

# Primary School Health



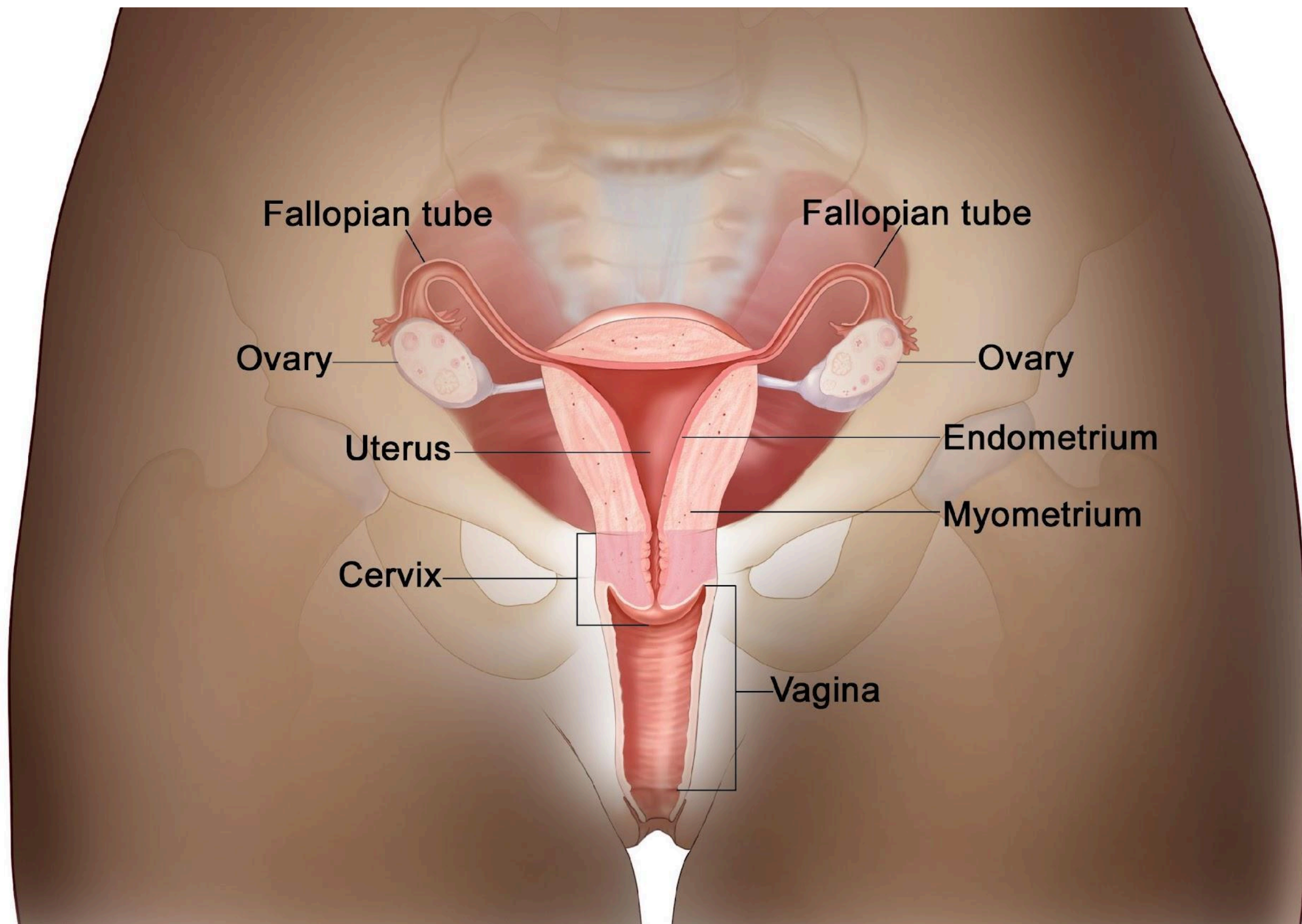
## INTRODUCTION:

Welcome, everyone. My name is **(introduce yourself)**.

We are going to talk about menstrual hygiene and general health. This will include sexual reproductive organs, puberty, menstrual health, sexuality, abuse, and safe or healthy sexual choices.

## INTERNAL Female Anatomy.

- **Vagina-** The tube which connects the cervix to the outside of your body.
- **Cervix-** The lower part of the uterus which connects the vagina to the uterus. It has a small opening in it that lets menstruation blood out and sperm in.
- **Uterus-** Muscular organ where menstruation blood comes from and carries a baby when pregnant.
- **Fallopian tubes-** Two narrow tubes, one on each side of the uterus. Fallopian tubes connect the uterus to the ovaries and allow eggs to travel to the uterus to meet a sperm.
- **Ovary-** Two small organs that store eggs for pregnancy. One egg is released each month and travels through fallopian tubes to the uterus to meet a sperm.
- **Uterine Lining-** Tissue that is rich in blood and nutrients, where a fertilized egg will live to grow into a baby.
- **Menstruation blood-** Blood that comes from the inside of your uterus, is from the lining “refreshing” itself to prepare for pregnancy.
- **Urethra-** a small opening that is connected to your bladder, where you urinate.
- **Anus-** Opening to your rectum



