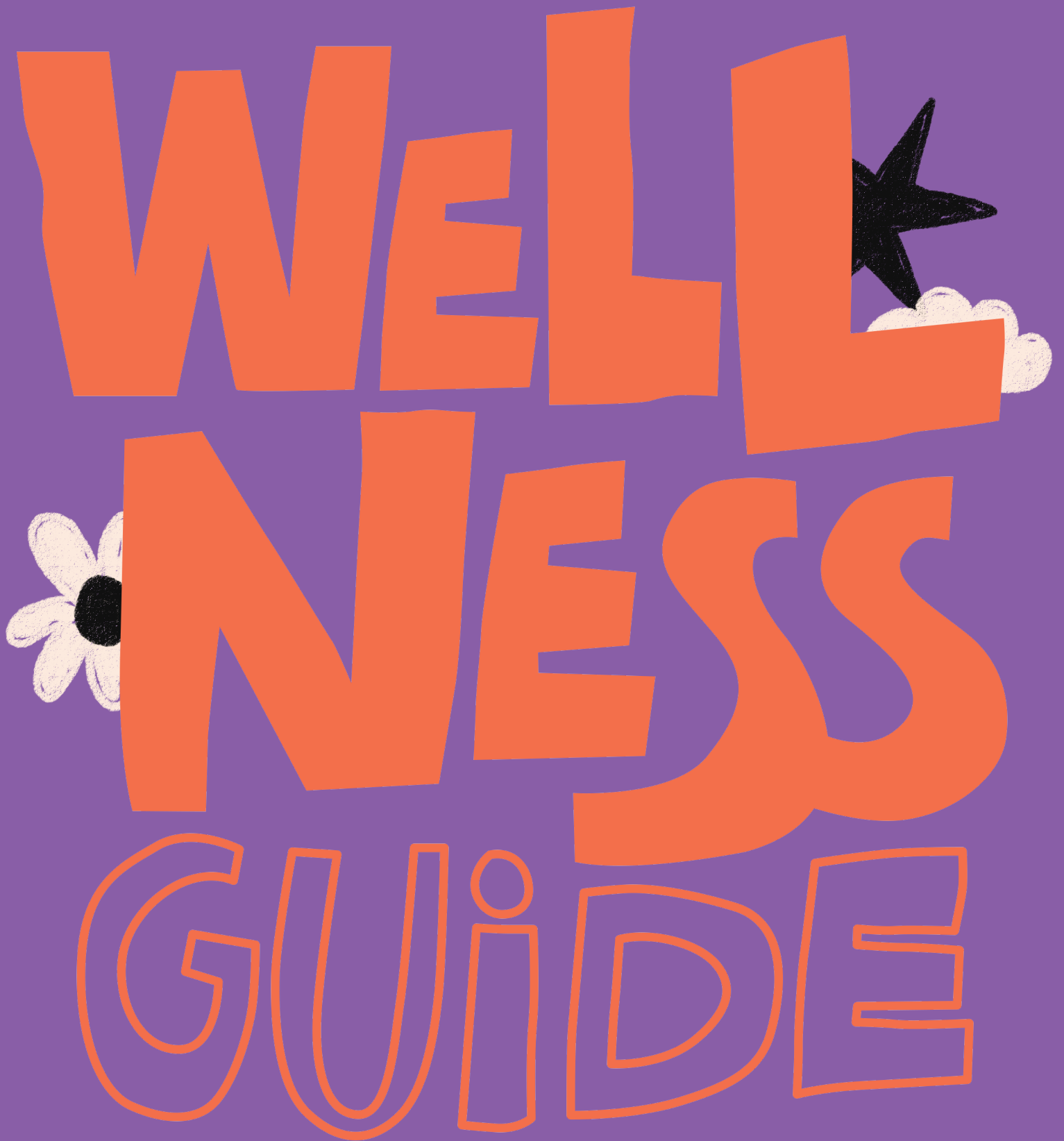
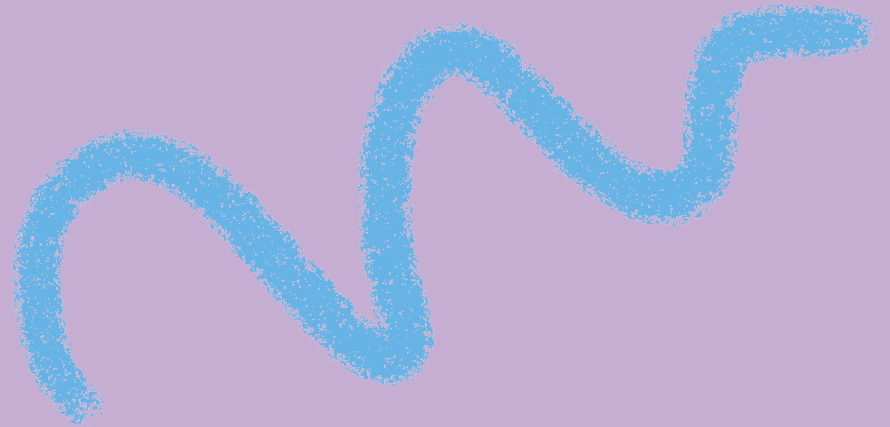
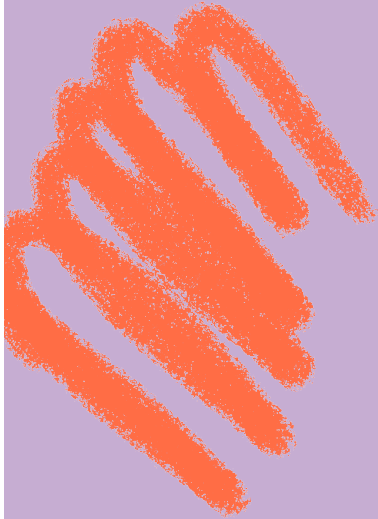


better
to know

WELL NESS GUIDE





This wellness guide is for general information only and does not replace professional medical advice, diagnosis or treatment. Always consult a qualified health care provider with questions about your health.



bettertoknow@yukon.ca

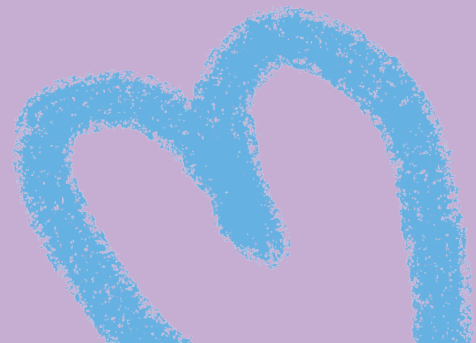
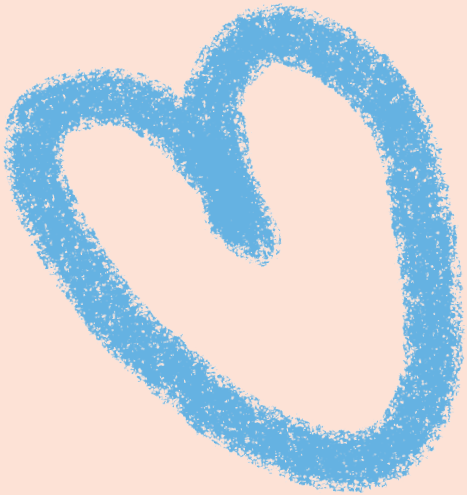
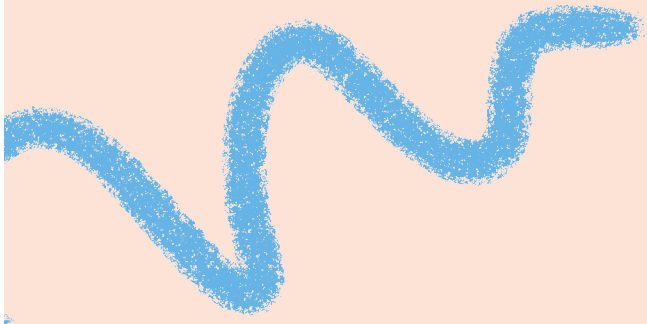


Table of Contents

Introduction	3
Self-Awareness	4
Facing Challenges	4
Body Signals and the Zones of Regulation	6
Regulation Tools	10
Self-Esteem	16
The Head-Heart-Body Decision Maker	19
Self-Care	21
Moving	21
Sleeping	23
Eating	24
Hygiene	26
Relationships and Boundaries	28
Healthy Vs. Unhealthy Relationships	28
Understanding Touch and Consent	29
Digital Safety	32
Body Science	36
Types of Bodies Assigned at Birth	36
Puberty	37
Puberty: Changes for All Bodies	38
Bodies Born with a Vulva	39
Puberty: Changes for Bodies Born with a Vulva	41
Bodies Born with a Penis	44
Puberty: Changes for Bodies Born with a Penis	46
Puberty Changes and Reproduction	49
Community Helpers and Support Services	52



Introduction

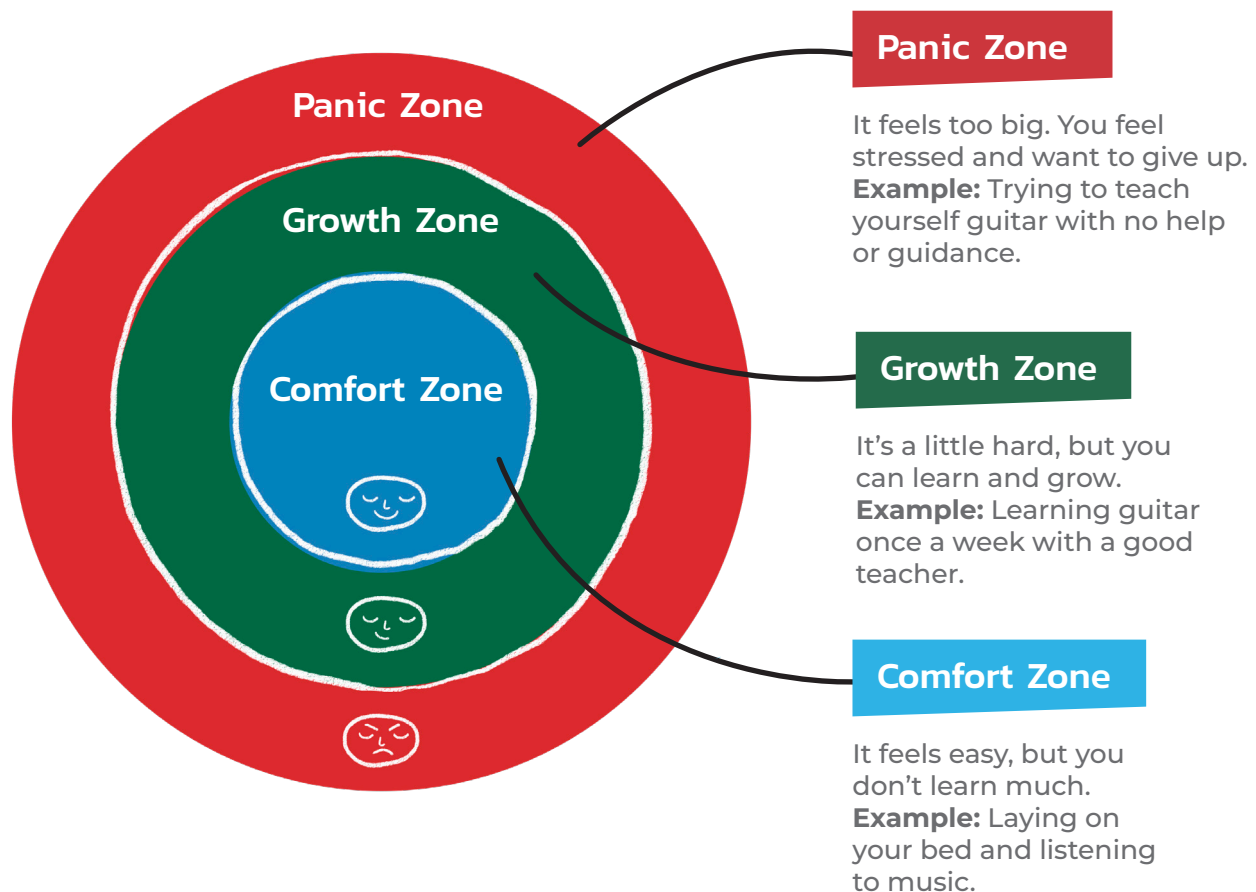
Puberty is when you grow from your kid body into your adult body. Many changes happen to your head (thoughts), heart (feelings), and body. This book explains what to expect and how to take care of yourself.

Self-Awareness

Facing Challenges

To grow and learn, you need to challenge your head (thoughts), heart (feelings) and body. Not all challenges are the same. Some help you learn and grow. Some don't. If something is too easy, you don't learn much. If it's too hard, you may panic and shut down.

The Comfort, Growth and Panic Zones help you understand how a challenge feels - and whether it's a good time to try something new, keep going or take a step back.

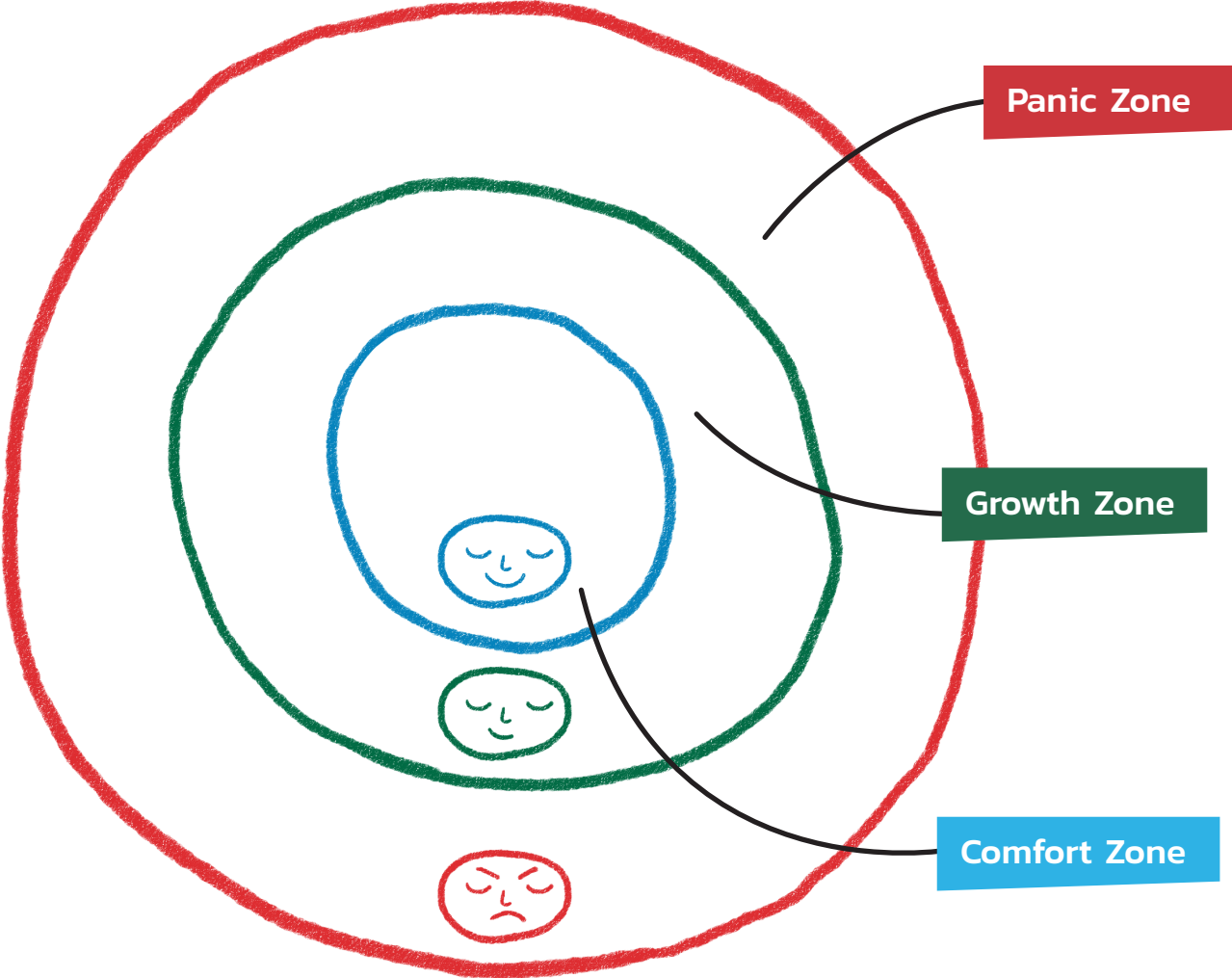


Source: Adapted from the Social-Emotional Learning (SEL) Competencies model – Comfort, Growth, and Panic Zones (2024).

