

## Chapter 2

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# The Female Body

### LIFE SKILLS

- I will show good character.
- I will show respect for myself and others.
- I will accept how my body changes as I grow.
- I will have regular checkups.
- I will be well-groomed.
- I will care for my reproductive system.

## WORDS YOU WILL LEARN

puberty  
hormones  
estrogen  
secondary sex characteristics  
ovary  
Fallopian tube  
uterus  
cervix  
vagina  
breast bud  
bra  
perspiration  
acne  
menstrual cycle  
ovulation  
fertilization  
menstruation  
toxic shock syndrome (TSS)  
menstrual cramps  
harassment

This is a period of rapid growth for you. You are becoming more mature. To be mature is to be fully grown. Your mind is becoming more mature. Your body is becoming more mature. **Puberty** (PYOO·buhr·tee) is the period of growth when your body matures and becomes like that of an adult. A girl's body becomes capable of producing a baby even though she is not ready to be a mother. This chapter tells how girls mature. It discusses healthful habits that girls can practice.

## WHAT YOU WILL BE ABLE TO DO

1. Tell ways that a girl's body changes during puberty.
2. Name the organs in the female reproductive system.
3. Discuss the growth of body hair and shaving.
4. Give reasons why girls wear bras.
5. Tell ways to reduce perspiration and body odor.
6. Tell the cause and treatment for acne.
7. Explain what happens during the menstrual cycle.
8. Tell products used for menstruation.
9. Tell symptoms of toxic shock syndrome (TSS).
10. Tell healthful habits that girls your age can practice.

# Puberty in Girls

## A WORD TO BOYS

### Show good character.

1. Show respect for girls.
2. Do not tease girls about body changes.
3. Do not use slang words for a girl's body parts.
4. Do not make comments about a girl's period.
5. Give girls privacy.  
(Girls will like you better!)

**Hormones** (HOR·MOHNZ) are chemicals that control certain body processes. A hormone called estrogen is released into the bloodstream when a girl is about eight years old. **Estrogen** (ES·truh·juhn) is a hormone that produces secondary sex characteristics and influences the menstrual cycle. **Secondary sex characteristics** (KAR·ik·tuh·RIS·tik) are the body changes that occur during puberty. The following body changes occur in girls:

- Increase in height
- Increase in breast size
- Growth of hair under the arms
- Increase in perspiration
- Growth of thicker and darker hair on the legs
- Growth of hair around the pubic area [The pubic area is the area outside the body that includes the reproductive (REE·pruh·DUHK·tiv) organs.]
- Widening of the hips
- Increase in the size of the reproductive organs
- Onset of menstrual (MEN·stroo·uhl) periods

A girl should have regular checkups. She should ask her parents or guardians and doctor questions about body changes.

# The Female Reproductive System

The female reproductive system is made up of organs in the female body that are used to produce a baby.

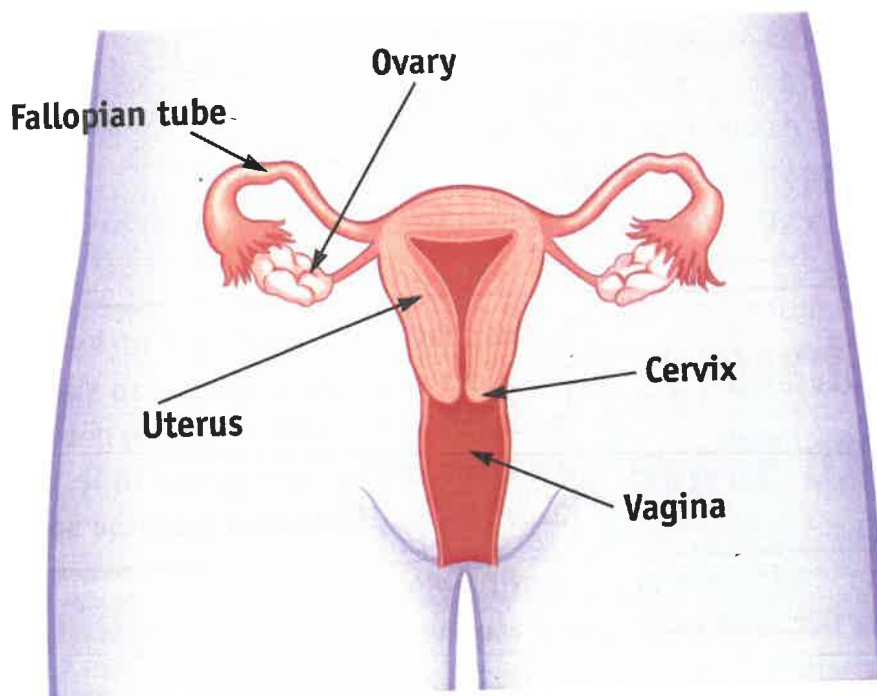
An **ovary** (OH-vuh-ree) is a gland that produces estrogen and ova. A female has two ovaries. *Ova* are female reproductive cells. Ova also are called eggs. An ovum is one egg.

