Talking about Sex and Puberty

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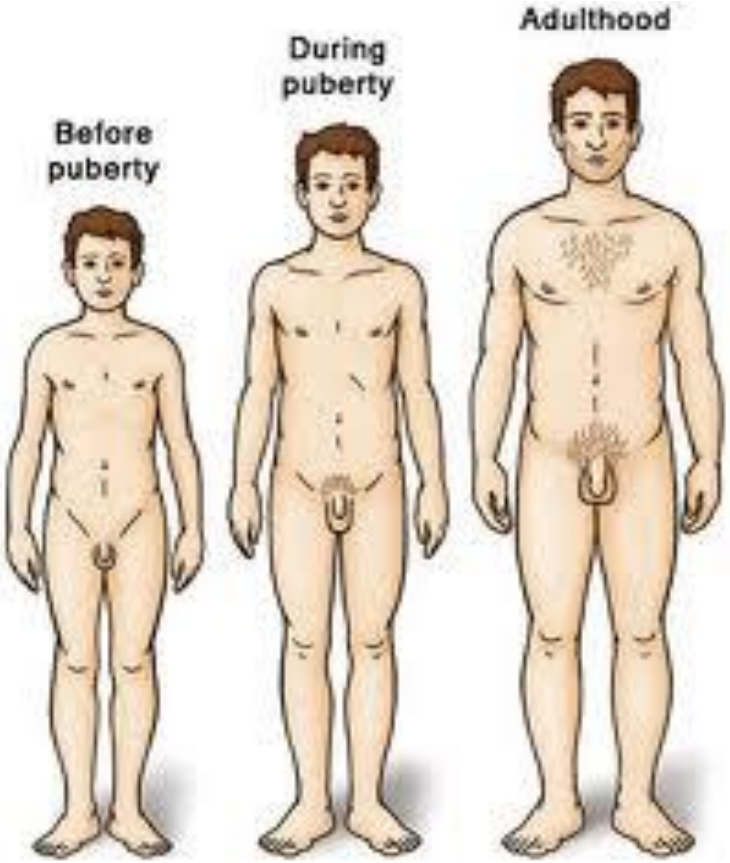
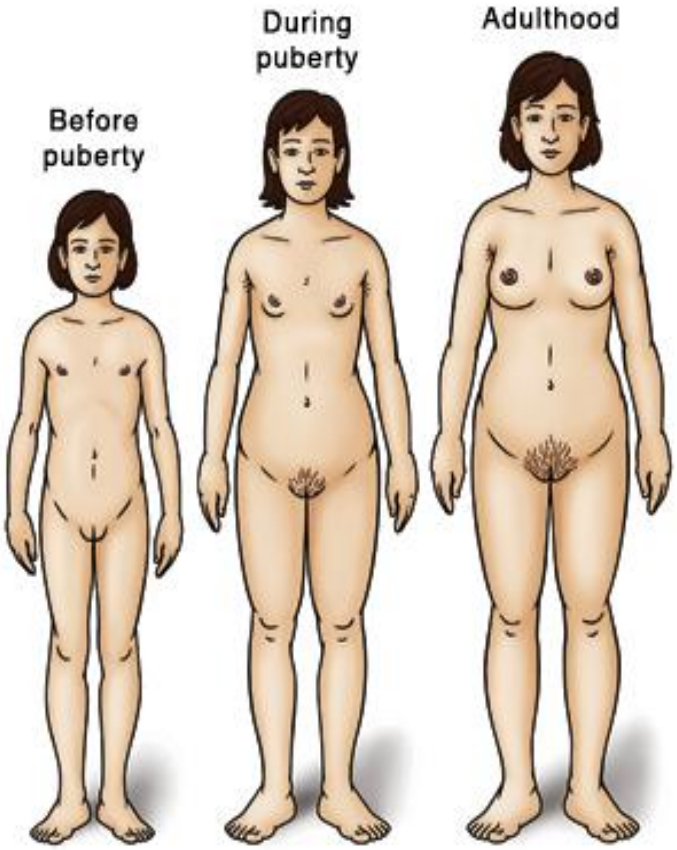
- Building social relationships by making friends and establishing intimate partners is a key developmental life stage for young adults.

