

BODY TALK



YOUR GENITALS DURING PUBERTY

BODY TALK

GLOSSARY

CLITORIS: Small erectile organ in females. The outer part is located at the entrance of the vulva and the inner part surrounds the vagina and the urethra.

GLANS: Sensitive tip of the penis with an opening for semen and urine to leave the body. It may be covered with a foreskin.

HYMEN: Membrane that stretches across part of the vaginal opening. It can sometimes tear and cause bleeding the first time a woman experiences penetration.

GENDER IDENTITY: A person's inner feeling of identifying as male, female or gender diverse.

OVARIES: Female genital glands that produce eggs and hormones.

PENIS: A man's external genital organ.

FORESKIN: Fold at the head of the penis. Some males no longer have a foreskin because it was removed, for various reasons, during a medical procedure called circumcision.

SCROTUM: Small sac that holds the testicles.

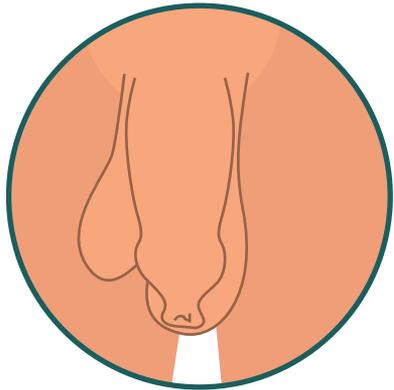
TESTICLES: Male genital glands that produce sperm and hormones.

VAGINA: Passage that connects the vulva to the cervix.

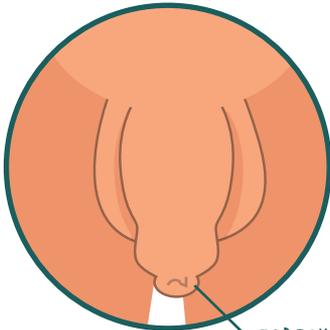
VULVA: All the external parts of a female's genitals, including the inner and outer labia (lips) that surround the urinary meatus and the vaginal opening.

EVERYONE'S GENITALS ARE DIFFERENT

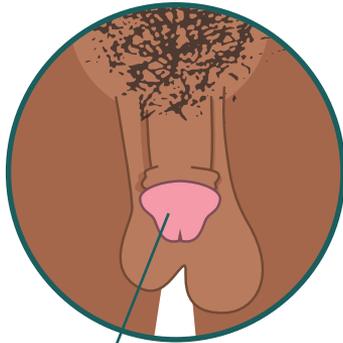
- The shape and size of:
 - the penis
 - the glans
 - the scrotum
 - the foreskin
- The curve and angle of the erect penis
- The colour
- The amount of semen
- The amount of hair



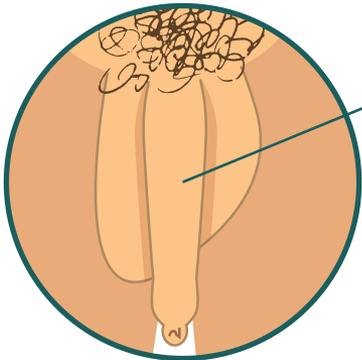
What you might not like about your body, others might find attractive!



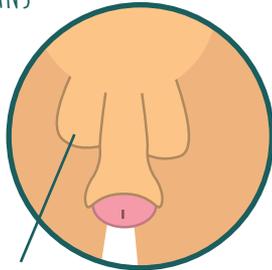
FORESKIN



GLANS



PENIS



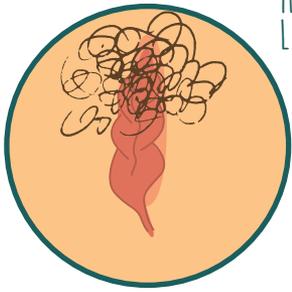
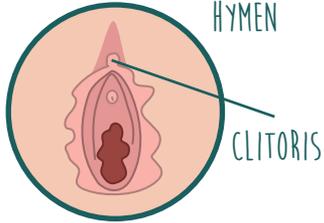
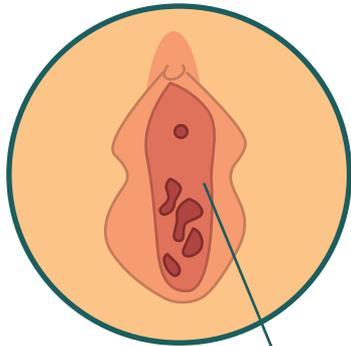
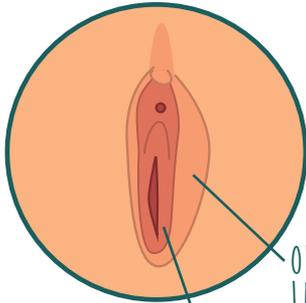
SCROTUM

EVERYONE'S GENITALS ARE DIFFERENT

- The shape and size of:
 - the vulva
 - the clitoris
 - the hymen
 - the inner and outer labia (lips)
- The colour
- The amount of vaginal secretions
(lubrication, vaginal discharge and menstrual flow)
- The amount of hair



VULVA

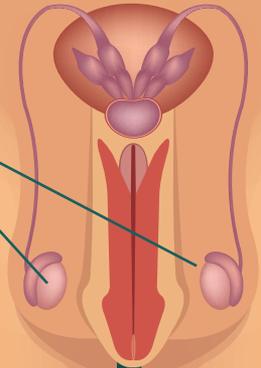


There is beauty
in diversity!