A **Fallopian** (fuh-LOH-pee-uhn) **tube** is a four-inch-long tube through which ova move from an ovary to the uterus. A female has two Fallopian tubes—one near each ovary.

The **uterus** (YOO-tuh-ruhs) is an organ that supports a fertilized ovum during pregnancy. The uterus is muscular and stretches when a baby is growing inside.

The **cervix** (SUHR-viks) is the lower part of the uterus that connects to the vagina. During childbirth, the baby passes through the cervix into the vagina.

The **vagina** (vuh-JY-nuh) is a tube that connects the uterus to the outside of the body. The vagina is very muscular. It stretches when a mother gives birth.

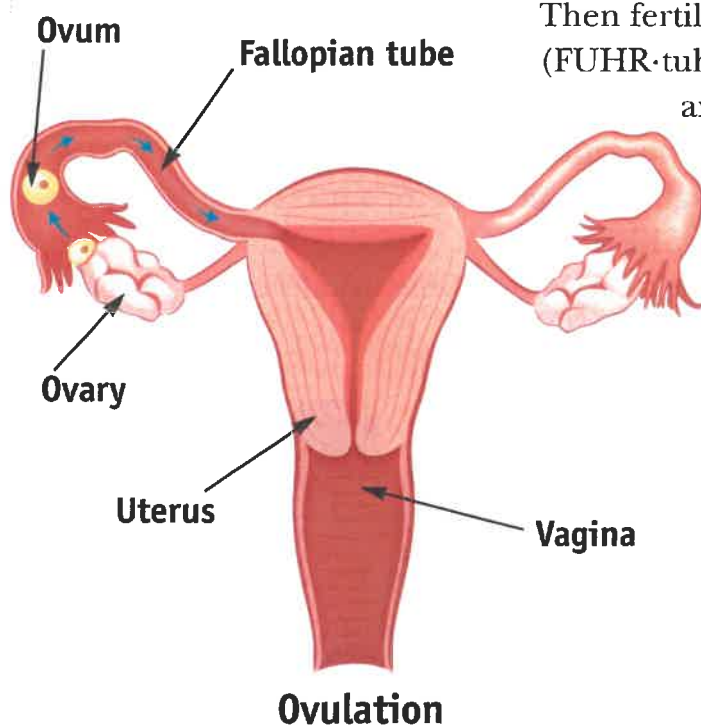


# The Menstrual Cycle

The **menstrual** (MEN·stroo·uhl) **cycle** is a series of changes in the female body that includes the build-up of blood in the lining of the uterus, the release of an ovum, and the period. Each month a female's body prepares for the release of an ovum, or egg. Estrogen causes blood to build up in the lining of the uterus. This makes the lining of the uterus very thick.

Then ovulation occurs. **Ovulation** (AHV·yuh·LAY·shuhn) is the release of a mature ovum from the ovary. The ovum goes into one of the Fallopian tubes. The ovum travels down the Fallopian tube toward the uterus.

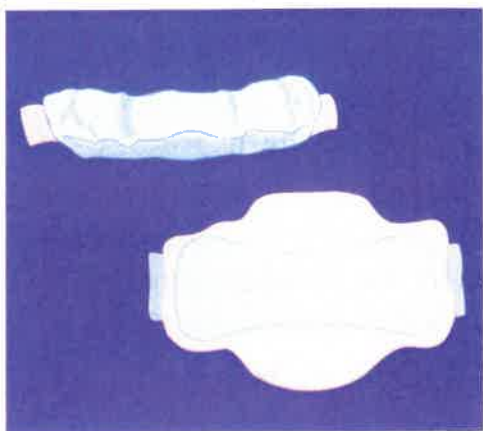
Suppose there are sperm in the Fallopian tube. Sperm are male reproductive cells. Then fertilization might occur. **Fertilization** (FUHR·tuhl·uh·ZAY·shuhn) is the joining of an ovum and a sperm to make a single cell. The fertilized ovum continues down the Fallopian tube and enters the uterus. The fertilized ovum attaches to the bloody lining of the uterus. This becomes its home. It stays inside the mother's uterus for nine months. It grows into a baby. Then the baby is born.





