

# Smart Relationships Education



**YEAR 8:**

**TRANSITION FROM CHILDHOOD TO ADULTHOOD**

Name: \_\_\_\_\_

Foundation

# TABLE OF CONTENTS

About Smart Relationships Education	3
Words, Words & More Words	4
Quick Quiz - What Do You Think?	5
Becoming an Adult Was God's Idea	6
Puberty Changes	7
Puberty Changes for Girls	8
Puberty Changes for Boys	9
Early and Late Maturers	10
Puberty Flowchart: Girls	11
Puberty Flowchart: Boys	12
What's Where on Girls	13
The Menstrual Cycle	14
What's Where on Boys	15
Girl Talk	16
I am...	17
Sanitary Products	17
Toxic Shock Syndrome (TSS)	21
Breast Self-Examination	22
Boy Talk	24
Testicular Self-Examination (TSE)	25
Pornography - Just Harmless Fun... NOT!	26
Changing Relationships	28
Changing Moods	29
Pop Quizzes	31
Puzzle Pages	32

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# ABOUT SMART RELATIONSHIPS EDUCATION

“Smart Relationships Education” is a division of Peter Janetzki and Associates. For more than twenty years, Peter Janetzki and his team have been interacting with teens and young adults about relationships and sexuality, this combined with thousands of hours of face to face counselling has resulted in a through understanding of the complexities of human relationships and sexuality.

In spite of our society being perceived as sexually progressive there are still high levels of ignorance in regards to many important issues to healthy relationships especially amongst teenagers. Hence “Smart Relationship Education” provides comprehensive education programs based on research and accurate information, to assist young people in avoiding the dangers of unhealthy relationships that are often modelled and promoted by our popular culture.

‘Smart Relationships Education’ is a comprehensive sexuality education program for High Schools that is broad based going beyond the ‘safe sex’ mantra of most sex education programs.

## Our Philosophy

Young people will do what young people want to do. Consequently we are up front about our values so as to not impose them on students but rather challenge them to examine what we have to offer and to make informed and wise choices.

## Our Values

We believe...

- ▶ Sexuality is not a separate part of our experience in fact it is part of every aspect of life, therefore we approach it holistically and in the context of relationships.
- ▶ Young people have the right to be given accurate information from sound and reliable research, free from hidden agendas.
- ▶ Every choice has a consequence and that young people are able to make healthy, life giving choices given accurate and relevant information.
- ▶ The best place for sexuality education is in a loving and supportive family and what we do is a compliment to this.

We are Pro-abstinence for two reasons. Firstly, evidence world wide supports that this is the safe and healthy choice, and secondly our presenters hold to a Christian worldview.

# WORDS, WORDS & MORE WORDS

1. **AIDS** Acquired Immunodeficiency Syndrome. This is a disease of the human immune system that can form as a result of having HIV (Human Immunodeficiency Virus).
2. **Contraception** Methods to prevent the meeting of sperm and egg, i.e. to prevent a pregnancy from occurring.
3. **Ejaculation** Emission or discharge of semen that spurts out of the penis at orgasm.
4. **Erection** When the penis goes hard and stiff.
5. **Fertilise** When a sperm from a man joins with an egg from a woman to make a baby.
6. **Gay** Common term for homosexual.
7. **Gender** The term of one's sex, i.e. male or female.
8. **Genitals** External sex organs (your private parts) that are part of the reproductive system.
9. **Heterosexual** Someone who is attracted to members of the opposite sex, e.g. boy likes girl.
10. **Homosexual** Someone who is attracted to members of the same sex, e.g. boy likes boy.
11. **Hormones** Chemicals that are made by the reproductive organs and circulate in the bloodstream.
12. **Infertility** Being unable to make a baby.
13. **Intercourse** Another term for sex.
14. **Late Starter** The term used for someone who goes through puberty changes later than the average person.
15. **Lesbian** Term used for a woman who is sexually attracted to other females.
16. **Masturbate** Playing with your genitals to bring yourself sexual pleasure.
17. **Menarche** The first menstrual period.
18. **Menopause** Time in life around 50-55 when period stops in women and they can no longer have babies.
19. **Menstruation** Monthly discharge of the lining of the uterus from the vagina. Also referred to as a period or the menstrual cycle.
20. **Oestrogen** Female hormone produced by the ovaries that starts and continues the monthly menstrual cycle in mature women.
21. **Orgasm** The peak of sexual excitement - strong feelings of pleasure and a series of involuntary contractions of the genital muscles, usually accompanied by ejaculation of fluid (for both men & women).
22. **Ovulation** The monthly release of an egg from an ovary in women.
23. **Ovum** The female reproductive cell, commonly called an egg.
24. **Puberty** The transition from childhood to adulthood, where the body develops for reproduction.
25. **Pornography** Any material (videos, pictures and written) that is intended to cause sexual excitement and arousal.
26. **Sex Drive** The desire for sexual fulfilment.
27. **Semen** Fluid that nourishes the sperm and spurts out of the penis at ejaculation.
28. **Sperm** The male reproductive cell.
29. **Testicular** Relating to the testes, where sperm is produced.
30. **Testosterone** The male hormone released by the testes to start sexual development in a male.

Reference Source: Johnson & Johnson's Bodywhys Book, Merriam Webster Online.

## QUICK QUIZ – WHAT DO YOU THINK?

- |     |  |   |   |
|-----|--|---|---|
| 1.  | Everybody goes through puberty.  | T | F |
| 2.  | Most boys start going through puberty around the same time girls do.                     | T | F |
| 3.  | A person who is a late starter in puberty has something wrong with them.                 | T | F |
| 4.  | Most people have an attraction at some time in their life to a person of the same sex.   | T | F |
| 5.  | Nearly everybody has a desire to masturbate sometime.                                    | T | F |
| 6.  | Breast Cancer is the most common type of cancer among Australians.                       | T | F |
| 7.  | A woman is safe from becoming pregnant if sexual intercourse occurs during menstruation. | T | F |
| 8.  | In a case of infertility, the woman is almost always the one with the problem.           | T | F |
| 9.  | The sperm that fertilises the ovum determines the gender of a baby.                      | T | F |
| 10. | Boys with a large penis are more interested in sex.                                      | T | F |
| 11. | Masturbation leads to medical problems.  | T | F |
| 12. | People over 45 years of age are not interested in sex.                                   | T | F |
| 13. | Young men have to have sexual intercourse in order to be healthy.                        | T | F |
| 14. | The only way a woman can get pregnant is by sexual intercourse.                          | T | F |
| 15. | You can tell a gay or lesbian person by their appearance.                                | T | F |
| 16. | Testicular Cancer is the most common cancer in men between 15-45 years.                  | T | F |
| 17. | AIDS is no threat to heterosexuals.  | T | F |
| 18. | Males have more sex drive than females.  | T | F |
| 19. | If you have around homosexuals, you will become one.                                     | T | F |
| 20. | The word "sex" is not used in the Bible.   | T | F |

Most teenagers learn what they know about sex from their friends or the media.  
 Have you ever wondered where their friends learn about it?  
 The Media - TV, Film, Magazines, Online, Etc.

# BECOMING AN ADULT WAS GOD'S IDEA

## #1 Made in God's Image or Likeness?

Discuss what you think it means to be made in God's image.

## #2 Five Dimensions of B.E.I.N.G.

B	-----	1. ----- Being
E	-----	2. ----- Being
I	-----	3. ----- Being
N	-----	4. ----- Being
G	-----	5. ----- Being

*Handwritten notes:* A large green 'X' is drawn over the top of the table. The word 'Character' is written in green cursive across the first two rows. The word 'Relationships' is written in green cursive across the last three rows.

## #3 Relationships is God's Idea - So What is the Purpose of Marriage?

Brainstorm what is the purpose of marriage?

## #4 What is God's Purpose in Sex?

Brainstorm what is the purpose of sex?

*Handwritten note:* If sex with lots of people is a good thing, then why is it that the World's major religions don't agree with it? Sex outside of the context of a permanent relationship is not only UNHEALTHY but also DANGEROUS!

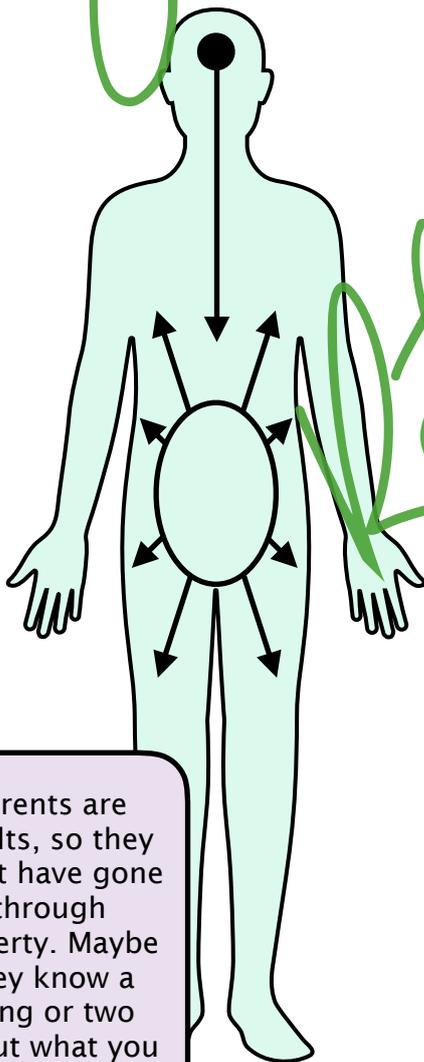
# PUBERTY CHANGES

## #1 It Happens to Everyone

Come up with a list of all the changes that take place as people go through puberty.