- Parents and teachers need to realise that their child needs to be very aware of body changes, privacy rules, personal space and distance, relationships and permission.
- Boundaries of body (private parts), of space (private places), and of topic (private subjects) need to be emphasised, and adult forms of affection and closeness need to be developed.

What is their relationship?

ADOLESCENCE - THE BRIDGE TO ADULTHOOD





Puberty

Main areas of development:

Physical

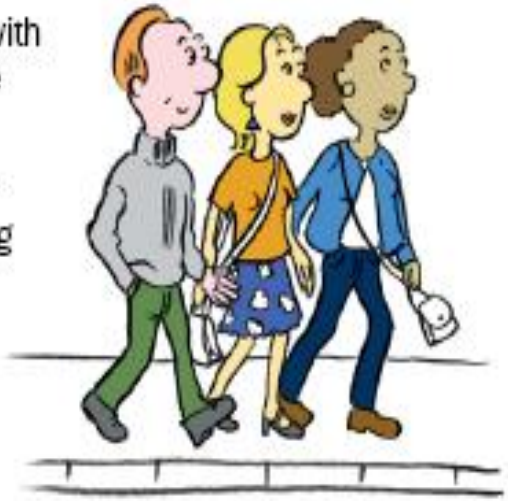
- Rapid growth
- Development of the hormonal system. Marked development of muscles.
- Sexual characteristics

Cognitive

- The mental process develops during puberty. The qualitative complexity of our thinking continues to develop until puberty, after which we seem to plateau and although we acquire new information and use our experience the basic programme we use to solve problems and interpret the world around us becomes fixed.

When you are out

- If you can, go out with friends or someone you know.
- Look like you know where you are going and you know how to get there.



- If you can, keep away from quiet, dark places.

- Wear your bag across your body or under your coat.
- Keep your bag with you at all times.
- Do not carry all your money and important things in one bag.

- Do not get into a car with someone you don't know.

- If you use a wheelchair, think about where would be the safest place to carry your bag.

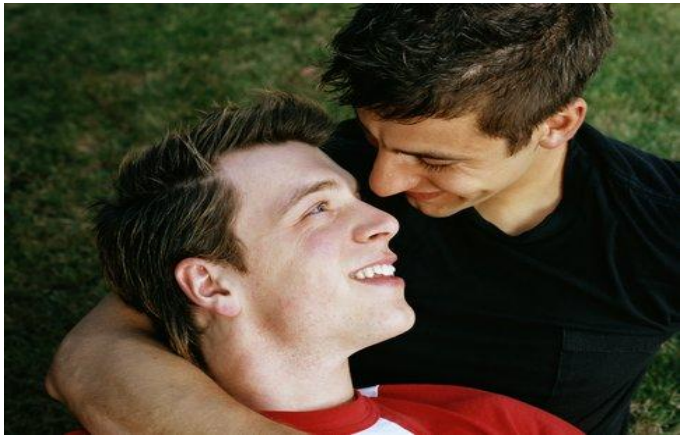
Gender

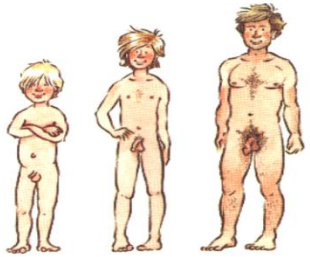
- Gender is about being male or female. How did you get to be what you are? What makes some babies boys and others girls? Why is the population of the world, roughly, half male and half female?

What would be different if you woke up tomorrow and you had changed gender (sex)?

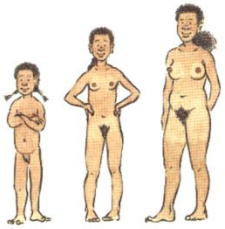
Sexual orientation

- Sexual orientation (or sexuality) is about who you have sexual feelings for. Heterosexuals only fancy members of the opposite sex. Homosexuals (gays) are attracted to members of the same sex.
- Bisexuals as being attracted to both. Girls who like other girls are usually called lesbians.
- One in 10 people are attracted to members of the same sex .





