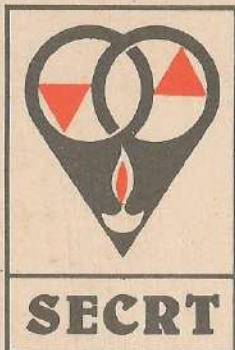


257

The Parent, Teacher And The Adolescent

FPAI sex education series



CENTRE FOR SEX EDUCATION COUNSELLING
RESEARCH THERAPY AND TRAINING

FPAI sex education series

The Parent, Teacher And The Adolescent

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PRINTING:

Repro Prints



**FAMILY PLANNING
ASSOCIATION OF INDIA**

BAJAJ BHAVAN, NARIMAN POINT, BOMBAY-400 021.
TELEPHONES NO. 235080, 235174

- THIS VISUAL AID HAS BEEN PREPARED TO HELP THE PARENT, THE TEACHER, THE FAMILY PLANNING WORKER AND THE PEER GROUP LEADER TO DISCUSS COMMON PROBLEMS OF SEXUALITY AMONG YOUTH.
- THE APPROACH, TEXT AND ILLUSTRATIONS HAVE DELIBERATELY BEEN KEPT SIMPLE. THE THEMES HAVE BEEN SO ARRANGED THAT ONE OR MORE MAY BE SELECTED FOR ELABORATION AND DISCUSSION.

• WE ACKNOWLEDGE OUR THANKS

OUR IDEAS AND THOUGHTS ARE BASED ON PERSONAL EXPERIENCE, ALSO THE EXPERTISE OF SEX EDUCATORS IN INDIA AND AROUND THE WORLD. WE HAVE DRAWN FROM PUBLICATIONS PARTICULARLY THOSE FROM THE INTERNATIONAL PLANNED PARENTHOOD FEDERATION, THE WORLD HEALTH ORGANIZATION, FAMILY PLANNING ASSOCIATION OF HONGKONG AND THE PLANNED PARENTHOOD FEDERATION OF AMERICA.

GROWING UP IS NOT EASY. WE DISCUSS HERE
SOME PERSONAL PROBLEMS THAT COULD BE
BOTHERING YOU.

UNDERSTANDING THEM WILL GIVE YOU CONFIDENCE
AND POISE AND BRING ABOUT A HAPPIER
RELATIONSHIP WITH YOUR PARENTS, TEACHERS,
FRIENDS AND ABOVE ALL - **YOURSELF.**

HOW TO IMPLEMENT SEX EDUCATION AT HOME (PREREQUISITES)



Positive family relationships
and open communication.



Healthy attitudes towards sex.

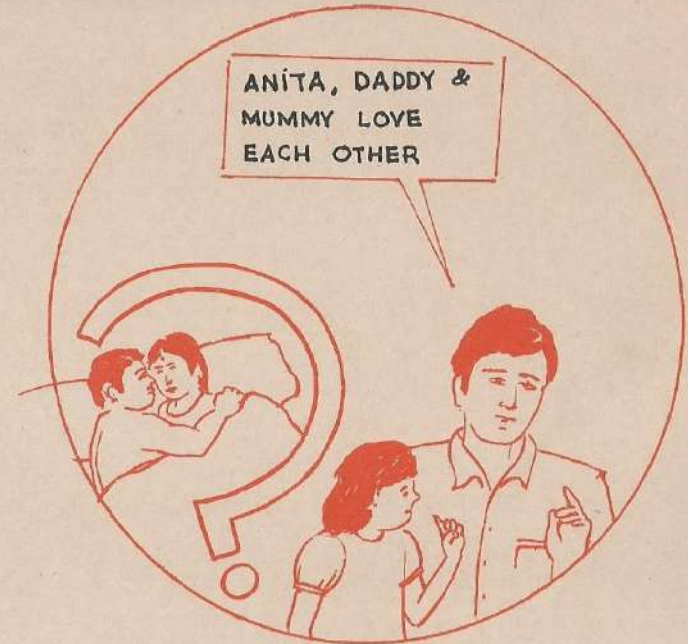
Openness to further knowledge and insights
about sex and sexuality.





Accept the child's curiosity as natural and healthy.

ATTITUDES



children follow parental examples-develop right attitudes.

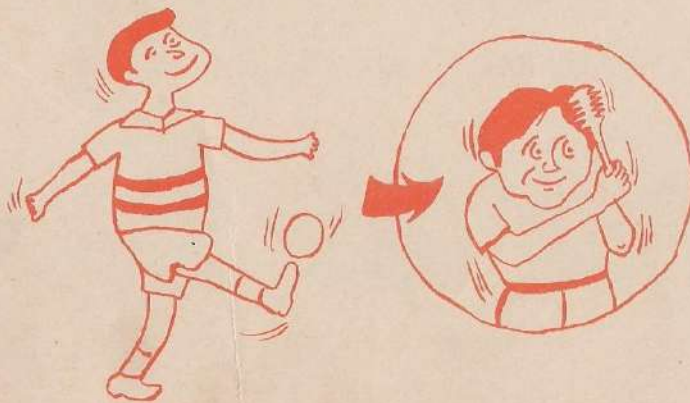


Convey positive attitudes through the way questions are answered.

PUBESCENT DEVELOPMENT



The timing of development and growth is not the same for everyone. It is influenced by heredity, nutrition and the amount of physical exercise engaged.

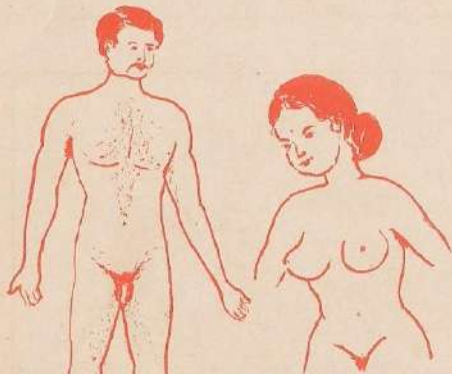


Puberty is the transitory period when the child grows into an adult. It begins at about 11 years of age and lasts for several years. It is marked by both physiological and psychological changes.

Height



Generally speaking girls start their growth spurt one or two years earlier than boys.



Body hair grows under the armpits and around the genital areas. Many boys have beards and hair on their chests.

Only boys experience a change of voice. The vocal cord becomes longer and produced a deeper voice.

EXTERNAL CHANGES

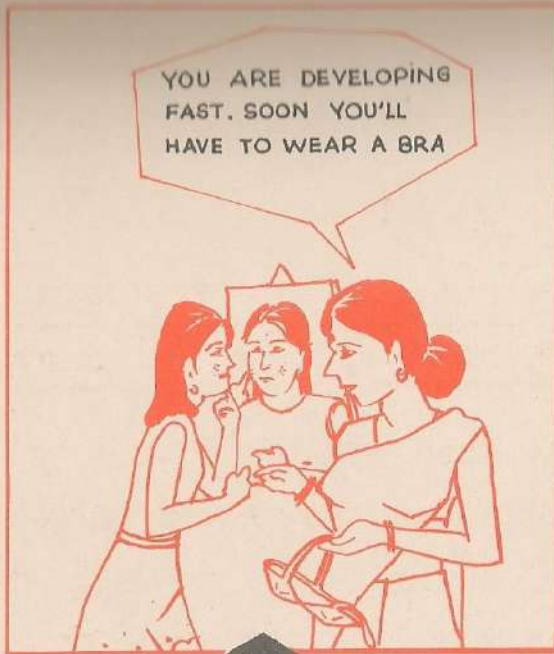


Perspiration from sweat glands under the arms may cause unpleasant body odour.



If oil secretion from the sebaceous glands can't pass through skin pores, a blackhead is formed. If infection occurs the skin around the blackhead becomes inflamed and acne is formed.





- Teenagers are very concerned about their appearance and are very sensitive to other people's remarks.
- parents should have empathy as to their feelings and help them accept and adjust to their physical changes.