MALE GENITALS

Everyone
changes
at their
own pace.

TESTICLES



PUBERTY IN GUYS

The size of the penis at rest does not indicate the size it will be when it is erect. Penises do not increase in size in the same way.

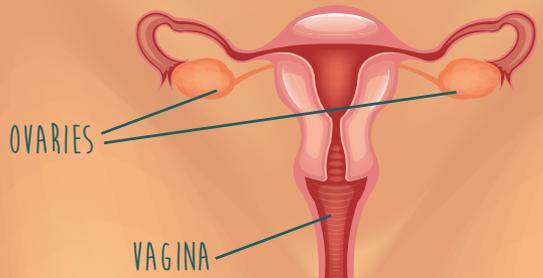
Erections can happen at any age and at any time in your life. Like ejaculation, they can be unintentional (when you are thinking about something erotic, when you are waking up, a surge of hormones). Don't be embarrassed, it's perfectly natural.

When you are sexually aroused, pre-ejaculatory fluid is secreted from your urethra. This fluid is not semen, but it can contain sperm. It acts as a lubricant to help sperm travel out of the penis and to keep sperm safe.

You will have your first ejaculation between the ages of 12 and 15. You might ejaculate after stimulating your penis (stroking, masturbation, sexual intercourse) or involuntarily (during the night, when you dream about something erotic).

Ejaculation means you are producing sperm and you have the ability to fertilize an egg.

FEMALE GENITALS



PUBERTY IN GIRLS

When your body is ready to make babies, you will have a menstrual cycle about every month. During each cycle, your body goes through a process called ovulation whereby an egg is released from an ovary. Sometimes more than one egg is released. If the egg is fertilized by a sperm, it will stay in the uterus and a pregnancy will begin. If the egg is not fertilized, you will have a period and menstrual blood will flow from the vagina for a few days.

Your hormones control your menstrual cycle. Hormones can affect your mood, your sexual desire and your vaginal discharge. You may start to have some vaginal discharge before you get your first menstrual period.

It's a good idea to keep sanitary pads or tampons handy because it's often hard to know when you will get your period.

Learn to accept
yourself and your
body the way it is!

GENITAL HYGIENE FOR GUYS

Clean your penis and scrotum with water and mild soap every day. Be sure to rinse and dry your genitals thoroughly to prevent moisture from causing an unpleasant smell or an infection.

Don't forget to pull your foreskin back to clean your glans. If you are circumcised, you still need to wash your glans well. Mucus (smegma) may build up and cause pain and an unpleasant smell. Don't hesitate to consult a health professional if you notice anything unusual about your genitals.

Wear clean underwear every day. If you do sports, if you are physically active or if you sweat a lot, you may need to wash your genitals more often.



Having good hygiene will make you feel more comfortable, confident and attractive!

GENITAL HYGIENE FOR GIRLS

Clean your vulva, the inside of your labia and clitoris with water and mild soap every day. Be sure to rinse and dry thoroughly to prevent moisture from causing an unpleasant smell or an infection. Using perfumes or too much soap on your genitals and washing yourself several times a day can irritate your mucous membranes.

The inside of your vagina releases secretions, also called a vaginal discharge. This discharge acts as a natural vaginal cleaner. If your vaginal discharge is heavy, has an unpleasant smell, causes itching or if you notice anything unusual about your genitals, do not hesitate to consult a health professional.

You should urinate (pee) and clean your genitals after sexual intercourse to prevent infections. When you use toilet paper, remember to always wipe from front to back.

You can use a mirror to look at your vulva.

MASTURBATION

Masturbation means touching or rubbing different parts of your body (clitoris, glans, breasts, etc.) with your hands or with objects for pleasure.

How people masturbate and how often they masturbate varies. Masturbation helps you get to know yourself, your body and what you like. It can also relax you. Masturbation and sexual intercourse should be done with respect for yourself and others. Both boys and girls can masturbate. Boys can masturbate with a condom on so that they will find condoms easier to use when they have sex with a partner.

While some young people enjoy puberty, not everyone does.

RESSOURCES

Don't hesitate to ask questions or talk to someone you trust about your concerns. Here are some helpful resources if you feel the need to talk to someone:

- Your parents
- The school nurse
- The nurse at the youth clinic
- A worker from a community organization or the health and social services network
- A school worker
- The *Tel-jeunes* helpline
- The *Jeunesse, J'écoute* helpline
- The *Interligne* helpline

If your body changes make you uncomfortable or don't match your gender identity, don't hesitate to talk to an adult who can help you.



Centre intégré
universitaire de santé
et de services sociaux
de la Capitale-Nationale

Québec 



A collaboration of the Direction de santé publique and
the youth community organizations of the Capitale-Nationale region