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# THE BOYS



FIRST NATIONS OF QUEBEC  
AND LABRADOR HEALTH  
AND SOCIAL SERVICES  
COMMISSION

# PUBERTY



Sexual development involves a whole series of physical transformations, and that is what is referred to as puberty. It can start any time between the ages of 10 and 18, but it usually begins around 13 or 14. The exact moment it begins doesn't matter. It won't change anything about what you'll be like as an adult.

You'll become bigger and more muscular. Your shoulders will get broader. Your genitals (penis and testicles) will increase in size. Your voice will become lower, and your Adam's apple (the bump that men have in their necks) will become more prominent. Hair will grow on different parts of your body: your legs, genitals, arms, face and chest. Because you're growing, your chest and nipples might be sensitive for a little while. It's totally normal.

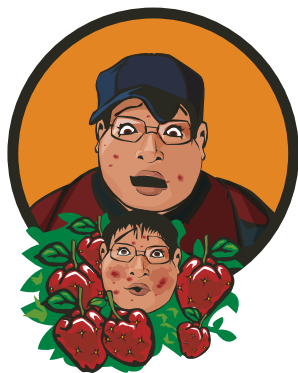
**This period can be confusing for your parents as well, but they can give you good advice — they've been there too!**

Your joints might also be sore sometimes. You might get pimples and blackheads on your face, neck, chest and back. Your sweat glands become more active during puberty, so your body odour might become stronger. This change is normal.

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**Take a bath or shower every day.**  
**You can also use a deodorant or an antiperspirant.**



These changes continue until the age of 20 or older. Whether it starts early or late, and whether it happens slowly or quickly, it will continue until you've stopped growing.

Puberty is a time of changes that aren't just physical, they're also emotional and psychological. You might feel like you're on an emotional roller coaster!

# THE MALE REPRODUCTIVE SYSTEM

## A quick anatomy lesson...

### Penis

Male sexual organ made of erectile tissue. It becomes engorged with blood and hardens when stimulated.

### Scrotum

Sack under the penis that contains the testicles. It protects the testicles and keeps them at the temperature needed to produce good quality spermatozooids.

### Testicles

Two small oval-shaped balls where spermatozooids are produced.

### Epididymis

Where spermatozooids are stored before it leaves the body.

### Vas deferens

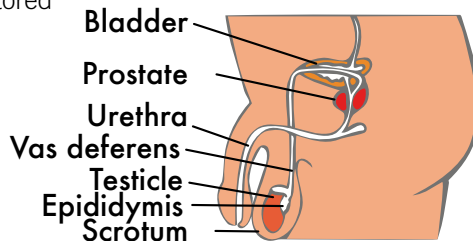
Tube that carries spermatozooids from the testicles to the prostate.

### Prostate

Nut-size gland that produces a portion of the seminal fluid that transports spermatozooids during an orgasm.

### Urethra

Tube that transports urine and spermatozooids out of the body.



# The penis: just the facts!

Many boys think that their penis is smaller than other boys'.



Your penis seems smaller than the penis of other boys because you're looking at it from above. It will look bigger in a mirror.

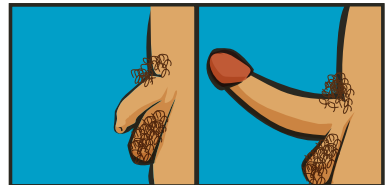
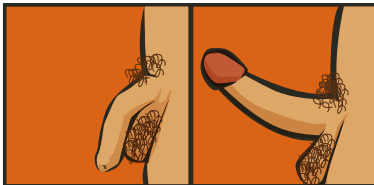


## Penis size

	Around age 12	Adult
At rest	3 to 5 cm	6 to 10 cm
Erect	Less than 8 cm	12 to 19 cm

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Although the size of the penis at rest can vary from one person to the next, they all become approximately the same size once erect. Generally, a penis that's small at rest will be larger when erect than a penis that's large at rest. The sizes cancel each other out.



There's no relationship between the size of a penis at rest and its size when erect.

## True or false?

**The bigger your penis, the more enjoyable sex will be, and the more pleasure you'll give your partner.**

**False!**

The pleasure you give and receive has nothing to do with your penis size.



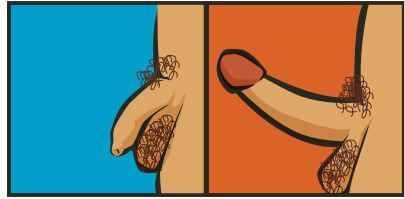
Sports (or anything else) will not make your penis get bigger or smaller.

## How do erections work?

When a man's penis isn't erect, it's soft and points down.

During an erection, the penis:

- Becomes harder.
- Becomes longer and thicker.
- Moves away from the body and points up.



The shape of an erect penis varies.

On most boys, it curves slightly and might point more towards one side than the other. Erections (hard-ons) are possible at any age, including in babies and elderly men.

## Why do I get hard-ons?

Is it a bone? Is it a muscle? Does the penis fill with sperm?

No. It fills with blood.

An erect penis is a little like a balloon that inflates and deflates.

Two cylindrical ducts run along the length, and when they fill with blood, the penis becomes erect. The penis also contains cylinders of spongy tissue that harden and enlarge when excited.

### Did you know?

The penis doesn't contain any muscle; that's why it's hard to move it.

## Erections are unpredictable



Erections come and go without warning. It's possible to get an erection even without being sexually excited. That's the case with morning erections, for example, when you wake up. They can happen suddenly, sometimes in embarrassing situations.

During puberty, unexpected erections are common.

Sometimes you might not be able to get an erection.

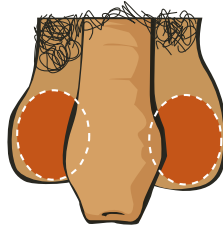
This problem can be related to alcohol or drugs.

It can also happen if you feel pressured to have sex.

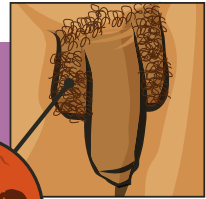
The penis is controlled by the brain, so being nervous or stressed before sexual intercourse might prevent you from having an erection.

