body odour.
* During puberty people’s hair gets greasier so it’s important to wash your hair more often. We also get sweatier and smellier, so it’s important to have a wash every day. However, we should not wash our genitals with strong perfumed soap as this can cause them to become itchy or sore. Just warm water and/ or unperfumed soap is fine. If you have a foreskin (skin over the end of the penis), gently pull this back to clean underneath when you wash.
* The hormones released in puberty can impact our emotions and feelings. Make sure you are kind to yourself and others. Do things which help you feel positive. Getting enough sleep, doing some exercise and eating healthily can also help.
* During puberty you might start thinking about who you fancy and start thinking about sexual things.
* You may want more independence and to take some more responsibility for yourself.

**Changes if you are a girl, have a vulva**

* Your nipples and breasts will get bigger (you might wear a bra).
* Your body shape may grow curvier and your hips may get wider.
* You might start to get vaginal discharge - clear/milky liquid in your underwear which keeps the vagina healthy.
* Your periods will start.

**Changes if you are a boy, have a penis**

* Your voice deepens (voice changes).
* Your muscles develop and your chest gets broader.
* Your genitals (penis and testicles) grow larger.
* Your nipples can become sensitive for a short time and may swell.
* You will begin to get erections (when the penis grows stiff and sticks out from your body), when you least expect them!!
* Wet dreams are when you ejaculate (release fluid containing sperm out of the penis) when you’re asleep. This happens to some people and not to others. It is normal. It’s important to clean up afterwards and change your sheets and pyjamas.

\*\*Note to explain if appropriate for the group\*\* girls and people with vulvas can have ‘wet dreams’ in that they can orgasm (pleasurable sexual feeling) when they are asleep but this doesn’t involve an erection or ejaculation of sperm.