## #2 The Process of Puberty

*Smart*



P\_\_\_\_\_ G\_\_\_\_\_

sends a message to the

R\_\_\_\_\_ O\_\_\_\_\_

sends a message to the

H\_\_\_\_\_

Girl's: \_\_\_\_\_  
\_\_\_\_\_  
Boy's: \_\_\_\_\_  
\_\_\_\_\_

Parents are adults, so they must have gone through puberty. Maybe they know a thing or two about what you are going through...

*Relationships*

*Education*

# PUBERTY CHANGES FOR GIRLS

## The Stages of Puberty for Girls

### STAGE 1 - Age Range 8-11

There are no outside signs of development, but a girl's ovaries are enlarging and hormone production is beginning

---

### STAGE 2 - Normal Age Range: 8-14. Average 11-12

The first sign is typically the beginning of breast growth, including "Breast Buds". A girl may also grow considerably in height and weight. The first sign of pubic hair start out fine and straight, rather than curly.

---

### STAGE 3 - Normal Age Range: 9-15, Average 12-13

Breast growth continues and pubic hair starts to become coarser and darker, however there is not a lot. The body is still growing and the vagina is enlarging. It may begin to produce a clear or whitish discharge, which is its normal self-cleansing process. Some girls get their menarche late in this stage.

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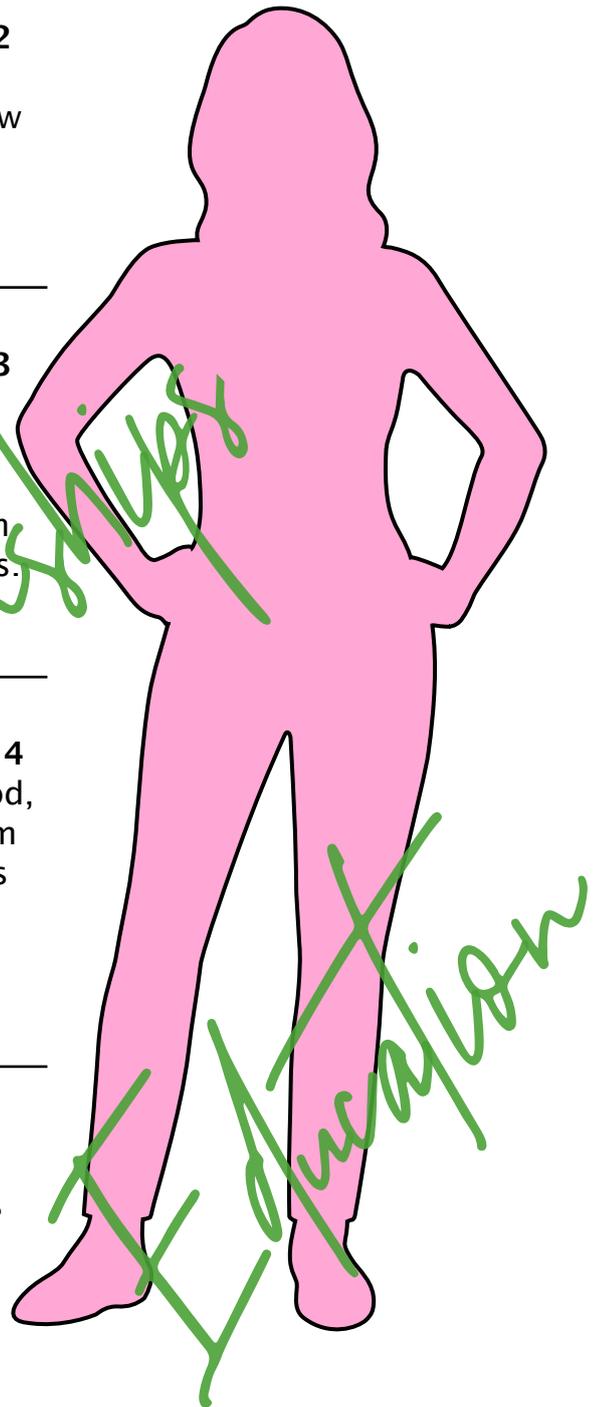
### STAGE 4 - Normal Age Range 10-16, Average 13-14

Pubic hair takes on the triangular shape of adulthood, but it does not quite cover the entire area. Underarm hair is likely to appear in this stage. If menarche has not occurred before it will during this stage. Ovulation begins in some girls, but not typical in a regular monthly routine until later.

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### STAGE 5 - Normal Age Range: 12-19, Average: 15

This is the final stage of development, where a girl becomes a woman. Breasts and pubic hair growth is complete and full height is attained. Menstrual periods are well established and ovulation should occur monthly.



Did you know that the female brain has about 25 million more connectors in the corpus callosum than the male brain? This is why females can naturally multi-task, but males have to learn how to multi-task.

# PUBERTY CHANGES FOR BOYS

## The Stages of Puberty for Boys

### STAGE 1 - Normal Age Range: 9-12, Average: about 10

Male hormones are becoming active, but there are hardly if any outside signs of development. Testicles are maturing, and some boys start a period of rapid growth late in this stage.

### STAGE 2 - Normal Age Range: 9-15, Average 12-13

Testicles and scrotum begin to enlarge, but the penis size doesn't. Very little, if any, pubic hair at the base of the penis. Increase in height and change in body shape.

### STAGE 3 - Normal Age Range: 11-16, Average 13-14

Penis starts to grow in length, but not much in width. Testicle and scrotum are still growing. Pubic hair starts to get darker and coarser, and it is spreading towards the legs. Height growth continues and body/face shape looks more adult. Voice begins to deepen (and crack). Some hair around the anus grows and there might even be the first traces of facial hair on the upper lip.

### STAGE 4 - Normal Age Range 11-17, Average 14-15

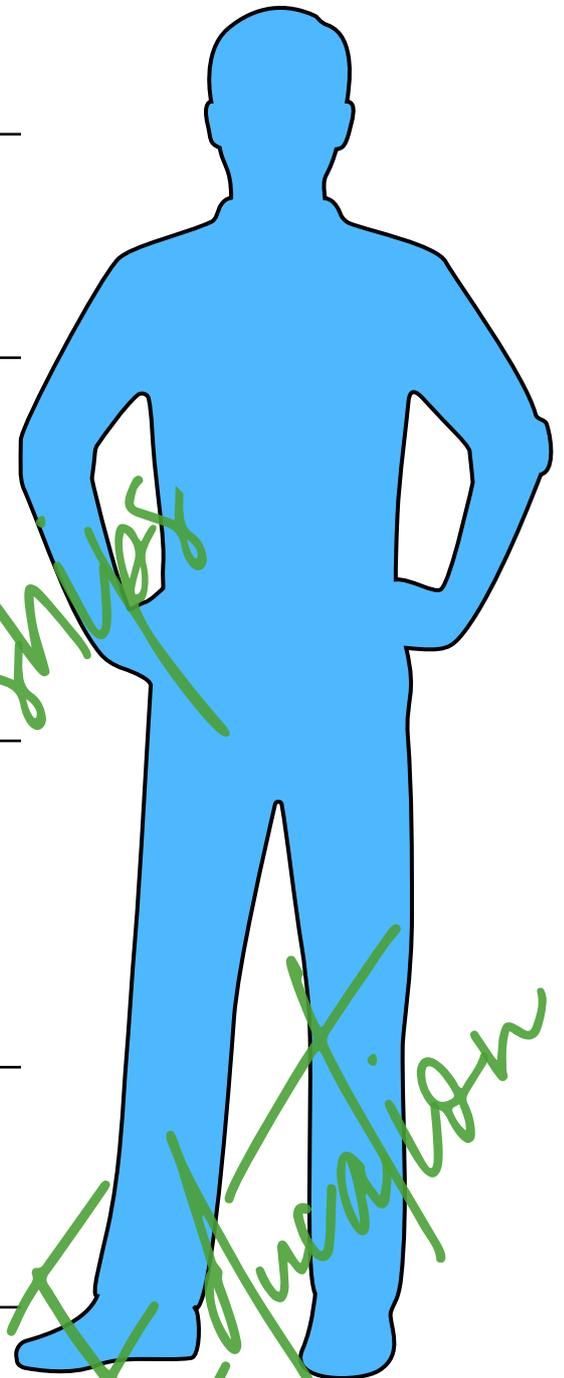
Penis increases in width as well as length. Testicles and scrotum are still growing. Pubic hair begins to take adult texture, although it covers a smaller area. Most boys have ejaculations. Underarm hair develops and facial hair increases on the chin and upper lip. Voice gets deeper and skins becomes oilier.

### STAGE 5 - Normal Age Range:14-18, Average: 16

Nearing full adult height and physique. Pubic hair and genitals have an adult appearance. Facial hair looks and grows fuller, and shaving may begin.

During the late teens and early twenties, some men grow a bit more and develop more body hair, especially chest hair.

Many cultures have a special ceremony which initiates a boy entering manhood. All of these teach the boy that being a man is more than physical growth, it is also the growth in responsibility and character. If you're a boy, are you up to the challenge of being a real man?



# EARLY AND LATE MATURERS

## #1 Guess Their Age

Determine the ages of the following teenagers.

