



# the wee book about **LIFE, LOVE and LIVING**

This guide is a big part of the talking, thinking and learning you will do at school this year  
It's all about puberty, relationships, feeling good about yourself and your rights to be healthy and safe  
Got a question about life, love or living? Got a worry?

take a look in the wee book

**the S1 edition**

# puberty and body changes

Puberty starts at a different time for everyone. **Everyone** goes through it! Puberty means you can feel new and strong emotions. Here's a reminder about body stuff.

- ✳ Your body changes shape, sometimes a bit more round, or your muscles grow a bit bigger.
- ✳ Your body starts to smell differently so you need to wash or shower more often.
- ✳ Your hair or skin gets greasy and maybe you get spots.
- ✳ Boys and girls get more hair on their body.
- ✳ If you are a boy you might want to talk to your dad, brother or somebody else you trust about learning to shave.
- ✳ If you are a girl your breasts will get bigger. Your periods may have started already, if not they may start soon. Your period usually happens every 28 days and is a natural and normal thing that will happen to all girls. During your period you can wear a pad inside your pants to absorb the small amount of blood that comes out.

- ✧ If you are a boy maybe your voice will start to sound a bit deeper. And your penis will get hard sometimes, its called an erection.
- ✧ Boys and girls can both have an orgasm. An orgasm happens when someone is having sex or when they masturbate. Orgasms are like a strong feeling of pleasure. For boys it can mean that a fluid called sperm comes out of the end of their penis (this is called ejaculation). For girls orgasms build more slowly and can last longer and they have feelings of sexiness throughout their body.
- ✧ Masturbation is when a person touches themselves and it gives them pleasure and feelings of sexiness. This can happen when the penis or clitoris is rubbed. Masturbation is a normal and healthy way to explore your body.
- ✧ Boys can have orgasms when they are asleep; this is called a wet dream.



# puberty and body changes

## FIND OUT MORE

About sex, masturbation and orgasms on the 'sex' pages at:

[www.getthelowdown.co.uk](http://www.getthelowdown.co.uk)

And there's more about sex and relationships,  
growing and changing at:

[www.teenagehealthfreak.org](http://www.teenagehealthfreak.org)



# about your body

Bodies came in all **different** shapes and sizes and that's great. Wouldn't it be really boring if everyone looked exactly the same?

Photographs in magazines and the media mostly show women who are very thin with large breasts and a 'supermodel' type of look and men who are muscular with a six pack. Sometimes young people feel pressure to look like that. The pictures in magazines are often airbrushed or the people in them have often had cosmetic surgery.

Girls sometimes worry about the shape of their vulva or how much pubic hair they have. Like the rest of our bodies these can be different for each person as we are all unique.

Boys often worry about the size and shape of their penis. Just as everyone's body is different, everyone's sexual body parts are different. Boys penises can be long, short, thin, fat, curved or straight. There is no 'normal' size or shape.

It is important that you know what your different body parts are called, what they look and feel like, and what they do so you can look after your health as you grow up.

# about your body

## Ovary:

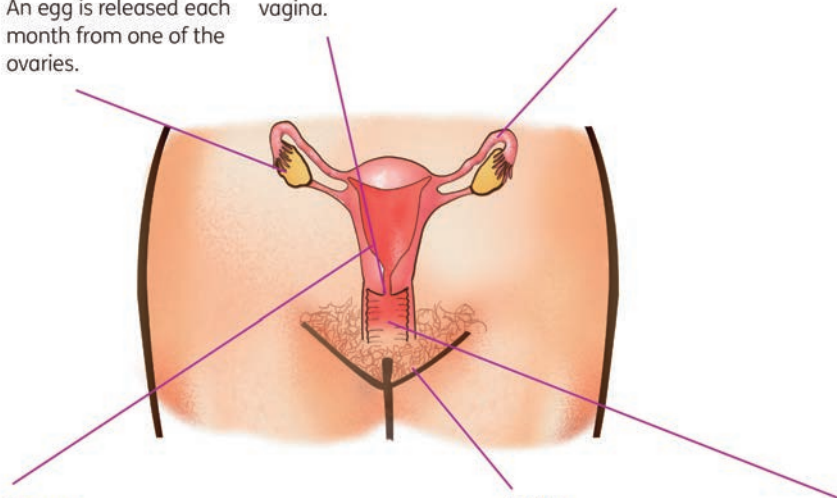
You have two ovaries. They store tiny eggs and make hormones. An egg is released each month from one of the ovaries.

## Cervix:

This is also known as the neck of the uterus and is at the top of the vagina.

## Fallopian tube:

These tubes carry the egg from the ovaries to the uterus.



## Uterus:

When a woman is pregnant the baby grows and develops in the uterus (womb). Every month the lining of the uterus gets thicker in case it's needed to look after a growing baby. If the woman is not pregnant the lining breaks down and comes out as a period.