## External Male Anatomy

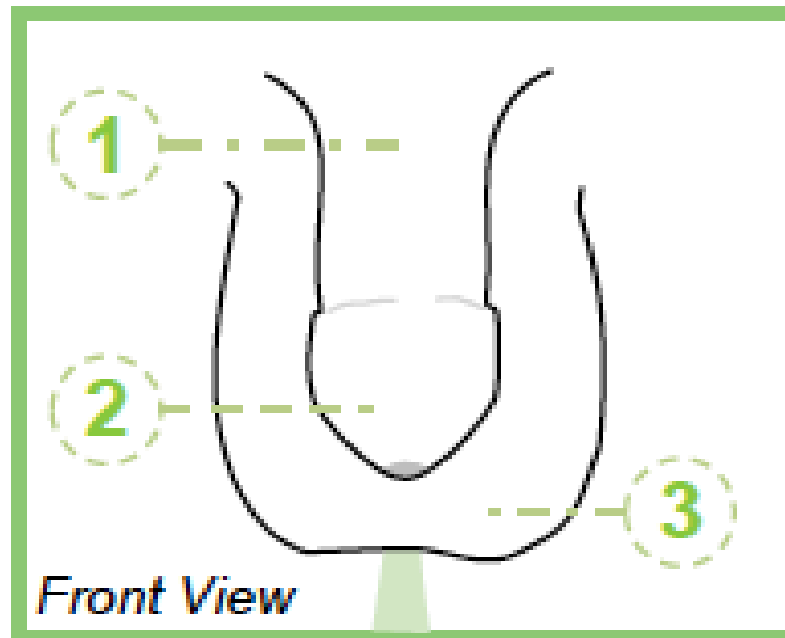
1. **Penis** - is made up of two parts: the **shaft** and the **glans**. The shaft is the main part of the penis and the glans is the tip (sometimes called the head). At the end of the glans is a small slit or opening, which is where semen and pee exit the body through the urethra
2. **Foreskin** - a fold of skin at the end of the penis covering the glans. Some boys are circumcised, which means that a doctor or clergy member cuts away the foreskin. Circumcision is usually done during a baby boy's first few days of life. It's not medically necessary, but parents who choose to have their sons circumcised often do so based on religious beliefs, concerns about hygiene, or cultural or social reasons. Guys who have circumcised penises and those who don't are not different: All [penises](#) work and feel the same, regardless of whether the foreskin has been removed.
3. **Scrotum** - the testicles hang in a pouch-like structure outside the pelvis. This bag of skin helps to regulate the temperature of testicles, which need to be kept cooler than body temperature to produce sperm. The scrotum changes size to maintain the right temperature. When the body is cold, the scrotum shrinks and becomes tighter to hold in body heat. When it's warm, it gets larger and floppier to get rid of extra heat. This happens without a guy ever having to think about it. The [brain and the nervous system](#) give the scrotum the cue to change size.
4. **Anus** - Opening to your rectum
5. **Testes** - In a guy who has reached sexual maturity, the two oval-shaped **testicles**, or **testes** (pronounced: TESS-teez) make and store millions of tiny sperm cells.

