

Healthy Sexuality Information Sheet for Middle School Children

What are the private parts and how are they similar to other parts of the body? How are they different?

Private parts are the parts of the body that are covered by a bathing suit and that other people should not touch or look at. They are just like the rest of the body in that they feel things and serve a purpose. Private parts are special in that they help us to go to the bathroom (penis, vagina, and buttocks), feed a baby (breasts), and reproduce (penis and vagina).

What is puberty?

A normal period of development when a boy or girl's body changes, and he/she becomes able to make babies.

What changes occur during puberty for boys?

Boys grow hair on their face, armpits, and the areas around their penis. Their voice changes and deepens. Boys may also begin to sweat more, resulting in body odor. They may also have oily skin, resulting in pimples.

What changes occur during puberty for girls?

Girls grow hair on their armpits and the areas around their vagina. They may experience growth of their breasts and the onset of menstruation. Girls may also begin to sweat more, resulting in body odor. They may also have oily skin, resulting in pimples.

When does puberty start?

It is different for everyone, but can occur anytime between the ages of 8 and 15 years of age.

What do kids going through puberty sometimes do differently than kids who have not yet gone through puberty?

Kids going through puberty sometimes need to use deodorant, female sanitary products, wear bras, and wash more frequently.

What are sexual behaviors?

Any touching or looking at the private parts except for the purpose of hygiene and/or safety. Sometimes kissing is also a sexual behavior.

How do you know if you are ready to engage in sexual behaviors?

When you are thinking about engaging in sexual behaviors, you should discuss it with a trusted adult.

What are some of the consequences of engaging in sexual behaviors?

One consequence of engaging in sexual behaviors is the possibility of getting a sexually transmitted disease (STD). Some sexual behaviors can also lead to pregnancy.

How does a woman get pregnant?

By having sexual intercourse with a man.

How do you know if a woman is pregnant?

A woman could take a pregnancy test.

What are ways of preventing pregnancy?

Pregnancy can usually be prevented by using condoms and/or birth control pills. However, the only way guaranteed to prevent pregnancy is abstinence or not engaging in sexual intercourse.

What are sexually transmitted diseases (STD's)?

STDs are viral diseases that are transmitted through contact with an infected person's genitals or bodily fluids.

How do you contract STD's?

STDs can be contracted through unprotected sexual behaviors.

Is it okay to touch your private parts? If so, then when?

It is okay to touch your private parts but only when you are in private.