## The testicles

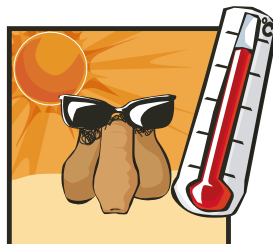
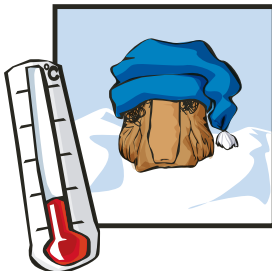
Men have two testicles that hang in a sack called the scrotum, right behind the penis. Each testicle is oval in shape. Testicles should be about the same size and weight.



The scrotum makes it possible to keep spermatozoids at a temperature 2 or 3 degrees lower than the rest of the body.



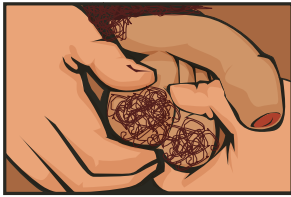
The scrotum is generally covered in hair and its skin is darker than the rest of the body. In cold temperatures, it shrinks and becomes wrinkled, but when it's warm, the testicles hang freely and the surface of the scrotum is smooth.



# I take care of my testicles

Here is how to self-examine:

- Weigh each testicle in your hand. One shouldn't be heavier than the other.
- Palpate your testicles one after the other, using both hands. Roll your testicle gently between your thumb and forefinger. Above the testicle, you'll feel sort of a soft sack – that's normal! (It's the epididymis, where mature sperm is stored.)



A hot, relaxing bath or shower makes self-examination easier.

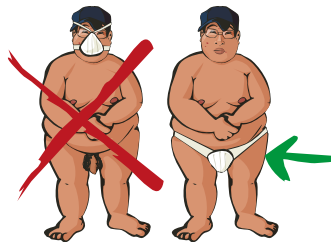


If you have any of the following symptoms, speak to a nurse at your health centre or to your doctor.



- A dull or sharp pain in the testicles
- A small, painless bump
- One testicle that has become larger than the other
- Pain when urinating
- Abnormal discharge
- Redness or warts

If you play a sport that puts you at risk of getting hit in the testicles (by a kick or with a ball, for example), wear a plastic protective cup.



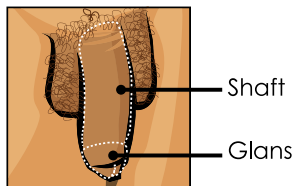
# ALL ABOUT THE FORESKIN

The foreskin is the skin surrounding and covering the glans (head) of the penis. The head emerges more or less completely during an erection, because the penis becomes larger.



## Some advice

It's very important to wash under the foreskin regularly. If you don't, a yellowish-white creamy substance that smells bad (smegma) might form. You have to pull the foreskin back to reveal the glans (head). If your foreskin is too tight or you feel pain when you try to draw the foreskin back, see your doctor immediately.



## All about circumcision

Circumcision is the removal of the foreskin. In most cases, circumcision is done for religious or cultural reasons (Jewish and Muslim people, for example), or for hygiene. About half the men in Canada were circumcised at birth.



**Myth!**

Being circumcised makes no difference in terms of giving or receiving pleasure.

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# EJACULATION

Most young men experience their first ejaculations between the ages of 10 and 16, and generally between the ages of 12 and 13. It might be surprising the first time!

## How does it work?

When erection happens and the penis is stimulated, the muscles of the testicles and the genitals in general contract to discharge sperm through the orifice on the penis.

These contractions are accompanied by a pleasurable feeling: that's what is known as an orgasm.

## What is sperm made of?

Sperm (or semen) contains spermatozoids and seminal fluid.

## Spermatozoids

Spermatozoids are produced by the testicles and carry genetic information to an egg produced by a woman. Their mission: to reach the egg. Spermatozoids are invisible to the naked eye, and every ejaculation can contain between 200 and 500 million of them! When a spermatozoid reaches an egg, it fertilizes it and the woman becomes pregnant. **All it takes is one!**



## Seminal fluid

This is a liquid produced by the prostate. Seminal fluid carries the spermatozoids and makes sure they survive on the long voyage to the egg.

## News flash!

It can take a spermatozoid up to six days to make its way to the egg!

## News flash!

During every erection, the vas deferens (a tube that transports sperm) secretes a tiny amount of white or transparent liquid. This is **pre-ejaculate**. It has two functions:

- It lubricates to make penetration easier.
- It cleans the urethra by neutralizing any acidity from urine that could harm the spermatozoids.

### Careful

This tiny amount of liquid, often invisible to the naked eye and secreted whenever a man gets an erection, is enough to make a girl pregnant and transmit an STBBI. That's why you should always put on a condom before any sexual contact!



## Wet dreams

Very often, boys are woken up in the middle of the night by a wet dream. This can be embarrassing or worrying for those who don't know what it is.

Wet dreams are also known as nocturnal emissions. Although nocturnal emissions sometimes correspond to an erotic dream or unconscious nocturnal masturbation, most of the time they happen **spontaneously**. During puberty, wet dreams can be relatively common in boys. They become less frequent with age.



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## True or false?

This type of spontaneous ejaculation can't happen in the middle of the day.

**True!**

The phenomenon can take place only during the deepest phase of sleep, when the body is at its most relaxed.

## Did you know?

Nocturnal emissions allow the body to get rid of old spermatozoa so that the testicles can make new ones.



If making your sheets dirty bothers you, just wear pyjamas or underwear to bed. They're easier to change than the sheets!

# MASTURBATION

Masturbation is a perfectly healthy part of your sexuality. All boys have sexual desires and most caress their penis to provoke erection and reach orgasm. An orgasm is a series of muscle contractions in the genital area that expels the sperm from the testicles. An orgasm is generally accompanied by a pleasurable feeling (kind of like a release). That's the reason many boys masturbate. Although most boys begin masturbating relatively young, they can only ejaculate (produce sperm) once they've hit puberty.