## Internal

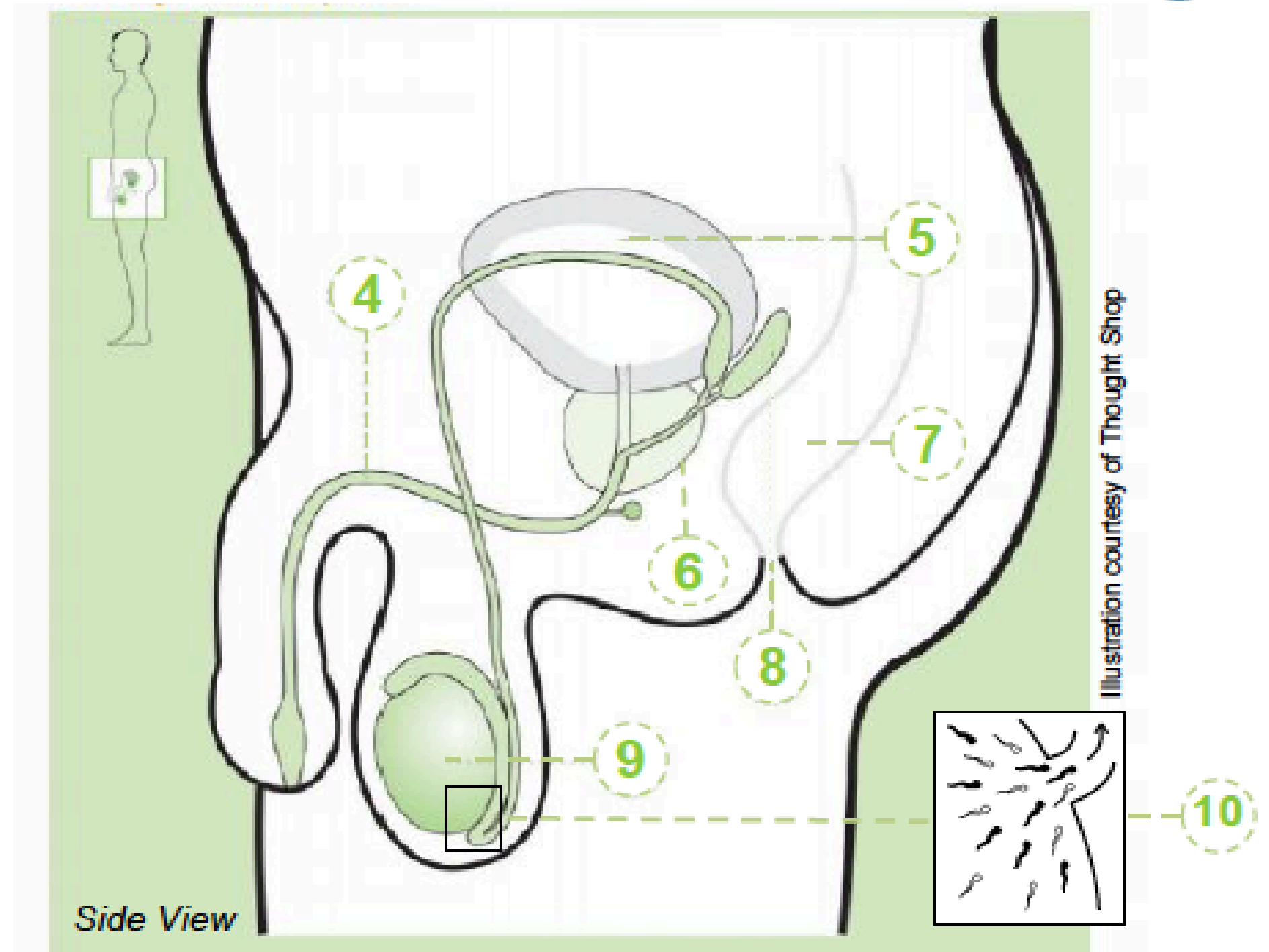
6. **Urethra** - a small opening that is connected to your bladder, where you urinate.
7. **Bladder** - a subperitoneal, hollow muscular organ that acts as a reservoir for urine.
8. **Prostate** - a gland that produces some of the fluid that carries sperm during ejaculation
9. **Rectum** - a chamber that begins at the end of the large intestine, immediately following the sigmoid colon, and ends at the anus
10. **Sperm** - male sex cells

# Male Reproductive System

Men  
Who  
Know



1. Penis
2. Foreskin
3. Scrotum
4. Urethra
5. Bladder
6. Prostate
7. Rectum
8. Anus
9. Testicle
10. Sperm



# **Puberty: Transition into Adulthood**

- The pituitary gland starts releasing hormones
  - Hormones communicate change in the body
- Boys - testosterone
- Girls - estrogen
- Body Changes
  - Hair growth: underarm & pubic hair
  - Physical growth
    - height/weight
    - genitals look more mature
    - girl's breasts develop & menstruation begins
    - boys voices change
    - Emotional, arousal, and attraction increase



# MALE PUBERTY

The changes that happen in the body are caused by chemicals called hormones. Puberty for boys usually starts between ages 10–16. It is a time of great change and can be a confusing and emotional time. Puberty is the beginning of your

journey from a boy into a man. While it can be challenging, it is also one of the most natural things in the world. It is important to keep talking about how you feel to a trusted adult, like a parent, guardian or another person.

## BODY SIZE

Arms, legs, feet, and hands grow at a faster rate than other body parts.



## EMOTIONS

Puberty will affect your mental health. Feelings of fear, anger, excitement and embarrassment become more common.



## BODY SHAPE

Arms, legs and feet will grow faster than the rest of your body. Your shoulders broaden and muscles and weight are gained.



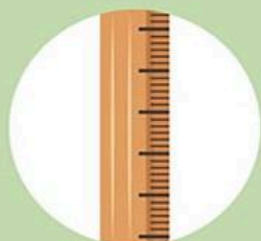
## HAIR

Hair begins to grow on your underarms, above the penis, arms, face and sometimes the chest.



## GROWTH SPURT

You will experience a growth spurt in puberty, which typically ends around the age of 16.



## ERECTIONS

Erections are completely normal and happen due to increased hormones.



## VOICE

Your voice will change and become deeper. This usually occurs just after a big growth spurt.



## PENIS

Your penis will grow longer and thicker and the testicles will grow larger too.



## SKIN

Your skin may become oily, and you will sweat more, meaning a development of acne or spots on your back and/or face.



## SPERM

Sperm begin to be produced by your body. During an erection, you may experience ejaculation which is natural and normal.



A NATURAL PROCESS

# FEMALE PUBERTY

Puberty is a time of change and development — you are growing up! Puberty begins around 9–14 years of age. Changes happen in the body caused by chemicals called hormones. It's important to remember everyone is different and not to compare your journey to adulthood with others. However, there are common changes that happen during puberty.