PUBERTY CHANGES

MENSTRUATION

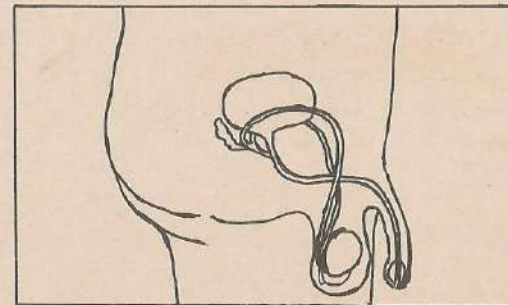
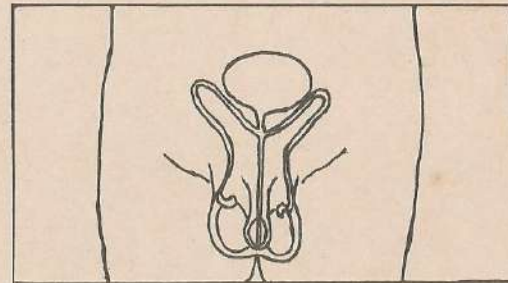
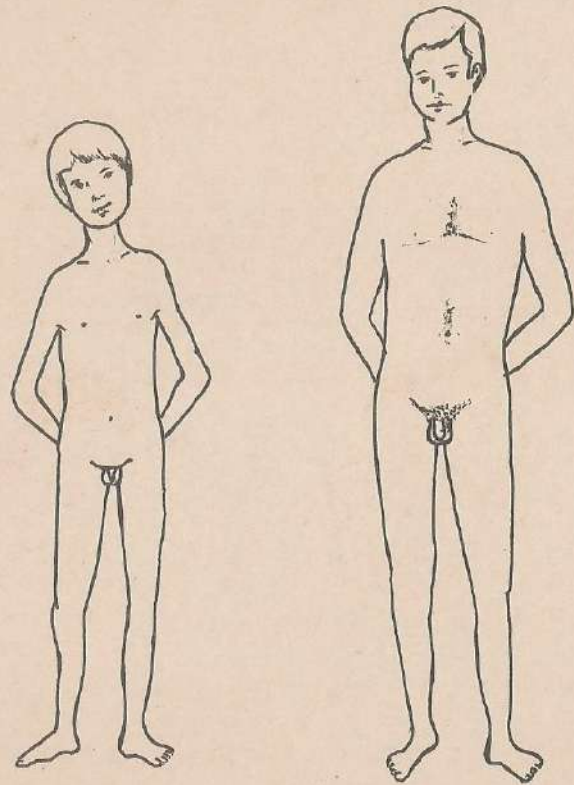
- Prepare your daughter early for her periods, to avoid embarrassment, fear and anxiety.



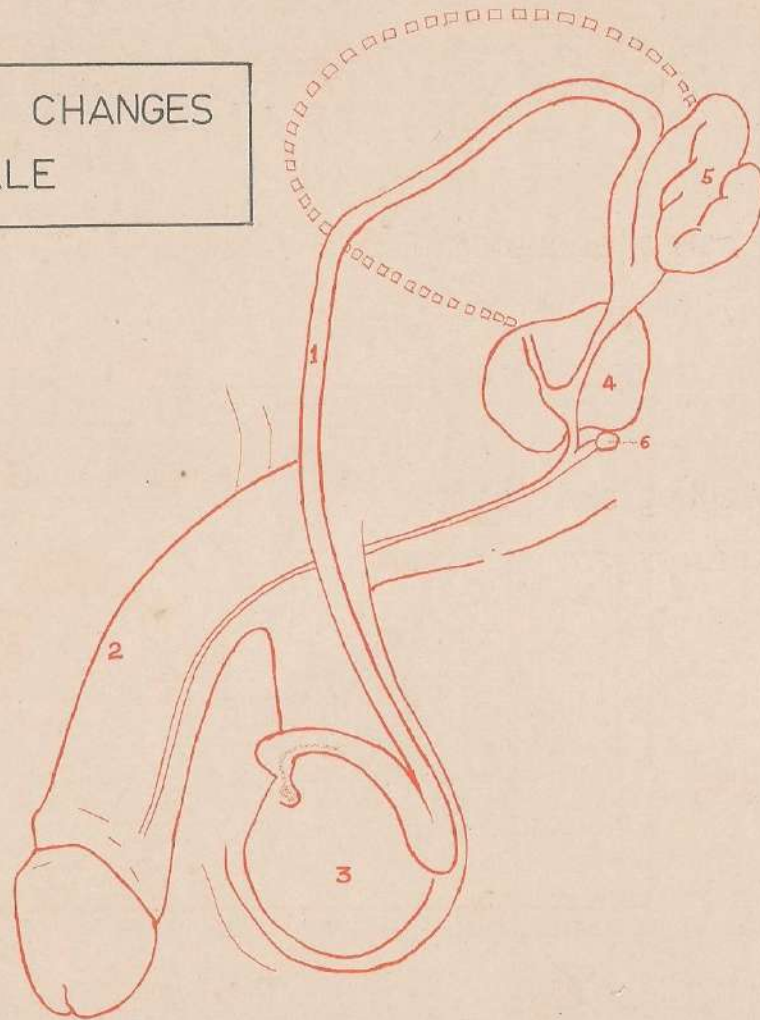
NOCTURNAL EMISSIONS

- For your growing son, a timely explanation of the what and why of nocturnal emissions would be helpful.

FROM BOYHOOD TO MANHOOD



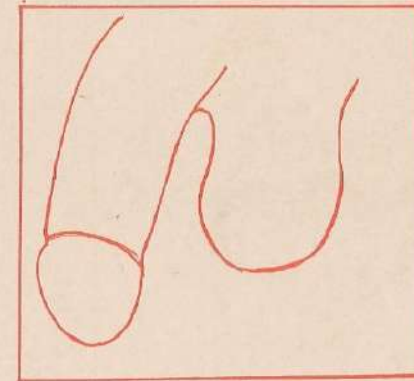
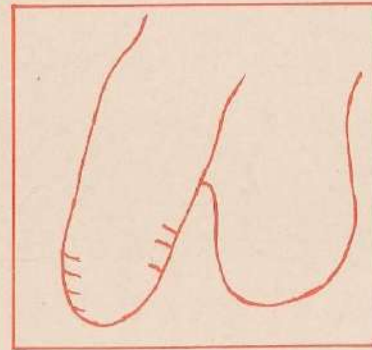
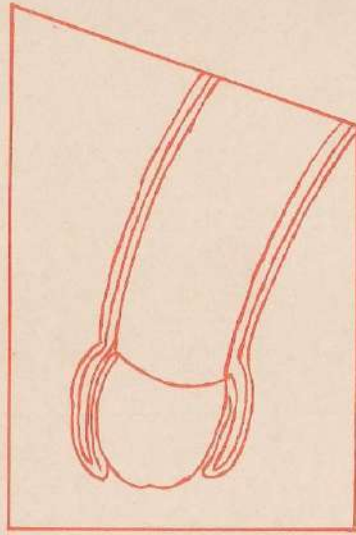
INTERNAL CHANGES
MALE



1-vas deferens ; 2-penis ;
3-testis (producing sperms) ; 4-prostate gland ;
5-seminal vesicle ; 6-cowper's gland.