Puberty Quiz



- (1) The duration of puberty in the average girl is
- a. 2 years
- b. 3 years
- c. 6 years
- d. varies considerably
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- (2) Puberty comes from a word meaning 'to become hairy'.
  T / F
- (3) What does it mean for a boy's voice to break? a) it smashes to bits b) it becomes deeper c) it is higher one moment, lower another
- (4) Girls start puberty before boys. **T / F**
- (5) What is another name for menstruation?
  …….

(6) The amount of blood lost during the average period is

- a. 1-2 teaspoons
- b. 2-6 tablespoons
- c. 7-9 tablespoons
- d. a cupful or more

(7) Which glands set in motion the changes in the body at puberty?

a. adrenal b. prostate c. pituitary d. hypothalmus

(8)As our bodies change, so do our feelings.

T / F

(9)There is no need to worry about the size of our sexual organs.

T / F

(10) What is an erection? a) a building b) when a man's penis hardens and lengthens

(11) The average length of an erect penis is a) 3inches b) 12 inches c) 5 inches

(12) Sometimes sperm comes out of the body at night. What is this called? …….

(13) Masturbation

a. can stunt the growth

b. can lead to infertility

c. will stop you having a satisfactory sex life with a partner

d. does not have any harmful effects

e. is a sign of immaturity

(14) You have to wash even more carefully at puberty.

T / F

- People with ASD desire intimate relationships, yet they lack the appropriate skills and knowledge to initiate such relationships successfully

(Henault & Attwood, 2002; Stokes & Kaur, 2005).

- Due to their social ineptness, some people with ASD may naively engage in inappropriate or intrusive courtship behaviours, including stalking, in their attempts to initiate a relationship

(Stokes, Newton & Kaur 2007)

When should you wear these clothes?

When should you wear these clothes?

Do you take your clothes off here?

SITUATION CARD 4E

SITUATION CARD 4F

THE ETIQUETTE OF THE URINAL:

