

For more information about these and other subjects,
please read the next issues of "TeenZine 6-8"
or visit www.StopTheSilence.org

For more information about STDs/HIV, call 1-800-CDC-INFO (1-800-232-4636)
Project Red Talon, Northwest Portland Area Indian Health Board
Text selections from SIECUS
Talk About Sex, available in full at: <http://www.siecus.org/pubs/TalkAboutSex.pdf>

- Answers To Pop Quiz On Page 7
1. True - Hormones can cause boys to start developing "breasts", but when the hormones settle down, these "breasts" will disappear.
 2. True - Feeling good one minute and down the next is very common during puberty. People gradually become less moody as they get used to their adult body and the new feelings that come.
 3. True - Such strong feelings (or "crushes") are part of growing up.
 4. False - Menstruation can begin between the ages of 8 and 17. If a girl has not had her period by the age of 16, medical advice should be sought.
 5. False - During puberty, erections may happen to boys when they have no conscious sexual thoughts at all.
 6. False - It is possible for a girl to become pregnant if she has sexual intercourse before her periods have started, and it is also possible to become pregnant from having sexual intercourse while menstruating.
 7. True - It is possible, but it is not very likely. While the first few wet dreams a boy has may not contain any sperm (just seminal fluid), as puberty advances the testes will start to produce sperm that is then ejaculated in wet dreams.
 8. True - Girls need to touch their pubic area as part of their daily washing routines. Neither boys nor girls should be afraid of masturbating or worry about it.

Puberty

Body Image

Self Esteem

Time To Celebrate!

Puberty

Usually, puberty starts between age 8 and 13 in girls and age 10 and 15 in boys. Some kids begin a bit earlier or later than that, and kids can experience puberty-related changes at any point during those years.

During puberty, your body will grow faster than at any other time in your life, except for when you were a baby.

The process often lasts for a few years.

It's the period of time between childhood and adulthood when your body changes rapidly to become a man or a woman.

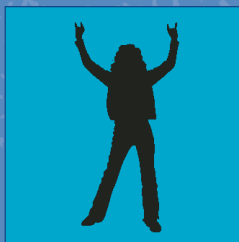
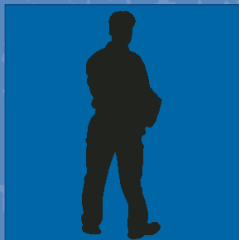
Most people going through puberty want more independence and privacy.

Your relationships with your friends and family may change. You might want to spend less time with your family and more time with your friends or alone.

This is when you might start developing crushes, begin dating, experience sexual feelings, face peer pressure and struggle with body image and self esteem.

You might have feelings of love towards your girlfriend or boyfriend.

You might also have new, confusing feelings about sex and sexual feelings that you've never felt before.



For Boys

You may grow facial and pubic hair, develop a deeper voice, start getting acne, and your penis may grow larger and begin to produce sperm.

You may also experience a rollercoaster of emotions, feeling happy one moment and angry or sad the next.

Once you begin producing sperm, you can get someone pregnant if you have intercourse (sex). Even though your body is able to make someone pregnant, that doesn't mean you are ready to care for a baby. That's a big responsibility.

For Girls

You may experience a growth spurt, and may develop pubic and underarm hair, acne, and more active sweat glands.

Your breasts will develop, your hips will widen, and you will begin to menstruate (this is also called "moon cycle" or "getting a period").

Getting your period means that you are physically able to become pregnant. Your body is healthy and growing.

You may also experience a rollercoaster of emotions, feeling happy one moment and angry or sad the next.



Celebrate The Transition

Puberty is often a time of confusion, questioning, and emotional ups and downs. One way to deal with this is to have a ceremony celebrating this transition in your life.. There are traditional ceremonies for different tribes, so you can ask an elder if they know what your tribe does to celebrate puberty or “coming of age.”

One small way to celebrate your entrance into adulthood might be to start a journal or scrapbook to write about your feeling and thoughts, and collect keepsakes, drawings, and poems. You could also have a party, or go to a favorite restaurant, park, beach, or another special place.