NOCTURNAL EMISSIONS

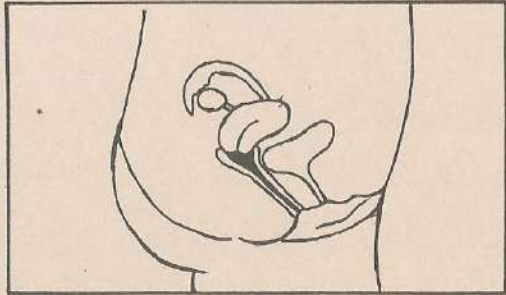
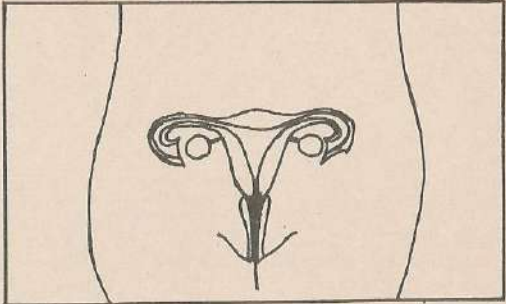
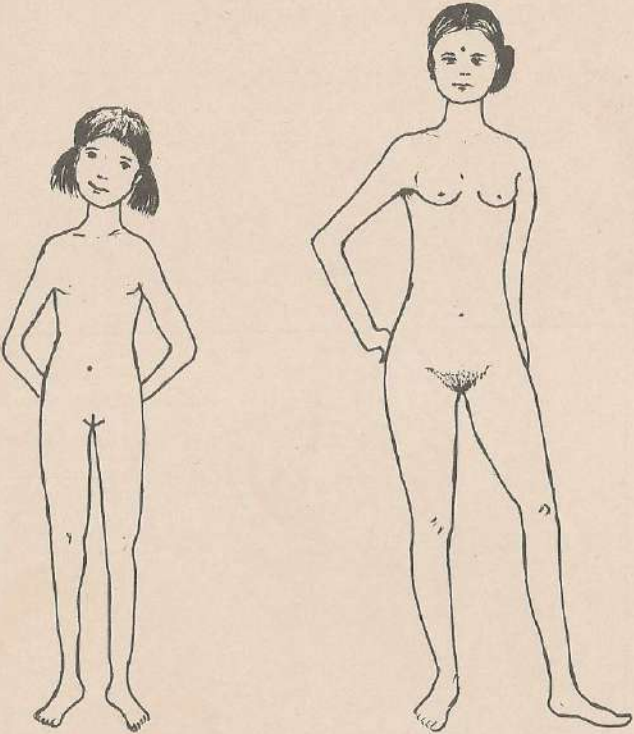
Ejaculation of semen during sleep is a normal physical phenomenon experienced by adolescent boys. It is simply excess semen being released naturally from the body during sleep and is not harmful to health. It may be caused by a sexual dream or from wearing an underwear that is too tight.



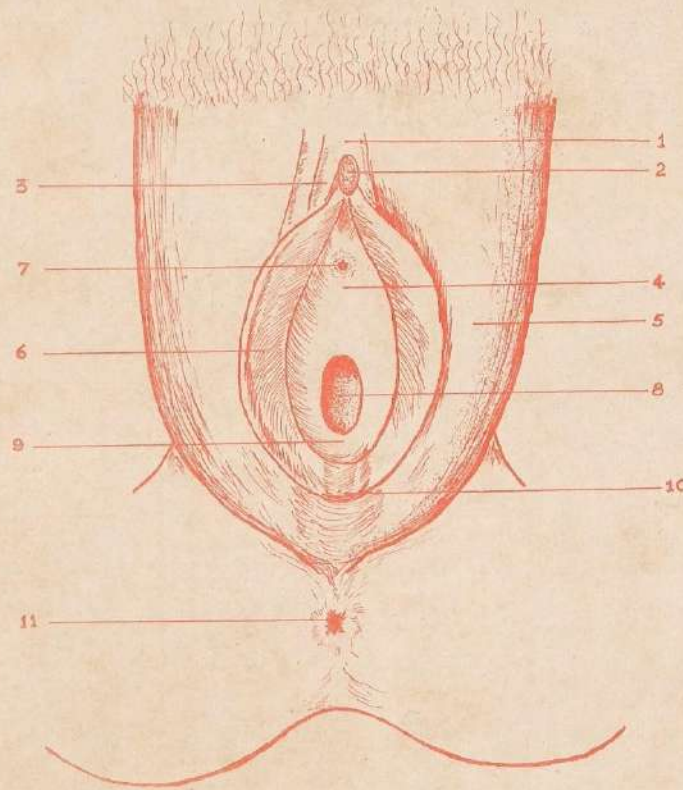
CIRCUMCISION

- The foreskin is a protective fold of skin covering the tip of the penis.
- If smegma accumulates beneath the foreskin, inflammation occurs.
- If the foreskin is too long, too tight or causes hygienic problems, circumcision may be needed.