# Products for Menstruation

## Pads



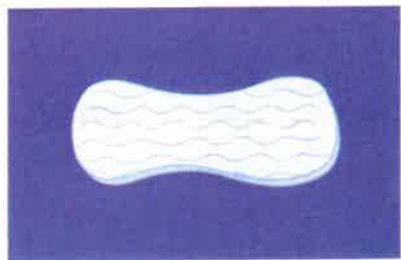
**Pads**

A girl can talk with her parents or guardians about products to absorb menstrual blood. There are many products from which she can choose.

A *pad* is a soft piece of material worn outside the body to absorb the menstrual blood. Most pads have a thin layer of plastic inside to keep blood from going through the pad to the underpants. Most pads have a sticky strip on the bottom. This helps the pad stick to underpants. Then the pad will not move out of place when a girl walks, bends, or plays sports. Some pads have wings or tabs. The sticky wings or tabs are tucked around the leg openings of underpants for extra protection.

Pads come in different shapes and sizes. They are sold in bags and boxes. A girl will need several pads for one period. She needs to change her pad every three hours, or sooner if the pad fills up. A used pad should be wrapped in toilet paper, a paper towel, or plastic tissue wrap and put into the trash. Pads should not be flushed down the toilet.

## Panty Liners



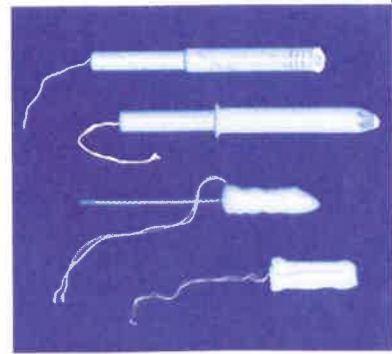
**Panty Liners**

A *panty liner* is a thin piece of material that is worn inside underpants to keep them fresh or to provide a backup for a tampon. Panty liners are not designed to collect much blood. But they will catch blood that might dribble down the string of a tampon.



## Tampons

A *tampon* is a small roll of material that is put inside the vagina to absorb the menstrual blood. The tampon absorbs the menstrual blood before it trickles out of the vagina. Most tampons are put inside the vagina with a disposable applicator. A string on the end of the tampon hangs outside the vagina. A girl tucks the string into her underpants. She should change her tampon at least every four hours. She can pull out the tampon using the string. The used tampon should be wrapped in toilet paper, a paper towel, or plastic tissue wrap and put into the trash. Tampons should not be flushed down the toilet.



**Tampons**

### Toxic Shock Syndrome (TSS)

**Toxic shock syndrome (TSS)** is a severe illness caused by toxins from *Staphylococcus* (STA-fuh-loh-KAH-kuhs) bacteria. Girls who use super-absorbent tampons during their periods are at the highest risk for getting TSS.

Symptoms of TSS are fever, vomiting, diarrhea (DY-uh-REE-uh), fainting, and a skin rash. Tell your parents or guardians right away if you have symptoms of TSS. They can call a doctor.

Reduce the risk of getting TSS. Change tampons every four hours. Use low-absorbency tampons. Use pads instead of tampons at night.