	Kim	Nola	June	Peter	Gordon	Ben
Weight	55kg	65kg	50kg	75kg	45kg	65kg
Height	142cm	162.5cm	140cm	195cm	140cm	170cm
Growth Spurt	Not Yet	4 Years Ago	Just Starting	2 Years Ago	Not Yet	Yes
Body Hair	Pubic - Dark, Underarm - Not Yet	As Adult	Just Starting	Chest - Starting	Not Yet	Pubic - Yes, Underarm - Not Yet
Genitals	Growing	Adult Size	Just Starting	Adult Size	50% Increase	Have Grown
Breasts	Some	Adult Size	Just Starting			
Periods	Started, but Irregular	3 Years Ago	Not Yet			
Wet Dreams				2 Years Ago	Not Yet	Not Yet
Age						

## #2 Advantages and Disadvantages

Make a list of the advantages and disadvantages of being Early Starter, Late Starter or Average.

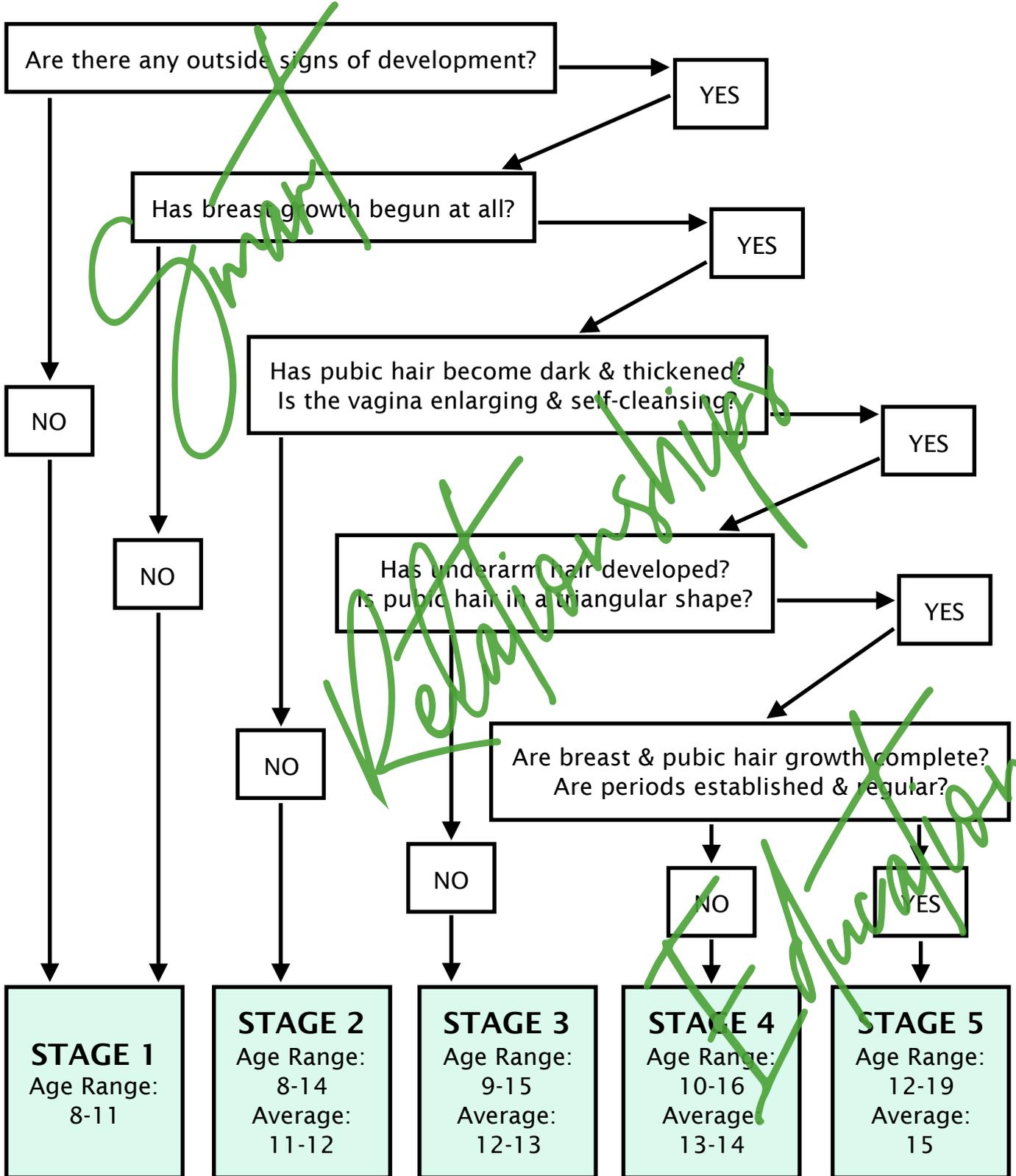
*Handwritten note:* Education

"True maturity is the ability to accept responsibility for myself."  
- Peter Janetzki

Adapted from "Issues in Adolescent Sexuality", Patton, Morris, Mannison (1993, p.46-47)

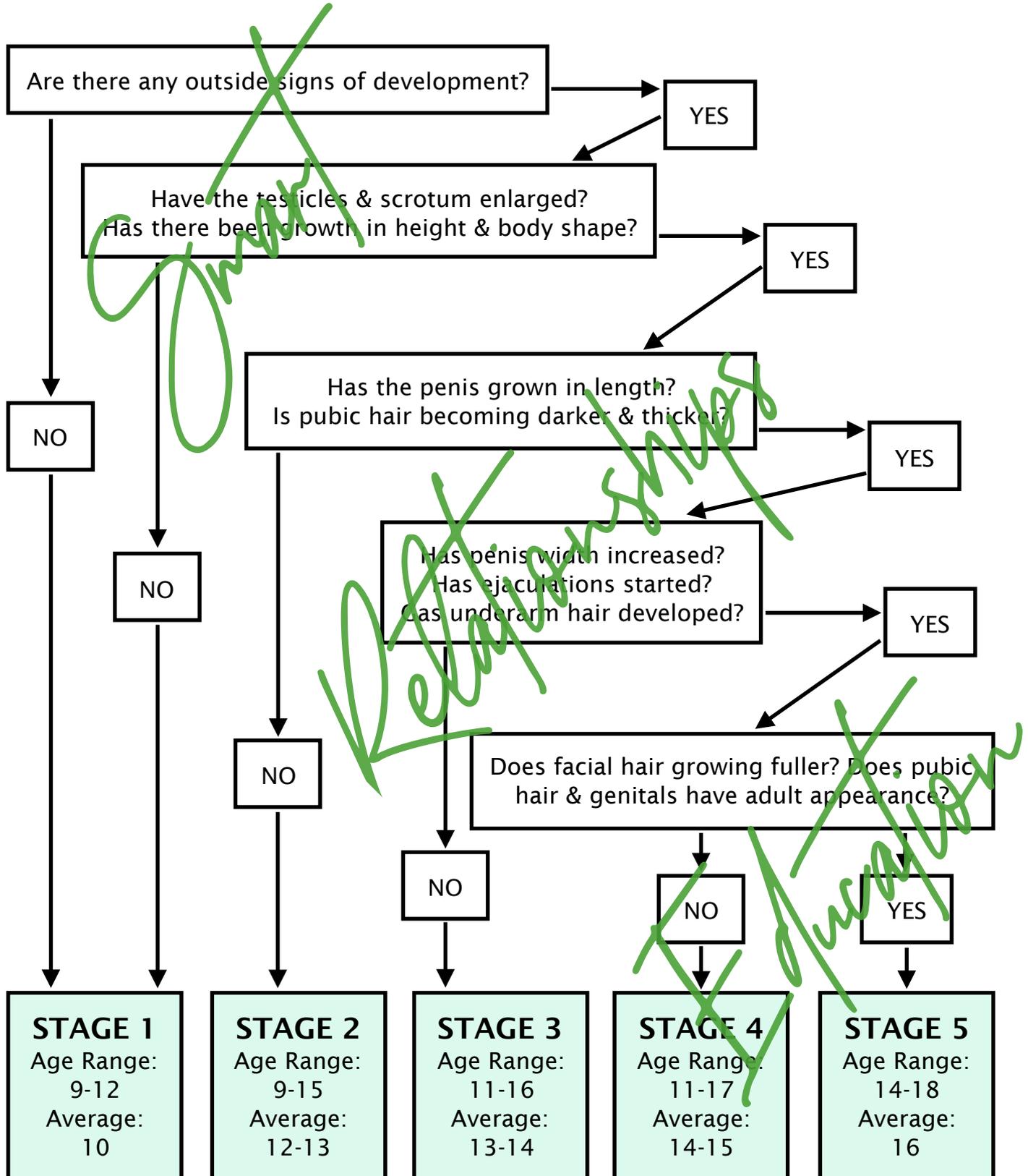
# PUBERTY FLOWCHART: GIRLS

Follow the arrows to estimate which stage each case study is in. Within a box, if you answer yes to one question, but no to the other, then perhaps the person is transitioning from one stage to another. These are broad categories and development doesn't always follow a perfectly obvious path.



# PUBERTY FLOWCHART: BOYS

Follow the arrows to estimate which stage each case study is in. Within a box, if you answer yes to one question, but no to the other, then perhaps the person is transitioning from one stage to another. These are broad categories and development doesn't always follow a perfectly obvious path.