Activity: Know Your Zone

Everyone is different!

Draw and write activities or challenges that fit into your Comfort, Growth or Panic Zones.





Body Signals and the Zones of Regulation

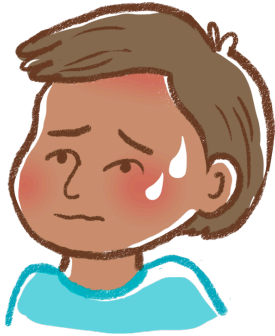
Your body sends signals to your brain about your feelings, safety and health. These signals tell you when you need to control a feeling, get help to stay safe or take care of your body. The Zones of Regulation is a colour-coded tool that helps you understand body signals, feelings and ways to respond.

Steps to Use the Zones:

1. Notice your zone: Pick the colour that matches how you feel.
2. Name it: For example, say or think, “I’m in the Yellow Zone. I feel silly.”
3. Pick a tool: Choose something that helps you, like taking deep breaths or going for a walk.
4. Check in: Did it help? If not, try a different tool or ask a trusted adult for help.

Source: Adapted from the Zones of Regulation program, developed by Leah Kuypers (2024).

BODY SIGNALS EXAMPLES



Feeling hot or sweaty



Butterflies in your stomach



Tight shoulders or a tight jaw



Fidgeting or feeling restless















Feeling tired, heavy or low energy



Tight chest or feeling short of breath



Heart beating fast

ZONE	HOW YOU FEEL	WHAT CAN PUT YOU THERE	WHAT YOU CAN DO IN THIS ZONE	WHAT'S HARD TO DO IN THIS ZONE
GREEN 	Happy, calm, focused, proud	Enough sleep, feeling safe, doing things you enjoy 	Listen, learn, solve problems, help a friend 	Not much feels hard here
YELLOW 	Worried, frustrated, excited, silly, wiggly, nervous	Not enough sleep, too much noise, trying new things, changes in plans 	Take a break, ask for help, use a fidget, take deep breaths 	Wait your turn, stay on task, use a calm voice
RED 	Angry, panicked, scared, "too much"	Feeling unsafe, very tired, hungry, being teased 	Walk away, find a trusted adult, count to 10, breathe slowly 	Think clearly, listen well, keep your body safe, keep your words kind
BLUE 	Sad, tired, bored, sick, low energy	Not enough sleep, sick, bored, just waking up, feeling left out 	Talk to someone, get fresh air, draw/write, listen to music 	Feel motivated, join in, pay attention for a long time

You won't always be in the Green Zone (calm or happy). Feelings move between zones. The goal is to notice them and practise safe, helpful ways to handle them.

Activity: What Zone Are You In?

Practise using the Zones of Regulation. Imagine a guest speaker comes to your class to teach about puberty.

1. **Notice your zone:** Choose the colour that matches how you might feel.



2. **Name it:** Say or think the zone and the feeling.
Example: "I am in the Yellow Zone. I feel nervous."
3. **Pick a tool:** Choose a tool that could help you regulate (control your feelings).
Example: "I could take a few deep breaths or use my fidget."

Breathing

Colouring

Trusted adults and
community helpers

4. **Check in:** Ask yourself if you think the tool helped, or if you need to try something else.
Example: "After taking deep breaths, I feel better."

DID YOU KNOW?

Hormones are chemicals in your body that help it work. Hormones can also affect how you feel. During puberty, feelings can seem bigger or stronger because hormones are changing. This is normal.

All feelings are okay. What matters is that you handle your feelings in safe and helpful ways.

Regulation Tools

Regulation tools help you manage big feelings and help your body settle. Let's practice a few.

BREATHING

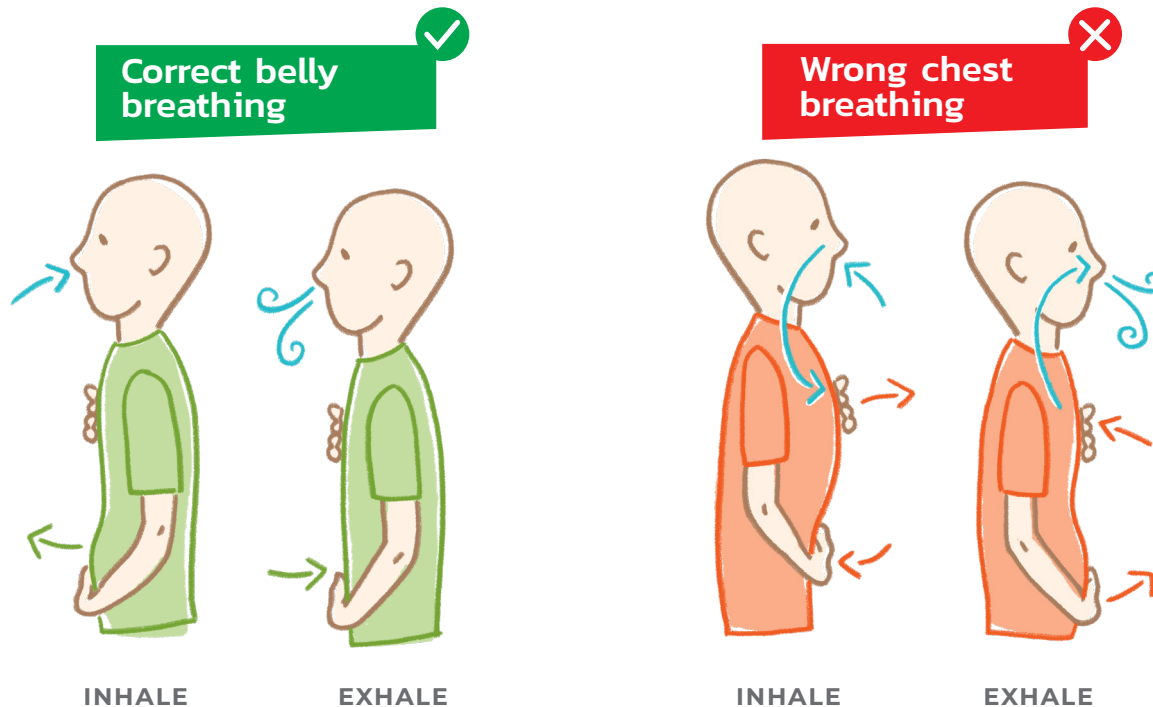
Breathing tools can help you feel calmer and more comfortable.

1. Belly Breathing

Belly breathing helps you take slow, deep breaths that can calm your body.

Practise:

- Place one hand on your chest and one hand on your belly.
- Breathe in slowly through your nose.
- Feel your belly rise first, then your chest – like filling a balloon.
- Breathe out slowly through your mouth. Feel your belly and chest soften – like the balloon letting air out.
- Repeat three times.
- **Tip:** A lot of people breathe only into their chest. Try to let your belly rise too.



2. Bunny Breathing

Bunny breathing can help when you feel really upset and you need to calm down fast.

Practise:

- Close your mouth.
- Take two quick sniffs in through your nose – like you are sniffing a carrot.
- Blow the air out slowly through your mouth with one long breath out.
- Repeat three times.



COLOURING

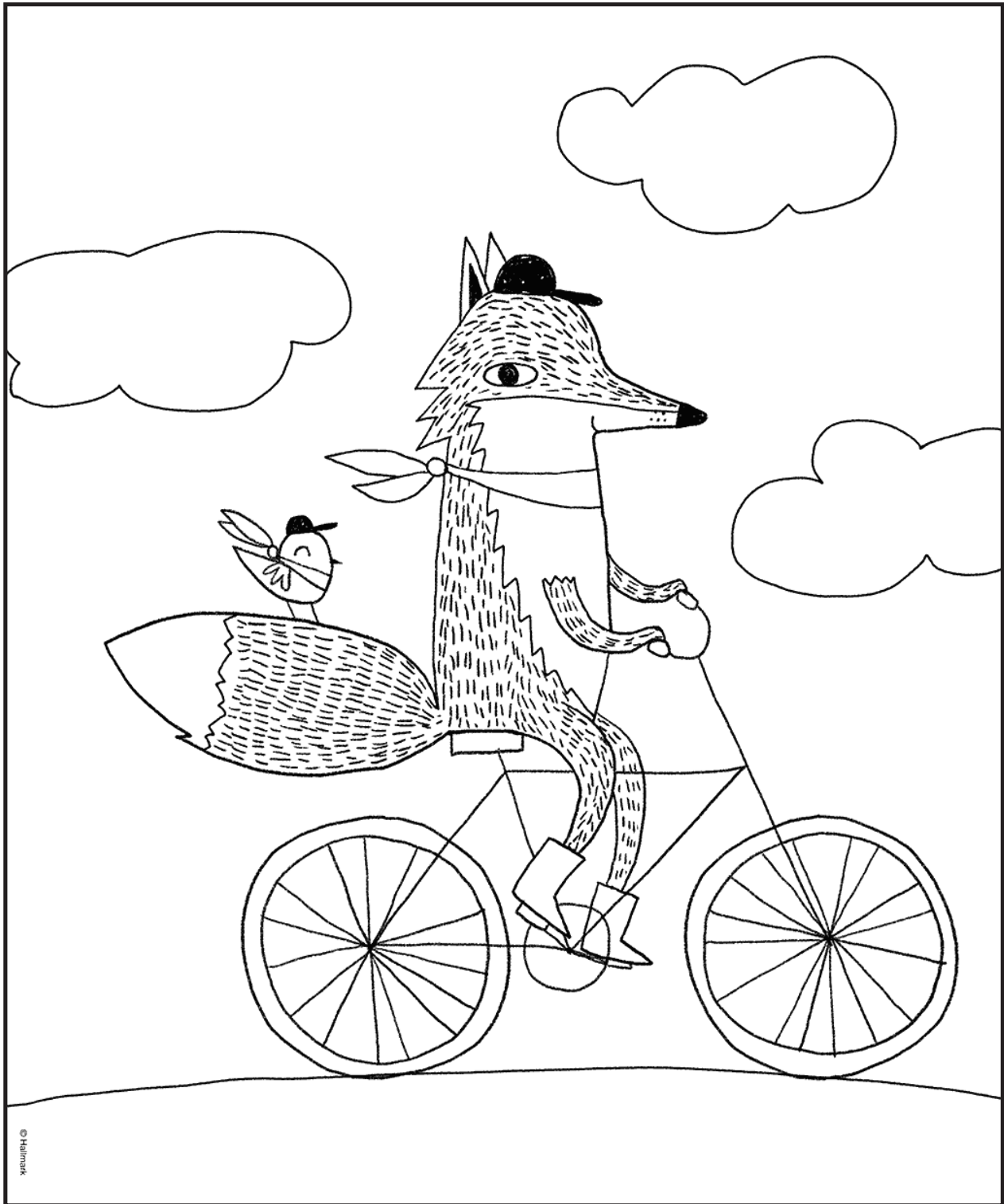
Colouring can help when feelings feel big. It keeps your hands busy and helps your brain focus. Some people like colouring during lessons about puberty because it helps them feel calm and pay attention.

Activity: Colouring

Use the colouring sheets:

- to help your body and feelings settle, or
- just for fun.

Source: Adapted from crayola.ca/colouring-crafts/colouring-pages.



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TRUSTED ADULTS AND COMMUNITY HELPERS

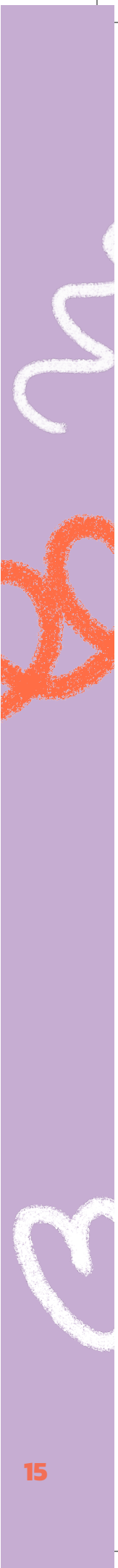
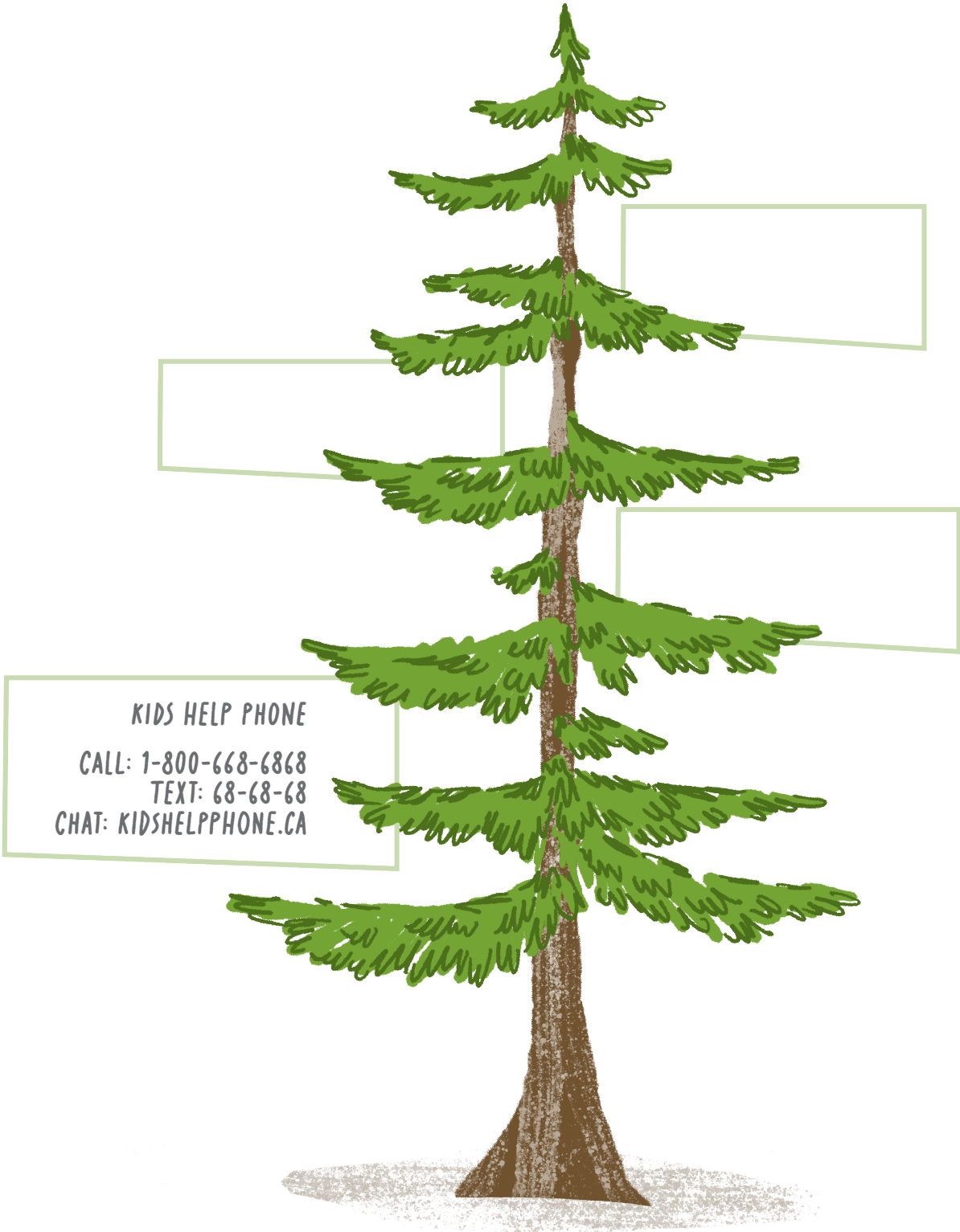
A trusted adult or community helper can help when things feel hard, confusing, scary or too much to handle on your own. They are people you feel comfortable talking to about what's going on.