- There is an unstated code of behaviour in men’s public loos which is surprisingly universal.
- **No pairing**
  Unlike women, men visit the lavatory entirely for practical reasons, and it is always suspect to follow a friend to the loo immediately.
- **No talking**
  Terse conversation in the loo can take place before and after, but not during, use of the urinals.
- **No looking**
  Eyes should be aimed straight ahead or down in concentration; glances towards your neighbour are very suggestive.
- **No touching**
  Hands should be in front of you. An elbow bump can be deflated by a sober apology, but without turning the head.
- **Urinal occupation rules**
  When faced with an array of urinals to choose from, which one should you take.
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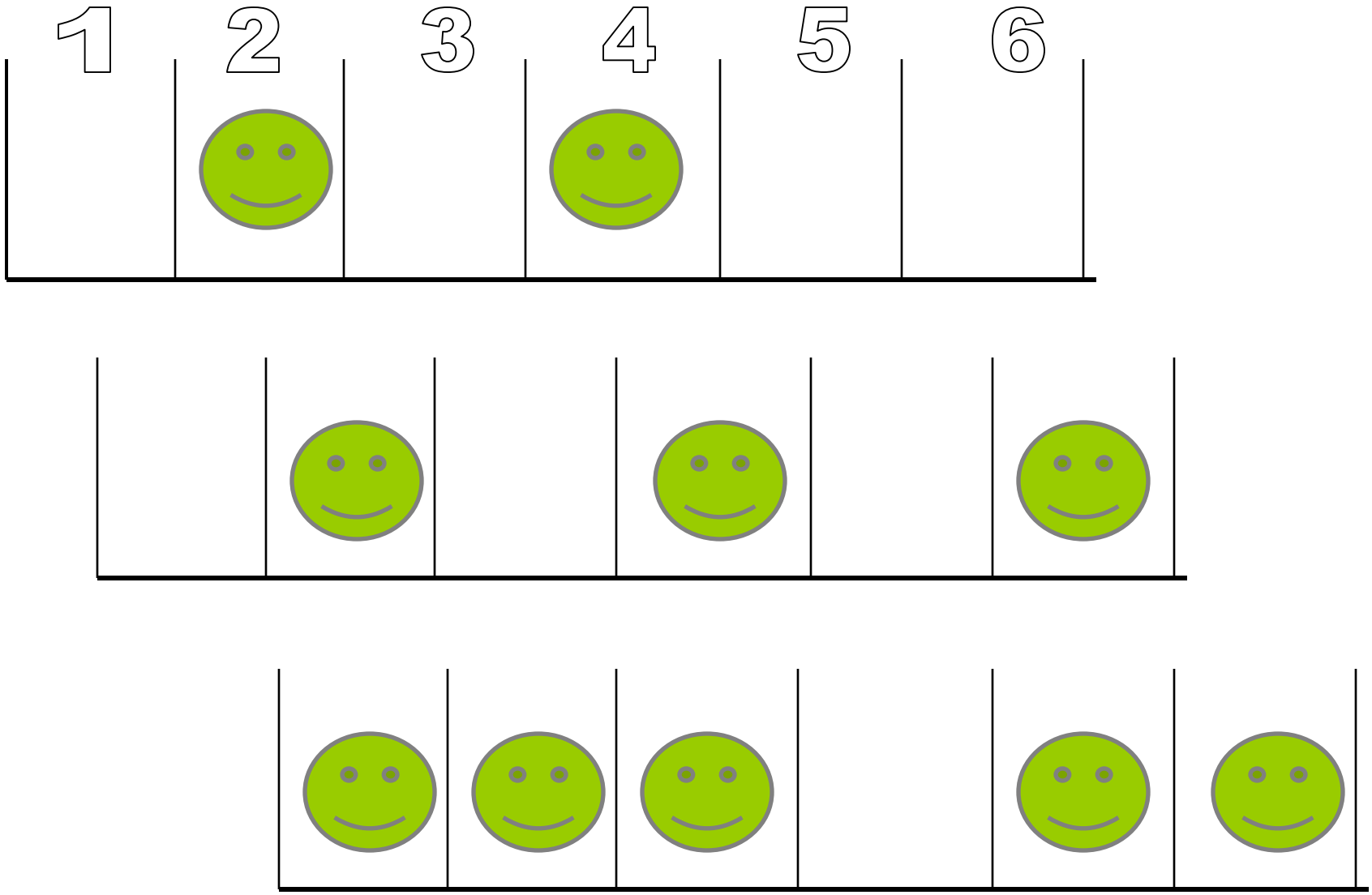
The Urinal Game: Which to Choose?



Is this public or private?

- What is he doing?
- What would happen if you did this in public?

Social learning – Who can I do these things with?

- Watch a video
- Go to the pub
- Kiss
- Eat with
- Watch TV with
- Play a computer game with
- Do homework with
- Make love to
- Go shopping with
- Travel on a train with
- Borrow clothes
- Share a drink
- Share a bed
- Shake hands
- Let them touch my body

Hygiene activity

Erections

- Erections are a perfectly normal function of the male body, especially in males who are going through puberty.
- Although many erections are caused by sexual arousal, such as watching a sexy film or girl you like, many erections seem to happen for no particular reason.
- So if you have an erection in an odd or embarrassing situation — like right in the middle of a history lesson — there's no reason to worry that something is wrong with you. Your body is just acting naturally for your age.

Wet Dreams

- Your son might find that he has a 'sexy' dream at night and wakes up to discover that some liquid (sperm) has leaked out of the end of his penis. This is referred to as **wet dreams in puberty** and is quite normal and natural.
- There is no reason to ever feel guilty about having a wet dream, they are subconscious and can not be easily controlled or manipulated.

Periods

- Your daughter will start her periods. It is important to prepare her in advance for this before it starts. Explain to her what is happening to her body, that it is normal and natural and shows that she is healthy and growing into a woman.
- Periods start when a girl reaches $7_{1/2}$ stone
- To catch the blood and prevent stains on her clothes, a girl can wear a pad, which sticks to her underwear, or a tampon, which is inserted into the vagina.

Breasts and Bras

- Girls have them so that her breasts can provide the milk for her baby in the future.
- Breasts can start growing as early as age 8 or as late as 13.
- Once a girl has breasts, a bra is a good idea, especially when the girl is exercising and playing sports. Bras can protect breast tissue and keep the breasts supported. Some girls may also like that bras smooth out their silhouettes and make them feel more comfortable.