## Is it bad for me?

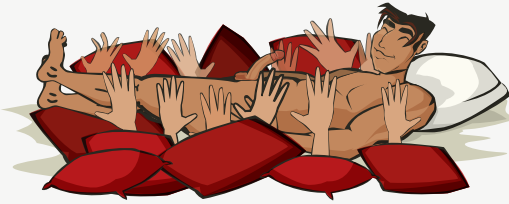
No, absolutely not! Some men do it every day, others do it less often. Masturbation is a relatively healthy way to get to know your body and discover what you like and don't like. However, it's very important to do it where no one can see you. Most boys masturbate in their rooms, the bathroom, or in the shower.



Solitary  
masturbation:  
No risk of  
STBBis!

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**Fantasies during masturbation:  
Most people have them.**



## True or False?

You can run out of sperm if you masturbate too much.

**False!**

Each testicle produces several million spermatozoa every day. You'll never run out!

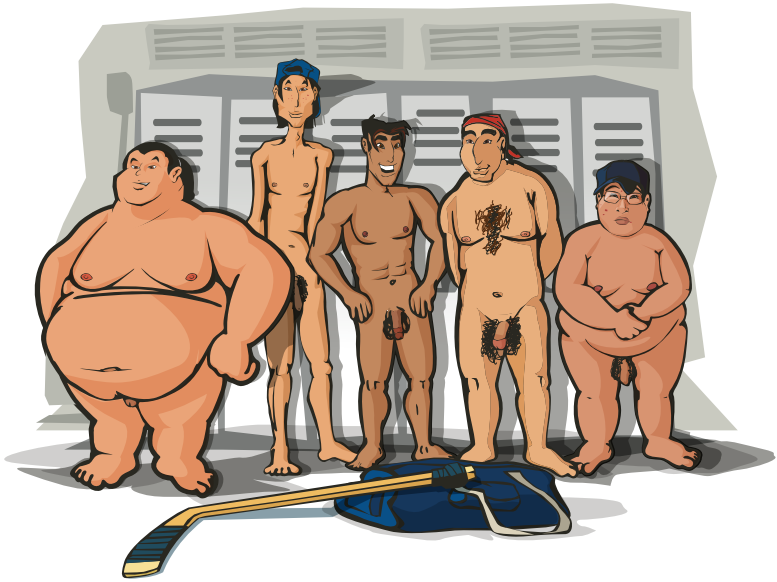


**Myth!**

You should avoid masturbating before an exam or a game.

It won't sap your energy. Some athletes refrain from masturbating or making love the night before a game, but find that masturbation gets rid of tension and helps them relax. It's up to you!





## Notes

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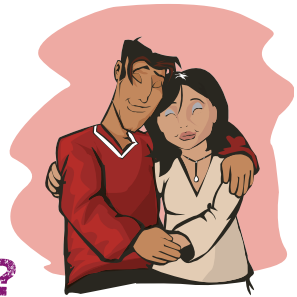
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# SEXUAL DIVERSITY

Your **sexual orientation** refers to the physical, sexual, romantic or emotional attraction you feel towards a type of person and a type of body.



## True or false?

**We don't choose our sexual orientation.**

**True!**

And there's no way to change it.

Homosexuality, heterosexuality and bisexuality are generally recognized sexual orientations.

Diversity of sexual orientations is normal, and people express their orientations in many different ways.

**Gender identity** is a person's feeling of being a boy or a girl, regardless of that person's sex at birth or sexual orientation.

## What does "trans" or "transgender" mean?

These terms refer to people whose gender identity **does not correspond** to their sex at birth.

For example, a male person (a boy) who feels like a girl.

### **Did you know...?**

In Native communities in North America, sexual diversity has been recognized for a long time.

For example, “two-spirited” means people with two spirits, one feminine and the other masculine. The term “two-spirited” encompasses several sexual and gender identities.

If you'd like more information or have questions about sexual diversity, please contact Interligne:

**By telephone, toll-free at 1 888 505-1010**

**By email at [aide@interligne.co](mailto:aide@interligne.co)**

**By chat at the following site <http://interligne.co/clavardage/>**

## **SELF-IMAGE**

Your body image or self-image is the way you see yourself when you look in the mirror or think about your body. It can be positive or negative, and it can change depending on the way you feel.

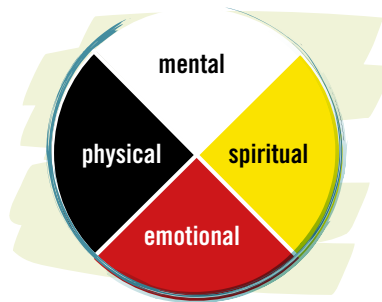


### **Is there such a thing as a normal appearance?**

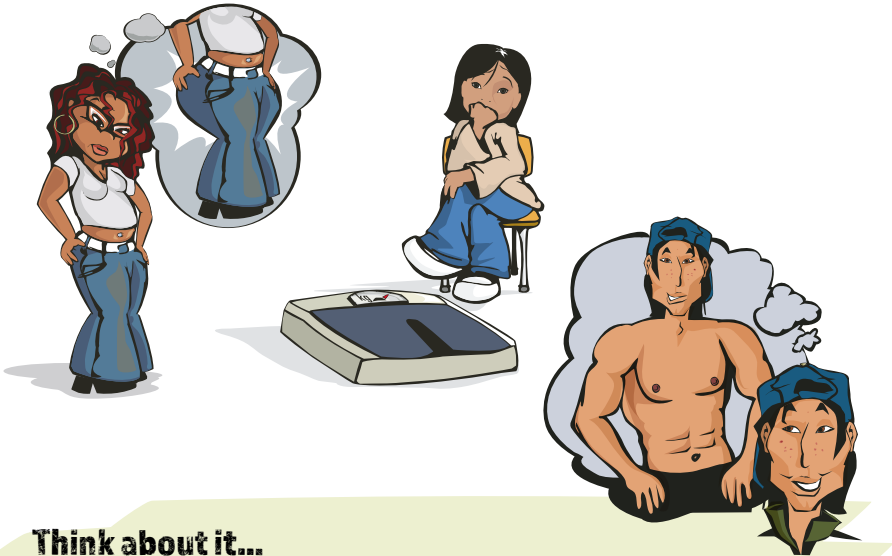
The answer is that we are all different, and difference is normal.

Beauty and health are the result of a balance in the four aspects of life.

It's normal to worry about your appearance, but don't let it define yourself or control your feelings.