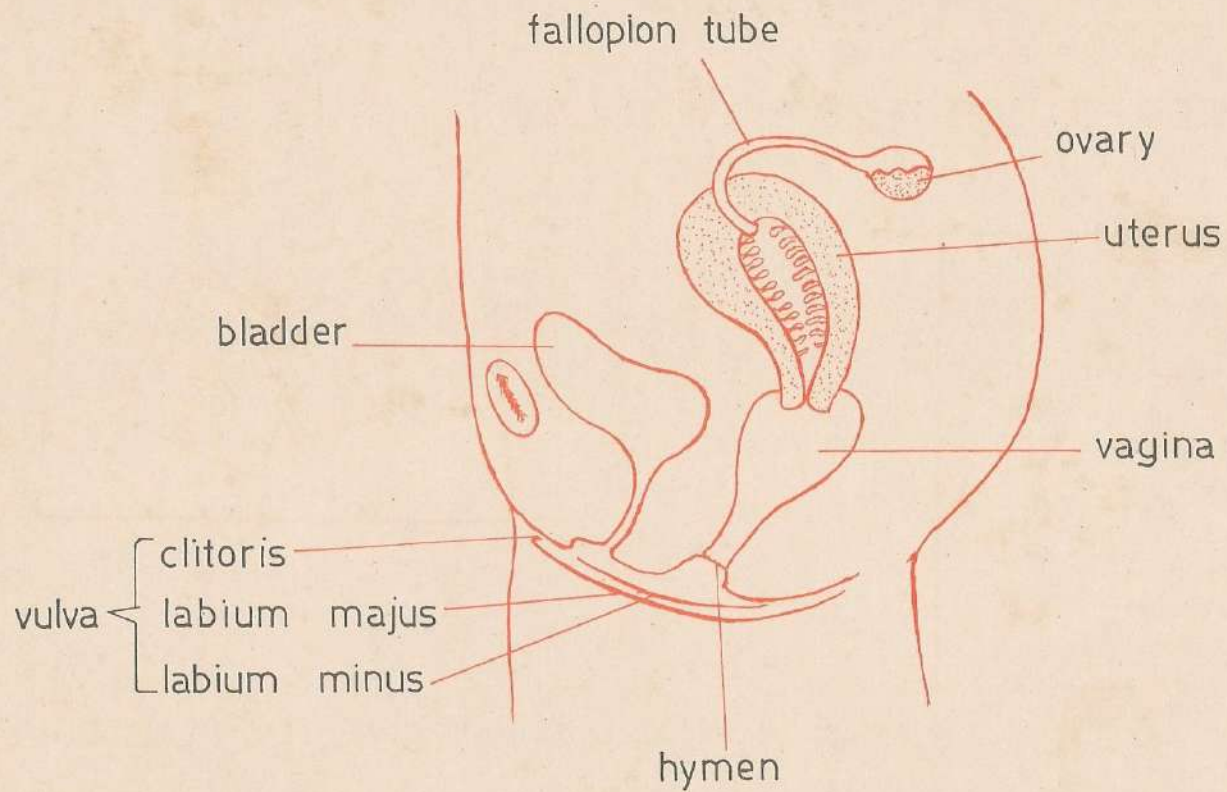
FROM GIRLHOOD TO WOMANHOOD



FEMALE EXTERNAL GENITAL ORGANS

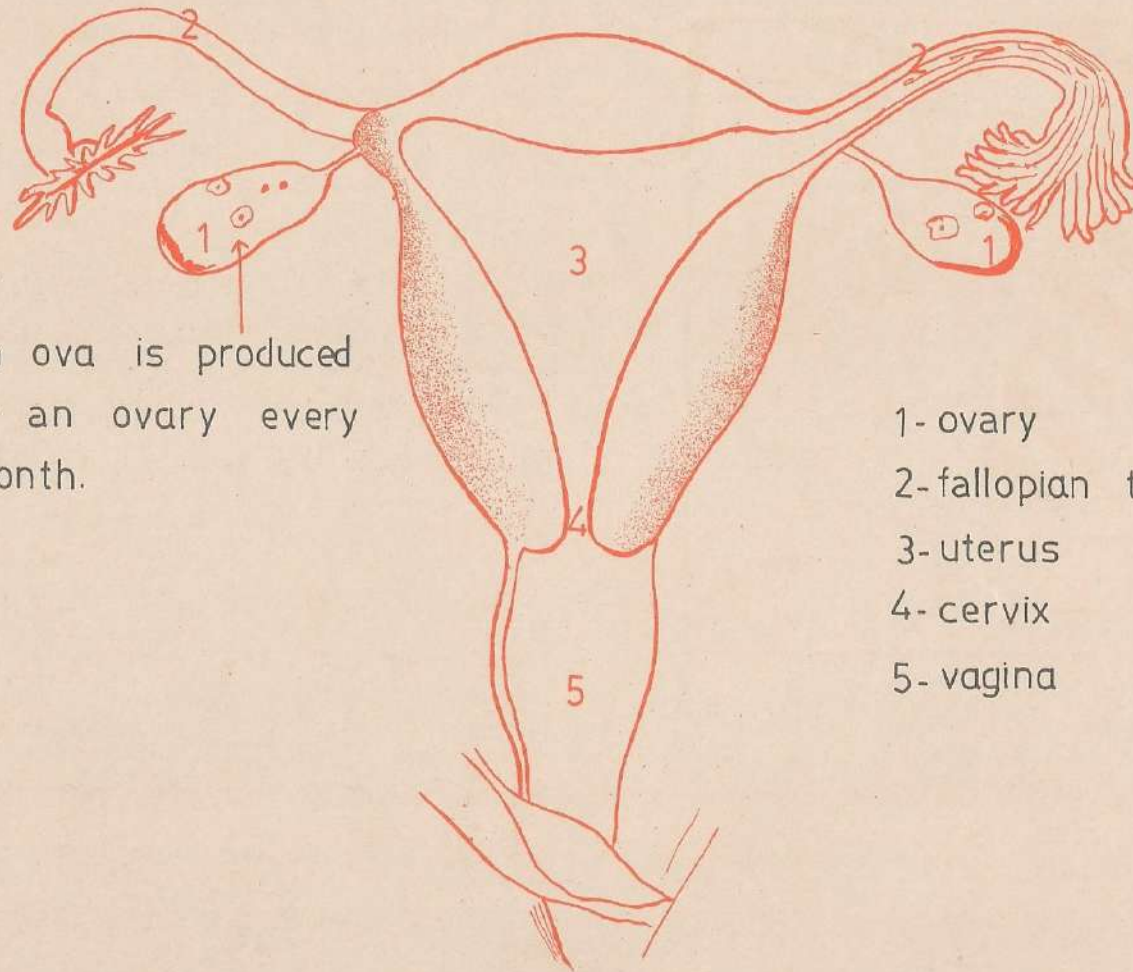


- 1 prepuce of clitoris ; 2 clitoris ; 3 fraenum of clitoris ;
4 vestibule ; 5 labia majora ; 6 labia minora ;
7 external orifice of urethra ; 8 vaginal orifice ;
9 fossa navicularis ; 10 posterior commissure ; 11 anus :



CROSS SECTION OF THE FEMALE GENITAL ORGANS.

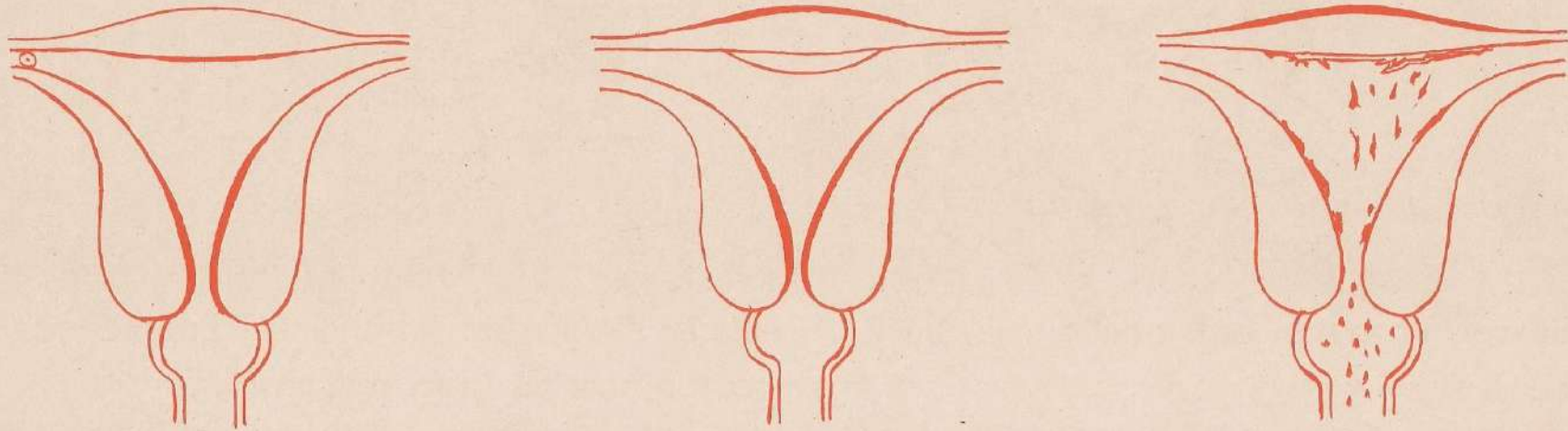
THE FEMALE REPRODUCTIVE SYSTEM (frontal view)



An ova is produced
by an ovary every
month.

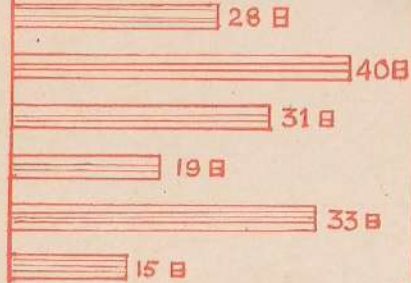
- 1- ovary
- 2- fallopian tube
- 3- uterus
- 4- cervix
- 5- vagina

MENSTRUATION



The female ovaries generally release an ovum about every 28 days and every month the inner lining of the uterine walls becomes thickened and engorged with blood, ready to nourish the fertilized egg. If the egg is not fertilized, this well prepared lining breaks down and is discharged with a little blood through the vagina.

This is called MENSTRUATION.



IRREGULAR MENSES IS A COMMON PHENOMENA IN THE FIRST FEW YEARS OF MENARCHE. EVENTUALLY IT BECOMES REGULAR.



REGULAR SHOWERS ARE RECOMMENDED FOR THE VAGINA IS MORE SUSCEPTIBLE TO BACTERIAL INFECTION.



HAIR WASHING PRESENTS NO PROBLEM DURING ONE'S PERIODS.



CRAMPS ARE NORMAL, CAUSED BY MUSCULAR CONTRACTIONS OF THE UTERUS.



EXERCISES CAN REDUCE MENSTRUAL CRAMPS THOUGH OVERLY RIGOROUS EXERCISES SHOULD BE AVOIDED.



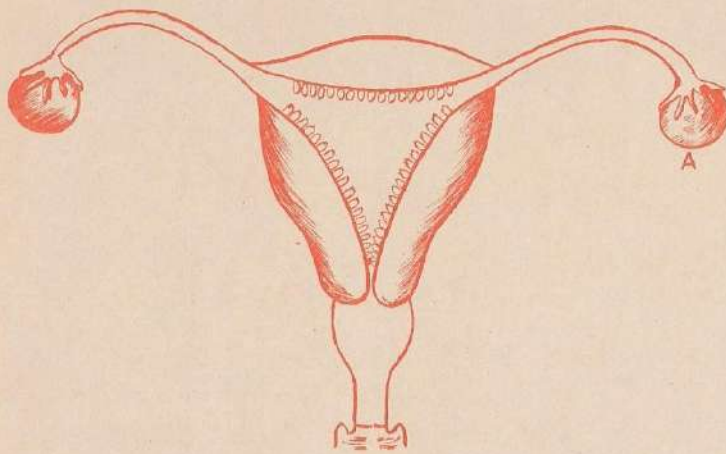
SANITARY NAPKINS SHOULD BE FRESH, CLEAN AND CHANGED FREQUENTLY.