# WHAT'S WHERE ON GIRLS

Vulva

Clitoris

Hymen

Urethra

Vagina

Perineum

Cervix

Endometrium

Ovary

Fallopian Tube

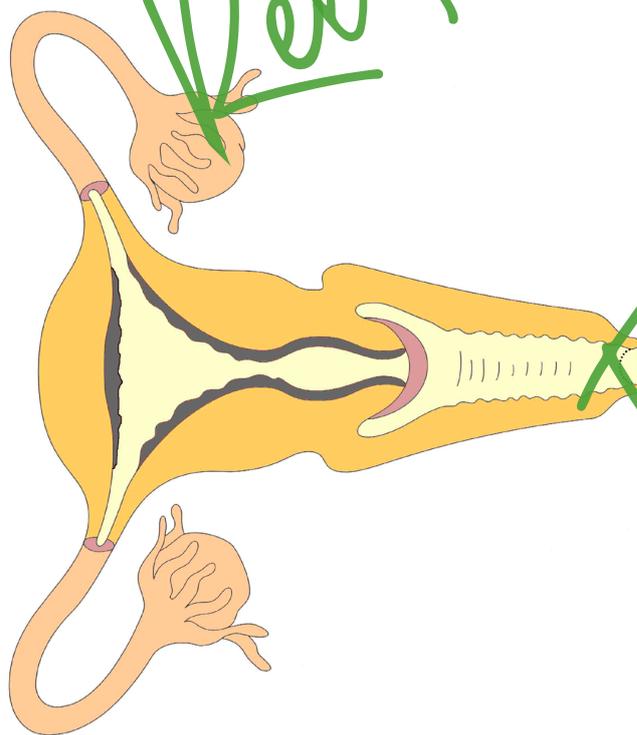
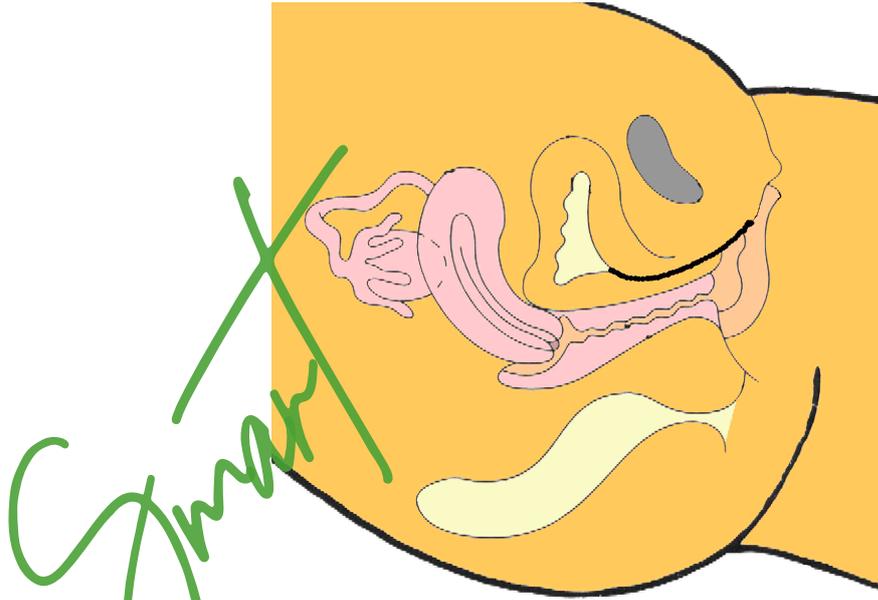
Bladder

Bowel

Uterus

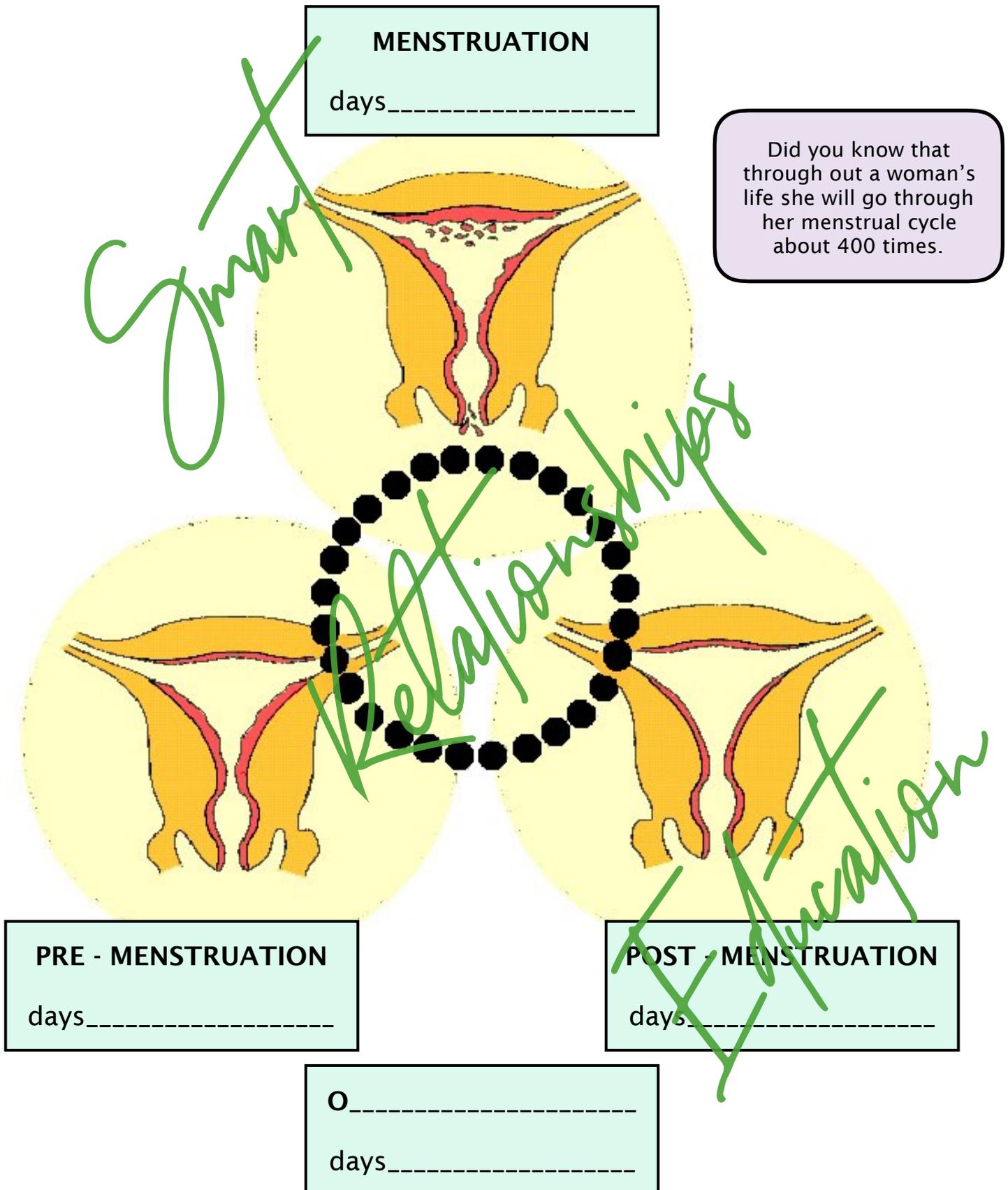
Anus

Pubic Bone

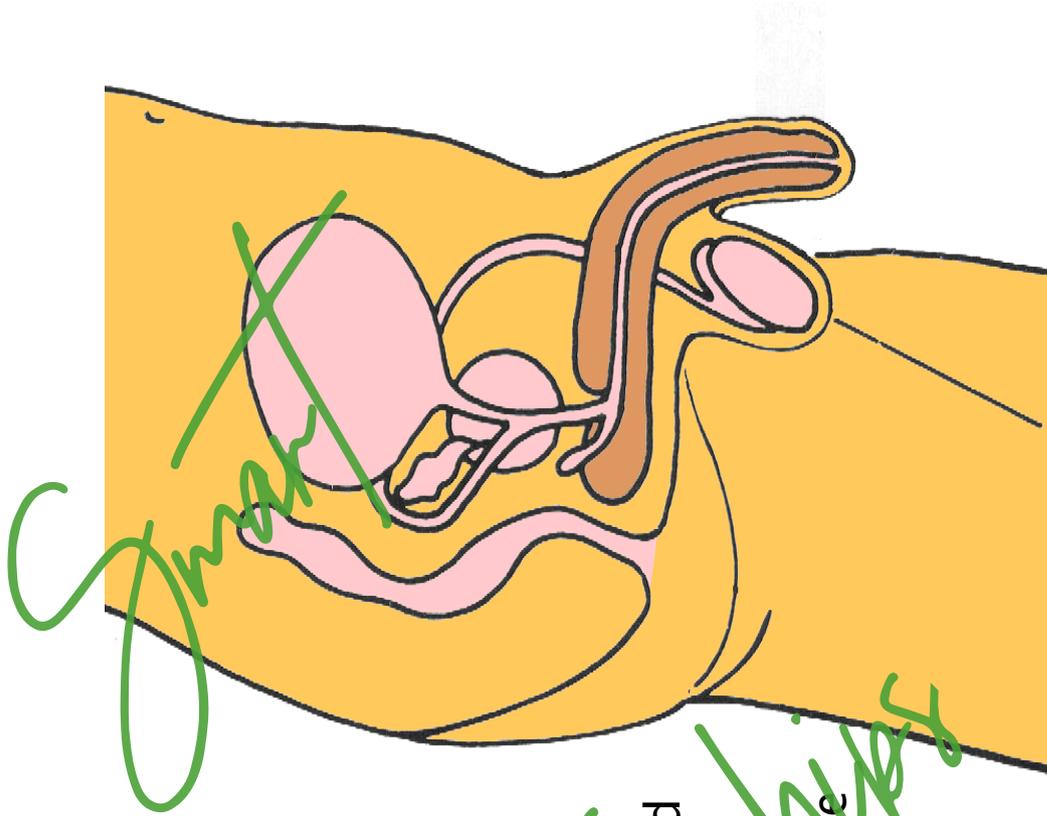


# THE MENSTRUAL CYCLE

This is a continuous process requiring an average of 28 days to proceed from the beginning of one menstrual period to the beginning of the next and involves 3 stages.