If you're constantly worried about your appearance and these feelings are taking over your life, it's important to talk to someone you trust about it.



### Think about it...

Movies, television, the Internet and magazines tend to tell you what "attractive" is, but this model of beauty doesn't reflect reality.

# SEXUAL CONSENT

People who have sex together must always make sure that their partner consents to these activities. Sexual consent is the agreement a person gives his or her partner when engaging in sexual activity.

Careful

Don't forget:

You can change your mind, set boundaries or refuse at any time.



Consent must be **voluntary. In other words, it has to be free and informed.** If the choice isn't free and informed, the consent isn't valid.

Consent is not valid if:

- ✓ It's given under fear.
- ✓ It's given as the result of duress, threats or lies.
- ✓ It's given under the influence of a person in authority.
- ✓ It's given by a person who is in a state that makes him or her incapable of truly consenting.  
For example:
  - The person is unconscious or too drunk or stoned.
  - The person has an intellectual disability.
  - The person isn't old enough to consent to sexual activity.
- ✓ It's given, but the person then loses consciousness.

Age of consent =  
16 years old

For more information:  
<https://www.educaloi.qc.ca/en/capsules/age-consent-sexual-activities>

For more information: <https://www.educaloi.qc.ca/en/capsules/consent-sexual-activities>.

[www.youtube.com/watch?v=igqM6irCWvM](http://www.youtube.com/watch?v=igqM6irCWvM).

If your partner likes some sexual practices that you don't like, you're entitled to ask him or her to stop and not do it again.

## Is it yes or no? Informed consent

If someone touches you against your will or forces you to have sex, don't keep it to yourself. Tell someone you trust about it.

You shouldn't feel guilty! The other person is the one who was at fault.

**Careful**

Silence doesn't mean consent!



**Forcing someone to have sex with violence or manipulation is sexual assault (in other words, rape). This is a very serious crime that is harshly punished by the law.**



# FIRST SEXUAL INTERCOURSE

## What is the ideal age for a person to have sex for the first time?

There's no ideal age. Although popular belief might make you think that all teenagers have sex, it's not the case. In Quebec, the average age of first sexual intercourse is around 15 years old for both males and females. But many wait longer. If you have doubts or think you might regret it, then you should wait.



**Sex is much more than sexual intercourse with penetration.** It's also the development of intimacy between two people and the exploration of a variety of sexual behaviours.

Every person has a lot of "firsts": first kiss, first caresses on top of or under clothes, first time getting undressed in front of someone, first time feeling someone's breasts or genitals, first time for oral sex, first vaginal penetration, etc. These firsts can happen with the same partner or gradually over time with different partners.

# The right time...

## For you

The decision to have sex for the first time has to be yours and not the result of pressure from another person or from your peers.

- Don't make love unless you're sure you're ready.
- Stand up for yourself. Don't let your partner insult you or pressure you.



## For both of you

A healthy sexual relationship is based on a bond of trust and respect between the two partners.

If your partner isn't ready to have sex, that doesn't mean that he or she doesn't like you. If your partner is really interested in you, he or she will listen to you and wait if necessary. And don't forget, you have to do the same!

For the first sexual experience to be positive for you and your partner, you both need to be able to talk to each other about what you like or what you don't like, and what worries you or scares you.

## True or false?

**I will definitely have an orgasm the first time I have sex!**

Premature ejaculation...

**False**

Porn isn't real!

Intense pleasure or orgasm doesn't always happen.

The first time won't necessarily be perfect. You'll need time to learn how to deal with your sexuality, and the stress will decrease the more you do it. It's important to let yourself make mistakes, and there's nothing better than humour when that happens. The more satisfying the experience is, the more positive your view of sexuality will be.

## Does it hurt?

For girls, the first sexual intercourse with penetration **can be a little painful**. There are different reasons for this:

- because the **hymen**, a thin membrane at the opening of the vagina, can break and cause light bleeding.
- because the **muscles of the vagina** can contract involuntarily when a girl feels stressed, which can make penetration more difficult;
- because the girl is not sexually excited enough and as a result there is insufficient **vaginal lubrication**. This can cause irritation.



**Foreplay (e.g., caressing, touching, kissing, etc.) can help. Lubricants too!**

## Take responsibility

It's also important to think about the possible consequences of unprotected sex. An unwanted pregnancy can have serious consequences. Also, some sexually transmitted infections can be very serious, or even fatal.

It's therefore important to plan a method of protection and contraception before having sex.



**More information on protection (page 22) and contraception (page 15 on the Girls' side).**




# TAKE RESPONSIBILITY: PROTECT YOURSELF AND YOUR PARTNER!

Before having sexual intercourse, you have to think about the possible consequences:

- A sexually transmissible and blood-borne infection (STBBI).
- An unwanted pregnancy.

**Condoms are the best protection because they prevent both unwanted pregnancy and the transmission of most STBBI.**



Learn more  
about STBBIs  
on page 28.



## Careful

### Watch your alcohol and drug consumption!

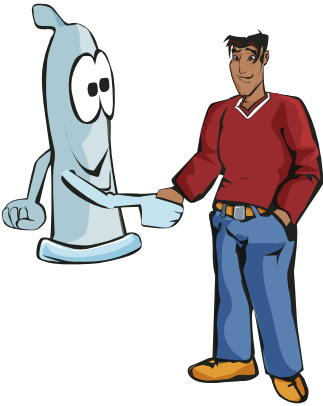
When you're under the influence, you might go further than you want to or not protect yourself from STBBI or unwanted pregnancy.

These situations can create a lot of very bad memories and a lot of regret.



For the best sexual experience, use a condom every time AND use contraception! Condoms reduce the risk of unwanted pregnancy, but to be safer, it's best to use an additional birth control method as well (see page 15 on the Girls' side).

# Everything you ever wanted to know about condoms!



**Myth!**

Contrary to what you might have heard, using a condom does not make sex any less pleasurable.

**Male and female condoms are the *only* effective ways to protect yourself against STBBI.**

Condoms are a simple, affordable and accessible method of protection. You can get them for free at many locations, such as a youth centre, your school's infirmary or your health centre. You can also buy them without a prescription at a pharmacy, a box store or an automatic dispenser.