## Vulva:

The name given to all of a female's sex parts that are outside of the body. Lots of people use the term vagina, although the vagina is inside the body.

**Urethra**

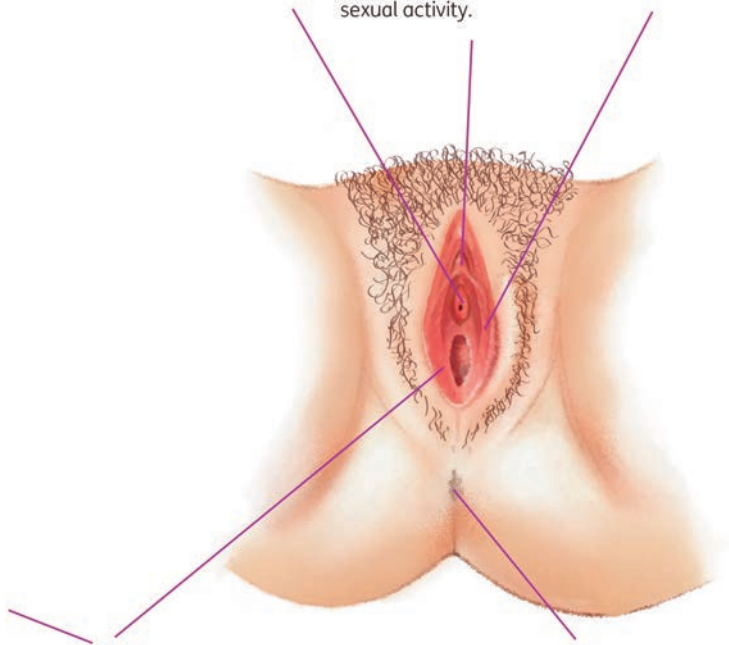
The tube that carries urine from the bladder to outside your body.

**Clitoris:**

A small mound of skin which is very sensitive during masturbation or sexual activity.

**Labia**

Folds of skin, or lips, that cover the vagina opening.

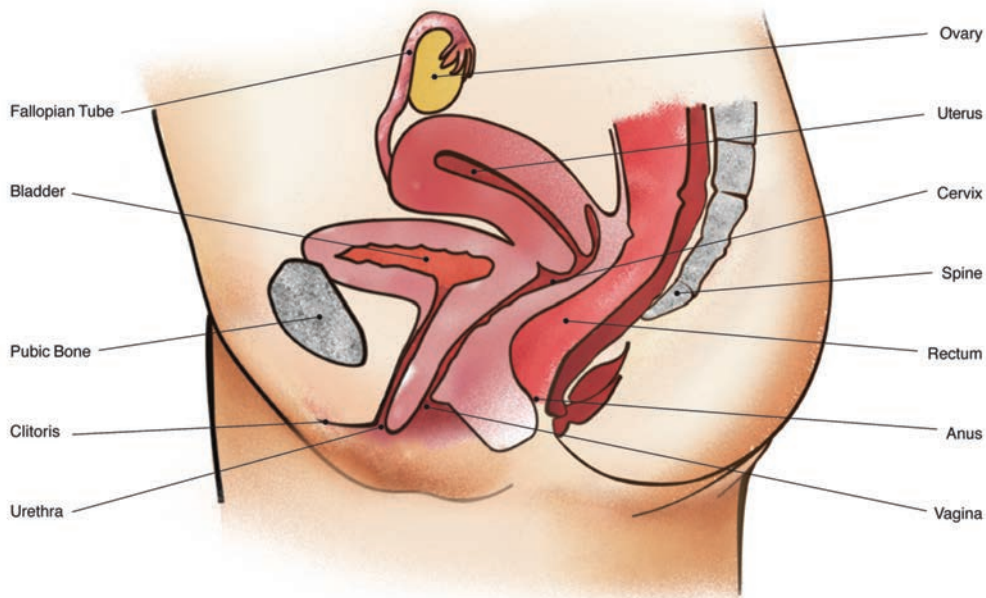
**Vagina:**

Passageway between the uterus and the outside of the body. This is where menstrual fluid comes from during your period, where a penis enters during penetrative sex and the birth canal through which a baby is born.

**Anus**

The opening where faeces (poo) leaves your body.