DESCRIBE A CEREMONY USED BY YOUR TRIBE TO CELEBRATE
A YOUNG PERSON'S "COMING OF AGE."

If you do not know any ceremonies, who might you ask?
What would you want to do to celebrate this special time?



Traditional Ceremonies

The Sunrise Ceremony is a ceremony for Apache girls to acknowledge and celebrate their transition from childhood to womanhood. It was traditionally a four day ceremony, but today it often lasts only a day or two. During these days, the girls run toward the four directions to sing songs and dance. They also participate in and conduct sacred rituals, and receive and give gifts and blessings. During this ceremony the girls are filled with the physical and spiritual power of the White Painted Woman in order to learn their role as women of the Apache nation.

The Vision Quest is a ceremony for Lakota boys at the beginning of the path to adulthood. The quest itself is usually a journey alone into the wilderness seeking personal growth and spiritual guidance from the spirit Wakan Tanka. They often last two to four days, during which the boy drinks only water and does not eat food. Preparing for a vision quest includes fasting and the guidance of a tribal Medicine Man to guide the vision seeker. Although it is often not practical for a 10 or 11 year old boy to go off on their own these days, elements of a vision quest can be incorporated into a ceremony to celebrate the beginning of puberty.

SELF ESTEEM AND BODY IMAGE

Body Image- is the picture you have of your physical self in your head.

Self Esteem- is how you feel about yourself as a person.

- ✧ Both are influenced by society, cultural background, and life experience.
- ✧ The way you feel about your body can affect how you feel about yourself as a whole.
- ✧ Eating healthy foods and being physically active can make kids feel better about their bodies. Why? Because eating a healthy diet will help you feel energized and will keep your body working just the way it should.



We Are All Unique!

Our bodies come in different shapes and sizes, and each of us has different talents and skills. Fill in the wheel below with what makes you unique!

1. What is one talent that makes you unique?

2. What is one skill that you could teach others?

3. What is one character trait that makes you proud?

4. What is one accomplishment that makes you feel proud?

SKILLS

I am good at... spelling, fishing, writing, running, drawing, storytelling, math, cooking, helping others, geography, tracking animals, climbing trees.

CHARACTER TRAITS

I am...trustworthy, fun, loyal, funny, responsible, dependable, energetic, a good listener, calm, reliable, honest, hard working, quiet, patient, smart, witty.

TALENTS

I enjoy...singing, beading, drumming, dancing, canoe pulling, painting, playing an instrument, writing songs, acting, skateboarding, shooting baskets, riding horses, swimming, telling jokes, spending time outside, hanging out with friends.

ACCOMPLISHMENTS

I... work hard in school, never give up, take care of a pet, try new things, persevere, take care of a sibling, recycle, have won an award.

Some Things To Remember

Choose the following words to fill in the blank: cultures, diet, value, grow, genes, sleep, beautiful.

Your looks are mostly determined by your parents. When your parents created you, they passed on their _____ - a special biological code - and those genes help determine your size and shape, your eye color and hair texture, even whether you have freckles.

Genes don't decide everything. For example, eating an unhealthy _____ can keep you from growing to your full potential. Getting plenty of _____, enough exercise, and nutrients will help you grow just like you should.

Your body will change and _____ as you go through puberty.

Most people do not fit the image that the media portrays as "good looking" or "_____".

Standards of good looks and beauty differ among various _____.

Your _____ and worth is not defined by your looks.

If you act in a good way, you will be considered good looking by those around you.

Pop Quiz! True or False...

- 1 Sometimes boys can develop breasts during puberty.
- 2 People experience changes in their moods as well as changes in their bodies.
- 3 It's OK to have strong feelings for another person - boy, girl, friend, or adult.
- 4 Most girls will start having their moon cycle or period by the time they are 16.
- 5 If a boy has an erection in public, it shows that he is thinking about sex.
- 6 A girl can't get pregnant before she has had her first period or when she is menstruating.
- 7 Once a boy has had a wet dream, it is possible for him to become a father if he has sexual intercourse.
- 8 It's safe for a girl to touch her pubic area.

Answers To Pop Quiz On Back Page