# WHAT'S WHERE ON BOYS



Penis

Scrotum

Testicle

Bladder

Urethra

Vas Deferens

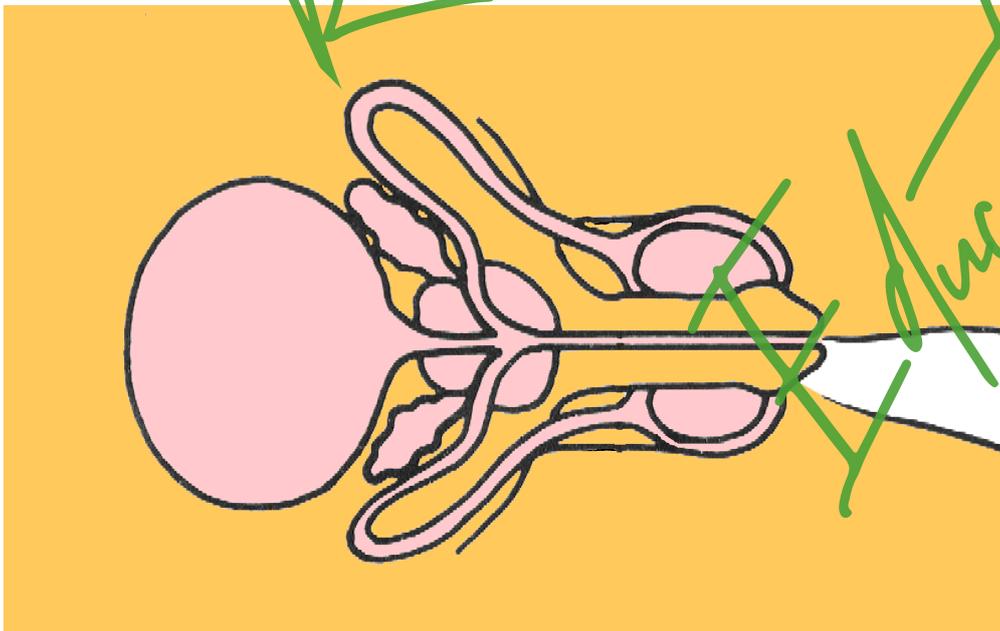
Prostate Gland

Bowel

Seminal Vesicle

Epididymis

Anus



# GIRL TALK



I am...

Sanitary Products

Toxic Shock Syndrome

Breast Self Examination

Personal Hygiene

Skincare

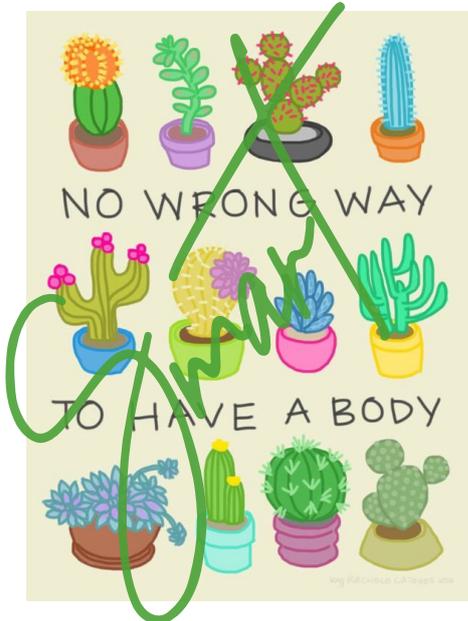
Pornography

*Relationships*

*Education*

# I AM...

Choose 3 words that define you:



## SANITARY PRODUCTS

### How To Use Pads

#### Prepare

Familiarise yourself with the pad. You'll notice that pads have sticky strips on the bottom that hold them firmly in place inside your undies. The pad sits inside your undies with the sticky side away from the body (not up against the skin - ouch!). If you're using a Super or Overnight pad, you'll notice that the back of the pad is usually longer than the front. This is for added protection for heavy flow days or for overnight. Regular pads don't usually have a longer back end, but they'll be sure to provide all the protection you need for a regular flow.

#### Stick

Once you have unwrapped the pad, place it inside your undies with the sticky side pressed against the fabric. This will make sure that the pad doesn't move around in your undies.

#### Wings

Some pads have extra material on the sides called 'wings'. The wings fold over the edges of the middle of your undies so that the pad stays securely in place and gives you extra protection against leaks. Pads also come without wings. Some girls find the pads without wings less fussy to stick and re-stick if required. It's up to you if you go for pads with or without wings.

## When to Use Pads

Pads can be used anytime while you have your period – choose the absorbency that best suits your flow. Many girls find tampons harder to insert towards the very end of their period when the flow is much lighter, so sometimes pads are useful here.

## Dispose

Don't flush pads and wrappers down the toilet – you might clog up the plumbing system and it's bad for the environment. Just wrap it in some toilet paper (or put it in a bag) and place it in the bin or sanitary disposal unit.

Information Adapted from: <https://www.ubykotex.com.au/education/how-to-use-pads>

## **How To Insert Tampons**

### Prepare

Before and after inserting a tampon, always make sure your hands are super clean and have just been washed. It's also a good idea to become familiar with your body as it's easier to insert a tampon when you know where it's going. So, get into a comfortable position (maybe try standing with one foot on the edge of the bath or the toilet), grab a small mirror, and place it between your legs and have a look. Find your labia (the lips or folds of skin covering the entrance to your vagina) and gently spread it open with your fingers to find the entrance to your vagina. This is where the tampon goes.

### Unwrap

Hold the tampon firmly on either side and twist sharply in opposite directions. Remove the bottom piece of wrapper so that the string is exposed and pull the string so that it hangs down. Hold the tampon by the string and then remove the other half of the wrapper. Once you've unwrapped the tampon, make sure you don't touch it too much or place it on any surface.

### Insert

Tampons should be held at the end where the string is positioned. Try to stay as relaxed as possible so that the muscles around the vagina don't tighten. And remember to stand with one leg on the toilet or a chair. Slant the tampon towards your lower back and ease it into your vagina by pushing it with your index finger as far as it will go. Just make sure you keep the tampon at an angle and don't try and push it straight. This will help make things as easy and comfortable as possible. The string should also stay outside your body so you can easily remove the tampon later on.

You shouldn't be able to feel the tampon if you've inserted it properly. If you feel any discomfort or pressure it may mean that you haven't inserted the tampon far enough or correctly. If this is the case, try pushing the tampon in further, or remove it and try again. And don't worry, there's no chance of you

pushing tampons in too far because the cervix (the opening to your uterus) is too small for a tampon to fit through – so tampons definitely can't get lost! Just remember to stay relaxed and there'll be no dramas!

### Change

A light tug on the string will tell you if it's time to change the tampon. If the tampon doesn't slide out easily you can leave it in for a bit longer. Tampons should be changed about every four hours, depending on the heaviness of your period. But, the tampon can be left in for a maximum of eight hours if it won't budge.

### Remove

To remove the tampon pull the string at the same angle at which the tampon was inserted. If you can't find the string, don't stress, just make sure your hands are clean, get into a squatting position, and remove the tampon with your fingers.

### Dispose

Don't flush tampons and wrappers down the toilet – you might clog up the plumbing system and it's bad for the environment. Just wrap it in some toilet paper (or put it in a bag) and place it in the bin or sanitary disposal unit.

Information Adapted from: <https://www.ubyktext.com.au/education/how-to-insert-tampons>

## **How To Insert A Menstrual Cup**

### Fold

Option 1 "U Fold" - Press the sides of the cup together and then fold it in half again forming a tight "U" shape.

Option 2 "Push Down" - Place a finger on the top rim of the cup and press it down into the center of the inside base to form a triangle. This makes the top rim much smaller to insert.

### Hold

Hold the folded sides firmly in place between your thumb and forefinger so that the curved edge is facing away from your palm (or so that the stem is facing your palm).

### Insert

In a comfortable position and with your vaginal muscles relaxed, gently separate the labia with your free hand and then push the curved edge of the folded Cup horizontally into the vaginal opening so that the tip of the stem is no further than a 1/2 inch (1.27 cm) into the vagina. Inserting the Cup too high in the vaginal canal may cause leaks, and may also make removal more difficult.

### Rotate

Grip the base of the cup (not the stem) and turn the cup one full rotation (360 degrees) in either direction or insert the cup about half way, turn the cup one full rotation and then push it horizontally in the rest of the way. The Cup must rotate easily as this ensures that it is fully open and that it is positioned horizontally towards your tailbone.