A trusted adult could be a teacher, caregiver, parent, foster parent, older cousin, family friend, social worker or another adult you trust.

It helps to have at least one trusted adult you can talk to. However, if you want to talk privately, you can contact Kids Help Phone: call 1-800-668-6868, text CONNECT to 68-68-68 or [visit kidshelpphone.ca](http://kidshelpphone.ca).

Activity: Trusted Adult Tree

Write the names of your trusted adult or community helpers in the tree below. If you can't think of anyone right now, check the Community Helpers and Support Services section for options in Canada and the Yukon.



Self-Esteem

Self-esteem is how you feel about yourself. Sometimes self-esteem feels strong (you feel good about yourself). Sometimes self-esteem feels low (you don't feel very good about yourself).

Self-esteem can be affected by how you treat yourself, how others treat you, and the support you get from adults. With care and support, you can build stronger self-esteem.

WELLNESS AND ASKING FOR HELP

It's normal to sometimes feel overwhelmed, confused, sad or have low self-esteem – especially during puberty. If these feelings stick around, talk to a trusted adult or community helper.

Asking for help with your feelings and wellness is just as important as seeing a doctor when your body is sick. Check the Community Helpers and Support Services section to see who you can talk to.

Activity: Self-Esteem Questionnaire

Read the questions and circle the answer that feels most true for you today. Then use the score chart to learn about your self-esteem.

Note: this is not a medical test. It is a tool to help you learn about yourself.

- 1. When I think about myself, I:**
 - A. Talk to myself in a kind way (“I tried my best”, “I like myself”).
 - B. Sometimes say unkind things to myself.
 - C. Don’t think about myself very much.
- 2. If I make a mistake, I:**
 - A. Learn from it and try again.
 - B. Feel upset and give up.
 - C. Pretend it didn’t happen, or act like I don’t care.
- 3. If someone invites me to do something I don’t like, I:**
 - A. Can say “No, thank you.”
 - B. Do it anyway because it feels hard to say no.
 - C. Feel confused or unsure what to do.
- 4. When someone gives me a compliment, I:**
 - A. Say “Thank you.”
 - B. Feel shy or don’t know what to say.
 - C. Think they don’t mean it.
- 5. When people in my life speak to me, they:**
 - A. Use kind words and speak to me with respect.
 - B. Sometimes speak kindly to me, and sometimes they don’t.
 - C. Often use unkind words or speak to me in ways that hurt my feelings.

SCORING

- A. Mostly A’s > **Strong self-esteem:** You know your worth and treat yourself kindly.
- B. Mostly B’s > **Growing self-esteem:** You’re learning to believe in yourself. Keep practising kind self-talk.
- C. Mostly C’s > **Needs support:** It’s okay. Self-esteem can grow. Try the activities in this book, and consider talking to a trusted adult.

Activity: Growing Your Self-Esteem

There are small things you can do every day to grow your self-esteem. Try some of these ideas.

Know yourself

Accept your strengths and things you need to improve. Everyone has both!



Do things you are good at



Accept help

Some problems are too big to solve alone. Confide in someone you trust and lighten the load.



Be true to you

Be yourself. Be proud of who you are. Pay attention to your own thoughts and feelings. Do what seems right for you.

Go gently

Don't be hard on yourself. Be careful not to expect too much, or to overreact to your mistakes.



Take time out

Spend some time alone and enjoy your favourite music, read a book or magazine, play a musical instrument, or write in your journal.



Increase positive self-talk

Positive self-talk is a way to encourage yourself. Practise these phrases daily:
I am strong. Today is a great day. I am a good friend. I am loved. I am kind. I rock.

Be true to yourself and your values



Stay active

Try doing your favourite physical activity for at least 30 minutes a day. You will feel fit, strong and ready for challenges.



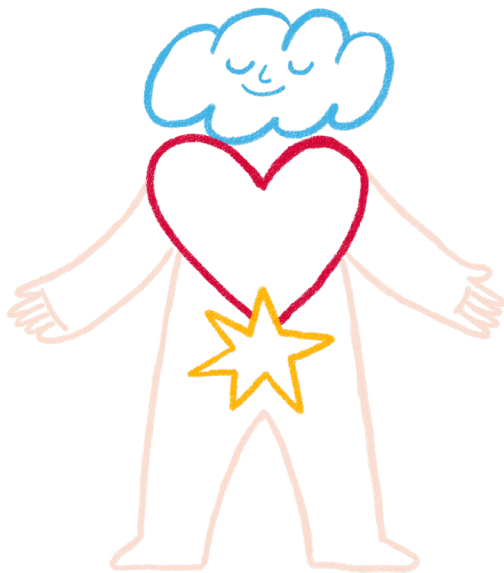
The Head–Heart–Body Decision Maker

A decision is a choice you make between two or more options. Some choices are small, like choosing an apple or a banana for breakfast. Some choices are bigger, like deciding to say “yes” or “no” when a friend asks you to do something unsafe.

The Head–Heart–Body Decision Maker helps you slow down and check in with your thoughts, feelings and body signals. To use it:

- Ask your Head, Heart and Body the check-in questions below.
- Mark each answer with: ✓ (yes/okay), ✗ (no/not safe), or ? (not sure).

Check-in questions:



HEAD

What are the facts?
What do I know about this choice?
What might happen next?

HEART

How do I feel about this choice?
(for example, happy, worried,
excited, scared)

BODY

What does my body feel like?
(for example, calm, tight,
nervous, safe)

How to read your answers:

- If you have all ✓, it's likely a good choice.
- If you have any ✗ or ?, that's a sign to pause, think more, say no, or talk to a trusted adult.

Source: Adapted from the WiseGuyz program, developed by the Centre for Sexuality (2024).

Example:

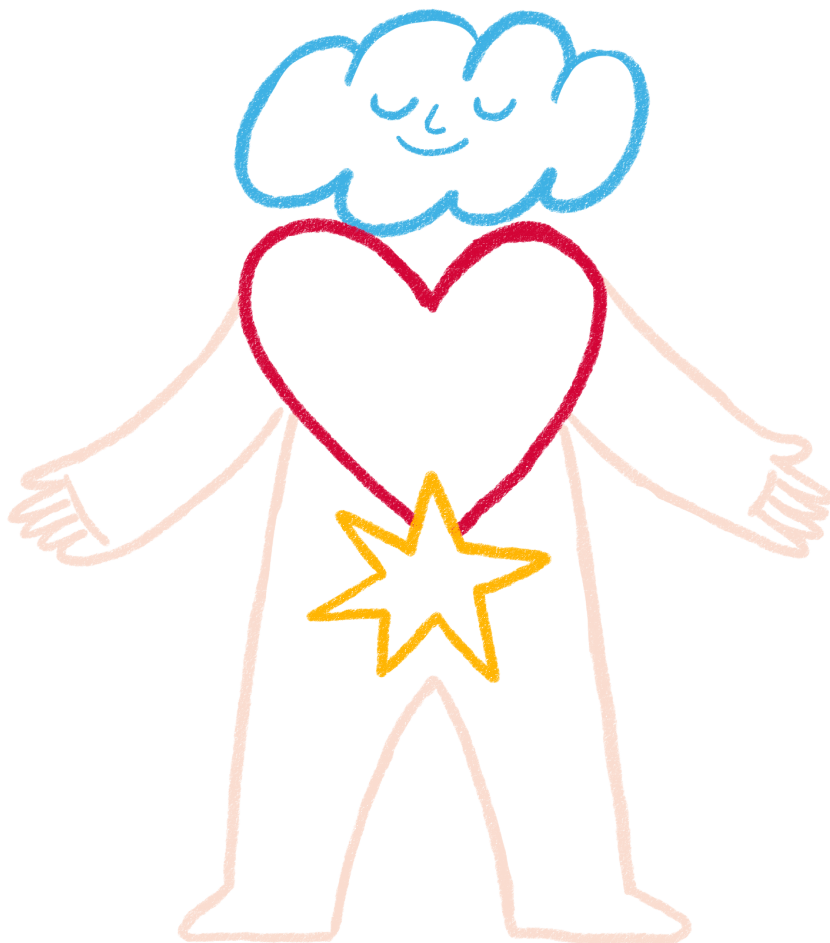
An older student offers you a vape. Your friends say yes, but you're not sure, so you pause and check in:

- Head: Vaping can hurt my body, and it's illegal for kids. ✘
- Heart: I feel nervous and worried. My friends might think I'm "lame" if I say no. ?
- Body: My stomach feels nauseous. ✘

There are two "✘'s" and one "?", so it's a sign to pause, say no and walk away.

Activity: Head-Heart-Body Tool Practice

Think of a decision you made in the past. Use the tool to check how your head, heart and body felt about your choice. Would you make the same choice again?



HEAD

What are the facts?
What do I know about this choice?
What might happen next?

HEART

How do I feel about this choice?

BODY

What does my body feel like?

Self-Care

Self-care means taking care of your head (thoughts), heart (feelings) and body. Self-care can help you feel well, build self-esteem and feel better during puberty.

There are different kinds of self-care. Here are a few good ones to try:

- Moving - being active to keep your body and brain strong.
- Eating - choosing foods that give you energy and help you grow.
- Sleeping - getting enough rest so your body and brain can recharge and grow.
- Personal hygiene - keeping your body clean to stay healthy.

Moving

Moving your body helps you grow strong and healthy. A good goal is to move about one hour a day. It's OK if movement feels a little challenging (in your Growth Zone), but it should still feel safe.

Movement is for everyone, but what you enjoy might be different from your friends. Some people like lifting weights. Others like cross-country skiing. What matters most is moving your body and challenging yourself each day.

If one hour feels like too much, start small (like 10 minutes) and build up over time. If you feel nervous to start, try a regulation tool first (like a few slow breaths, or asking a friend to join you). If you love moving and find it hard to slow down, remember: your body also needs rest to grow strong.

ACTIVITIES AND MOVEMENT IDEAS

RUN =
OR JOG =



Hike



Ski



Swim

CLIMB
(PLAYGROUND,
TREES OR
CLIMBING WALLS)

WALK



Play
a team
sport



Go berry
picking

DO YOGA



Snowshoe

STRETCH



Go fishing

DANCE



Canoe

GO HUNTING
(WITH AN ADULT,
SAFELY)

KAYAK

SNOWMOBILE

Sleeping

Getting enough sleep helps your head, heart and body rest, recharge and grow. During deep sleep, your body releases hormones that help your bones, muscles and organs grow.

Kids (ages 5 to 13) usually need about 9 to 11 hours of sleep each night.

Teens (ages 13 to 17) usually need about 8 to 10 hours of sleep each night.

Enough sleep can help you feel better, focus and stay calmer. If sleep feels hard, talk to a trusted adult or community helper.

SLEEPING TIPS:

- Go to bed and wake up at the same time each day. This helps your body know when it's time to sleep.
- Turn off screens about one hour before bed. Screens can keep your brain awake.
- Keep your bedroom cool, dark, calm and quiet.
- Do something relaxing before bed (like reading, music or gentle stretching).
- Move your body during the day. Exercise helps your body grow and sleep better.
- Eat regular meals during the day and avoid sugary snacks right before bed. Sugar can make sleep harder.



Source: Adapted from Interior Health BC, "Sleep for Kids and Teens".

Activity: Sleep Plan and Bedtime Routine

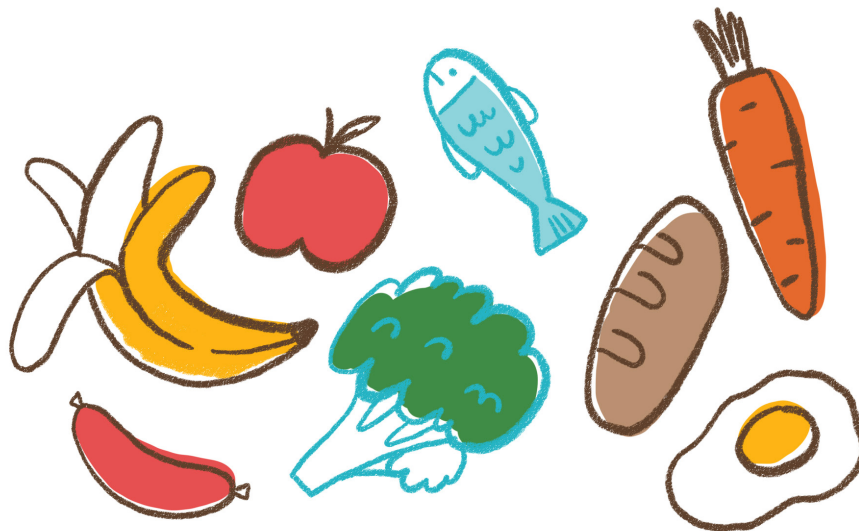
Make a sleep plan. You can use the one below or make your own. If it feels tricky, start with one small step and add more. Small changes can make a big difference!

- 5:30 to 7:30 pm - Active time and dinner
 - Play, exercise or be active
 - Eat a good meal (go easy on sugar close to bedtime)
- 7:30 to 8:30 pm - Wind down and limit screens
 - Turn off screens
 - Relax with reading, music or gentle stretching
- 8:30 to 9 pm - Calm and ready for bed
 - Make your bedroom cool, dark, quiet and safe
- 9 pm - Bedtime
 - Go to bed at the same time each night

Eating

During puberty, your body grows quickly. You might feel hungrier and need more food and nutrients (the “building blocks” that help your body grow). Eating a mix of foods - like fruits and vegetables, whole grains, protein foods and dairy (or dairy-free options) - helps your bones, muscles and hormones work well.

Eating regular meals and snacks can help keep your energy steady during the day. Sharing meals with others can make eating feel more fun and relaxed.



Activity: Make Mealtime Fun!

Choose one of the recipes below or on page 26, and make it with a friend or on your own. The only rule is to have fun while making and eating it!

Energy Balls

Ingredients (makes about 12 balls):

- 1 cup rolled oats
- 1/2 cup peanut butter (or any nut/seed butter)
- 1/3 cup honey or maple syrup
- 1/4 cup mini chocolate chips or dried fruit
- 1/4 cup chia seeds or flax seeds (optional)

Directions:

1. Mix everything in a bowl until it sticks together.
2. Roll into 1-inch balls.
3. Chill in the fridge for at least 30 minutes.
4. Enjoy as a snack!

Peanut Butter Banana Bites

Ingredients (makes 12 to 15 bites):

- 2 bananas
- 1/4 cup peanut butter (or any nut/seed butter)
- 1/4 cup mini chocolate chips or crushed nuts (optional)

Directions:

1. Slice bananas into half-inch rounds.
2. Spread peanut butter on one slice and top with another slice to make a “sandwich”.
3. If you want, roll the edges in chocolate chips or crushed nuts.
4. Chill for 15 to 20 minutes before eating.