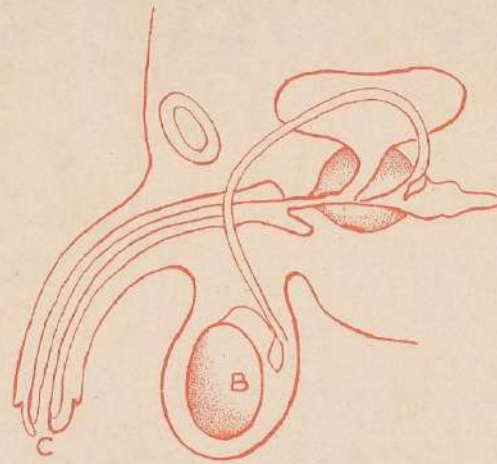
DIETARY RESTRICTIONS IS NOT NECESSARY.



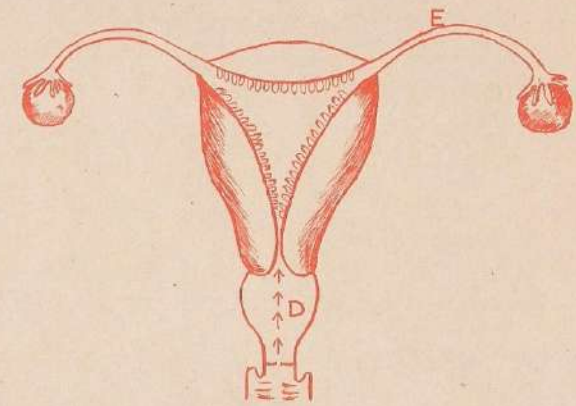
THE MECHANICS OF SEXUAL INTERCOURSE



EGG CELLS OR OVA COME FROM HERE [A] ONCE A MONTH — TRIGGERED BY SPECIAL HORMONES IN THE BODY. ONE EGG IS RELEASED FROM ONE OVARY. IT HEADS DOWN THE NEAREST TUBE TOWARDS THE UTERUS. IF FERTILIZATION DOES NOT TAKE PLACE, i.e. IF IT HAS NOT BEEN MET BY A SPERM, HORMONE PRODUCTION EVENTUALLY SLOWS DOWN AND 14 DAYS LATER, THE UTERINE LINING IS EXPELLED THROUGH THE VAGINA - MENSTRUAL FLOW.

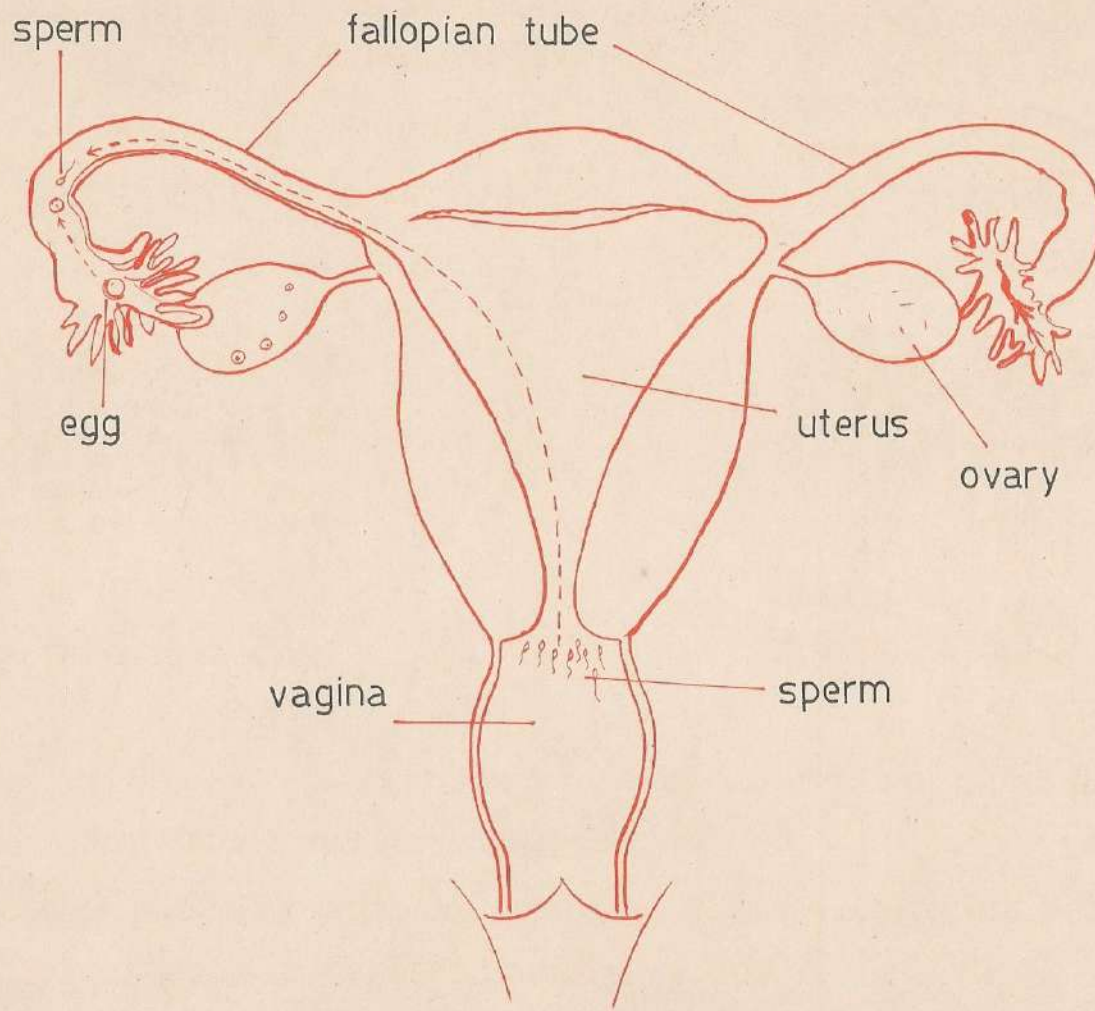


SPERM CELLS ARE CONSTANTLY BEING PRODUCED HERE [B] THEY ARE LAUNCHED FROM HERE [C] UPTO 500 MILLION SPERMS SWIM AT A TIME IN A MILKY FLUID CALLED SEMEN, CONTRIBUTED BY THE SEMINAL VESICLES AND PROSTATE GLAND.

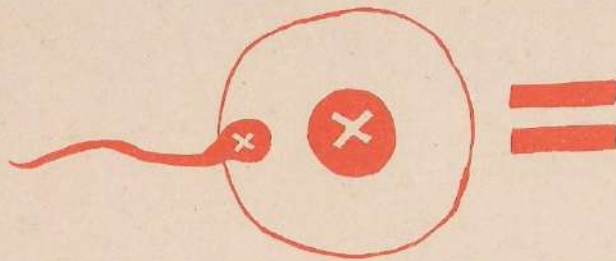


... DELIVERY HERE [D] DURING INTERCOURSE.

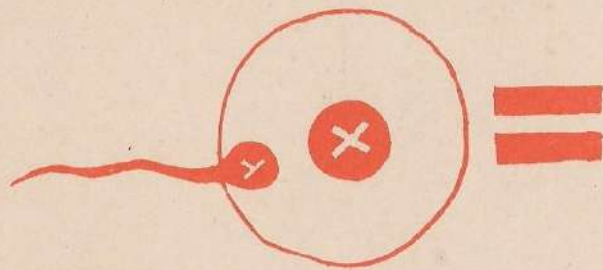
NOT ALL 500 MILLION WILL MAKE IT UP THROUGH THE UTERUS ALL THE WAY TO THE TUBES BUT NOT ALL OF THEM HAVE TO, FOR IT TAKES ONE SPERM TO FIND AND JOIN AN EGG CELL OR OVUM AT [E] AND FERTILIZE IT. AND WHEN A FERTILIZED EGG REACHES THE UTERUS AND ATTACHES ITSELF TO THE WALLS - PREGNANCY HAS BEGUN.