### Remove

To remove, pull gently on the stem of the Cup until you can reach the base of the cup. Pinch the base of the cup to release the seal and continue to pull down to remove it. After the cup has been removed, empty the contents in the toilet, wash the Cup well with warm water and a mild unscented water-based (oil-free) soap, and reinsert.

Information Adapted from: <https://divacup.com/how-it-works/how-it-works/>

## **How To Use Period Underwear**

How does this underwear actually work? Well, firstly it is a backup brief. This means that you can ditch those bulky pads and leave those wings on the runway, because now, you can comfortably wear a light liner, tampon or cup and know that these briefs are your line of defence. The 4 layers of protection include:

1. SOFT COTTON LINING - On the inside closest to your skin for all day/night comfort.
2. ABSORBENT PADDING - Breathable layer to catch all those spills.
3. WATERPROOF LAYER - Protects your sheets and clothing and prevents awkward accidents.
4. SLEEK MICROFIBRE OR COTTON OUTER - On the outside depending on your choice of brief.

### Rinse & Reuse

Washable, reusable and easy to care for. Wash separately or with the rest of your laundry.

Information Adapted from: <https://www.loveluna.com/how-i-work>

# TOXIC SHOCK SYNDROME (TSS)

## What is Toxic Shock Syndrome (TSS)?

Toxic Shock Syndrome (TSS) is a very rare, but potentially serious illness that can affect anyone, but is more common in adolescent girls. It is caused by a particular type of bacterium called *Staphylococcus aureus*. ie a type which makes a toxin (like a poison). It is not clear why only a few of the many people who have been in contact with these poisonous bacteria go on to develop TSS. The majority of cases do not develop TSS.

## Can anyone get TSS?

Yes. Anyone of any age can get TSS. However, the risk of TSS is greater in younger people.

## What are the symptoms of TSS?

The early symptoms are very similar to the "flu" which can make diagnosis difficult. The key warning signs to watch for include:

- ▶ A sudden, high fever (39°C+)
- ▶ Low blood pressure (feeling of dizziness)
- ▶ Diarrhoea
- ▶ Dizziness

## What should I do if I have any of the symptoms?

If you, or anyone you know, have some of these symptoms and are concerned about TSS, it is important that you contact a hospital or your doctor immediately. Here are some simple steps to follow if you have these symptoms:

1. If you have these symptoms and you are using a tampon, remove it without delay (keep the tampon to show your doctor for laboratory examination).
2. Inform your doctor that you have been using tampons. Don't worry about being an "alarmist" - although extremely rare, it is important that TSS is ruled out or treated promptly.
3. You should seek medical advice before using tampons again if you have had TSS in the past.

## Can TSS be treated?

With early diagnosis TSS can be successfully treated with antibiotics.

## Do tampons cause TSS?

No. After more than 10 years of research by medical and scientific experts, there is no evidence that tampons directly cause TSS. It is important to remember that the bacteria, *staphylococcus aureus*, are the cause of the illness - not the tampon. However, women who use tampons during their period have a higher risk of TSS than women who don't.

# BREAST SELF-EXAMINATION

- ▶ We all need to take responsibility for our own health. It is part of yours to find out about your breasts – to get to know what is normal for them.
- ▶ Every woman should become familiar with her own breast structure so that if a change does occur she will be more likely to notice it. Then she can consult her doctor to see if it is something that requires attention.
- ▶ You get to know the feel of your breasts through breast self-examination (BSE)
- ▶ A woman's lifetime risk of developing breast cancer is 1 in 15
- ▶ By examining your breasts regularly you will be in a position to detect breast cancer in the early, readily treatable stage, if it does occur
- ▶ Finding a lump is no reason to panic. The chances are 9 out of 10 that it will not be cancer
- ▶ If it is cancer and you have found it when it is small, your prospects of cure are higher

## When to Perform

- ▶ If you are aged 25 or over you should get into the routine of examining your breasts regularly once a month
- ▶ BSE should be performed on the first day after each period

## What Your Hands Tell You

- ▶ They may very well discover some irregularities or inconsistencies in the structure of your breasts. These, you will be happy to know, occur often in normal breasts. One breast often differs from the other. That's normal, too. Let your fingers learn the peculiarities of your breasts.
- ▶ If they ever feel a thickening, a lump or something else not normal for you, go to your doctor

## How to Perform

There are two ways – in the shower or lying down

### In the Shower:

- ▶ Wet, soapy skin makes it easier to feel your breast structure
- ▶ First, lift your elbow and place your hand behind your head
- ▶ Keep your fingers flat and together. Use the flat surface of the fingers, not your fingertips
- ▶ Now mentally divide your breast into segments and feel each segment carefully. Be gentle and relaxed
- ▶ Alternatively, examine each breast in widening circles, starting from the nipple. Choose the method that is easier for you
- ▶ With each breast examine right up to the armpit. Do not forget to feel around the nipple

### Lying Down:

- ▶ This method can be better for women with large breasts and older women whose breast structure has relaxed
- ▶ To examine your right breast place a pillow of folded towel under your right shoulder and put your right hand behind your head to flatten the breast on the chest wall
- ▶ With the other hand, fingers flat and together, thoroughly examine the breast – either in segments or by the expanding circles method
- ▶ For the left breast, do the opposite, putting the pillow or towel under the left shoulder and the left hand behind the head
- ▶ When lying down, you can feel your ribs beneath the breast. Don't mistake them for lumps. Also, a ridge of firm tissue at the lower curve of the breast is normal

### In the Mirror

- ▶ Looking in the mirror, you may notice something you could not feel with your hands by either method
- ▶ You look for differences in the contour of the breasts and irregularities of the surface, such as dimpling, puckering or retraction of the nipple
- ▶ This is done standing – in 3 different postures:
  1. With arms by the side, then
  2. Arms raised above the head, and
  3. With palms on hips, pressed firmly down to tense the chest muscles
- ▶ If your breasts are large, lean forward to get a better look at the contours

### **Key Points**

- ▶ If you are still not sure about how to examine your breasts, ask your doctor at your next visit. He or she will be happy to show you
- ▶ Learn to make BSE a routine: on the day after each period.
- ▶ If you are still having periods, your breasts will change throughout the month due to hormonal changes. The best time to examine your breasts is just after you period finishes

### **Above all**

- ▶ Don't hesitate to see your doctor if you notice any change in your breasts.
- ▶ Don't spend days worrying and wasting time
- ▶ Don't be afraid of raising a false alarm. Don't be embarrassed. Your doctor will understand and appreciate your concern for your health

Informed Taken from: Cancer Council

## Testicular Self Examination

Wet Dreams

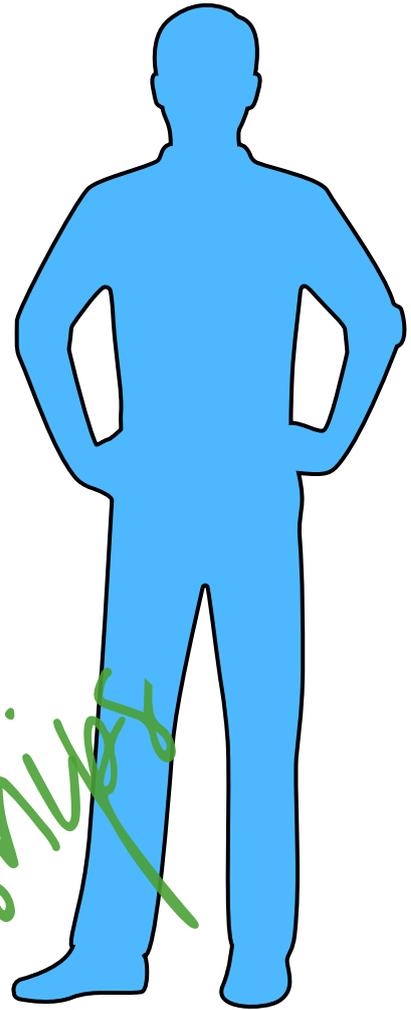
Washing and Body Odour

Dealing with Untimely Erections

The Danger of Pornography

Boy Friends & Girl Friends

Understanding Females



*Smart*

*Relationships*

*Education*

# TESTICULAR SELF-EXAMINATION (TSE)

## Why is it done?

To detect early signs of cancer as cancer of the testicle is one of the most common cancers in men between 15 and 45 years.

Testicular cancer is one of the most curable forms of cancer when detected early and treated promptly.

## When to do TSE?

All men from the time of puberty until about 45 years of age should conduct a monthly self-examination of the testes. They should be about equal size and feel smooth, rubbery and egg-shaped. The left testicle occasionally hangs lower than the right.

Self-examination of the testes is best done when the scrotum is relaxed, after a warm bath or shower. This will also allow the testicles to drop down completely.

## How to do TSE?

By looking and feeling.

Examine each testicle gently with both hands. The index and middle fingers are placed below the testicle, while the thumbs are placed on top. With a gentle motion, roll the testicle between the thumbs and fingers. One testicle may be larger than the other—this is normal. The epididymis is a cord-like structure that runs along the top and back of the testicle and stores and transports sperm. Do not confuse the epididymis with an abnormal lump. Feel for any abnormal lumps (generally about the size of a pea), on the front or the side of the testicle. These lumps are generally painless.