Yogurt Parfait Cups

Ingredients (makes 2 to 3 servings):

- 1 cup plain or flavoured yogurt (or dairy-free yogurt)
- 1/2 cup granola or oats
- 1/2 cup fresh or frozen fruit
- Optional: a drizzle of honey or a sprinkle of cinnamon

Directions:

1. Layer yogurt, granola and fruit in a cup or bowl.
2. Repeat layers until full.
3. Top with honey or cinnamon if you want.
4. Eat right away or chill for later.

Hygiene

Hygiene means keeping your body clean. Hygiene can help prevent sickness, reduce body odour, and help you feel more comfortable during puberty.

Daily and Weekly Hygiene Practices:

- Wash your face and brush your teeth in the morning and at night.
- Wash your hands before eating and after using the bathroom.
- Shower or take a bath regularly. If you live in a dry cabin, are camping or have limited water, use a washcloth or wet wipe to clean your face, hands and areas that get sweaty (like armpits and feet). Gently clean your genitals as well.
- Wear clean clothes (especially socks and underwear).
- Trim your nails and keep them clean.
- Change your bed sheets regularly.
- Cover your mouth when you cough or sneeze (use your elbow if you can).

Fun Fact

During puberty, your body makes more sweat and oil. That's why you may need a few new hygiene habits. You'll find more tips in the Body Science section.

Activity: My Daily Self-Care Tracker

Keep track of your self-care each day. This can help you notice what's going well and what you might want to work on.

Moving:

- What movement did I do today?
- About how long did I move?
- What did I like?
- What didn't I like (if anything)?
- Do I need more movement tomorrow, or less?

Eating:

- Did I eat enough today?
- What did I eat (or snack on)?
- Did I have enough energy today?
- Did I enjoy my food? If not, what could I try next time?

Sleeping:

- How many hours did I sleep last night?
- Did I feel rested today?
- If yes: What helped me sleep?
- If no: What is one small thing I can try tonight?

Hygiene:

- What hygiene habits did I do today?
- Did they help me feel clean and comfortable?
- Do my clothes smell sweaty or look dirty?
- Do I need to change my clothes more often?
- Do I need to wash my body more often?

Relationships and Boundaries

Healthy Vs. Unhealthy Relationships

A relationship is a connection you have with other people, like family members, friends, classmates, teachers, coaches or other adults.

Some relationships are healthy. They make you feel safe, respected and cared for. Some relationships are unhealthy. They can make you feel scared, stressed or uncomfortable.

Learning the difference can help you build relationships that feel safe and positive.

Healthy relationships:

- Make you feel safe and respected
- Let you be yourself
- Include listening, caring and supporting each other
- Let you say no without feeling pressure to say yes

Unhealthy relationships:

- Make you feel scared, stressed or uncomfortable
- Might include put-downs, teasing or trying to control you
- Pressure you to do things you don't want to do
- Make you feel left out, ignored or not good enough

Activity: Healthy Vs. Unhealthy Friendship Traits

Read each statement and check if it is healthy or unhealthy. If you notice any unhealthy traits in a relationship, you can:

- Talk to a trusted adult or community helper about what's happening.
- Set boundaries and take space from people who make you feel unsafe or disrespected.
- Spend time with people who make you feel safe and respected.

Understanding Touch and Consent

You feel different kinds of touch every day – like a hug from a friend or a dentist checking your teeth.

- Some touch feels good (safe).
- Some touch feels bad (unsafe).
- Some touch is to help (or fix) your body (like a checkup at the doctor or dentist).



Touch should only happen when everyone agrees, or when it is needed to take care of your body. Consent means asking before you touch someone, and respecting their answer.

Examples:

- “Can I give you a hug?” > “Yes, I’d love a hug.” (So ... you hug!)
- “Can I tickle you?” > “No, thanks.” (So ... no tickling!)

Here is what to do if someone doesn’t listen:

1. Use a clear voice: “Please stop. I don’t want to be tickled right now.”
2. If they don’t stop, use a stronger voice: “STOP! Don’t touch me!”
3. Move away and tell a trusted adult. If the first adult doesn’t help, tell another trusted adult.

Remember:

It’s your body. You get to choose who touches you, when and how.

It is never okay for someone to keep touching you if you don’t want them to.

Activity: Good Touch, Bad Touch or Helping Touch

Look at the pictures and decide if the touch is good, bad or helping touch.

- If both people agree and look comfortable, it is usually good touch.
- If someone looks upset, scared or pulls away, it is usually bad touch.
- If the touch is needed to take care of your body (like a checkup), it is helping touch.



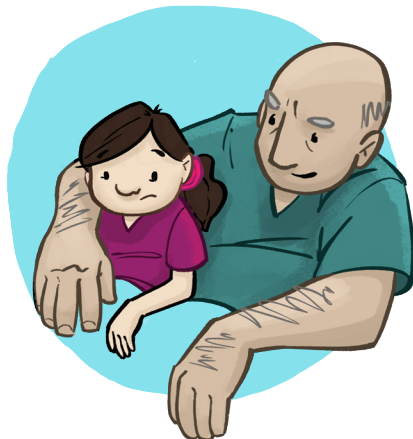
High fives

Good touch – Both people are smiling and both people agreed to high five.



Doctor visit

Helping touch – The doctor is checking or helping your body. Remember: even for helping touch, they should explain what they are doing, ask for your okay when they can, and help you feel safe.



Side hug

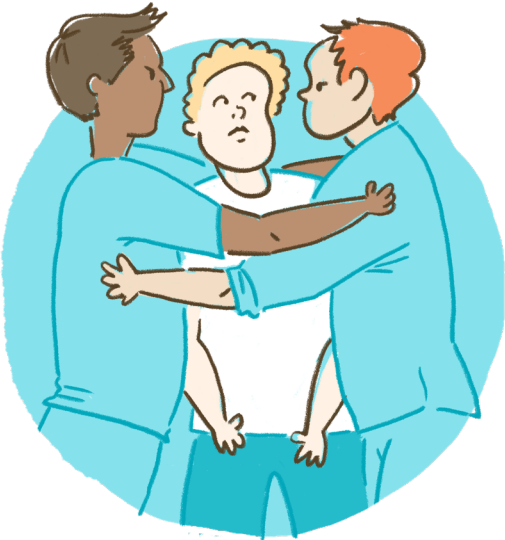
Bad touch – One person looks scared or uncomfortable. The hug needs to stop. If the person doesn't listen (even if they are a grown-up), move away and tell another trusted adult.

Activity: Body Language

Sometimes your body can show how you feel about touch without using words.

- Open arms or leaning in can mean “yes” or “okay”.
- Crossed arms, turning away or pulling back can mean “no” or “not right now”.

Look at the pictures and guess how the person feels by looking at their body and face.



Digital Safety

Digital devices – like computers, tablets or phones – help you find information, play games, watch videos and connect with people online. This technology can be helpful and fun. It can also be confusing or unsafe.

Learning digital safety skills helps you stay safe and make good choices online. Treat the digital world like the real world: don't talk to strangers, don't believe everything you see, and ask for help if something worries you.

BE SMART WITH A HEART (TIPS FROM CHILDNET)

S – Stay safe

- Keep your personal information private (like your full name, address, phone number, passwords and school).
- Personal information can also be shared in pictures and videos (like your school logo, street signs or your home).



M – Meeting up

- Do not meet up with someone you met online.
- Do not send photos or videos of yourself to someone you don't know.
- Even if they seem friendly, they are still a stranger.
- If someone online asks to meet you, or asks for personal information, photos or videos, tell a trusted adult right away. You can also contact Kids Help Phone: call 1-800-668-6868, text CONNECT to 68-68-68 or visit kidshelpphone.ca/.



A – Accepting files

- Don't open links, messages, pictures or videos if you are not sure who sent them.
- Stop and think before you click.
- Some links can spread viruses or steal personal information.



Source: Adapted from Childnet International, "SMART Rules" online safety poster (2018).

R – Reliable information

- Not everything online is true. Some information may be wrong or out of date.
- If something feels “off”, or too good to be true, check with a reliable source like:
 - **MediaSmarts (Break the Fake)** mediasmarts.ca/break-the-fake
 - A librarian, teacher or another topic expert
 - A trusted adult



T – Tell someone

- Tell a trusted adult if something online makes you feel worried, unsafe or uncomfortable.
- This includes cyberbullying or messages that don't feel right. You can also call Kids Help Phone: call 1-800-668-6868 or text CONNECT to 68-68-68.



Be SMART with a heart

- Be kind and respectful online.
- Don't say or share mean things
- Help friends who are upset, and tell a trusted adult.

BODY SCIENCE AND THE INTERNET: A WORD OF CAUTION

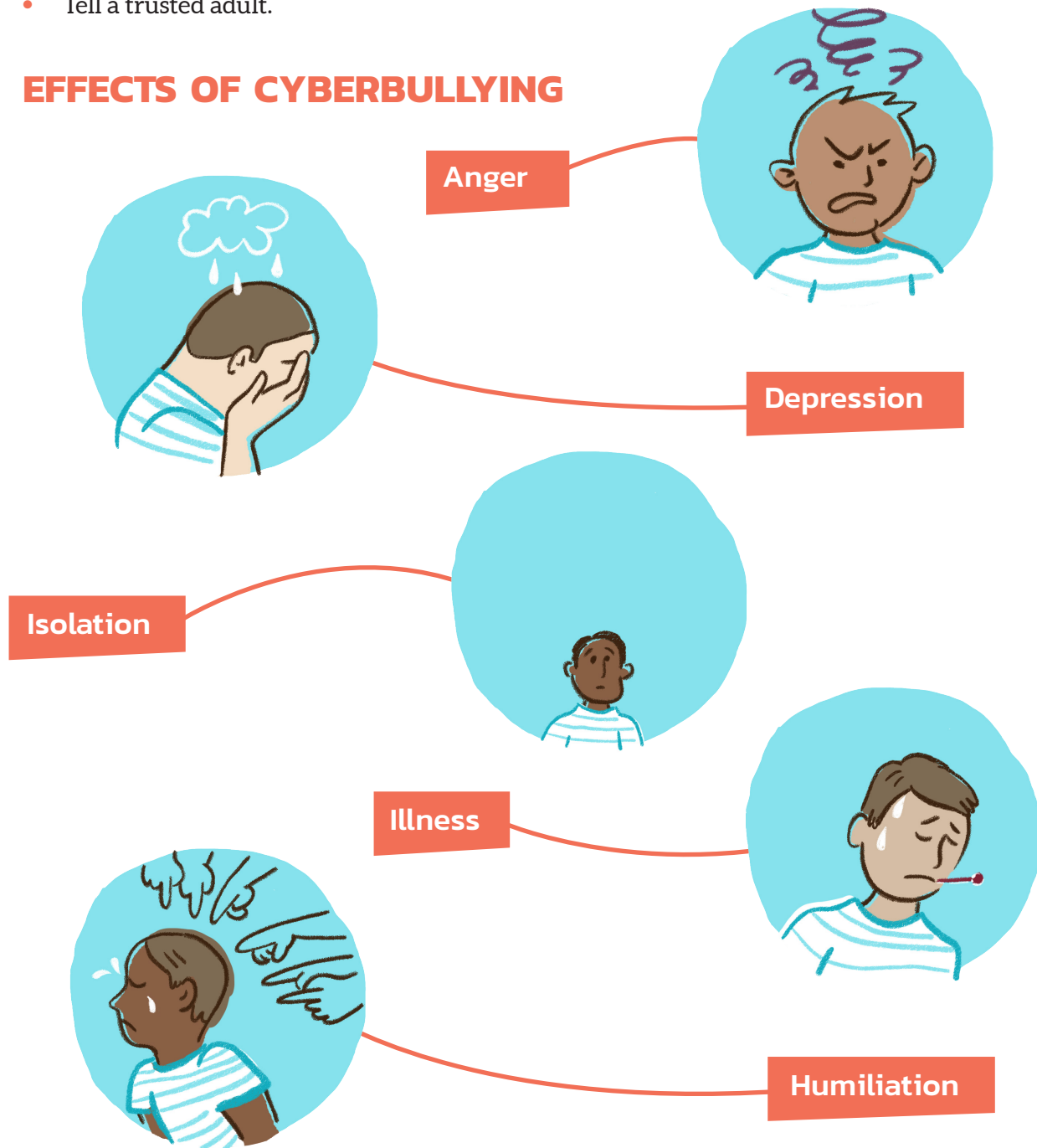
- The internet is not always a safe place to learn about body science (like puberty and reproduction).
- Anyone can post information, and some of it may be wrong or not meant for kids.
- Some pictures or videos might feel confusing or embarrassing.
- Other information may not explain things in a clear or respectful way.
- The best way to learn is from teachers, trusted adults, health class or reliable books (like books from the library).

STOP CYBERBULLIES

Cyberbullying is when someone hurts, embarrasses or threatens people online (for example, sending hurtful messages, spreading rumours or sharing mean pictures).
If cyberbullying happens to you:

- Don't respond.
- Save the messages (take screenshots) as proof.
- Block or unfriend the person.
- Tell a trusted adult.

EFFECTS OF CYBERBULLYING



Activity: Clickbait or Real?

Clickbait is made to get you to click on it. It can lead to unsafe websites, viruses or scams that try to steal your information or sell you something. Clickbait often sounds:

- Shocking: "Girl hugs wild bear!"
- Impossible: "You won't believe what happens next!"
- Famous: "See what this famous person eats for breakfast!"

Look at the images and decide if each one is clickbait or real. (Answers are below the pictures.)

Is it clickbait? Why or why not?



Man Kisses A King Cobra Snake! You Won't Believe What Happens Next!

Yes. It seems impossible that someone would kiss a king cobra and not get bitten.

Is it clickbait? Why or why not?



Five Pictures That Prove This Place Has The Most Beautiful Sunsets.

No. It doesn't seem impossible or shocking and it offers specific information.

Is it clickbait? Why or why not?



Want To See A New Movie? Here Are Some Of The Top New Releases.

No. It isn't impossible or shocking and it seems like it will provide specific information.

Is it clickbait? Why or why not?



Remember The Baby From Harry Potter?! You Would Never Have Expected This!

Yes. It is about a celebrity and tries to shock you.

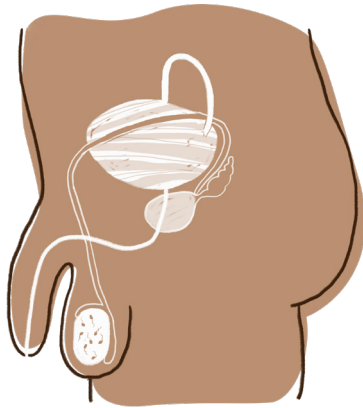
Body Science

Types of Bodies Assigned at Birth

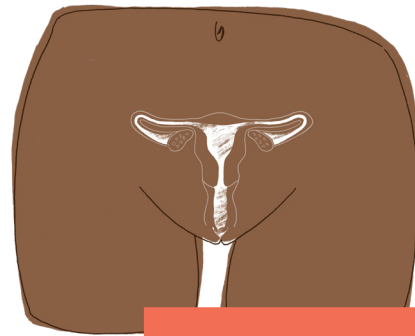
Sex assigned at birth / biological sex is determined by the genitals someone is born with. People assigned male are typically born with a penis and testicles. People assigned female are typically born with a vulva, vagina, ovaries and a uterus.

Some people are born with a combination of genitals. This is called intersex, and they usually learn about their bodies from a doctor. What's important to remember is that bodies can look different - and that's normal.