PATH-WAY OF SPERMS WITHIN THE FEMALE ORGAN.



If an ovum is fertilized by an X sperm it grows into a girl.



If an ovum is fertilized by a Y sperm it grows into a boy.

Each sperm and each ovum contain respectively 23 chromosomes of which one is the sex chromosome. There are two types of sex chromosome X and Y. All ova contain X chromosomes while half of sperms are X & half Y. Males are therefore responsible for the birth of a girl child.

What is
ADOLESCENCE,
anyway
?

a period of
transition



a time of
RAPID CHANGES

in

- the body
- emotions
- values and attitudes
- intellect
- relationships
- freedom and
responsibility

SOCIAL DEVELOPMENT

a new sense of SELF and OTHERS

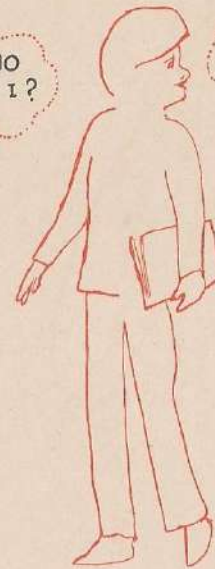
Youth seek the support
and security of the "peer group"

WHO
AM I?

WHAT ARE
MY GOALS.
?

WHAT
KIND OF
WORK
WILL I DO?

WHAT
DOES IT
MEAN TO
BE A MAN
OR A
WOMAN



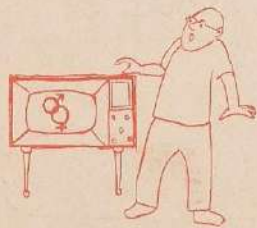
- Questions about youth's role in society are more confusing than ever because of
- Rapid changes in society.
 - More and more lifestyles and career choices.
 - Confusing, conflicting guidelines.

SEXUAL DEVELOPMENT

often creates conflicts for adolescents and their parents

This sexual urge increases greatly in adolescence. It may be expressed in.....

curiosity about sex	masturbation
experimentation	romance and love
inner conflicts	sublimation/ suppression



our society may create sexual pressures.



PARENTS CAN HELP BY....
EXPLORING THEIR OWN VALUES AND ATTITUDES

Instead of imposing their sexual ethics, they should help their adolescents in working out their own values.

Encouraging frank, open discussions about

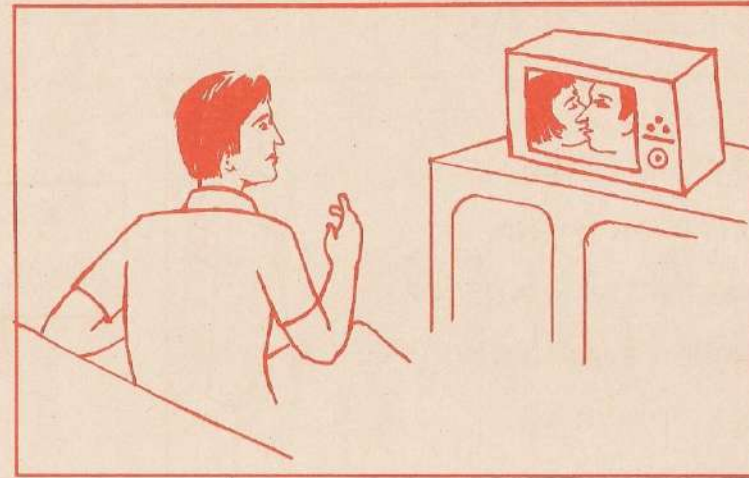
- Masturbation and "wet dreams."
- Dating and overnight visits.
- Peer pressures to have sex.
- Contraception and pregnancy.
- Venereal diseases.

SEX EXPERIMENTATION

Adolescent experimentation of sex is related to the following factors :-



Physical attraction between the sexes.



Curiosity arising from sex fantasies.



Mass media that is suggestive and compelling.



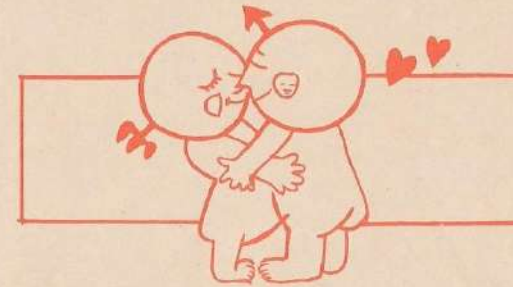
Sexual desire and intensity of sexual impulses.

SEX vs LOVE

HELP ADOLESCENTS DISCERN BETWEEN SEX AND LOVE AND LEARN HOW TO COPE WITH SEXUAL STRESS :-



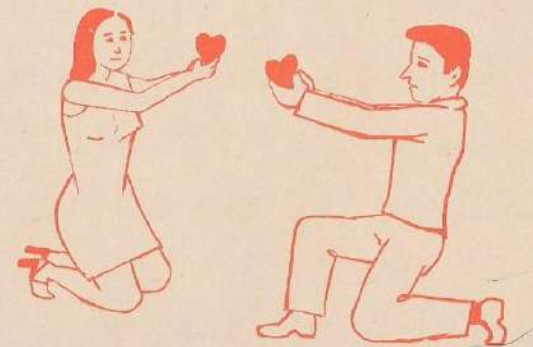
Sexual impulses can and should be controlled.



Sex is the most intimate expression of a loving relationship which must involve mutual caring and responsibility.



Love is helping, caring and being responsible for each other.



Love is understanding and respecting each other.



Mutual commitments and responsibilities in a relationship.

LOVE INVOLVES:

KNOWLEDGE : Knowing the likes and dislikes of the other partner. Knowledge brings about compassion and understanding.

UNDERSTANDING : Ability to place yourself in the shoes of the other and be sensitive to his/her needs and feelings.

UNSELFISHNESS : The willingness to work for and give oneself fully to each other.

RESPONSIBILITY : The consciousness of one's behaviour and its effect on the other person and being able to respond to the needs of the other.

RESPECT : Giving due concern to your partner's rights and personality.

TRUST : Entrusting oneself to the other, having confidence in the strength and understanding of his/her love.

METHODS

- ANSWER ALL QUESTIONS IN A NATURAL MANNER.
- INITIATE DISCUSSIONS AS THE OPPORTUNITY ARISES.
- RESPECT THE CHILD'S FEELINGS, PROVIDING GUIDANCE.



- USE CORRECT TERMS WHEN EXPLAINING PHYSIOLOGY.
- ANSWER CONCISELY AND IN A SIMPLE WAY, AS APPROPRIATE TO THE CHILD'S MENTAL AGE.
- USE PICTURES, BOOKS ETC TO SUPPLEMENT EXPLANATIONS.

COMMUNICATION

between adolescents and parents may seem impossible at times

keeping the lines open is essential.

do it by....

- taking an active interest.
- respecting areas of privacy.



- clearly expressing your own values.
- listening carefully



GOOD RELATIONS DEPEND ON

- rules and regulations
- realizing the needs for independence and individuality.



- flexibility
- avoiding needless criticism.



- support
- love and affection

of course disagreements will occur
conflict areas

- sex
 - money
 - interpersonal relationships
 - freedom
- discuss these regularly !!



HANDLING SITUATIONS

CURIOSITY ABOUT THEIR BODIES :

- Use correct terms.
- Answer spontaneously naturally & simply.
- If the child is not satisfied, he will ask again.
- Know your body.

WHERE DO BABIES COME FROM?

- Be sincere open and easy.
- Answers like "You were found in the street" will cause feelings of insecurity.
- As the child grows older, the same questions will arise.

The answers then should give more information, according to the child's interest and his ability to comprehend.