Masturbation

- A person can have sexual feelings at any time in their life but they increase at puberty. Sometimes sexual feelings just seem to happen, you see a nice looking girl/man or an erotic scene in a film. But sexual feelings mostly come about from things you choose to do with your body either on your own or with another person.

What is sex?

What do you see?

What do you see?

What do you see?

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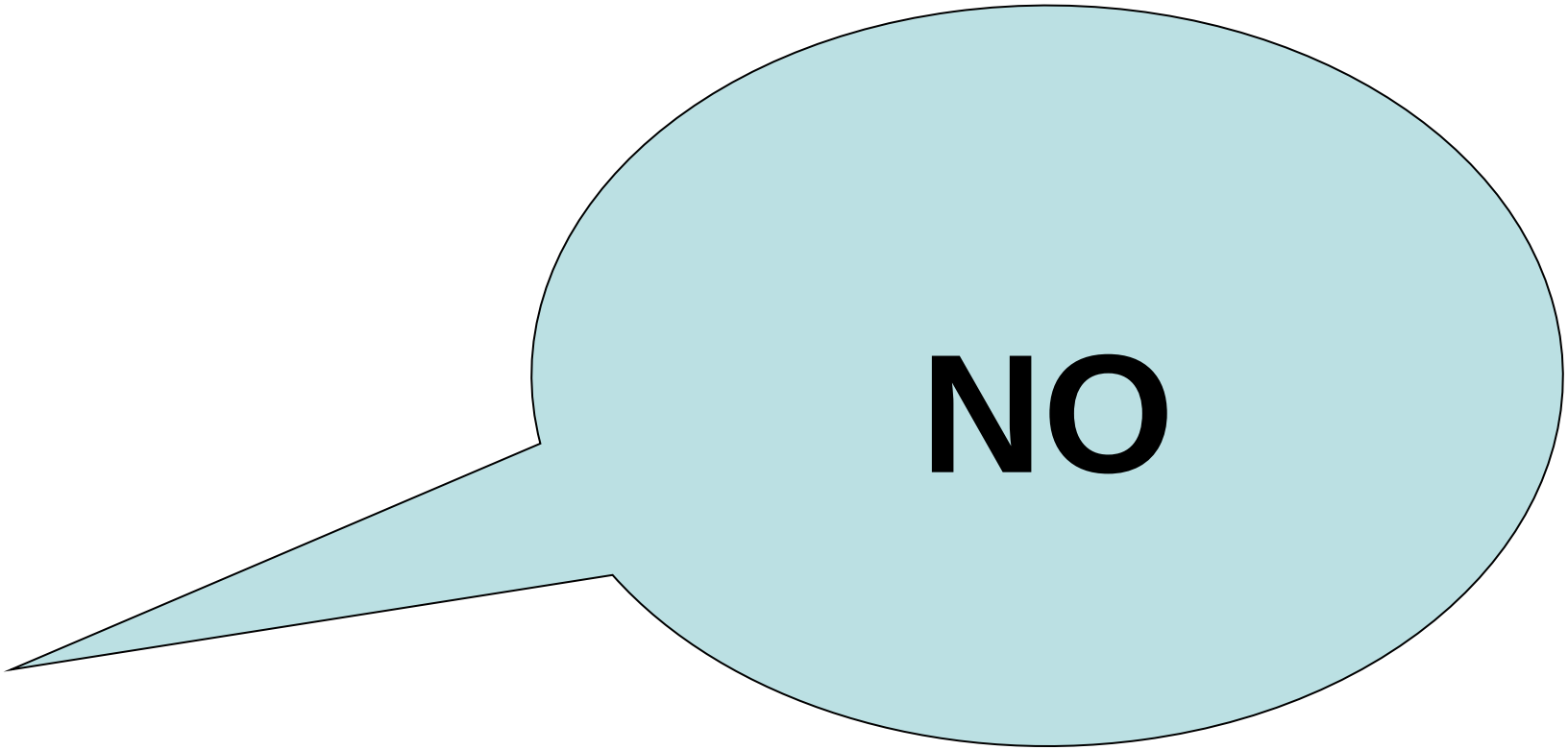
What do you see?