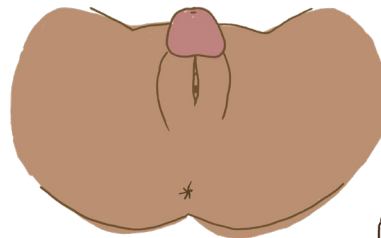
Assigned sex and gender identity are often confused with each other. Gender identity is one's sense of feeling male, female, both, neither or something entirely different. Body parts do not decide gender. Some people with a penis don't want to be called male and some people with a vulva don't want to be called female. In this book, we talk about how "bodies change" during puberty so everyone can understand and feel included.



Assigned male / body with a penis



Assigned female / body with a vulva



Intersex

Puberty

Puberty is the time in our lives when we grow into our adult bodies. After puberty, our bodies have the physical ability to make a baby.

Most kids find this idea “gross” because they are not mentally or emotionally ready for a baby, but it is still important to understand how the body works.

In the middle of the brain is the pituitary gland. During puberty, it releases puberty hormones that cause the body to change. Puberty begins between ages 8 and 13 and takes about four years to finish.

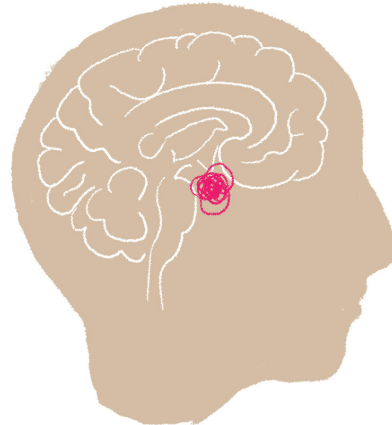
Some changes happen to everyone. Some changes happen mostly to people born with a vulva. Some changes happen mostly to people born with a penis.

Understanding puberty changes and how to take care of yourself makes it a lot easier.

A word on body shaming

Body shaming is making fun of someone’s body for the way it looks. It is hurtful and can damage self-esteem. Everyone’s body is different. There is no “right” way for a body to look.

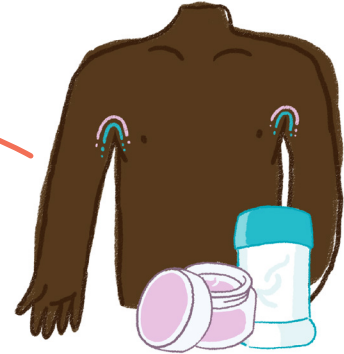
It’s important to never comment on or tease others about their bodies or puberty changes.



Puberty: Changes for All Bodies

Body odour

During puberty, a second set of sweat glands becomes active. When they release sweat, it mixes with bacteria on the skin and creates body odour. Washing daily and using deodorant can help manage the smell.



Growth spurts

Growth spurts occur when the body grows more than 3 cm in one year. During a growth spurt, people may feel growing pains caused by tendons lengthening. Medication and rest can help alleviate the pain.

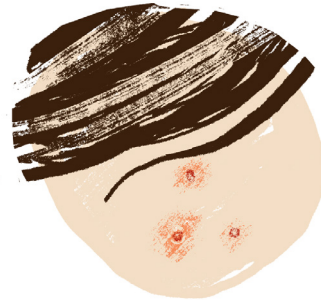


The feet grow bigger

Feet are often one of the first body parts to grow during puberty. They help support your growing body.

Pimples and oily hair

Oil glands, located underneath the skin, help keep the skin and hair soft. During puberty, the glands produce extra oil that can clog pores causing pimples and greasy hair. Daily washing will help manage the extra oil. If the pimples are too difficult to manage, they can be treated with prescription medication.



Body hair

Hair will grow all over the body, including the armpits and genitals. It might be a different colour or texture than the hair on the head. Some people remove body hair, but some don't. Both choices are common.

Big feelings (the "sads, mads and glads")

During puberty, emotions can change quickly. Exercise, nutritious food, rest and using regulation tools can help.

DID YOU KNOW?

Testosterone and estrogen are two important puberty hormones. Bodies make different amounts of hormones, so puberty changes don't look the same for everyone.



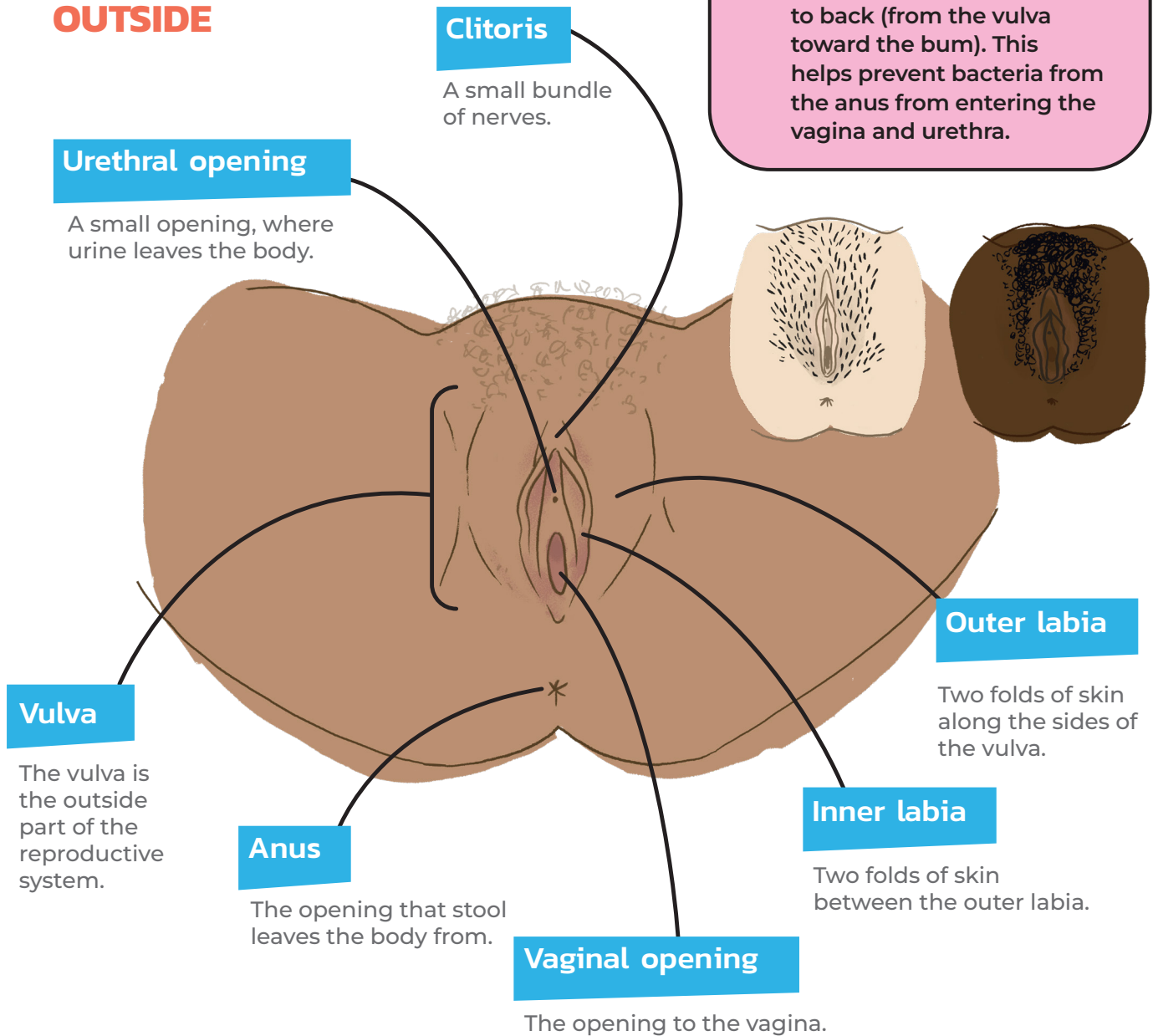
Bodies Born with a Vulva

People born with a vulva have reproductive body parts on the outside and inside of their body. During puberty, these body parts grow and change. They prepare the body for possible reproduction in the future.

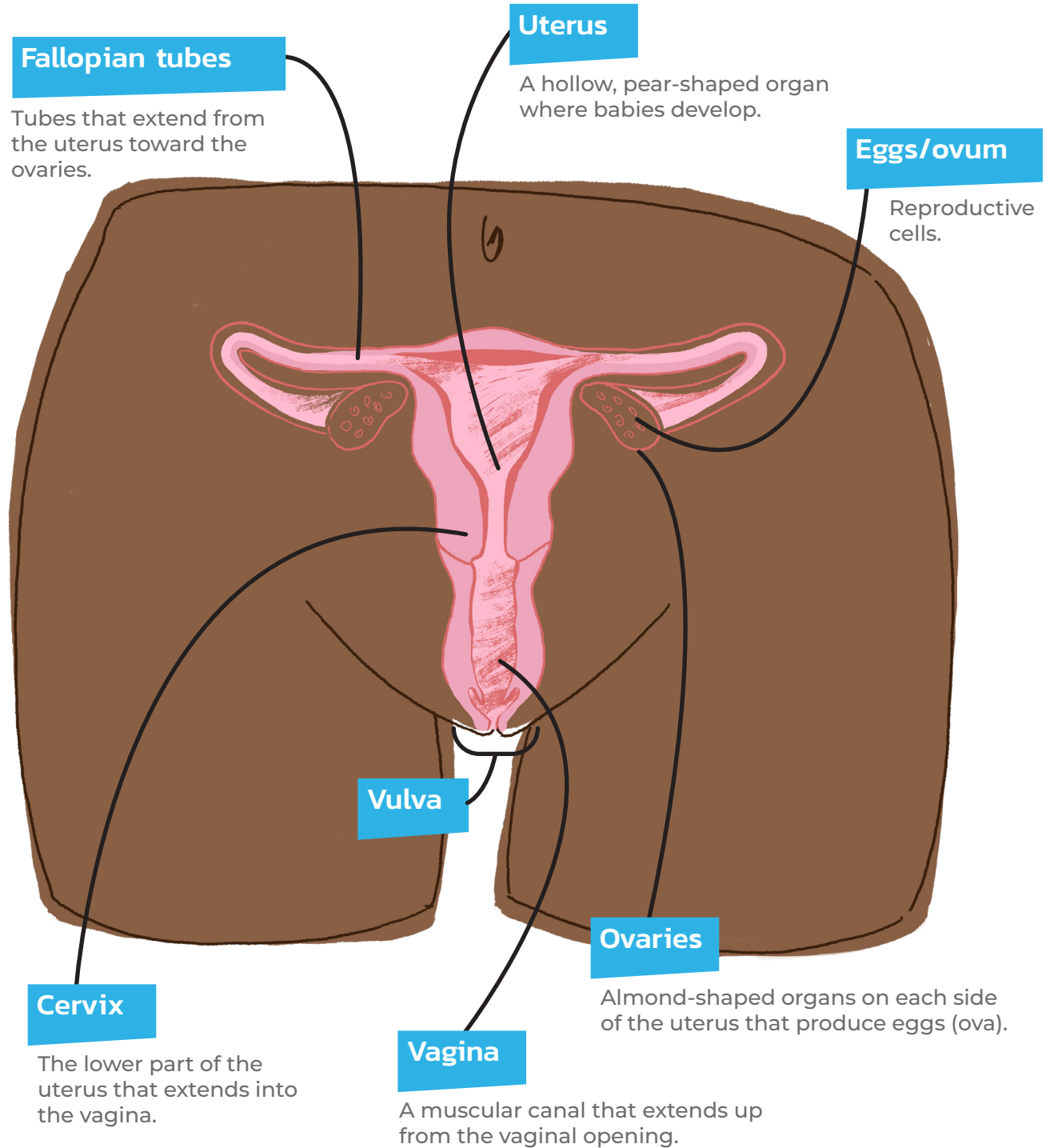
HYGIENE TIPS

- Gently wash the vulva daily with warm water. This helps remove sweat, bacteria, and vaginal fluid that can build up during the day. If you use soap, choose a mild, unscented soap. Do not wash inside the vagina because it is self-cleaning.
- When using the bathroom, always wipe from front to back (from the vulva toward the bum). This helps prevent bacteria from the anus from entering the vagina and urethra.

OUTSIDE



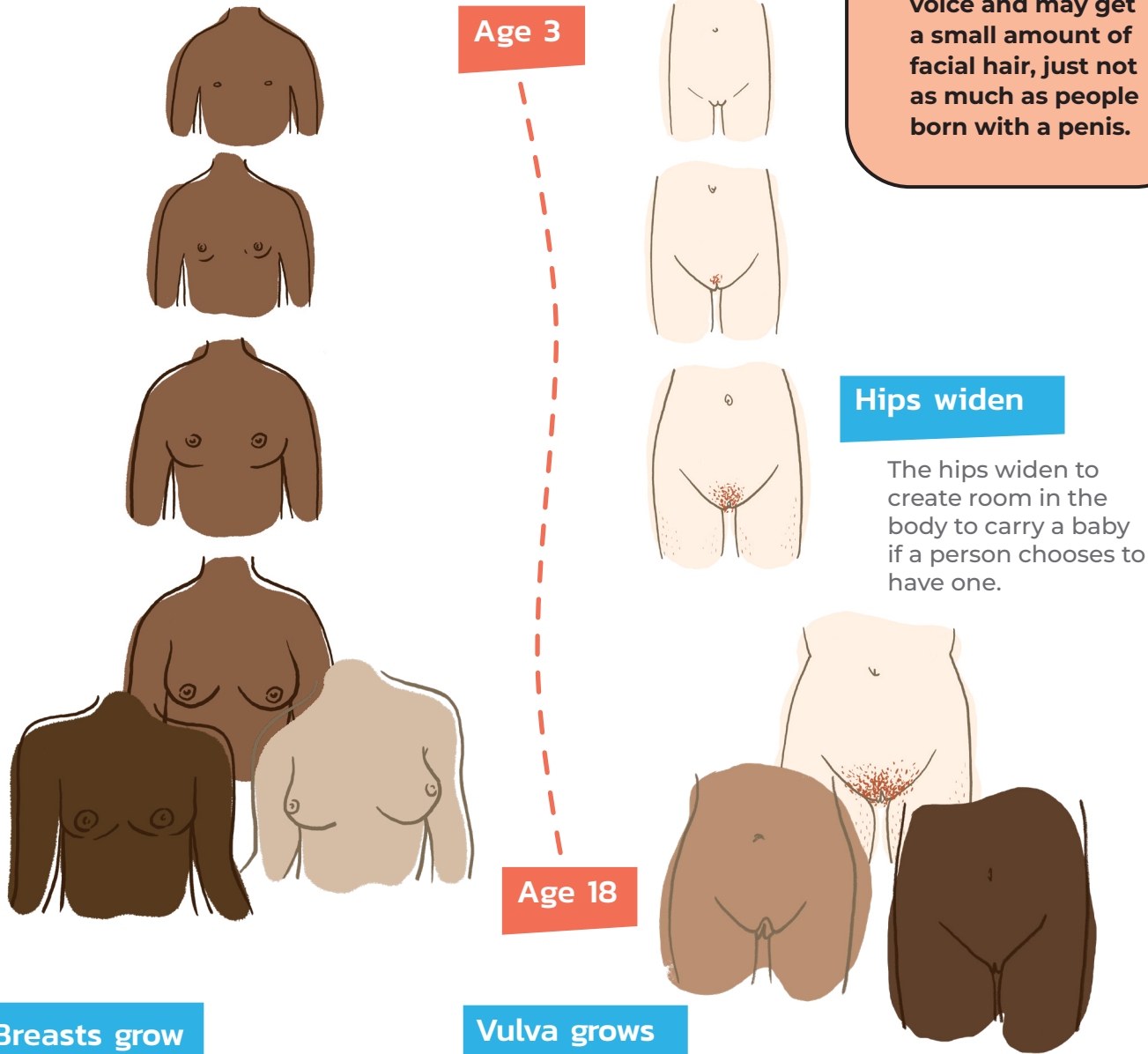
INSIDE



Puberty: Changes for Bodies Born with a Vulva

DID YOU KNOW?