**Remember that the other birth control methods do not protect you against STBBI.**

Many people don't use condoms because they are afraid that they won't know how to put them on properly and will look stupid. But it's precisely by using them that you'll get more comfortable with them!



**What looks more stupid?**

- ✓ Being told you have an STBBI.
- ✓ Getting a positive result on your pregnancy test when you're not ready to have a kid
- ✓ Having fun trying to put on a condom.

# Male condoms

A male condom (rubber, safe) is a thin latex film designed to fit closely over an erect penis. It collects the sperm (which contains the spermatozooids) when the man ejaculates. It also prevents the penis and the vagina from coming into direct contact and the partners from exchanging fluids, limiting the risk of infection.



**Always have condoms with you. You never know when you might need one!**

**Having a condom on you doesn't mean you're necessarily going to have sex. It just proves that you're a mature and responsible person. There's no reason to count on your partner having one – take the initiative!**

**Even if the subject can be hard to talk about, bring it up with your partner before the heat of the action.**

## Careful



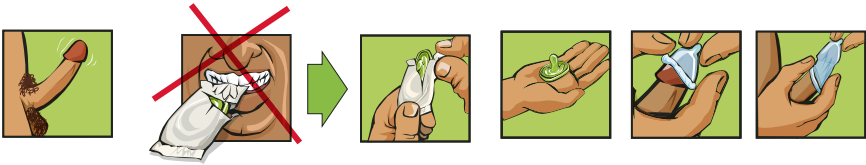
**Never put petroleum jelly (Vaseline), massage oil or any greasy substance on a condom! It can perforate the latex. Although condoms are generally already lubricated, it might be useful to buy some lubricant (liquid), as long as it's water-based.**

**This will be clearly indicated on the packaging.**


**A lubricant makes the condom stronger and makes sex even more fun! Just one drop is enough!**

## How do I use a condom?

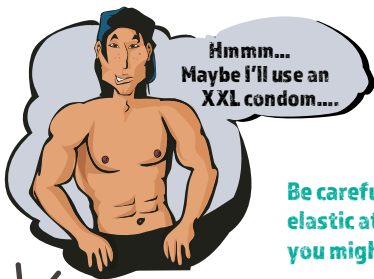
- To put on a condom, the penis has to be erect.
- Be careful not to damage the condom with your nails, teeth or jewelry when handling it.
- Practice on your own first!



## 10 steps to becoming an expert

- ✓ Check the expiration date on the condom package. If it's expired, throw it out and get another one.
- ✓ Move the condom towards one corner of the package and open the package to remove the condom without tearing it.
- ✓ Hold the condom by the tip (reservoir), pinching it with three fingers. The end of the condom has a reservoir that collects the sperm when the man ejaculates. It's very important to keep the air out of the condom to be sure it doesn't rip during intercourse.
 
- ✓ Place the condom on the head of the penis. If you have trouble rolling it, you've put it on upside down. **THROW IT OUT** and start again.
- ✓ Roll the condom all the way down to the base of the penis, pinching the reservoir the whole time.
- ✓ There's an elastic around the base of the condom. This keeps it in place on the penis during sexual intercourse. The feeling of the elastic will tell you that the condom is still there.
- ✓ After you ejaculate, you have to pull out before you lose your erection. If not, the condom might get stuck in your partner's vagina or anus.
- ✓ Slide the base up towards the top of the penis, taking care not to spill anything.
- ✓ Tie a knot at the opening. Hold it in one hand, and with the other, slide two fingers tightly along the condom from base to tip to make sure there are no leaks.
- ✓ Is everything ok? Wrap it in a Kleenex **AND THROW IT IN THE GARBAGE!** Condoms are not biodegradable and might plug the toilet!





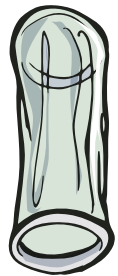
**Be careful! A condom has to be the right size. If the elastic at the base of the condom is too big for the penis, you might lose it.**



### Tips:

- ✓ **Always** use one condom at a time, never one on top of the other.
- ✓ **Never** re-use a condom after ejaculation, even if you hope to continue having sex.
- ✓ It is very important not to carry condoms in your wallet or pockets, because heat can damage them.
- ✓ For the rare people who are allergic to latex, there are condoms made of polyurethane (a kind of plastic). They are sold in pharmacies, provide the same protection as latex condoms, and are often more comfortable! Have fun trying them out...

**Your backpack or purse are good places to carry condoms... maybe you can think of other ways.**



## Female condoms

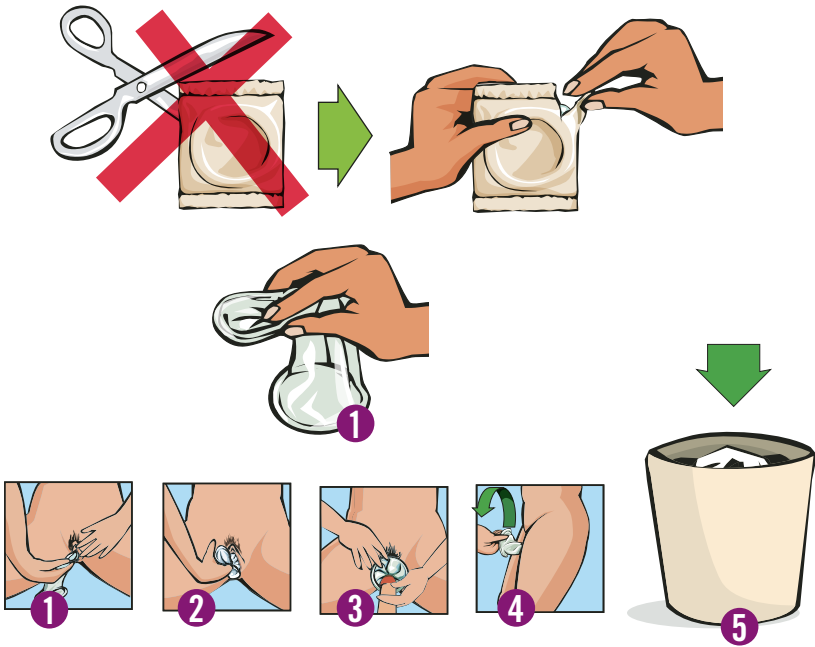
### Advantages

You can insert a female condom a few hours before sexual activity for better comfort. This will also make insertion less stressful, especially if it's the first time you're using it.