## BODY SIZE

Arms, legs, feet, and hands grow at a faster rate than other body parts.



## EMOTIONS

Fear, frustration, anger, sadness, mood swings and so much more are all feelings you may encounter during puberty. It is a great change physically and emotionally.



## BREASTS

Breasts grow larger and develop. Sometimes one is larger than the other - that's natural and will balance out. They develop and a bra may be needed for support.



## SWEATING

Body odour can develop, so regular hygiene practices are needed.



## BODY SHAPE

Breasts will continue to grow, hips will widen and the waists get smaller.



## SKIN

Skin sometimes becomes oily and spots and/or acne may appear.



## HAIR

Hair will start to grow on the pubic regions, underarms and legs.



## MENSTRUATION

Menstruations usually starts between the ages of 9–14. A layer of blood and tissue builds up in the uterus and is discharged monthly. The flow varies from person to person.

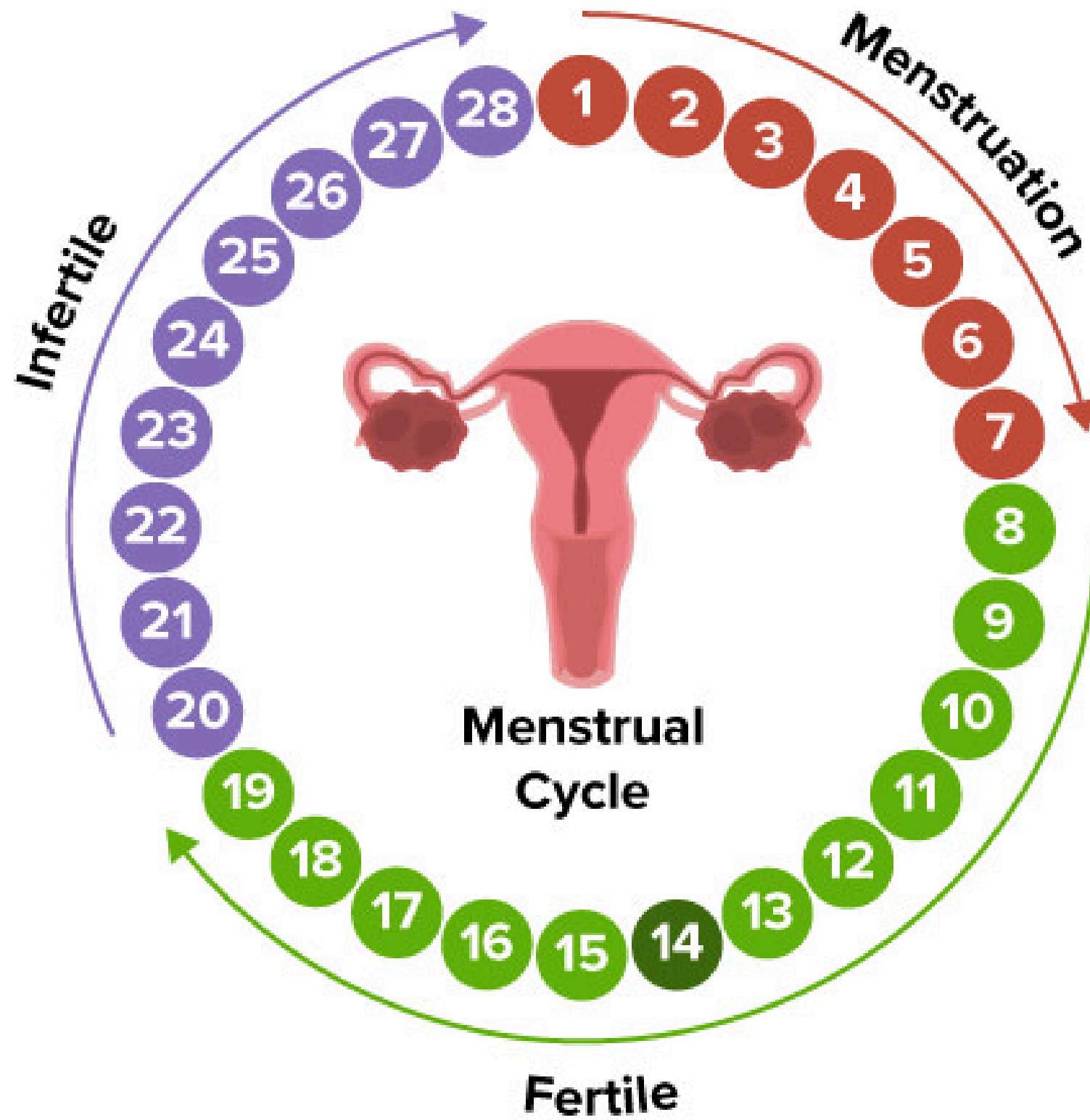


YOUR JOURNEY INTO ADULTHOOD

# **Menstruation**

- Definition: Elimination of the thick lining of the uterus which is expelled into the vagina as blood. Menstruation includes blood, cells, and mucus. Once a girl starts menstruation or “period” she is now able to become pregnant. This occurs every 28-30 days.
- Symptoms:
  - Vaginal Bleeding
  - Abdominal Cramping
  - Bloating
  - Headaches
  - Fatigue
  - Increased need for sleep
  - Dehydration