Bodies born with a vulva also get stronger muscles, a slightly deeper voice and may get a small amount of facial hair, just not as much as people born with a penis.



Breasts grow

The breasts grow larger (and can produce milk if a person gives birth). The breasts can be tender when they are growing. Wearing a training bra eases discomfort.

Vulva grows

The outer and inner labia and clitoris grow and develop.

Vaginal fluid is produced

The vagina starts to produce a clear or white fluid called vaginal fluid. It keeps the vagina clean and healthy. Sometimes it is noticeable on underwear.

Menstrual cycle begins

PERIODS START (THE MENSTRUAL CYCLE BEGINS)

Starting in puberty, the body prepares for a possible pregnancy. Once a month, an ovary releases an egg and the uterus grows a lining of blood and tissue. If the egg is fertilized by sperm, it can implant in the uterus and develop into a baby.

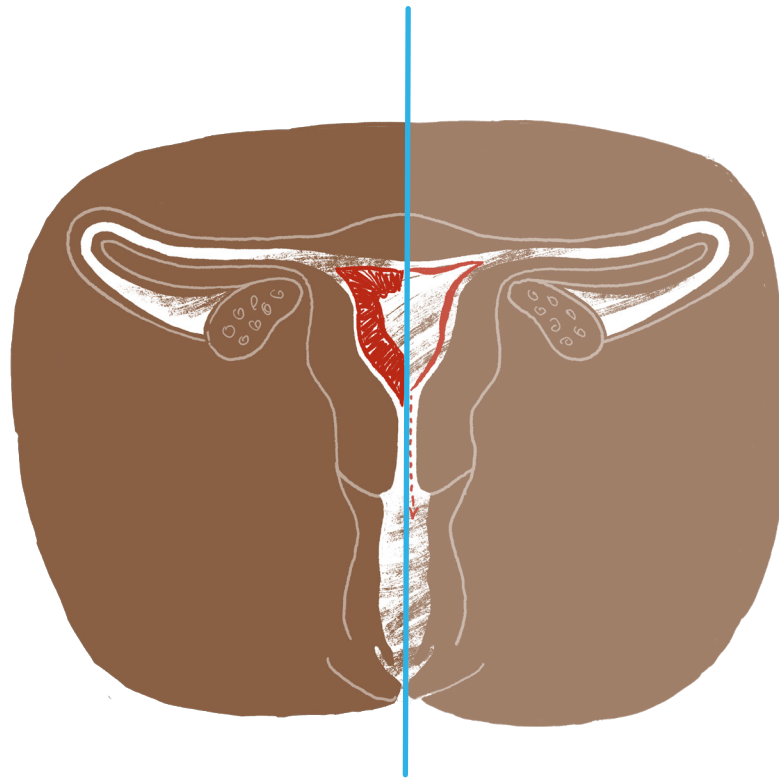
If the egg is not fertilized, it dissolves and the uterus lining leaves the body through the vaginal opening. This is called menstruation, or a period.

Periods usually last about five days. The fluid may be light or heavy and can look brown, red or dark red.

After the period ends, the cycle starts again. At first, periods may not be regular, but over time they usually become more consistent. Some people get period cramps. A heating pad on the lower belly, rest, movement or pain medicine can help. If the pain is very strong, talk to a trusted adult, nurse or doctor.

Before a period

The uterus develops a thick lining of blood and tissue.



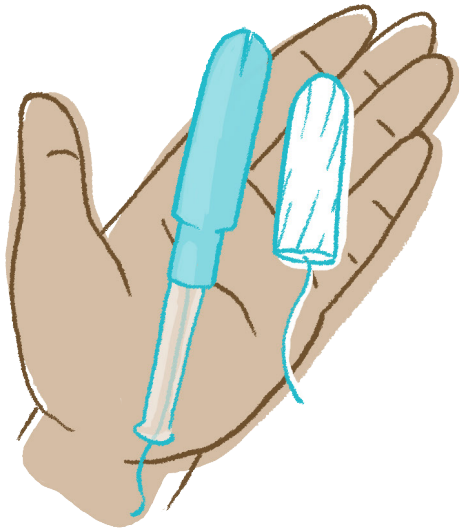
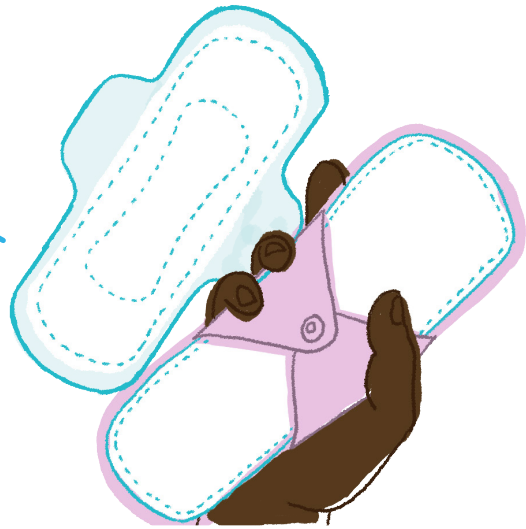
During a period

Most of the lining is shed in the menstrual flow.

PERIOD PRODUCTS

Pads

Place on top of underwear. It collects blood as it leaves the vagina. You can also find reusable pads that you can machine wash.

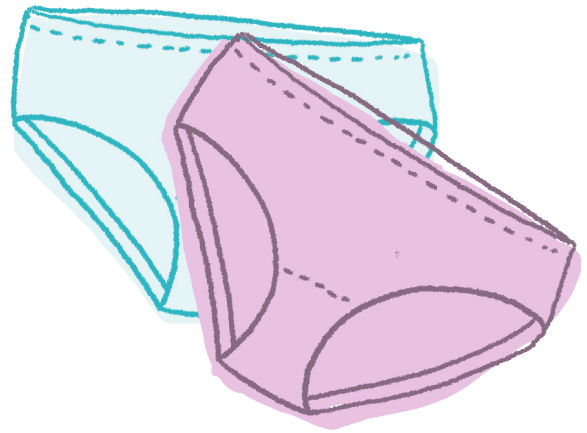


Tampons

Insert into the vagina. It absorbs blood before it leaves the body. Read the box to see how long you can safely leave them in.

Period underwear

Wear the same as regular underwear. Blood absorbs directly into the fabric. Rinse and machine wash to use during your next period.



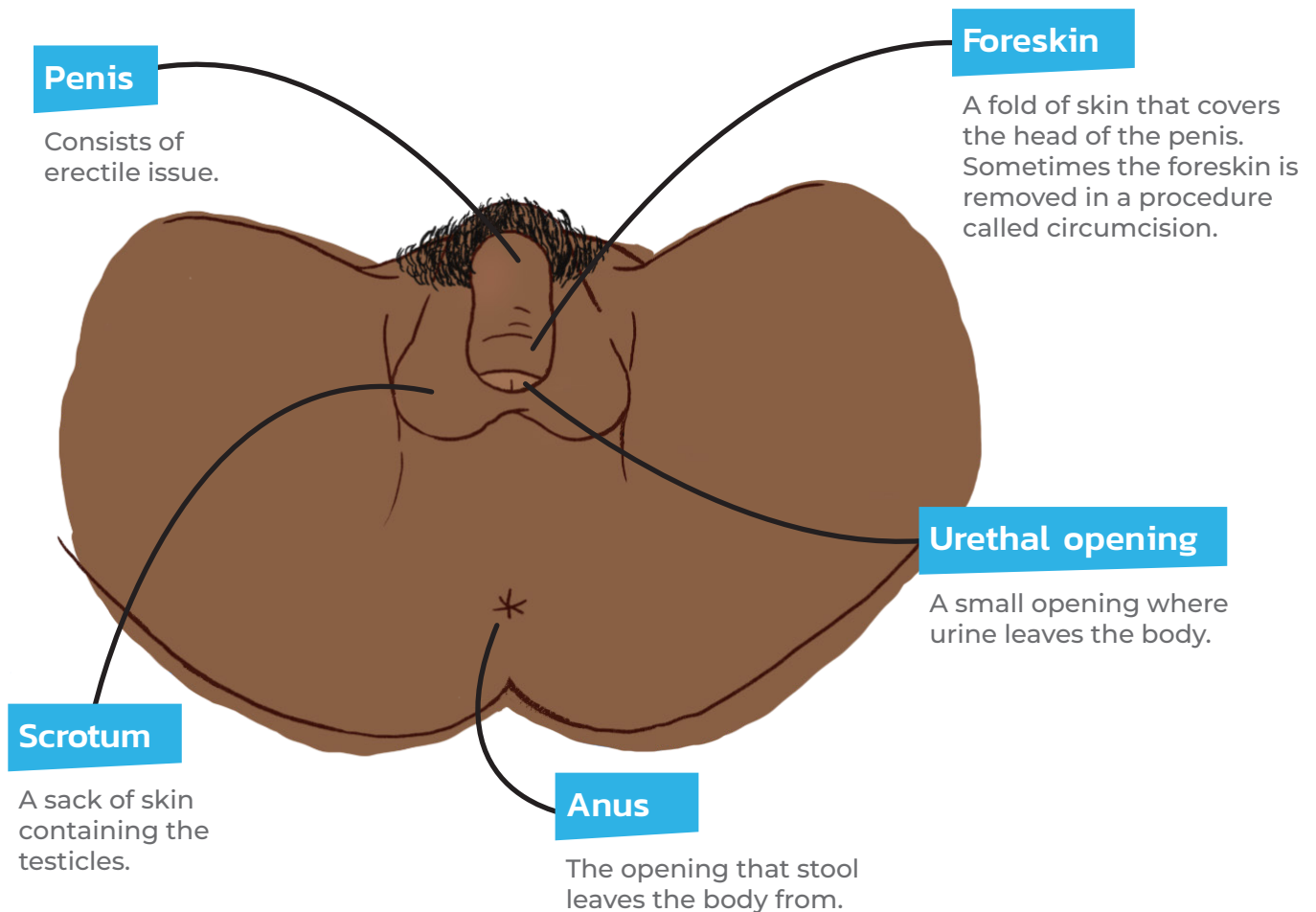
Menstrual cups

A reusable cup that sits inside the vagina and collects blood before it leaves the body. Read the box to see how long you can safely leave it in.

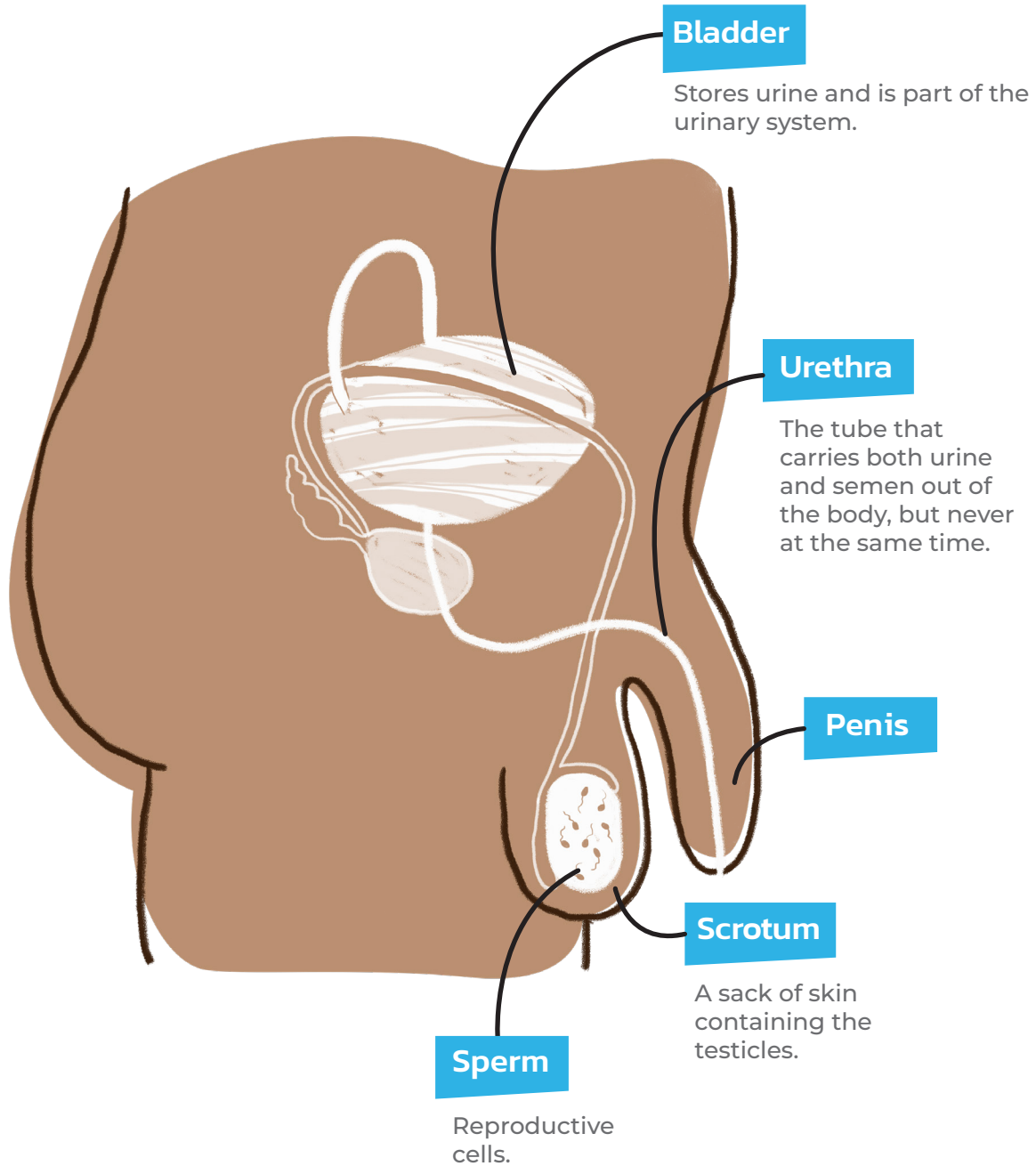
Bodies Born with a Penis

People born with a penis have reproductive body parts that are on the outside and inside of the body. During puberty, they grow, change and prepare the body for possible reproduction in the future.

