

What to Expect during Puberty and Adolescent Changes
How to have The TALK (About sex and sexual health)
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Physical and Emotional changes occur during puberty:

- **Essential that child learn anatomy for insight into their bodies and understanding reproduction.**
- **Use proper terms to improve communication:**
 1. MALE: penis, testicles, scrotum, urethra, anus
 2. FEMALE: vagina, uterus, ovaries, urethra, anus
- **Male Anatomy or body changes usually start between ages 11 and 14; Different for each child.**
 1. Result of sex hormones-primarily testosterone in boys
 2. Growth spurt; enlarging of penis and testicles; hair growth;
 3. Other changes: voice changes, body odor, acne, oily hair and skin.
 4. Emotional changes and wet dreams
- **Female Anatomy or body changes usually start between ages 9 and 11; Different for each child.**
 1. Result of sex hormones-primarily estrogen and progesterone.
 2. Growth spurt; breast development, hair growth
 3. Other changes: body odor, acne, oily hair and skin.
 4. Menstruation: soft lining of tissue in uterus forms every month; if no pregnancy occurs, lining is shed and flows out- known as “menstrual period” or “cycle”. May be accompanied by some symptoms such as “cramps”, mood swings and irritability.
- **Reproduction:**
 1. In the female millions of eggs in ovaries at birth; Eggs begin to be released at end of puberty; One egg released about every 4 weeks.
 2. In the male sperm is produced in testicles; Millions released during ejaculation from the urethra.
 3. Male gets an erection-hardening of the penis; Male and female get close together; Male fits penis into vagina; Ejaculation (climax or coming) releases sperm into vagina; Sperm swim up the vagina, cervix, uterus and fallopian tubes.
 4. When the sperm meets an egg in the tube; the egg is fertilized by the sperm and the baby begins to grow as it travels through the tube into the uterus where it continues to grow for nine months when ready to be born.

The Talk is a lifelong conversation:

- Repetition is important; Use teachable moments.
- Begin early (3-5th grades, before onset of puberty); *the sooner the better.*
- Relate your values; Educate before media/others do it for you.
- Aide decision making; clearly communicate expectations for dress, behavior, treatment of others, language, house rules, etc; Set boundaries for their protection.
- Explain about “private areas”; tell them that, *“No one should touch your “private” area unless as the parent, I say it’s “ok”.*
- Encourage communication from child; *shows you care about their experiences.*
- Answer questions calmly, honestly, directly, *at their level*; use necessary resources. Discussion should be age appropriate
- Tell them that *Sexual desire is natural and healthy; but because* Sex increases emotional bonding, inform them that even a *“20 second” hug can increase trust* –either in a parent or in an outsider.
- Sex is beneficial in a lifelong, mutually *monogamous* relationship (such as marriage) *even if it didn’t work that way for you.*
- State what *you as the parent expects of their behavior:*
 1. Wait until marriage to have sex
 2. Practice good hygiene
 3. Ask you as the parent about their sexual health questions.
- Infections that are usually spread by sexual behavior may be spread by mutual masturbation (fooling around), sexual intercourse (vagina, oral or anal). *Risks are the same even in same sex relationships.*
- *“Safe sex” is not safe enough.* Cannot provide complete protection from pregnancy or Sexually Transmitted Infections (STI’s). *Some STI’s have no cure.*

RESOURCES

HOOKED, New Science on How Casual Sex is Affecting Our Children by Joe S. McIlhaney, Jr., MD and Freda McKissic Bush, MD

TELL ME NOW, DVD, Parent Guide and Activity Book by Super Smart Doctors Who Talk About Sex www.medinstitute.org