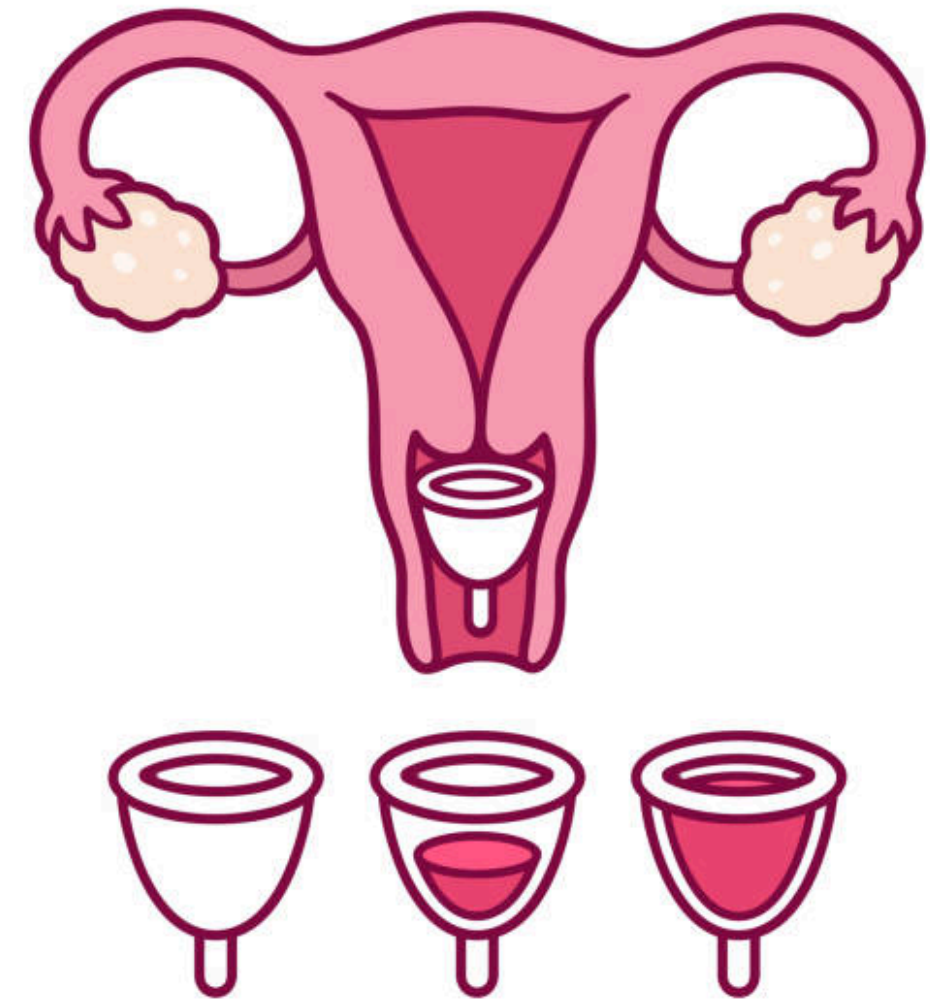


## Managing Menstruation:

- Change sanitary supplies regularly
  - Pads: every few hours (based on product) or when wet/damp
  - Tampons: Every 2-4 hours
  - Menstrual cups: Every 10-12 hours

## Why change regularly?

- Bacteria and yeast grow in dark, moist areas, and use blood for nutrition; if you do not clean infection can grow
- Wash externally with water regularly when changing pads
  - Prevents infection, bad odor
- Shower/bath daily with soap and water
  - Be careful of using soaps with many scents/oils
    - Some types can irritate the skin and increase the chance of infection



**Photo Credits:**

**Left:** Creator: Aleximia | Credit: Getty Images/iStockphoto

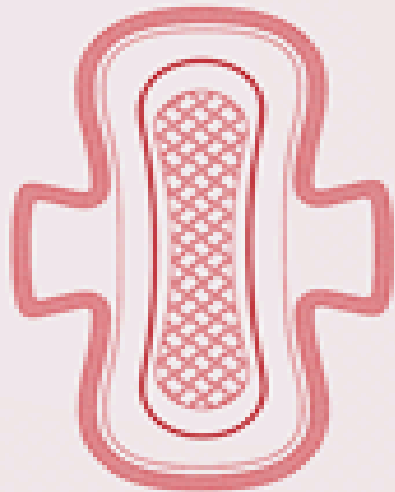
**Right:** Creator: Sudowoodo | Credit: Getty Images/iStockphoto