HANDLING SITUATIONS



PLAYING WITH GENITALS

- It is a normal behaviour. Let him be, if done in private.
- Punishment will cause guilt feelings.
- Teach the child that it would be impolite to do so in public.

MAKE BELIEVE GAMES

- They usually do not have sexual connotations as feared. Thus if punished children seldom know why
- Be accepting and patient.
- Give guidance as appropriate.



FOUL LANGUAGE

- Be calm and do not over-react.
- Explain to child patiently. More important is that adults should avoid using such language themselves.



As your children expand their circle with friends of the opposite sex, encourage them to bring their friends home. Show interest in their friends. This lays the ground work for discussion on all aspects of boy/girl relationships.

PORNOGRAPHY

- Scolding and punishment will not help. It will only make him feel guilty or act rebellious.
- Talk to him privately.
- Convey to him the reason why you do not wish him to read such pornographic books, till he has matured.
- Obtain interesting books to stimulate other interests.



DATING

Children who trust their parents are less likely to reject their guidance.



MASTURBATION

Masturbation is stimulating one's genitals by hand or devices to achieve pleasure and orgasm.

It is a common behaviour among adolescents, mostly boys.

It releases sexual tension and is not considered harmful to health.

The strong feeling of sin, guilt and shame which accompanies masturbation is usually the harmful aspect.

Compulsive masturbation is a symptom of emotional stress, insecurity, depression and low self esteem.

ALCOHOL AND DRUGS

serious problems for adolescents today.

do you know

why?

reasons include

availability	peer pressure
adult example	"acting big"
boredom	emotional problems



by not ignoring the problem.
by knowing by acting

how the teenager feels about drugs and alcohol.

- keeping communication lines open
- observing the youngster's behaviour.

if your youngster is seriously abusing drugs or alcohol.

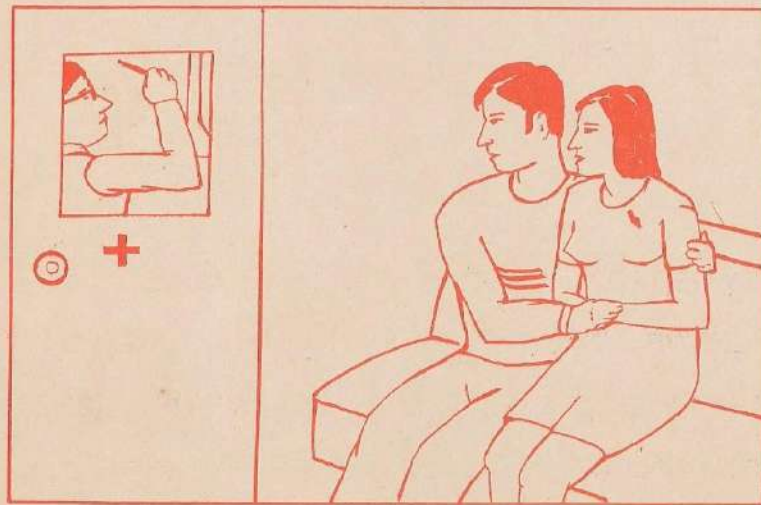
- experimenting
- regular repeated abuse.



PRE-MARITAL SEX

Help adolescents understand the consequences of pre-marital sex and help them develop correct sexual values :

Value conflicts leads to mental trauma.
e.g. going out together without parent's permission, consenting to sexual intercourse before marriage.

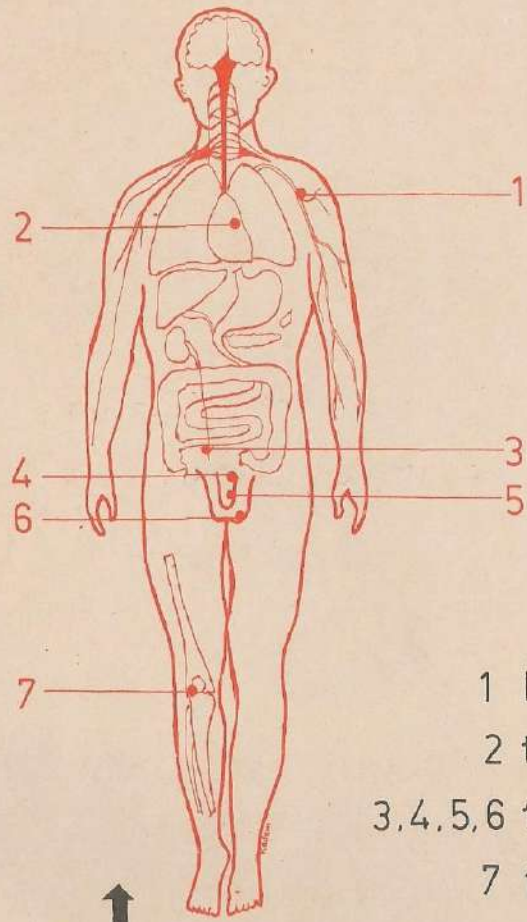


Unwanted pregnancy as an outcome.

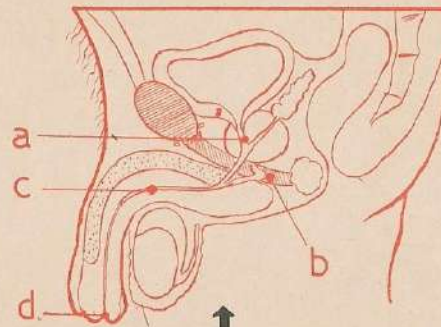


Irresponsibilities to the child.

VENEREAL DISEASE - GONORRHEA



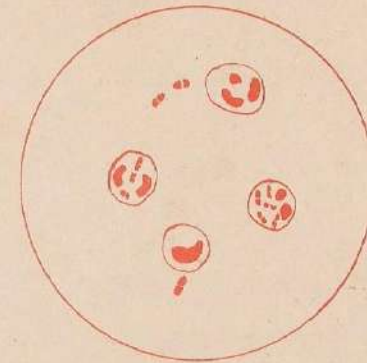
● delayed effects



● primary effects

front of urethra(d); the back of urethra(c); prostate glands(a); bulbourethral glands(b).

gonococci



● germs:

neisseria gonorrhoea

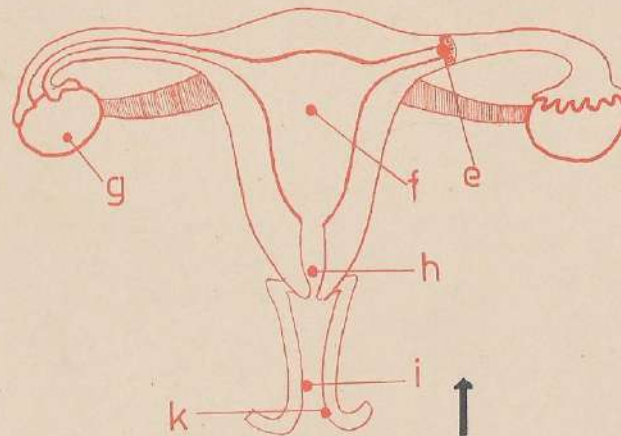
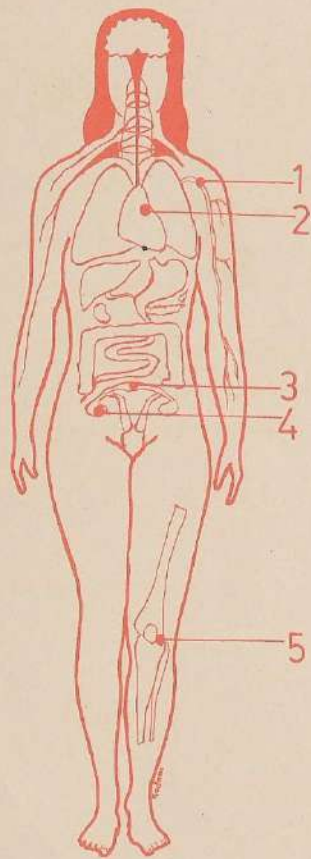
1 bloodvessels

2 the inner lining of the heart

3,4,5,6 the bladder, urethral ducts, vas deferens ducts.