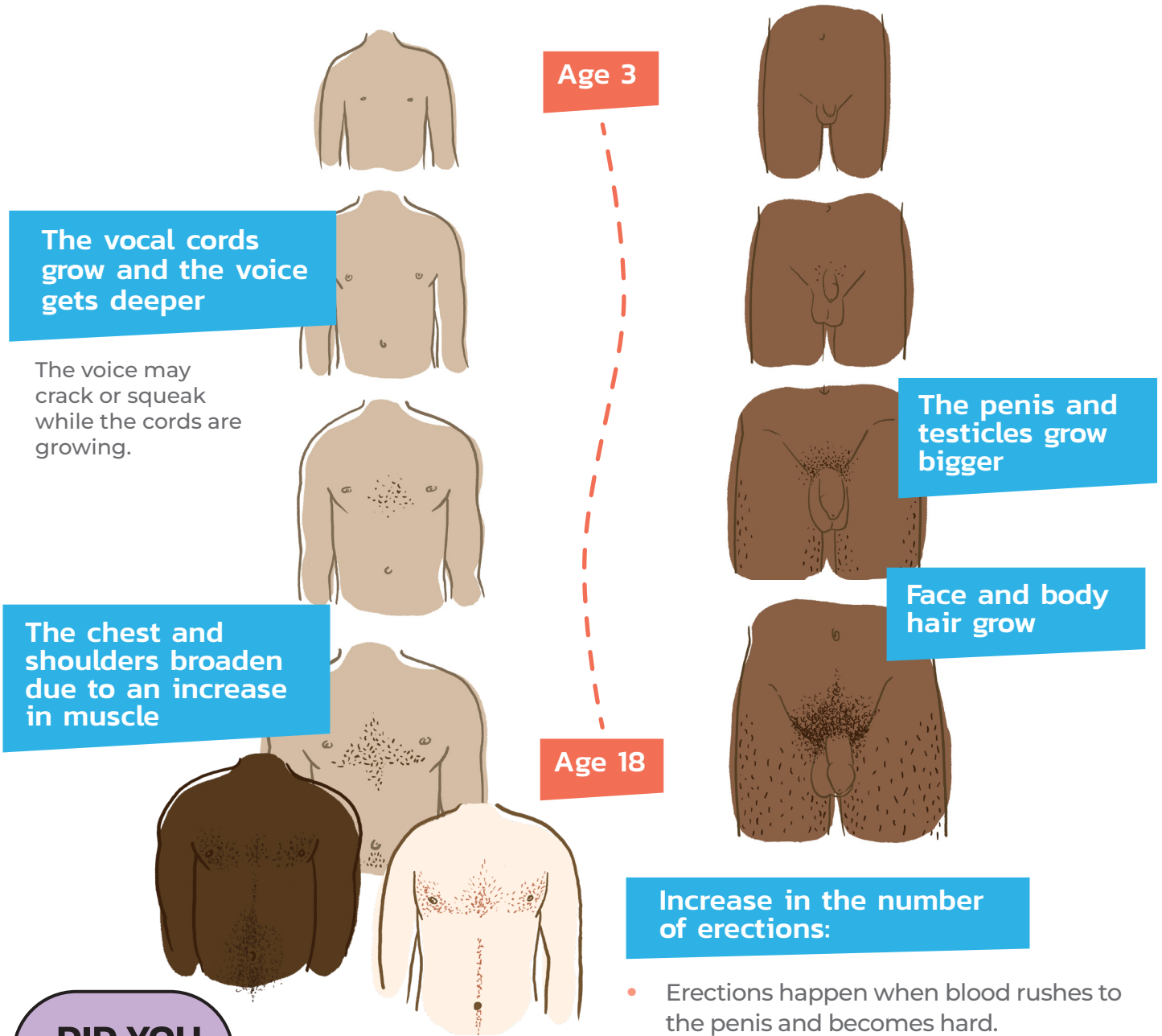
OUTSIDE



INSIDE



Puberty: Changes for Bodies Born with a Penis



The vocal cords grow and the voice gets deeper

The voice may crack or squeak while the cords are growing.

The chest and shoulders broaden due to an increase in muscle

Age 3

Age 18

The penis and testicles grow bigger

Face and body hair grow

Increase in the number of erections:

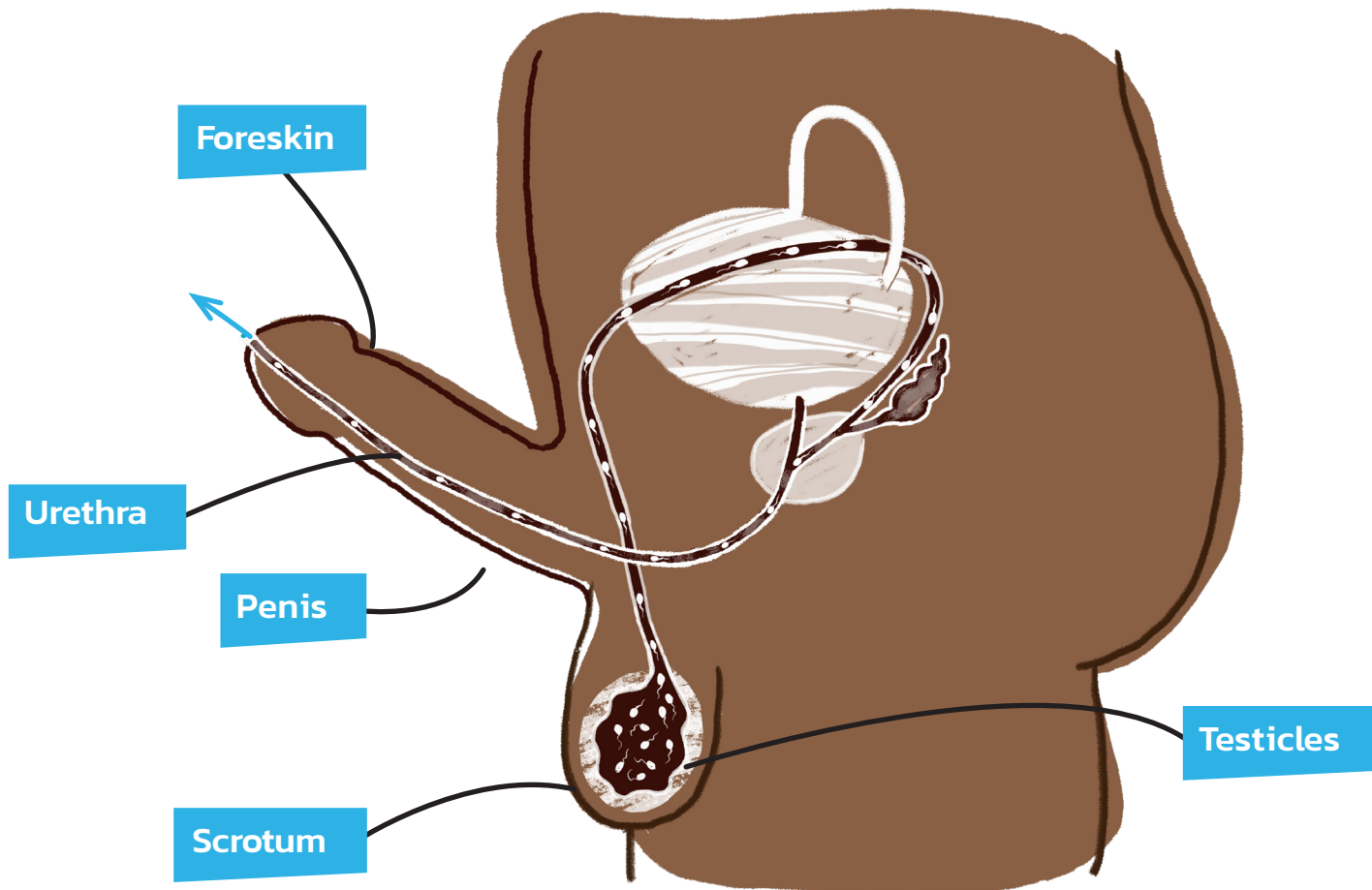
- Erections happen when blood rushes to the penis and becomes hard.
- Erections can happen from touching, thoughts, images or for no reason at all.
- Erections happen throughout life, even babies get them, but during puberty they happen a lot.
- Erections can happen at unexpected times, like in public. This is normal, but private. If someone gets an erection in public, they can still sit down or cover up until it goes away.

DID YOU KNOW?

Bodies with a penis grow slightly wider hips and a little breast tissue – but much less than bodies with a vulva because their hormones are different. They will not produce breast milk.

The testicles produce sperm and the body can ejaculate.

- During puberty, the testicles begin making sperm.
- Sperm are reproductive cells.
- When a penis is erect and stimulated (for example, by touch or sometimes by thoughts or feelings), sperm mix with other fluids to form semen.
- Semen can come out of the tip of the penis. This is called ejaculation.
- Ejaculation can sometimes happen during sleep. This is called a wet dream or a nocturnal emission.
- This is a normal part of puberty.
- You can't see the sperm in semen unless you use a microscope.



DID YOU KNOW?

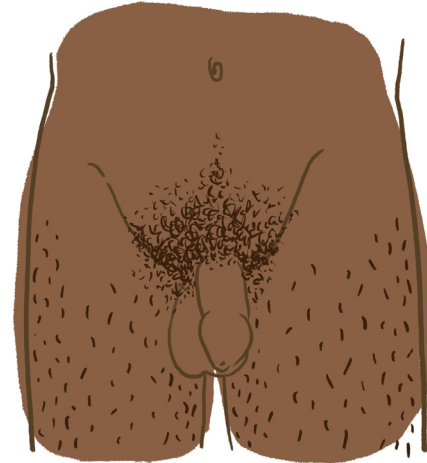
When the penis becomes hard, the bladder closes so urine and semen can never leave the penis at the same time.

DID YOU KNOW?

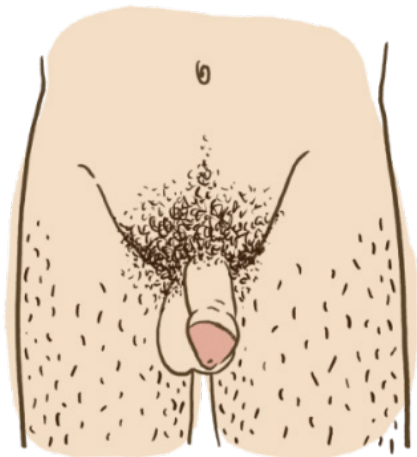
All penises are born with a foreskin, which covers the tip. At first, it is attached to the penis, but over time it loosens and can be pulled back. If it doesn't loosen or feels tight, talk to a doctor.

FORESKIN HEALTH TIP

Smegma is a naturally occurring lubricant that allows the foreskin to pull back. People with a foreskin need to gently wash underneath it every day to remove the buildup of smegma.



Uncircumcised penis



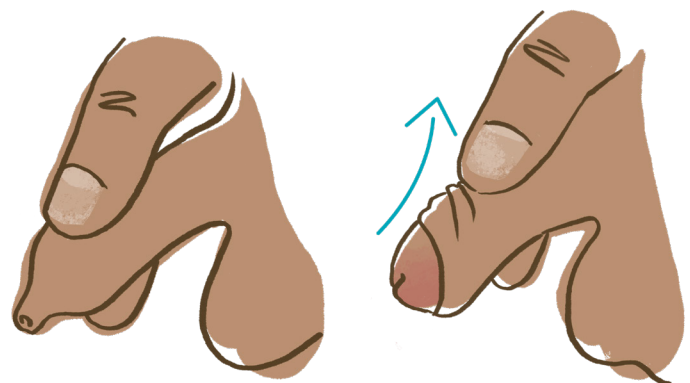
Circumcised penis

DID YOU KNOW?

Circumcision is when the foreskin is removed from the penis. It is typically done soon after a baby is born or later in life. It may be done for cultural, personal or medical reasons.

Hygiene tips:

1. Gently pull the foreskin back if it moves easily while in the shower.
2. Use warm water to wash the head of the penis. If needed, a mild, unscented soap can be used.
3. Rinse the area well.
4. After washing, gently pull the foreskin back over the head of the penis.

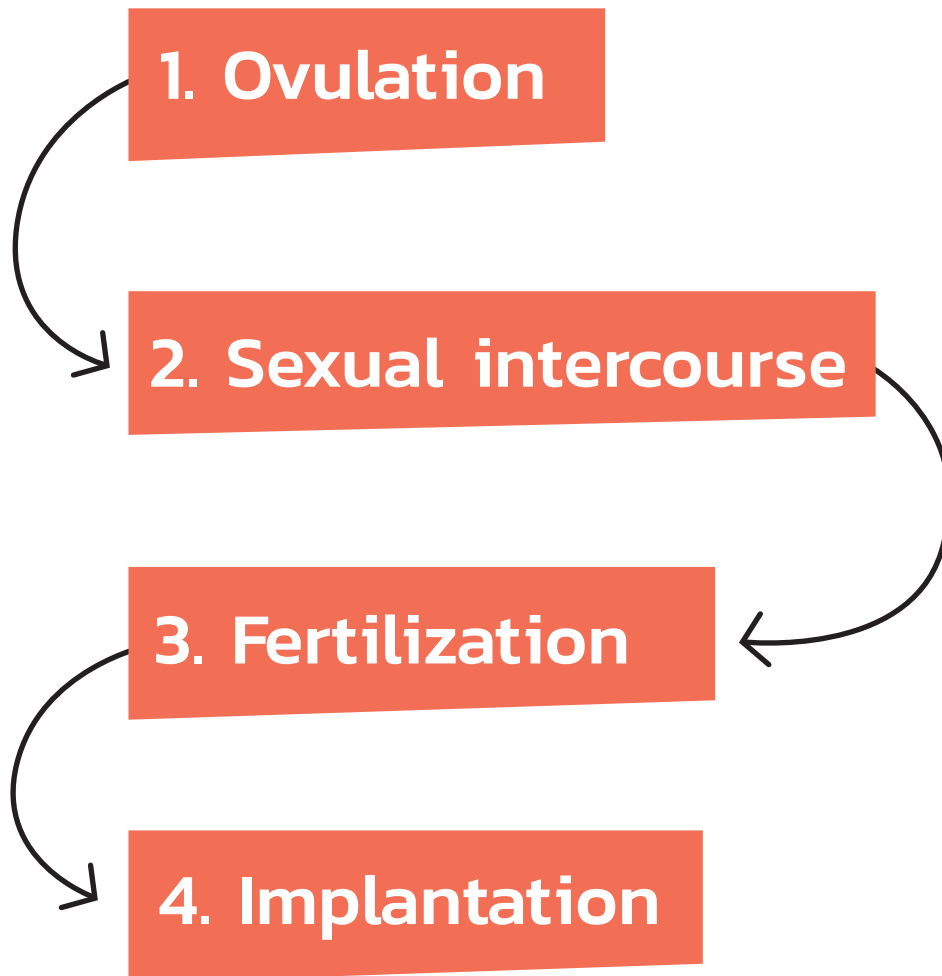


Puberty Changes and Reproduction

Before puberty, the body cannot make a baby. Once bodies start producing sperm and releasing eggs, they can make a baby. This is called reproduction. Pregnancy happens when a sperm joins an egg, and the egg attaches to the lining of the uterus and begins to grow into a baby. This can happen during sexual intercourse.

Sexual intercourse is when an erect (hard) penis goes inside a vagina and releases sperm. Sexual activity is for consenting adults.

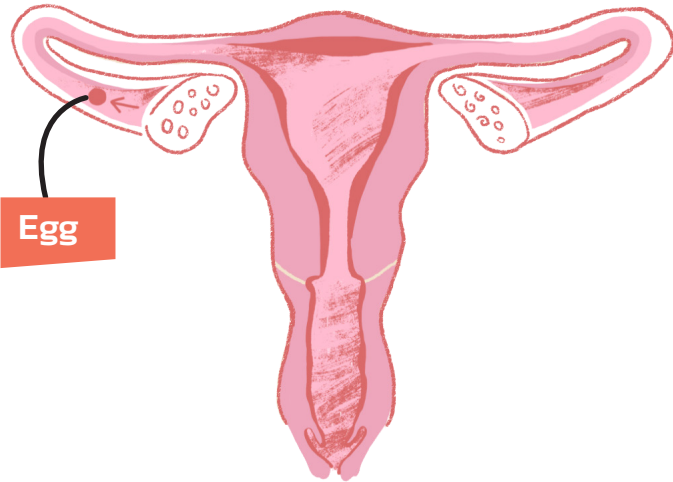
If you ever feel pressured, confused or have questions about sexual activities or any type of touch, talk to a trusted adult or health professional.