This type of condom is made of polyurethane:

- It's more resistant than latex.
- It doesn't cause irritation or allergies.
- It's always sufficiently lubricated.

## Some advice for use



Check the expiration date.

Remove the condom from its wrapper without tearing it.

You'll notice a movable ring at the bottom of the condom. Leave it at the bottom and pinch it to make it easier to insert into your vagina. **1**

Use your fingers to slide it as deeply as possible into your vagina, leaving the edges with the more rigid ring outside. This edge will protect the labia minora of your vulva from contact with the secretions of the penis. **2**

The penis must be inserted inside the condom, not beside it. Here's a tip: To make sure it's inserted in the right place, keep the ring flexible by placing your index and middle fingers on it while the penis or any other sexual object is being inserted. **3**

When penetration or ejaculation is complete, remove the condom carefully, being sure not to spill any sperm, tie a knot in the condom and throw it in the garbage – it's not biodegradable, and it might block the toilet! **4 5**

# SEXUALLY TRANSMITTED AND BLOOD-BORNE INFECTIONS (STBBIS)



## What are they?

Sexually transmitted and blood-borne infections (STBBIs)

**S**exually

**T**ransmitted

**B**lood

**B**orne

**I**nfections

### Did you know?

Young people between the ages of 15 to 24 are the most affected by STBBIs.

### Myth!

No one should be ashamed of catching an STBBI. It doesn't mean you're "easy" or that you have poor hygiene. Anyone who is sexually active can catch an STBBI if they don't use protection. Once is enough!

### News flash



STBBIs can be avoided and most of them are treatable.



However, an untreated STBBI can have serious consequences on your health and future. For example, it can make it impossible to have children.

# How do people catch them?

	Chlamydia	Gonorrhea	Syphilis	Genital herpes	HPV	Hepatitis B	Hepatitis C	HIV-AIDS
<b>Sexual contact without a condom</b>								
1) With penile penetration of the vagina or anus	●	●	●	●	●	●		●
2) With oral-genital contact (stimulation of the genital organs with the mouth)	●	●	●	●	●	●		
3) Sharing a sex toy	●	●	●	●	●	●		
4) "Frottage," rubbing skin against skin with or without a condom			●	●	●			
5) Sharing injection or inhalation equipment (drug or steroid)					●	●	●	●
6) Getting a tattoo or piercing with unsterilized tools					●	●	●	●
7) Exchange of blood as the result of skin trauma, such as during a fight					●	●	●	●
8) From a mother to her baby during pregnancy or when giving birth	●	●	●	●	●	●	●	●

**HPV = human papilloma virus**

## How can I avoid catching an STBBI?

- ✓ Get vaccinated against hepatitis B and HPV
- ✓ Avoid having multiple partners
- ✓ Avoid sexual contact when under the influence of alcohol or drugs
- ✓ Get tested before having sexual intercourse (both partners)
- ✓ Use a condom
- ✓ Never share drug equipment (straws, bank notes, syringes...)

## True or False?

Most of the time, people don't know that they have an STBBI.

### True!

All STBBIs can be **asymptomatic**.

That means that a person can get infected but have no visible symptoms.

Many people don't know that they're infected...

- 3 people out of 4 who have chlamydia.
- 9 people out of 10 who have genital herpes.



**Think about it...**

**The fact that a person doesn't have any symptoms doesn't mean he or she doesn't have an STBBI... and that person can therefore give it to his or her partner without wanting to.**

## A few possible symptoms

- Itching
- Redness, blisters
- Pain when urinating or during sex
- Abnormal genital discharge

To learn more about STBBIs, visit the resources listed on page 33.



Consult a  
healthcare  
professional!



*If you're sexually active and have had unprotected sex, it is strongly recommended that you get tested. It's free, and it can help you avoid many negative consequences.*

## When should I ask for an STBBI test?

If you find yourself in one of the following situations, **always get tested as soon as possible:**

- You have a **new** partner.
- You've had **several** partners, or your partner has.
- You've had, vaginal, oral (stimulation of the genitals with the mouth) or anal sexual contact **without a condom**, or your partner has.
- You got a tattoo or a piercing and you're not sure if the material used was sterile.
- You've sniffed or injected drugs or steroids (even if you've only ever done it once in your life).
- You've had sexual contact for money, drugs, clothes or anything else...

- You're **pregnant** and you want to protect your child. It might not be too late!
- You're in a stable relationship and you and your partner want to stop using condoms.
- You're worried about your past partners, your sexual practices, or some possible contact with blood (e.g., in a fight, a "blood brother" pact) and you're afraid you might have gotten an infection.

**Girls! Don't forget to use birth control to avoid getting pregnant!**

## Getting tested is simple and quick

Many STBBI tests require urine samples, while others require blood samples. Super easy!

Get informed. Your community's health centre might offer an STBBI testing service. This service is confidential.



## Careful



**An infected person must tell their sexual partners so that they can get treatment quickly. A nurse can help you inform your sexual partners.**



## Useful addresses and phone numbers

Sex and U: [www.sexandu.ca/](http://www.sexandu.ca/)

Tel-Jeunes: [teljeunes.com](http://teljeunes.com)  
Telephone: 1-800-262-2266  
Text: 514-600-1002

**Free  
Anonymous  
Confidential**

Interligne Centre (gender diversity): [interligne.co](http://interligne.co)  
Private chat room  
Telephone: 1-888-505-1010  
Email: [aide@interligne.co](mailto:aide@interligne.co)

Kids Help Phone: <https://kidshelpphone.ca/>  
Telephone: 1-800-668-6868

Website for adolescents and youth: [itss.gouv.qc.ca/](http://itss.gouv.qc.ca/)

Website for interveners: <http://sexplique.org/>  
Telephone: 418-624-6808  
Email: [info@sexplique.org](mailto:info@sexplique.org)

First Nations of Quebec and Labrador Health and Social Services  
Commission (FNQLHSSC): [cssspnql.com/en/fnqlhssc](http://cssspnql.com/en/fnqlhssc)

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# THE GIRLS



FIRST NATIONS OF QUEBEC  
AND LABRADOR HEALTH  
AND SOCIAL SERVICES  
COMMISSION

# PUBERTY

Sexual development can start as early as 8 or 9 years old. Breasts begin to grow, and hair appears on the pubis and under the arms. This period of change is called PUBERTY.