## What to do if you find a lump

If you find a lump or any other abnormality you should contact your doctor immediately. The lump may be due to an infection and your doctor will be able to decide on the appropriate treatment.

Don't worry: testicular cancer is highly curable, especially when detected and treated early. Testicular cancer generally occurs in only one testicle, and the other testicle is all that is needed for full sexual function and fertility.

Testicular Cancer is the second most common cancer in Australian men aged 15-35 years. Young men are more commonly affected with about half of the new diagnoses being made in men under the age of 33 years.

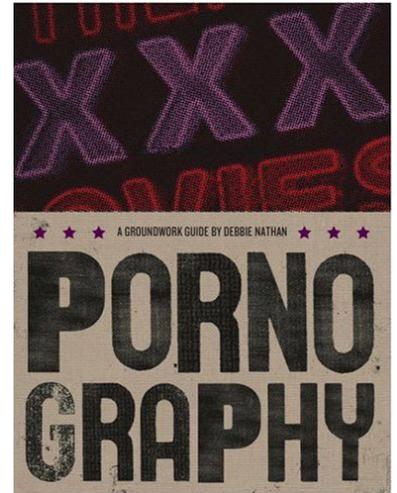
- The Medical Journal of Australia

# PORNOGRAPHY – JUST HARMLESS FUN... NOT!

## How Big is Porn?

The statistics are truly staggering. According to compiled numbers from respected news and research organisation, it's a big business!

- ▶ Combined the revenues of Microsoft, Google, Amazon, eBay, Yahoo, Apple and Netflix - the pornography industry revenue is larger.
- ▶ In 2006 the Worldwide Pornography Revenues ballooned to \$97.06 billion (US\$)
- ▶ In 2005/2006 the revenue from Porn in Australia was \$2 Billion (US\$) which is \$98.70 for every Australian
- ▶ As of 2006 there were 4.2 million pornographic websites with 420 million pages
- ▶ In 2006 there were 68 million pornographic search engine requests each day
- ▶ The top 10 Porn producing countries are;
  1. United States
  2. Brazil
  3. The Netherlands
  4. Spain
  5. Japan
  6. Russia
  7. Germany
  8. United Kingdom
  9. Canada
  10. Australia



## Pornography Time Statistics

- ▶ Every second - \$3,075.64 is being spent on pornography
- ▶ Every second - 28,258 internet users are viewing pornography
- ▶ Every second - 372 internet users are typing adult search terms into search engines
- ▶ Every 39 minutes: a new pornographic video is being created in the United States.

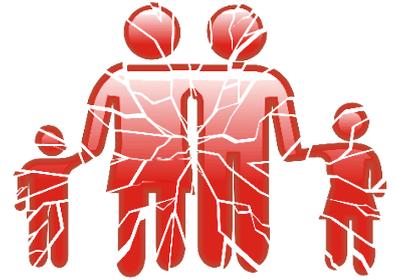
## Porn Use

- ▶ Australia was the 5th highest nation in worldwide search requests for the word "porn" in 2006
- ▶ Each day there are 2.5 billion pornographic emails (2006)
- ▶ Each month there are 1.5 billion downloads (peer-to-peer) (2006)
- ▶ 72 million visitors each month go to porn web sites (2006)
- ▶ Average age of first Internet exposure to pornography: 7 1/2 years old (internet-filter-review.com)
- ▶ 90% of children ages 8-16 have viewed pornography online, mostly while doing homework (2006). Pornographers use many character names that appeal to children such as "Pokemon."
- ▶ 20% of men admit to accessing pornography at work
- ▶ The breakdown of male/female visitors to pornographic sites 72% male and 28% female



## Statistics on Pornography's Effect on Families and Marriages

- ▶ 47% of families said pornography is a problem in their home (Focus on the Family Poll, October 1, 2003)
- ▶ The Internet was a significant factor in 2 out of 3 divorces "Pornography had an almost non-existent role in divorce just seven or eight years ago." (American Academy of Matrimonial Lawyers in 2003 - [divorcewizards.com](http://divorcewizards.com))



## The Impact of Pornography Addiction

(Dr. Mary-Anne Layden Ph. D., Co-Director, Sexual Trauma and Psychopathology Program, Center for Cognitive Therapy University of Pennsylvania )

- ▶ Men who are viewers of pornography have more sexual dysfunction... They have; more premature ejaculation... more erectile dysfunction. This pornography, which is supposed to stimulate their sex life, is actually destroying their sex life. It's doing just the opposite of what they wanted.
- ▶ 4 out of 10 sex addicts lose their spouse (wife) for this reason alone
- ▶ 6 out of 10 sex addicts have financial difficulties, some losing all their savings and their earnings
- ▶ 3 out of 10 sex addicts will lose their job or be demoted
- ▶ 4 out of 10 sex addicts who are professionals will lose their professions because they are acting out on their jobs, and then they will no longer be able to function in those professional careers due to loss of their licences etc.

## Mobile Porn

Google's mobile search sites in 2006, adult queries were demonstrated to be the most popular query category, with more than 1 in 5 searches being for pornography.

According to Juniper Research, by 2013:

- ▶ Mobile adult content and services are expected to reach \$2.8 billion, driven primarily through an uptake of video chat and subscription-based services.
- ▶ Mobile adult subscriptions will reach nearly \$1 billion.
- ▶ North America and Western Europe will account for more than 70% of the total enduser mobile adult revenues.
- ▶ Users of mobile adult video on tablets will triple.
- ▶ The average amount spent annually on mobile adult subscriptions for handsets will increase by 11%.
- ▶ More than 35 million people will be subscribed to mobile adult paysites worldwide.

The Free Speech Coalition estimated both global and U.S. porn revenues have been reduced by 50% between 2007 and 2011, due to the amount of free pornography available online.

(Source: Paul M. Barrett, "Thenew republic of porn," Bloomberg Businessweek, June 21, 2012. <http://www.businessweek.com/printer/articles/58466-the-new-republic-of-porn>)

# CHANGING RELATIONSHIPS

## #1 Relating With Others

List how your relationship with your parents, siblings, friends and the opposite gender have changed or will change as you go through puberty.

Parents	Siblings
Friends	The Opposite Sex

*Handwritten green scribbles are present in the 'Parents' and 'Friends' quadrants.*

## #2 Understanding the Tension

For most people change results in tension. Choose one of the above types of relationships and discuss what are the aspects or issues that could cause tension.

*Relationships*

## #3 Parents are People Too!

As children grow into adulthood, their parents are changing too. If you are the oldest child it is important to remember that this is the first time that they have been a parent of an adolescent.

Imagine that "Freaky Friday" has happened to you and that you and your mother or father have swapped places. Make a list of things that adolescents could do that would help your relationship as their parent.

*Handwritten green scribbles and a large 'X' mark are present over the text.*

"Letting people know that their pain matters is real love."  
- Sy Rogers

# CHANGING MOODS

## #1 Calm to Volcano in 0.1 of a second.

Think of a time when you have experienced significant mood swings.

What happened?

What triggered the change?

What did you experience?

What was it like?

What was the outcome or consequence?

### Explanation NOT an Excuse

Rapid mood changes can be a part of puberty for many young people. One moment you can be happy and the then something small can happen and all of a sudden you can feel like crying or exploding.

These are a result of the hormonal changes taking place in your body as well as significant change taking place in the neurotransmitters within the brain. It is important to realise that this explanation is not an excuse for bad behaviour. Part of becoming an adult is learning to take responsibility for ourselves which means that we must take control of our feelings rather than let our feelings control us.

## #2 Managing Mood Swings

Control or be controlled - the choice is yours. The best way to take control of our moods is learning to 'Hold onto Ourselves'.



### Keys for 'Holding onto My Self':

1. Become aware of what is happening for me and what I am feeling.
2. When there is an increase of energy (inside of myself) slow myself down by breathing deeper and slower.
3. Call a 'Time Out' and withdraw from the situation.
4. Keep a journal - write or draw what is happening for me.
5. Don't personalise! - making it all about me & my worth.
6. Hold onto what I believe about myself and don't let other people's opinions determine who I am.

Think about what you discussed in #1 - what difference would these keys have made?

How would the outcome/consequences changed?