# about your body

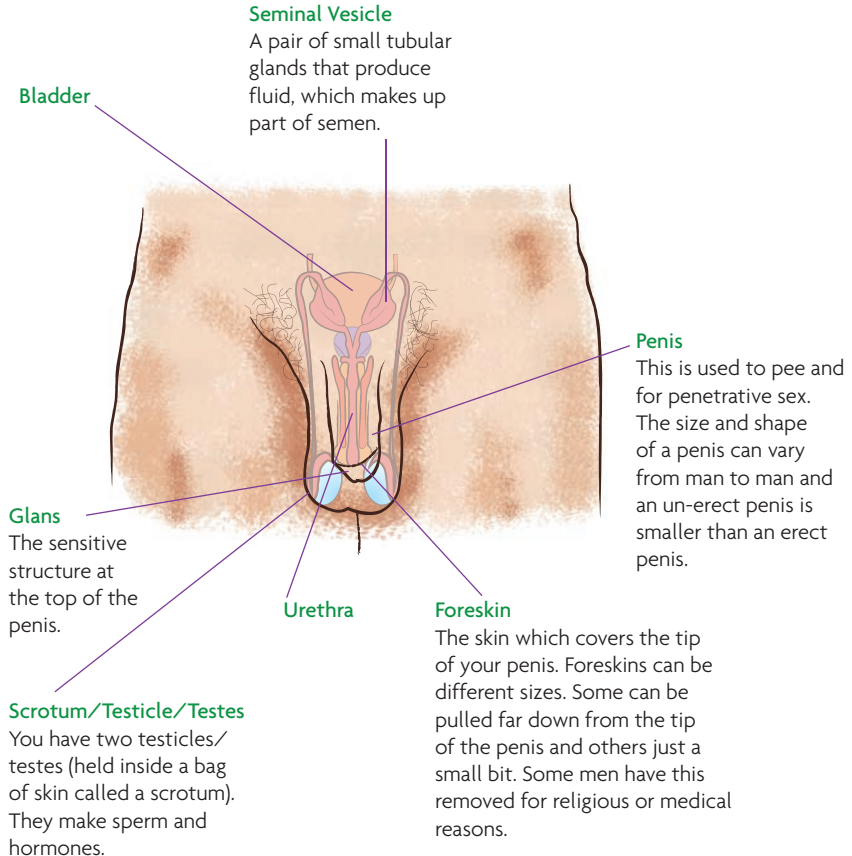


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# about your body



## Urethra:

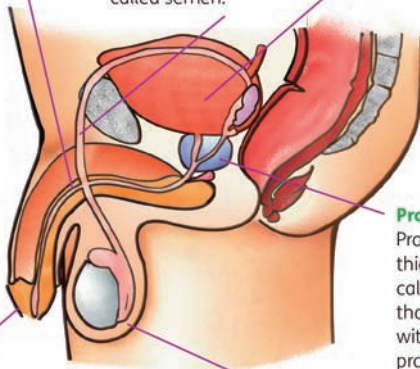
The tube inside your penis that carries urine from the bladder to outside your body and carries semen when you ejaculate.

## Sperm duct and glands:

The sperm duct is just below your bladder and carries sperm from the testes to the urethra. As the sperm passes through the sperm duct it mixes with fluids produced by glands. This mixture is called semen.

## Bladder

The bladder collects urine from the kidneys before disposal by urination.



## Prostate Gland

Produces a thick white fluid called semen that mixes with the sperm produced by the testes.

## Foreskin:

The skin which covers the tip of your penis. Foreskins can be different sizes. Some can be pulled far down from the tip of the penis and others just a small bit. Some men have this removed for religious or medical reasons.

## Testicle/Testes

You have two testicles/testes (held inside a bag of skin called a scrotum). They make sperm and hormones.

# the Friends survival guide

A **good** friend is someone who is there for you. They like you for who **you** are. You have fun. You talk and share things.

Friends **understand** and stick up for each other. If someone picks on someone because of their race or religion or disability, or because they are lesbian or gay, friends are there to be supportive. And to get help from an adult if that's what's needed.

You can have **different** friends for different things.

You can have friends at school. Friends you like to do sports or hobbies with.

Friends you like to hang out with at home.



Good friends never put **pressure** on you.

They want to encourage you to have fun and get involved, but they never make you do stuff you are uncomfortable with.

If **anyone** is asking you do to something you don't want to say 'no' or make an excuse and leave the situation. It's a good idea to talk to an adult you trust about what happened.

It's not always easy to make new friends when you move house or start a new school.

Be **patient**. Follow some of our tips on the following page.



# the Friends survival guide

## THINK ABOUT

How to make **new** friends. Even if you have lots you can always make more. Especially with all the new people you meet in secondary school.

## FIND OUT ABOUT

Clubs or groups in your school or at a local community centre, church or mosque. It's a **great** way to meet new people. If you don't know how to find things out ask your teacher or at the local library.

## TALK ABOUT

Things you like and be as **friendly** as you can be with new people. Think about how they might be feeling too. It could be the start of a great new friendship.

# CONFIDENT, ASSERTIVE and FULL OF SELF ESTEEM!

## These are so important in life!

Self esteem is about how you see yourself and how much you feel that you are a special and important person.