Not all girls develop at the same rate. Some have their first period at age 8, while others don't get it until they're 18. Whether it starts early or late, and whether it happens slowly or quickly, it will continue until you've stopped growing.

Adolescence is a time when you'll grow a lot. Your muscle mass and fat will increase, because your body needs it.

You'll get taller, your hips will widen, and your thighs and buttocks will change shape. You're becoming a woman!

Your joints might be sore sometimes.

You might get pimples and blackheads on your face, neck, chest and back.

Your sweat glands also become more active during puberty, so your body odour might become stronger. This change is normal.

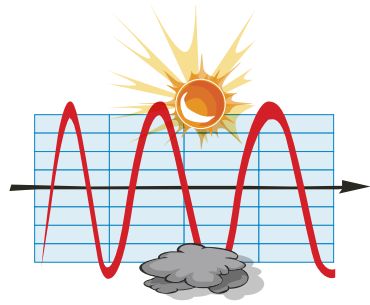
**This period can be confusing for your parents as well, but they can give you good advice — they've been there too!**



**Take a bath or shower every day.**

**You can also use a deodorant or antiperspirant.**

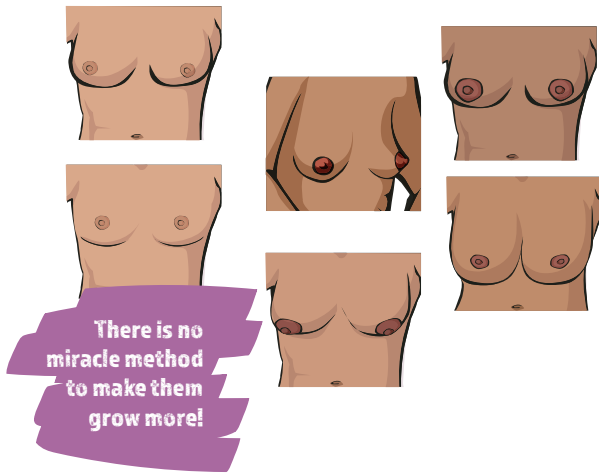
Puberty is a time of changes that aren't just physical, they're also emotional and psychological. You might feel like you're on an emotional roller coaster!



## Breasts

Breast development usually marks the beginning of puberty. As they develop, your breasts and nipples might itch or tingle around the centre, but that stops once they've stopped developing. Although one breast might get bigger at a faster rate than the other, they'll both end up about the same size. Most women have slightly different sized breasts throughout their lives, and that's normal.

Breasts come in different shapes and sizes, and they can be more or less firm. All of these differences are normal and makes each and every person unique.



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## All women have body hair!

Hair appears first in the genital area, then under the arms, on the legs and sometimes on other parts of the body. Blonde hair is much less visible than brown or black hair.

Some women choose to shave or wax to remove hair from their legs, underarms or other parts of the body. Other women don't. It's a matter of taste or fashion.

## Vaginal secretions

It's normal to have a little bit of white discharge. This is a natural lubricant that keeps your vagina healthy. These discharges are usually clear or slightly milky, and become pale yellow when they dry on your underwear.

Discharges increase during ovulation to help the spermatozoa travel up the vagina on their quest for an egg, if sexual intercourse takes place. Also, when you're sexually excited, your vagina produces a natural lubricant that makes intercourse easier.



**If your discharge changes in quantity, texture or odour, you could have an infection. See a professional!**



# THE FEMALE REPRODUCTIVE SYSTEM

## A quick anatomy lesson...

### EXTERNAL GENITAL ORGANS

#### **Vulva**

The entire external genital area.

#### **Labia majora**

Their role is to protect the more fragile internal organs. They are relatively thick and become covered with hair at puberty.

#### **Labia minora**

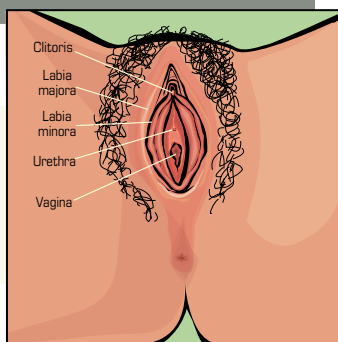
Located inside the labia majora, they are very sensitive. They have no hair and their colour varies.

The size and shape of the vulva vary from one woman to another. Some vulvae are narrow, some resemble a flower. They can also be asymmetrical.

#### **Clitoris**

Small and sensitive protrusion of erectile tissue in the upper part of the vulva.

The clitoris contains approximately 800 nerve endings. Its sole function: pleasure! That's why stimulating the clitoris creates a pleasurable feeling.



Many girls are not sure how many “holes” they have down there. There are three.

- The first, the one just under the clitoris, is the urethral orifice. This is a small orifice that lets urine (pee) out of the bladder (where urine is stored).
- The second orifice is the vagina.
- The third is the anus. This is the orifice the body uses to evacuate waste (excrement, poo) that accumulates in the colon.

## INTERNAL REPRODUCTIVE ORGANS

### Vagina

Expandable canal permitting menstrual flow, sexual intercourse and childbirth.

### Uterus

Female internal organ in the shape of a pouch that enlarges when the fetus grows inside it and is the source of menstrual blood.