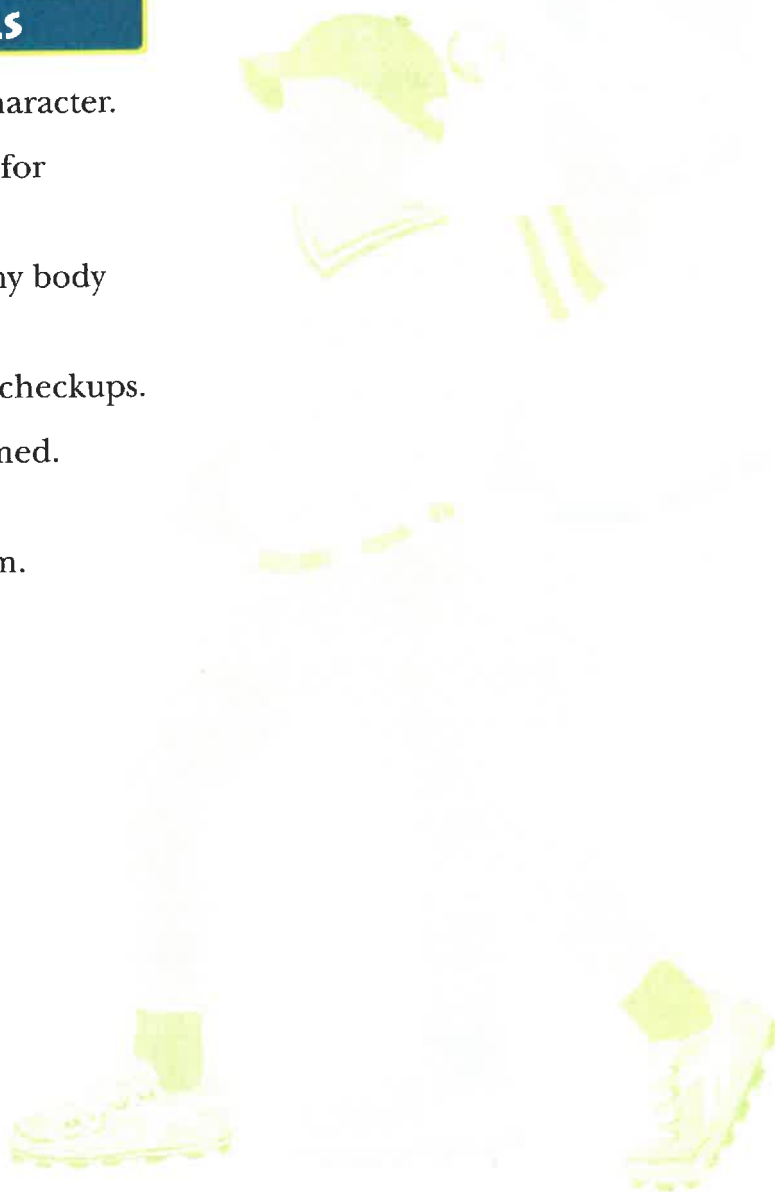
## Chapter 3

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# The Male Body

### LIFE SKILLS

- I will show good character.
- I will show respect for myself and others.
- I will accept how my body changes as I grow.
- I will have regular checkups.
- I will be well-groomed.
- I will care for my reproductive system.





You are beginning or are about to begin puberty. **Puberty** (PYOO·buhr·tee) is the period of growth when your body matures and becomes like that of an adult. A boy's body becomes capable of producing a baby even though he is not ready to be a father. This chapter tells how boys mature. It discusses healthful habits boys can practice.

### WORDS YOU WILL LEARN

puberty  
hormones  
testosterone  
secondary sex characteristics  
penis  
scrotum  
testes  
seminal vesicles  
vas deferens  
prostate gland  
urethra  
erection  
ejaculation  
semen  
athletic supporter  
protective cup  
perspiration  
acne  
jock itch

### WHAT YOU WILL BE ABLE TO DO

1. Tell ways that a boy's body changes during puberty.
2. Name the organs in the male reproductive system.
3. Tell what happens during an erection.
4. Tell why boys should wear an athletic supporter and protective cup for sports.
5. Tell ways to reduce perspiration and body odor.
6. Tell the cause and treatment for acne.
7. Tell tips for shaving with a blade razor and an electric razor.
8. Tell why it is dangerous to take steroids to make muscles bigger.
9. Tell ways to prevent jock itch.
10. Tell healthful habits that boys your age can practice.

# Puberty in Boys

## A WORD TO GIRLS

### Show good character.

1. Show respect for boys.
2. Remember, girls have their growth spurt earlier than boys who are the same age.
3. Do not tease boys about body changes.
4. Do not use slang words for a boy's body parts.
5. Give boys privacy.  
(Boys will like you better!)

**Hormones** (HOR·MOHNZ) are chemicals that control certain body processes. A hormone called testosterone is released into the bloodstream when a boy is about 11 years old. **Testosterone** (te·STAHS·tuh·ROHN) is a hormone that produces secondary sex characteristics. **Secondary sex characteristics** (KAR·ik·tuh·RIS·tik) are the body changes that occur during puberty. The following body changes occur in boys:

- Increase in height
- Broadening of the shoulders
- Deepening of the voice
- Increase in muscle mass
- Increase in perspiration
- Growth of hair under the arms and on the legs and chest
- Growth of hair around the pubic area [The pubic area is the area outside the body that includes the reproductive (REE·pruh·DUHK·tiv) organs.]
- Appearance of facial hair
- Increase in the size of the reproductive organs
- Production of sperm

A boy should have regular checkups. He should ask his parents or guardians and doctor questions about body changes.

# The Male Reproductive System

The male reproductive system is made up of organs in the male body that are used to produce a baby.

The **penis** is the male sex organ used to pass urine and to reproduce.

The **scrotum** (SKROH-tuhm) is the sac-like pouch that holds the testes.

The **testes** (TES-teez) are two glands that produce testosterone and sperm. *Sperm* are male reproductive cells.

The **seminal vesicles** (SE-muh-nuhl VE-si-kuhls) are two small glands that make a fluid with sugar in it to help sperm move.

The **vas deferens** (VAS DE-fuh-ruhnhz) is one of two long tubes through which sperm pass from the testes to the urethra.

The **prostate gland** is a gland that makes fluid that helps sperm stay alive.

The **urethra** (yu-REE-thruh) is a narrow tube through which urine and semen pass out of the body.

