

## **HEALTHY EDUCATION**

### **PUBERTY**

The term puberty simply means the change from childhood into adulthood. This occurs between the ages of 12 and above. Some enter this stage early, and others slightly late. Puberty is the beginning stage of adolescence. From about 11 years onwards, changes start taking place in your body, showing that the child is gradually developing into an adult.

### **CHANGES IN GIRLS**

Between the ages of 11 and 15 the following changes occur, physically and emotionally. These are;-

- Breasts start developing.
- Pubic hairs start to grow.
- Hips become wider.

The body produces egg cells from the ovaries.(Menstruation-the removal of an fertilized egg with the lining of the uterus in form of blood.

- Attraction to the opposite sex.

### **CHANGES IN BOYS**

Between the ages 12 and 15 the following occur:-

- The voice gets deeper.
- The chest and the shoulders broaden.

Hair grows in the armpits and the public area which is in front between the legs. The hairs are called pubic hairs.

- The body produces sperm in the testes.
- Attraction to the opposite sex.

### **PERSONAL HYGIENE DURING**

1. Wash regularly, using mild soap.

2. Keep the public areas dry, choose underwear made from cotton. Which allows sweat to evaporate?
3. Hairs to be removed from armpits regularly.
4. Avoid tight-fittings underwear and pants as this prevents air from circulating around the pubic area.
5. Use an underarm deodorant. During puberty the changing hormones can result in the body developing a stronger personal smell.
6. Girls should change sanitary towels, used during menstruation regularly.

### **EXERCISE**

1. What is puberty?
2. What happens to your body during puberty?
3. List down the changes which occur during this period
4. Define the following terms in this topic:-
  - (i) Deodorants.
  - (ii) Menstruation.
  - (iii) Hormones
5. List four hygiene rules that should be observed during this period.