# Healthy Menstrual Habits

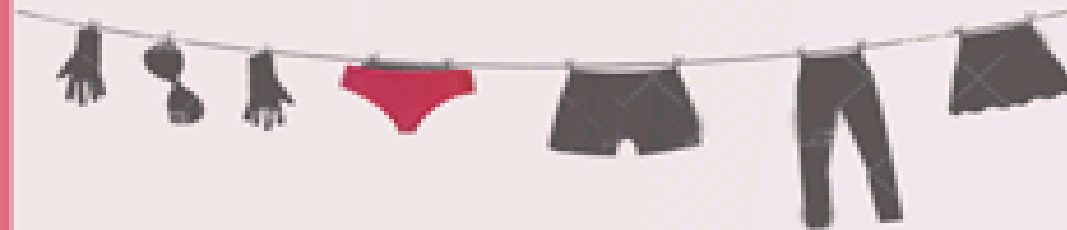
- Change sanitary supplies regularly
  - Pads: Every 6 hours or when wet/damp
  - Tampons: Every 2-4 hours
  - Menstrual cups: Every 10-12 hours
- Wash externally with water regularly when changing pads
  - Use the Right Washing Techniques
  - Always wash or clean the area in motion that is from the vaginal to the anus (front to back)
    - NEVER wash in the opposite direction
    - Can cause bacteria from the anus to spread to the vagina/urethral opening
    - Risk of infection
  - Prevents
    - Infection
    - Bad odor
- Shower/bath daily with soap and water
  - Be careful of using soaps with many scents/oils
    - Can irritate skin
      - Increases the chance of infection



## Simple Steps to have Healthy Periods



**Change  
Napkins  
2-3 Times  
a Day**



**Dry Undergarments  
Under the Sun**

**Keep Clean  
and Dry!**



**And it is  
completely fine  
to **talk** about it!**



Photo Credit: <https://www.oowomaniya.com/voices/lets-talk-about-menstrual-hygiene-and-intimate-care/>

# **Discard Your Sanitary Products Properly**

- Disposable Pads
  - Wrap it well to keep smell & bacteria contained before discarding
  - Use a covered dustbin (bucket) to keep contained throughout the day
  - Burn this garbage daily
  - Do NOT flush pads down the toilet
- Reusable Pads
  - Soak first in water (this helps remove stains)
  - Wash with soap and water
  - Scrub lightly to remove possible stains
  - Dry in the sun for at least 1 hour
    - This helps kill bacteria

## Disposing sanitary pad or a tampon



Photo Credit: <https://images.app.goo.gl/hk3vfTAUBXspWw2dA>

## Things to Remember...

1. Bath regularly on period
  - Keeps you clean
  - Can also help with cramps, headaches, back pain, etc.
2. Keep a prepared period bag with all supplies needed during the cycle
  - Sanitary product
  - Tissues
  - Cleaning wipes
  - Garbage bags
3. Drink extra water when on period; prevent dehydration
4. Track your cycle



*Things to  
Remember*

Important!

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# Sexuality

**A person's identity concerning the gender to which they are typically attracted; is sexual orientation.**

- **Identity:**
  - Who you are (boy/girl)
- **Attraction:**
  - How you feel about someone else's body
- **Behavior:**
  - What you do with your body

## **Identity: Who are you?**

- Boy vs Girl
- Knowing yourself and being comfortable in your own body



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# Attraction: How do you feel about someone else's body?

- When we like someone by the way they look
  - Physical Attraction towards others
    - getting nervous/excited
    - blushing/skin gets warm
    - 'butterflies' in the stomach
    - voice changes





Photo Credit:

<https://www.creativefabrica.com/product/african-american-boy-and-girl-in-love/>

# Behavior: What do you do with your body?

- Physical interactions with the opposite sex
  - holding hands
  - touching arms/legs/face
  - hugging
  - kissing
  - sexual interactions
    - anything involving breasts, vagina, penis, or anus



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Photo Credit: Creator: pijama61 | Credit: Getty Images

## Sexual Abuse/Rape

**Sexual abuse:** unwanted sexual activity, with perpetrators using force, making threats, or taking advantage of victims not able to give consent. Most victims and perpetrators know each other.

**Rape:** unlawful sexual intercourse or any other sexual penetration of the vagina, anus, or mouth of another person, with or without force, by a sex organ, other body part, or foreign object, without the consent of the victim.



## SEXUAL VIOLENCE

2010

2019

32%

YOUNG WOMEN  
AND GIRLS

16%

18%

YOUNG MEN  
AND BOYS

6%

<https://www.cdc.gov/violenceprevention/childabuseandneglect/vacs/kenya-successstory.html>

# What to do if You or Someone You know Experiences Sexual Abuse or Rape?

- Get to Safety
- Speak Up
  - Tell a trusted adult for help
    - Parent
    - Spiritual Leader
    - Extended Family Member
    - Teacher
    - Neighbor
  - Report to:
    - Police/Local Chief
    - Children's Officer
    - Hospital-get examined by health professionals (HIV/Pregnancy)
    - Social Worker/Counselor
- Seek Professional Counseling for Emotional Healing
  - Counselor/Psychiatrist
  - Pastor



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## Consequences of Practicing Unhealthy Sexual Behaviour