"Happiness is inward, and not outward; and so, it does not depend on what we have, but on what we are."  
- Henry Van Dyke

# POP QUIZZES

## Pop Quiz #1

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Pop Quiz #2

6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## Pop Quiz #3

11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

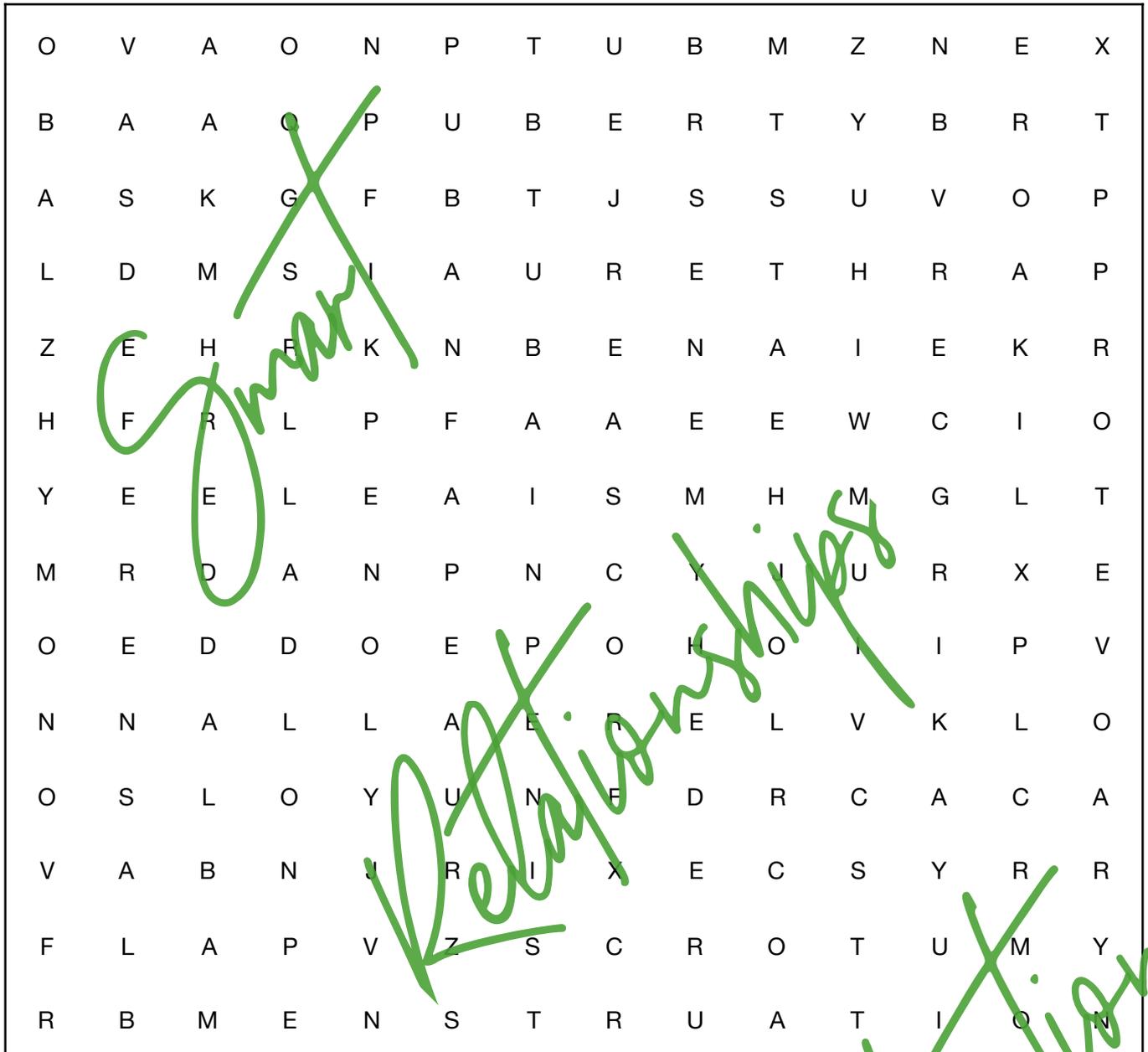
## Pop Quiz #4

16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

Total:            /20

# PUZZLE PAGES

## Word Search



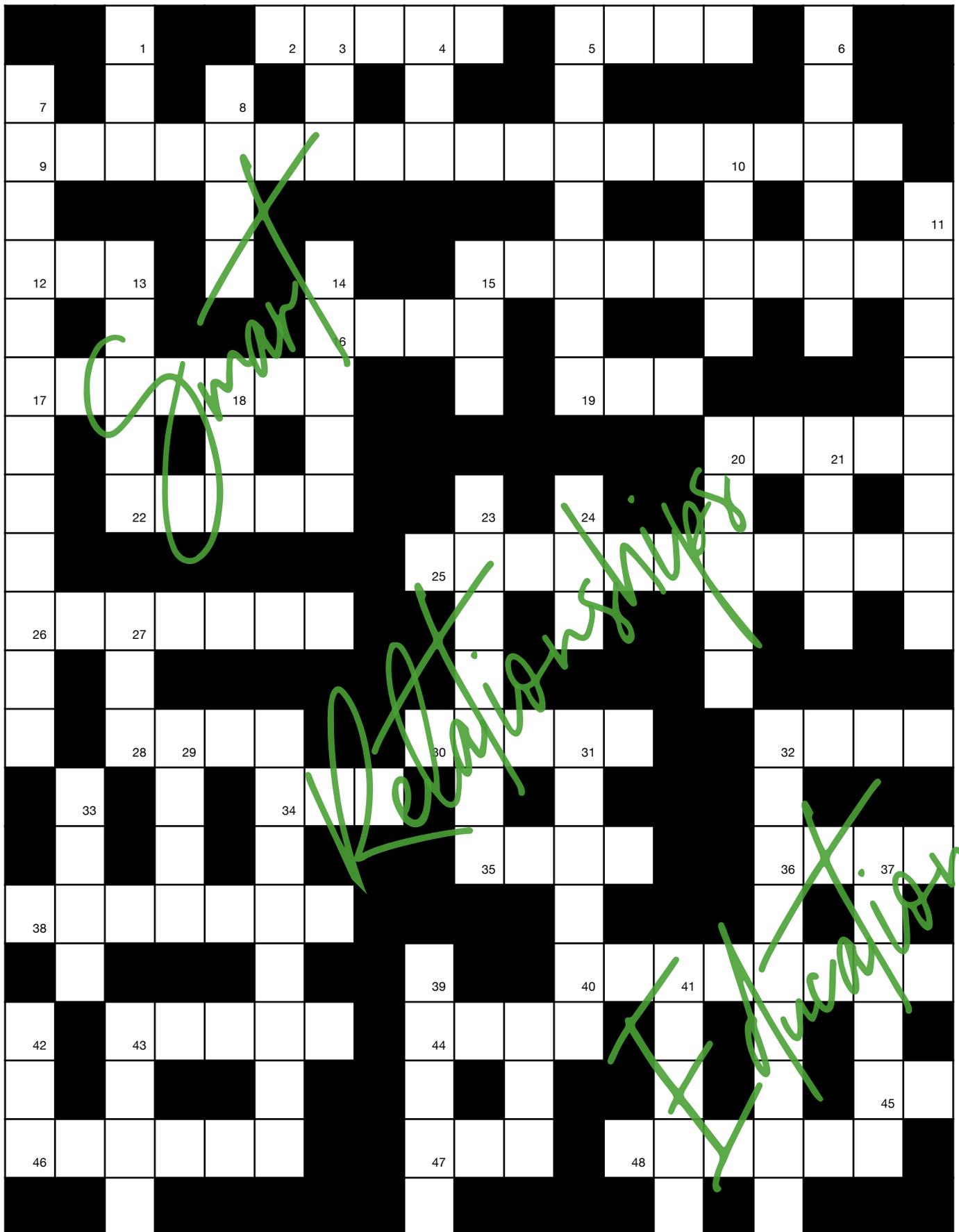
Bladder  
Hymen  
Fallopian Tube

Puberty  
Testicle  
Vas Deferens

Penis  
Scrotum  
Menstruation

Vagina  
Cervix  
Ovary  
Urethra

# Crossword

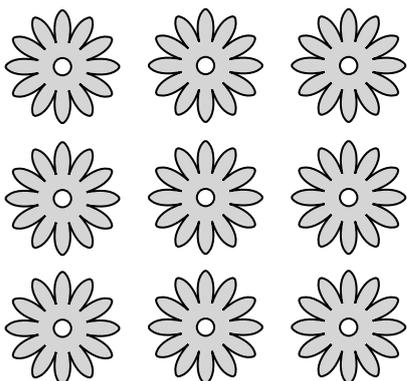


## Across

2. Noises made by cats (5)
5. No hair (4)
9. The Pituitary Gland sends a message to these to start puberty (12,6)
12. A comedy act (3)
15. Stimulate self for sexual pleasure (10)
16. Uses to keep Oxen together (4)
17. Holds Testicles (7)
19. Another word for intercourse (3)
20. Yell (5)
22. A boys name (5)
25. Straight (11)
26. These produce a woman's eggs (7)
28. To correct before printing (4)
30. It will deepen in boys (5)
32. Boys will get hair here & girls won't (4)
34. Need one of these to see (3)
35. Lots of this at the beach (4)
36. High volume (4)
38. Becoming an adult (7)
40. A female hormone (8)
43. Slang for girl (5)
44. Lots of this will grow in puberty (7)
45. You and me (2)
46. What a couple are called after their wedding (7)
47. Doe, Rae, Me, Far, Soh, ... (3)
48. See 4 Down

## Mind Bender

Using only four straight lines and without lifting your pen pass through the middle of all nine flowers.



## Down

1. Small pointed hat (3)
3. Flightless bird (3)
4. Can happen to boys at night (3,6)
5. The first notice change for girls in puberty (7)
6. Aircraft area (6)
7. A female hormone (12)
8. Males (4)
10. You will get one of these with poor hygiene (4)
11. Private Parts (8)
13. Females (5)
14. Virgins have this (5)
15. More than one man (3)
18. Timothy (3)
- 20 & 21. Both are needed to produce a baby (5 & 4)
23. About every 28 days for woman (7)
24. Slang for brother (3)
27. Female sheep (3)
29. Couples go here (4)
31. Breast ... is the most common in Australian women (6)
32. Tubes that eggs travel through (9)
33. Proper name for back passage (4)
37. The womb (6)
39. Teachers use this to write with (5)
41. Crying (5)
42. Girls have under this (3)
43. Given on Valentine's Day (4)

## Line Puzzle

Add four lines (using your pen) to make five squares.