7 the tissues of large joints (knee joint)

VENEREAL DISEASE - GONORRHEA



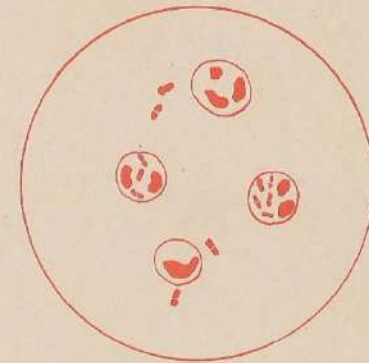
primary effects

bartholin's glands (k), the vagina (i)
mucous membrane of the womb (f)
the fallopian tubes (e), an inflammatory
tumor can envelope the ovaries (g)

← DELAYED EFFECTS

- 1 the bloodvessels
- 2 the inner lining of the heart
- 3, 4 the bladder and urethral ducts; vaginal passage
- 5 the tissues of large joints (knee joint)

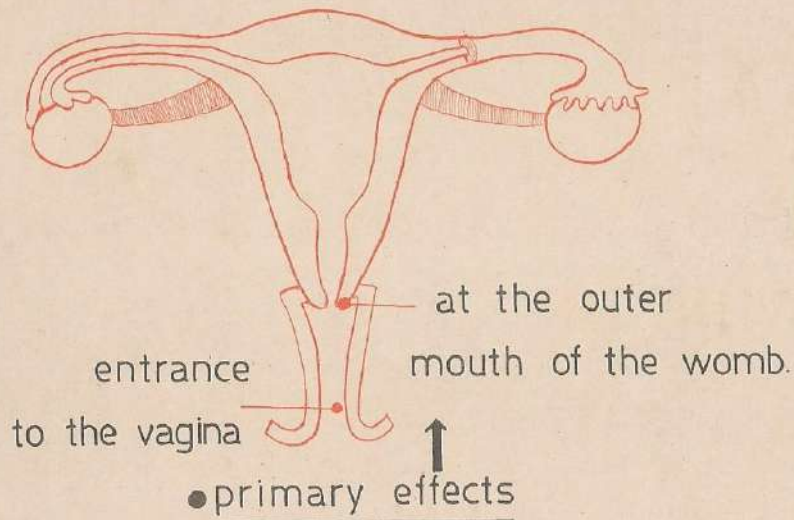
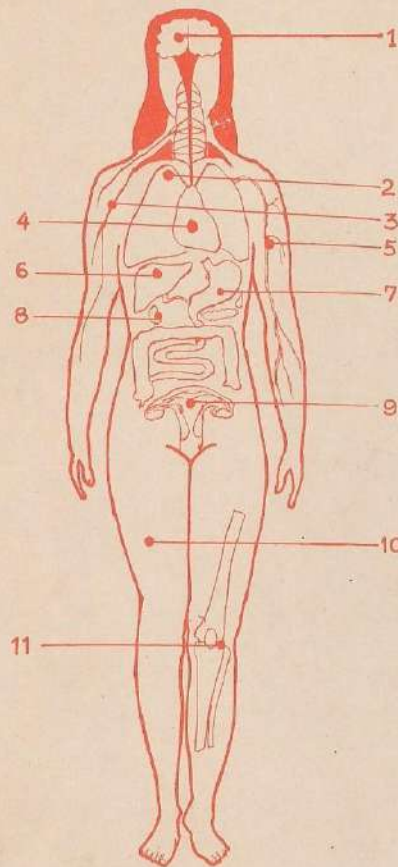
gonococci



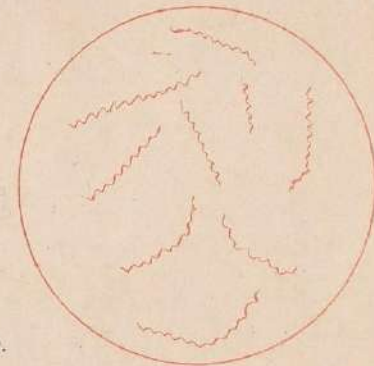
• germs

neisseria gonorrhoea

VENEREAL DISEASE - SYPHILIS



spirochaetae



● germs:
treponema pallidum

← secondary and tertiary stage
in the,

1 central nervous system

2 regions of the lungs

3 peripheral nervous system

4 heart muscles

5 bloodvessels

6 liver

7 mucous membrane of the stomach-to-intestines ducts.

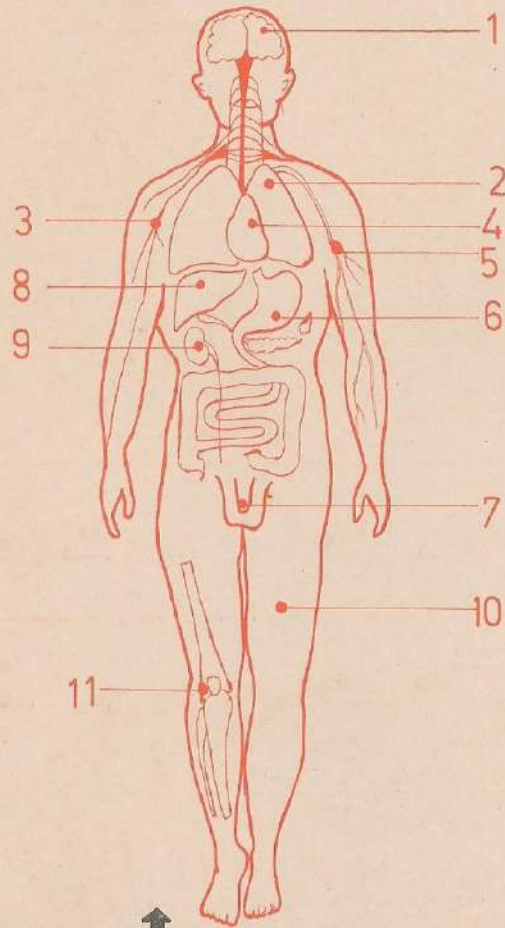
8 kidneys

9 region of the genital organs

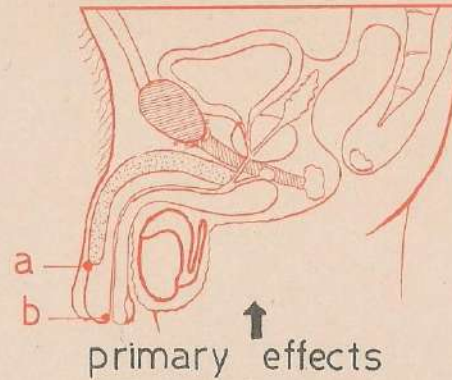
10 skin

11 bones and limbs

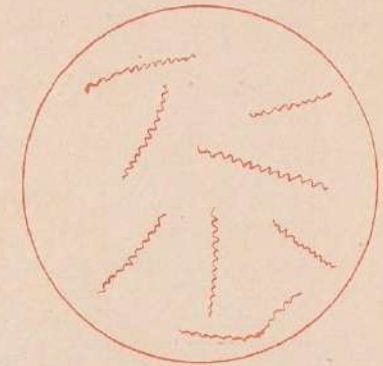
VENEREAL DISEASE - SYPHILIS



↑
secondary and tertiary
stage.



↑
primary effects
at the end of penis (b) &
at the point (a)



SPIROCHAETAE
germs: treponema pallidum

- 1 in the central nervous system
- 2 in the regions of the lungs.
- 3 in the peripheral nervous system.
- 4 in the heart muscles.
- 5 in the bloodvessels.
- 6 in the mucous membrane of the stomach-to-intestines ducts.
- 7 in the region of the genital organs.

- 8 in the liver.
- 9 in the kidneys.
- 10 in the skin.
- 11 in the bones and limbs.

IF YOU HAVE A DOUBT,
QUESTION, HEALTH PROBLEM OR
ARE WORRIED AND ANXIOUS WHY
NOT SHARE YOUR PROBLEM WITH
US ?

YOU CAN COUNT ON OUR
ADVICE AND HELP