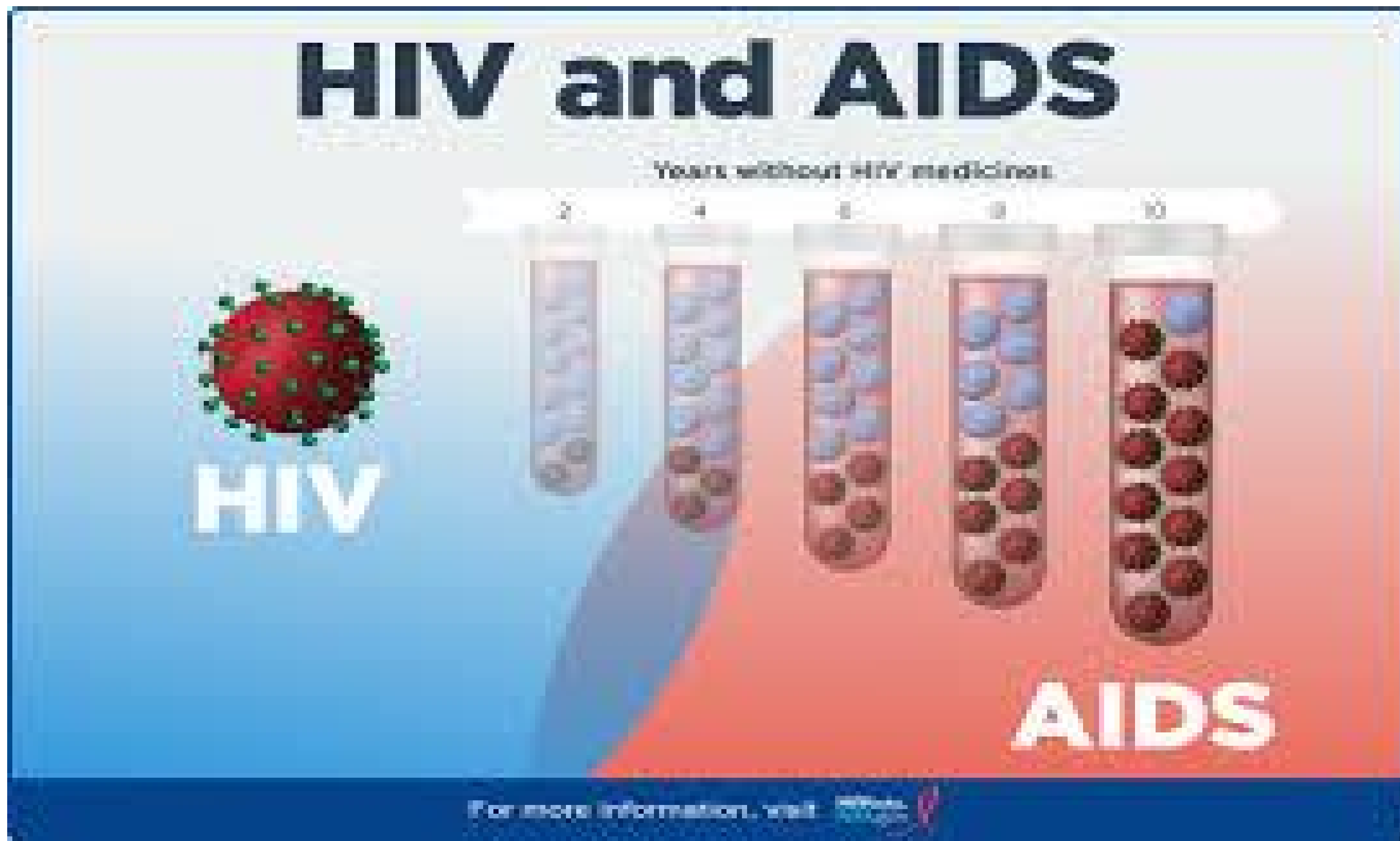
- At this age, your body is not able to handle the challenges that happen when having sex
- Non-Sexually Transmitted Infections
- Unplanned Pregnancy
  - Poor performance in school
  - School dropout
  - Early marriage
- Contracting Sexually Transmitted Infections
  - HIV/AIDS

## HIV

- H- Human. This virus is only found in human beings and not in other animals or insect
- I- Immune deficiency. The virus weakens the body's ability to fight diseases. HIV weakens the body's defense mechanism and prevents the body from fighting others
- V- Virus. They are tiny germs that require a very powerful microscope to see

## AIDS

- A- Acquired. The virus is caught by someone else who already has it then it enters the body and begins to work down the number of CD cells / immune system.
- I- Immune. Relating to body defense systems
- D- Deficiency. The immune system is weakened and becomes deficient
- S- Syndrome. Variety of different symptoms and illnesses