An assertive person is someone who can stand up for what they believe is important in life; but without being aggressive.

If you like yourself and have confidence in your opinions you can be calm, clear and reasonable when you explain to friends or adults what you believe.



# CONFIDENT, ASSERTIVE and FULL OF SELF ESTEEM!

When you are confident and assertive you try to:

- ★ Talk about your feelings, especially when you feel really frustrated or angry about something.
- ★ Stay calm and think about what you want.
- ★ Say what you want.
- ★ Be aware of your body language.
- ★ Listen to the other person.
- ★ Keep thinking.
- ★ Take time out if you need to, even going out for a walk can be helpful.
- ★ At the end of the day you might get what you want... or you might have to agree to disagree.



## THINK ABOUT HOW

You see yourself. Do you have a good idea of who you are? Do you think **positively** about yourself? Or do you give yourself too much of a hard time?

## FIND OUT ABOUT

Ways to be more **confident** and assertive. Have a look around this site:  
[www.getthelowdown.co.uk](http://www.getthelowdown.co.uk)

## TALK ABOUT

Your feelings. Especially when you feel really frustrated or angry about something. Now that you are calm, **plan** ahead and think of the best person you can go to when things are bothering you.



# boys and girls: what makes us tick?

Has someone ever told you you can't do something just because you're a girl or a boy?

Why do people put pressure on boys and girls to be boyfriend/ girlfriend when they're happy just being pals?

Why do some boys and men think its okay to harass girls and women, especially when they're hanging out with friends?



## What's all that about?

Don't let anyone stereotype you because you are a boy or a girl.

Never abuse or use violence against another person. Be yourself.

### THINK ABOUT

All the things that other people have told you that a boy or girl should and shouldn't do just because they are a boy or girl. Do you agree or disagree with what they've told you?

### FIND OUT ABOUT

What people at home think about the discussions you've had in class about the differences and similarities between men and women.

### TALK ABOUT

Things you'd like to do, now and in the future, with your family and friends. And don't let anyone tell you you can't do it because of your sex.

# Rights

Every child in Scotland has rights which are in the **United Nations Convention on the Rights of the Child**. The rights in the UN Convention are like promises. All of which are really important.

Your rights include:

- ★ To be safe from harm and violence.
- ★ To be looked after properly.
- ★ To be free from discrimination.
- ★ To be as healthy as possible.
- ★ To have an education.
- ★ To play.
- ★ To have your own beliefs and opinions.
- ★ To privacy.
- ★ To an adequate standard of living. Your family should be given help to look after you if they need it.
- ★ To live in a clean environment.
- ★ To have your say when adults in your family or organisations like schools are making decisions about you.

## TALK ABOUT

The rights you have and the rights you think are most important with your friends. What do they think?



# Rights belong to everyone!

It's a big responsibility but we all have to rise to it!

Every single one of us is responsible for making sure we all have the same rights as each other.

To make sure every young person gets their rights it means we all have to care about other people and do things like:

- ★ Listen to other people's opinions and respect their point of view.
- ★ Never put up with bullying or racism or other things that people do to put someone down.
- ★ Try to be confident and assertive when we say what we want.
- ★ Be polite when we have to remind adults and other young people that we have rights too!
- ★ Encourage a friend who has a big worry to talk to an adult they trust or to phone ChildLine and talk it over.
- ★ Look after our environment.
- ★ Be a kind and caring person.

## THINK ABOUT

The promises that the UN Convention makes to you.  
Do you think you have these rights?

## FIND OUT ABOUT

Your rights at these sites:

- ✳ Scotland's Commissioner for Children and Young People is responsible for making sure the promises made to all children by the UN Convention are delivered. There's more at: [www.sccyp.org.uk](http://www.sccyp.org.uk)
- ✳ UNICEF is the United Nations agency that promotes children's rights all over the world. There's more at: [www.unicef.org.uk](http://www.unicef.org.uk)
- ✳ For lots of stuff from around the world go the CBBC site and type in children's rights in the search engine at: [www.bbc.co.uk/cbbc](http://www.bbc.co.uk/cbbc)
- ✳ If you think someone is not respecting your rights you can get advice about what to do from the Scottish Child Law Centre. Check out the Kids Zone at their web site at: [www.sclc.org.uk](http://www.sclc.org.uk) or **phone 0800 328 8970** for free legal advice for kids.
- ✳ If you want to speak to someone about a bigger question or a bigger worry you can phone ChildLine on **08001111** or visit: [www.childline.org.uk](http://www.childline.org.uk)

*If you want to speak to someone about a bigger question or worry you can phone ChildLine on 08001111 or visit [www.childline.org.uk](http://www.childline.org.uk)*



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