What do you see?

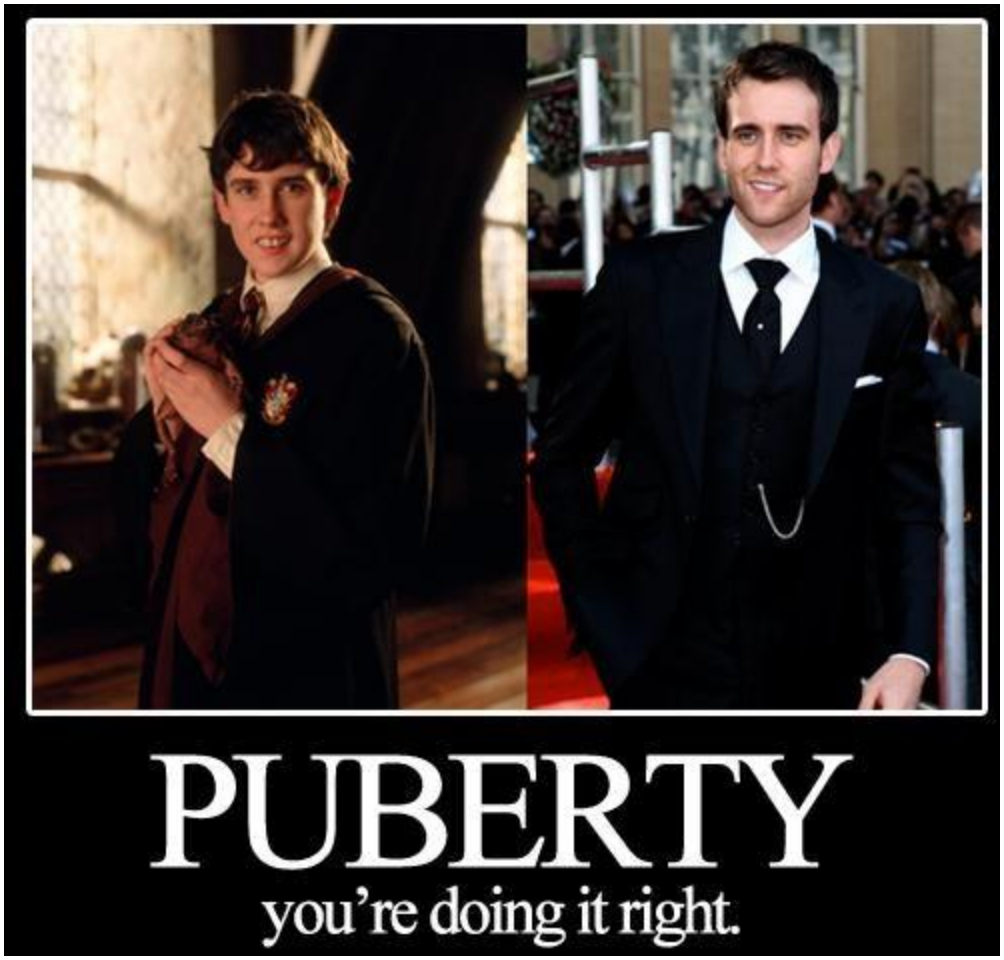
I have the right to say “NO” to sex if I don’t want to have it.



Conclusion

- the behaviour that leads to a referral is often fairly typical for hormone-driven teenagers, but it also involves either bad judgment (on the part of the individual with a disability), or a panic stricken reaction (on the part of parents or school).
- Some of these young people will be given a label that will have them considered "dangerous" for the rest of their lives, when, in reality, they are simply making mistakes that are particular to a specific time of human development. It is possible to prevent some of these behaviours from occurring.

- Your child is getting older. So should his or her friends. Sometimes it's easy to slip up and say, 'Well his mental age is five, so it's natural for him to play with little kids." Leaving your child who is approaching puberty with a social circle of younger children is asking for trouble.


PUBERTY
you're doing it right.