**Photo Credit:** <https://hivinfo.nih.gov/understanding-hiv/fact-sheets/hiv-and-aids-basics>

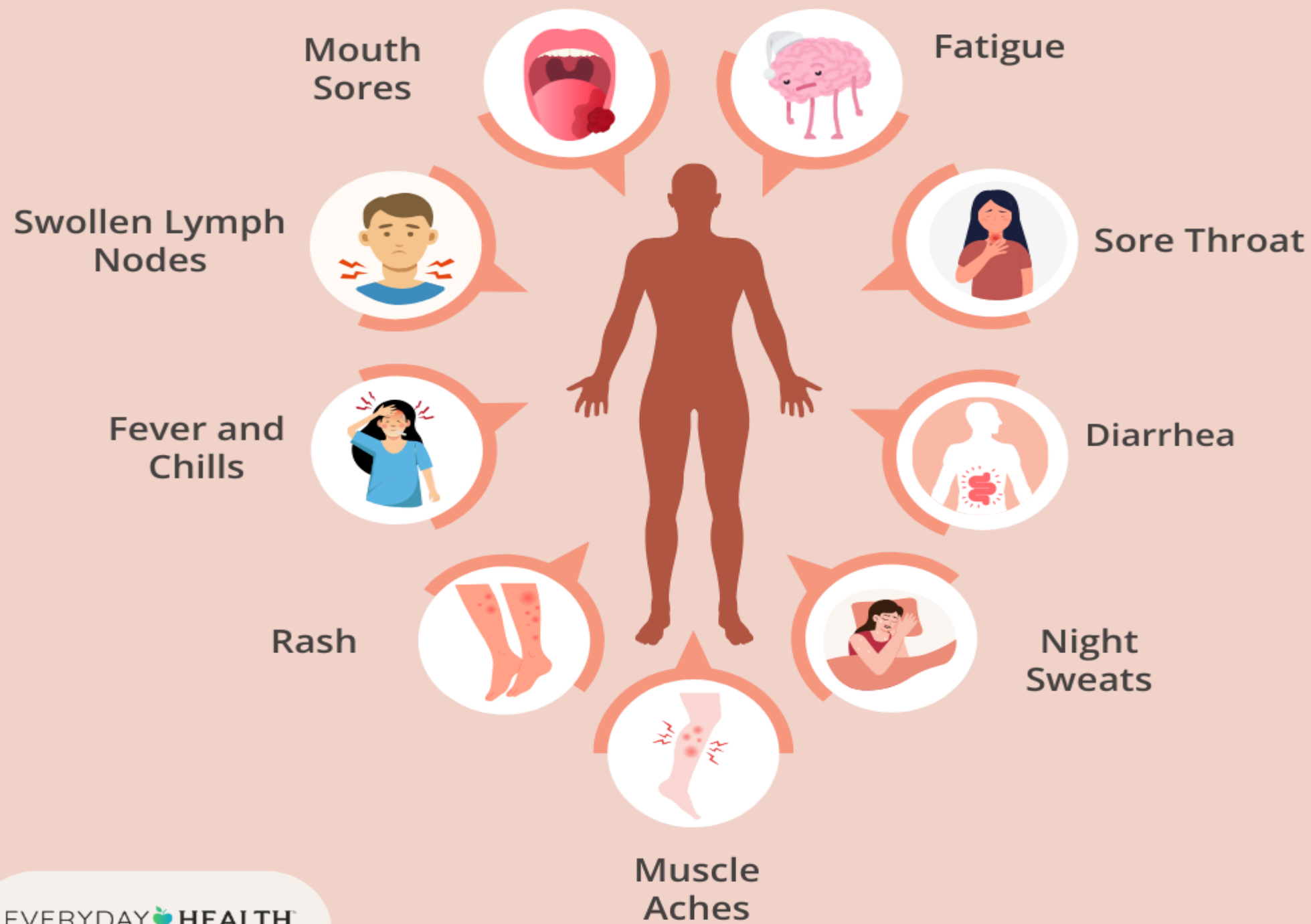
## Signs and Symptoms of HIV & AIDS

- Skin rash
- Sore throat
- Fatigue
- Fever
- Night sweat
- Persistent diarrhea
- Vomiting
- Weight loss

\*\*\*NOTE: no cure exists for HIV/AIDS, but strict adherence to antiretroviral regimens (ARVs) can dramatically slow the disease progress as well as prevent secondary infections and complications



# How HIV Infection Affects the Body



**Photo Credit:**

<https://www.everydayhealth.com/hs/hiv-health/timeline-hiv-symptoms/>

# KUNA SWALI



## Acknowledgments:

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1. Samantha Musyoka-Katia, CEO Entepesi Kenya
2. Yella Munai, Social Worker
3. Eleza Valente, Medical Student RVU

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2. [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)
3. <https://www.mayoclinic.org/diseases-conditions/sexually-transmitted-diseases-stds/symptoms-causes/syc-20351240>
4. <https://www.stanfordchildrens.org>
5. <https://www.daysforgirls.org/health-education/>
  - a. If you have internet access, Days for Girls has educational training for both Girls and Boys with Sexual Reproductive Health.
  - b. Only about 1 hour of your time
  - c. Free/Self Led
  - d. Become an Ambassador of Menstrual health!
6. <https://www.healthychildrens.org>
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8. <https://www.cdc.gov/reproductivehealth/contraception/index.htm>