1. What age does puberty normally happen in girls? Ages 8-13 (Girls mature earlier than boys)
2. Why do girls have a period? Women have periods because of our reproductive system which allows us to get pregnant and have children when we are older.
3. How much blood does a girl lose when on her period/menses? 4-12 teaspoons of blood and tissue over about 5 days
4. What are the names of some of the hygiene products that can be used during menstruation? Pads, panty liners, and tampons
5. What is a period cramp? The cramping that you experience during your menstrual period when your uterus contracts to help expel its lining (endometrium)
6. What can you do to help with menstrual/period cramps? Take a hot bath or use a heating pad on your abdomen
7. Who can you talk to if you have questions about puberty/hygiene? Mom, step-mom, trusted adult, teacher, school nurse.
8. What are 3 important things that you should remember when going through puberty? Eat properly, exercise and rest
9. What is puberty? Puberty is changes in your body and your friend’s body that you go through as you grow up.
10. Is puberty normal? Yes
11. What changes might you see in a female going through puberty? Getting taller, breasts get bigger, body hair in new places, body odor, oily skin and hair, pimples, and mood swings.
12. What causes puberty changes in females? The pituitary gland at the base of your brain signals your ovaries to make a hormone called estrogen
13. Why do people start to smell and have body odor? Because their apocrine glands (sweat glands) mix with bacteria on the skin and cause body odor (BO)
14. How do you get rid of body odor? Take a bath, use deodorant
15. What is sebum? An oily substance produced by the body that can cause oily skin (acne) and oily hair
16. What can I do if I have acne? Wash your face 2 times a day with a gentle cleanser.
17. How often should I wash my hair? Every day or every other day
18. How often should I brush my teeth? 2 times a day, morning and night
19. How often does a girl have a period? Every 28 days or once a month
20. When can I expect my period to start? Usually 2 years after your breasts develop or you start growing pubic hair
21. What is another sign that my period may be starting soon? You may start having a clear/whitish liquid discharge from your vagina that is completely normal.

Puberty/Hygiene Questions for Boys

1. What age does puberty happen in boys? Ages 10-17
2. What are 3 important things that you should remember when going through puberty? Eat properly, exercise and rest
3. What is puberty? Puberty is changes in your body and your friend’s body that you go through as you grow up.
4. Is puberty normal? Yes
5. Why do people start to smell and have body odor? Because their apocrine glands (sweat glands) mix with bacteria on the skin and cause body odor (BO)
6. How do you get rid of body odor? Take a bath, use deodorant
7. What is sebum? An oily substance produced by the body that can cause oily skin (acne) and oily hair
8. What can I do if I have acne? Wash your face 2 times a day with a gentle cleanser.
9. How often should I wash my hair? Every day or every other day
10. How often should I brush my teeth? 2 times a day, morning and night
11. Who can you talk to if you have questions about puberty/hygiene? Dad, step-dad, trusted adult, teacher, school nurse.
12. What changes might you see in a male going through puberty? Penis/testicles get bigger, voice change, body odor due to apocrine sweat glands, hair on face, arms, legs, and chest and pubic area.
13. What causes puberty changes in males? The pituitary gland at the base of your brain signals your testicles to make a hormone called testosterone.
14. What is a wet dream? If you wake up with a wet, sticky substance on your underwear or pj’s, this is called nocturnal emission, it is when you ejaculate during sleep and you don’t even know it is happening. This happens during puberty but you should outgrowth this.
15. How many hours of sleep do teenagers need while going through puberty? 8-9 hours of sleep
16. What is the word that describes when the blood vessels in the penis fill with blood and then causes the penis to get hard? Erection
17. Are erections normal? Yes, erections are an important part of the male reproductive system. In puberty, the testicles begin to produce sperm.
18. What is the hormone produced by the testicles? Testosterone
19. What gland in the body signals the testicles to make the hormone testosterone? Pituitary gland