HOW PREGNANCY HAPPENS:

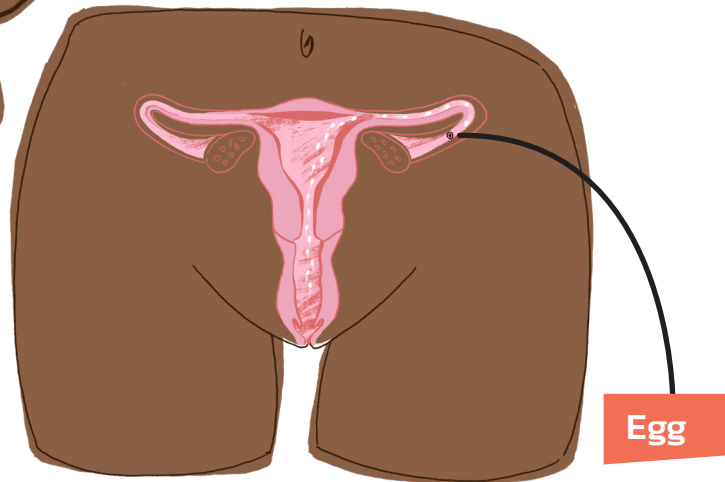
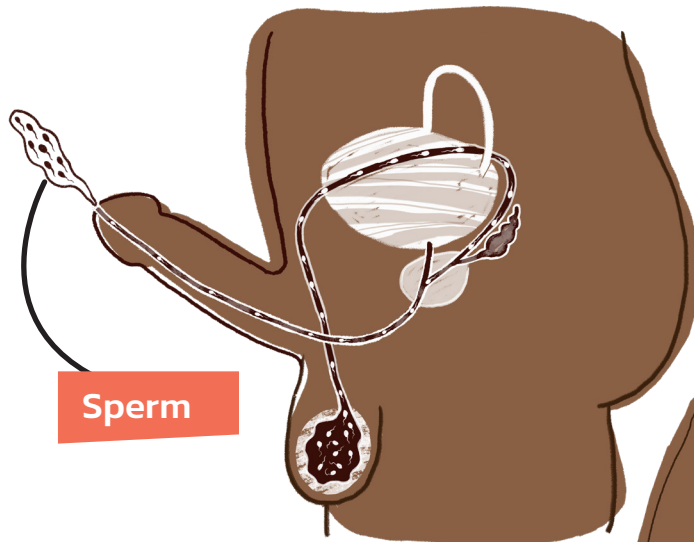
1. Ovulation

The ovary releases an egg. This happens about once a month.



2. Sexual intercourse

The penis releases sperm into the vagina. The sperm swim into the reproductive system looking for an egg.



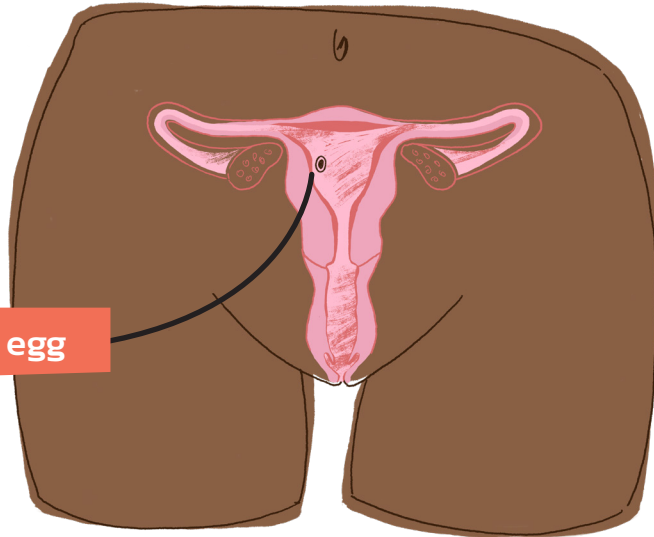
DID YOU KNOW?

Fertility treatments can also help a sperm and egg meet. Examples include medication, sperm donation or egg donation.

3. Fertilization

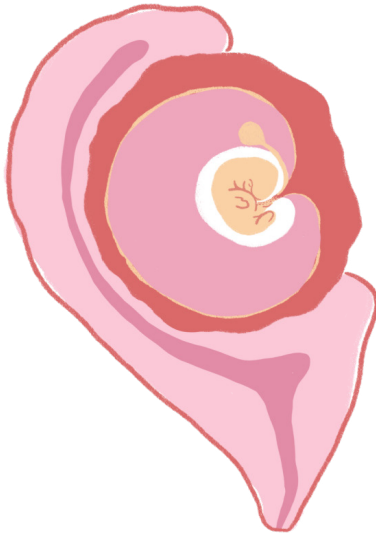
A sperm joins the egg.

Fertilized egg



4. Implantation

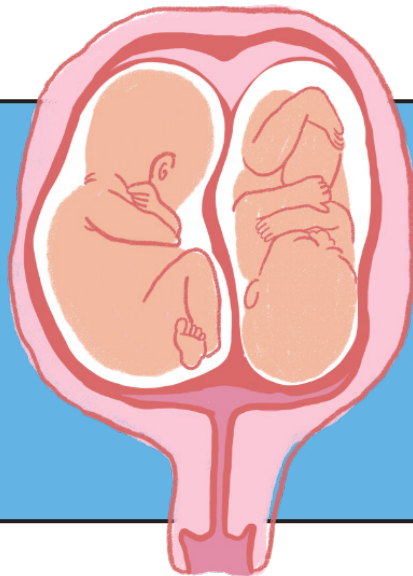
The fertilized egg attaches to the lining of the uterus and grows for about nine months into a baby.



DID YOU KNOW?

Identical twins happen when a fertilized egg splits and grows into two identical babies.

Non-identical, or fraternal twins happen when the ovaries release two eggs, which are fertilized by different sperm, and grow into non-identical babies.



Community Helpers and Support Services

CANADA

9-8-8: Suicide Crisis Helpline (24/7)

- Call or text: 9-8-8

Kids Help Phone (support for kids and teens)

- Call: 1-800-668-6868 (24/7)
- Text: CONNECT to 68-68-68
- Chat: kidshelpphone.ca

Hope for Wellness (for Indigenous Peoples – 24/7):

- Call: 1-855-242-3310
- Text: WELLNESS to 741741
- Chat: hopeforwellness.ca

YUKON

Reach Out Support Line (Canadian Mental Health Association Yukon)

- Call or text: 1-844-533-3030 (24/7)
- Free support line with trained volunteers and staff.

Mental Wellness and Substance Use Services

- Call: 867-456-3838
- Toll-free: 1-866-456-3838
- Access a variety of services, including individual counselling, outreach and community support.

The Child Youth and Family Therapeutics Team (CYFTT)

- 867-667-5858
- Offers a range of free counselling and support services for Yukon school-aged children, youth and families.

Queer Yukon Society

- Call: 1-867-333-0132
- Supports for 2S/LGBTQIA+ community members and allies.

BGCY (Boys & Girls Club of Yukon)

- Call: 867-393-2824
- Landing Pad (Emergency Youth Shelter, ages 17 to 23): 867-332-2763
- Safe supportive atmosphere for youth 11 to 18. Drop-in programs, hot meals, access to showers for small fee (financial support available for all BGCY programs).

BYTE (Empowering Youth)

- Call: 867-667-7975
- For youth, by youth organization that facilitates experiential workshops.

Skookum Jim Friendship Centre

- Call: 867-633-7680
- Tutoring, youth employment, Indigenous skills and education training services, women's legal advocate, traditional parenting and family support, youth justice.

Yukon Child and Youth Advocate Office

- Call: 867-456-5575
- Advocacy on behalf of children and youth who are eligible or are currently receiving government services and programs.

Victim Services

- Call: 1-867-667-8500
- If you or a loved one have been the victim of a crime you may be able to access counselling, support and/or other resources.

Yukon Sexual Assault Response Team (SART) Service

- Call: 844-967-7275 (24 hrs/day)
- Access services if you or someone you know has experienced sexualized assault.

HealthLine

- Call 811 (24 hours)
- Registered nurses to answer health questions or direct you to someone in your community (after-hours pharmacist 5 pm to 9 am).

Yukon Health Services

- Some Yukon health centres and clinics are listed to the right. For a complete list, visit Yukon.ca/find-hospital-or-health-centre.

WHITEHORSE

Whitehorse Health Centre:

- 867-667-8864

Yukon Outreach Clinic:

- Health services for youth aged 12 to 18
- 867-335-1728

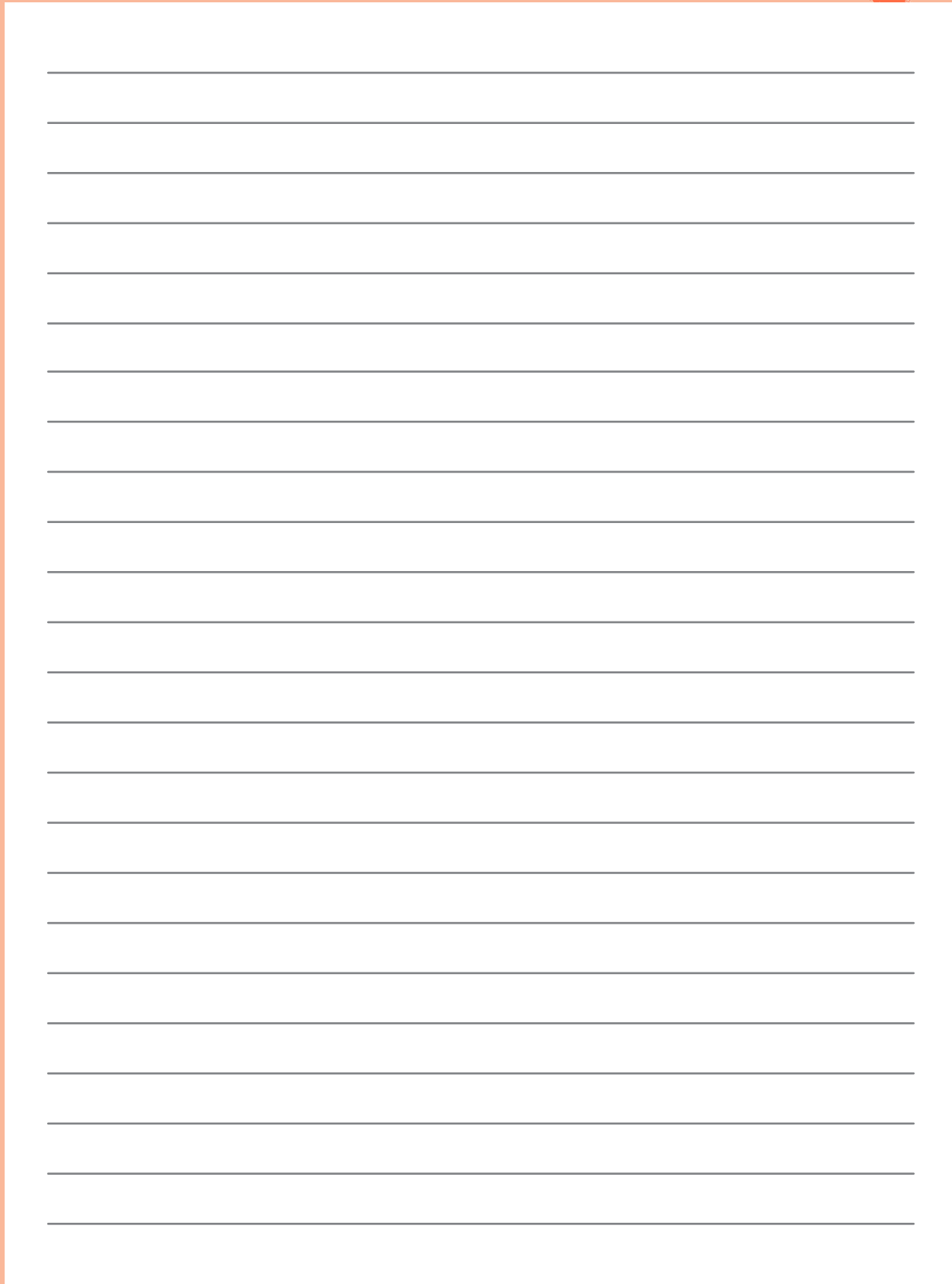
Kwanlin Dün Health Centre

- for Kwanlin Dün Citizens
- 867-668-7289

RURAL COMMUNITIES

- Beaver Creek: 867-862-4444
- Carcross: 867-821-4444
- Carmacks: 867-863-4444
- Dawson City: 867-993-4300
- Destruction Bay: 867-841-4444
- Faro: 867-994-4444
- Haines Junction: 867-634-4444
- Mayo: 867-996-4444
- Old Crow: 867-966-4444
- Pelly Crossing: 867-537-4444
- Ross River: 867-969-4444
- Teslin: 867-390-4444
- Watson Lake: 867-536-5255

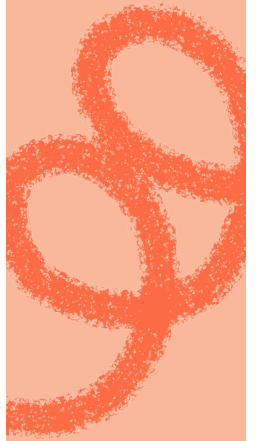
Notes



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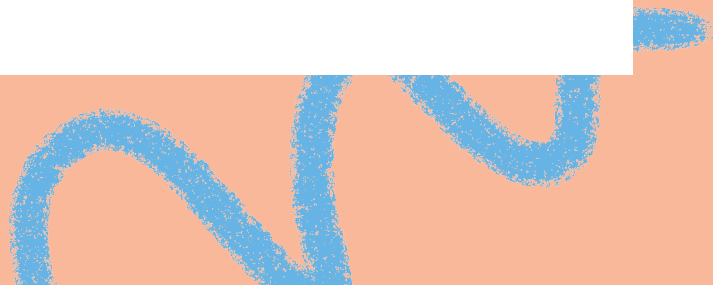


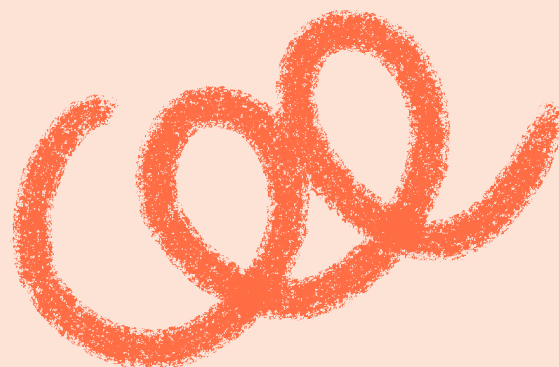
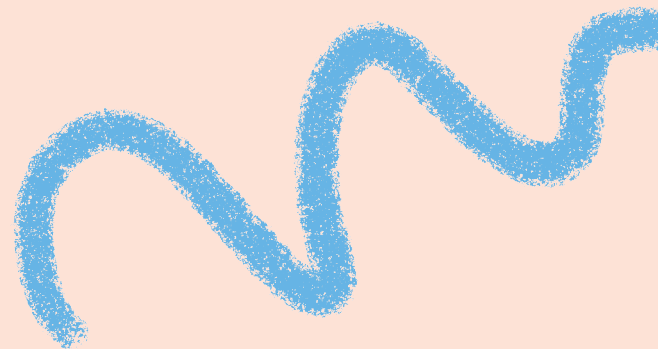
A large white rectangular area containing 25 horizontal lines, intended for writing or drawing.

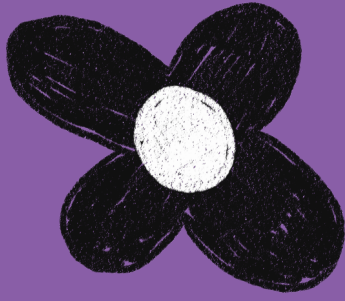




A large white rectangular area containing 25 horizontal grey lines, serving as a writing space.







better
to know

Yukon