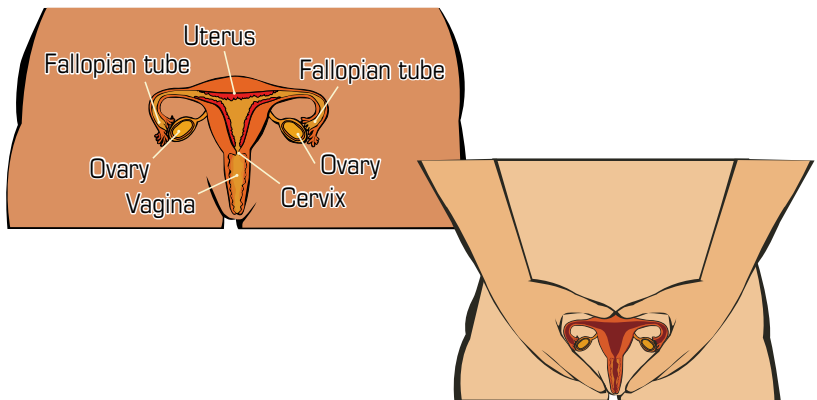
The cervix is the passage between the uterus and the vagina that secretes mucus.

### Ovaries

Two small glands that produce eggs.

### Fallopian tubes

Two tubes on either side of the uterus connecting it to the ovaries.



## True or false?

The vagina can lengthen.

**True!**

Although the visible part is nothing more than an orifice, the vagina is between 10 and 12 centimetres deep when at rest. When excited, it lengthens and widens to receive a penis (which, when erect, is usually 12 to 19 centimetres long).

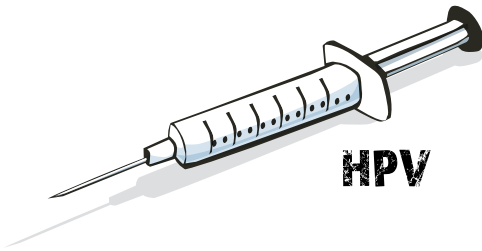
During childbirth, the vagina has to dilate enough to let the baby's head through.

## Protect your cervix!

You might have already heard of the Pap test (Papanicolaou test). It's a test offered to women at the age of 21 and then once every 2 or 3 years. The smear taken during the test makes it possible to detect abnormalities and prevent cervical cancer. It can be a little uncomfortable, but it doesn't hurt and lasts only a few seconds.

### Did you know?

The HPV (human papilloma virus) vaccine that you get at school prevents cervical cancer and condyloma (genital warts).

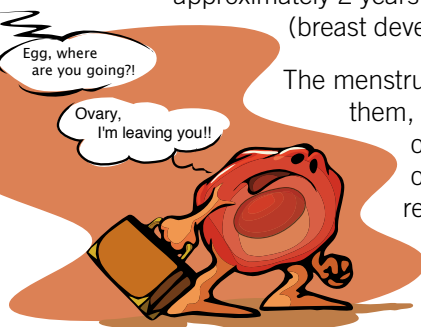


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# MENSTRUATION (PERIOD)

## How does it work?

The menstrual cycle is the process in which an egg is released, either to be fertilized or to be eliminated by the body. Generally, a girl's first menstrual period (period) occurs between the ages of 10 and 14, or approximately 2 years after the first signs of puberty have appeared (breast development, body hair).



The menstrual cycle is controlled by hormones. One of them, estrogen, is produced every month as the ovaries develop 12 to 20 tiny eggs. Every cycle, one egg grows bigger than the others and is released from the ovary: this is called ovulation. Once the egg is released, it will take about two days to move along the Fallopian tube, which connects the ovary to the uterus.

Hormones also make the internal wall of the uterus (endometrium) thicken. The purpose of the wall is to nourish the fetus during pregnancy.

This is the time the egg can be fertilized by a spermatozoid if sexual intercourse takes place.

## Two possibilities after ovulation

### Unfertilized egg

If the egg is not fertilized, the endometrium is no longer useful. Your body eliminates the blood-engorged endometrium through the vagina.

### Menstruation

Your period usually lasts between three and seven days.

### Fertilized egg



This requires unprotected sexual intercourse...  
...and one heroic spermatozoid!

### Pregnancy!

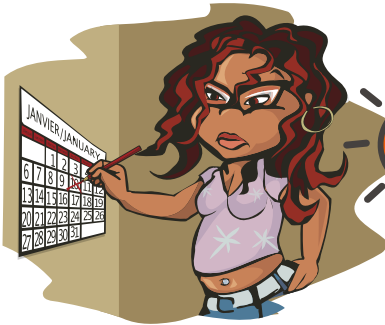


# The menstrual cycle

Menstruation follows a cycle called the menstrual cycle. It begins the first day of menstruation and ends the day before the next menstrual period. The average length of a cycle is 28 days, but it can range between 20 and 45 days, depending on the girl.

SUN	MON	THU	WED	THURS	FRID	SAT
	1	2 	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30 	31			

It might take several years before you have a “normal” menstrual cycle, because your hormones need time to learn how to function on a regular rhythm. This means that in early adolescence, you might get your period twice in the same month, or you might not get it at all for two or three months.



**Write the date of your period on a calendar so that you can follow the evolution of your menstrual cycle.**

## What will I feel/experience?

### During ovulation

It's hard to know when ovulation occurs exactly, although some girls experience symptoms like pinching or small cramps in the lower abdomen. Also, you might notice a change in your vaginal discharge, which becomes more viscous during ovulation.

## Before and during your period

Because your periods are controlled by hormones, they can have an effect on your **mood**.



Some girls feel irritable in the days before their periods, while others don't. You might feel chest pain or get pimples. Every girl reacts differently.

Some girls get abdominal **cramps** during menstruation, which is completely normal. To expel the endometrium, the uterus, which is a muscle, has to contract. These cramps can be soothed by taking a walk or placing a hot water bottle on the abdomen.

If your periods are particularly painful, your doctor might advise you to take anti-inflammatories. He or she might also suggest the birth control pill to control period pain.



Having your period shouldn't prevent you from living normally and continuing to do what you love!



# What about tampons?!?

**It's up to you to decide whether you prefer pads or tampons.**

One is no better than the other.

Some girls make the choice based on their activities. If you want to go swimming, for example, it is strongly recommended that you wear a tampon. It's not at all pleasant to wear a pad while wearing your bathing suit and splashing around in the water...

If your blood flow is particularly heavily, you can use both a tampon and a pad.

It is also a good idea to wear a pad to bed.

Generally, blood flow is heaviest during the first two days of menstruation.



## Tampons: the first time...

Will it hurt?

No, not if you're relaxed. It might be difficult to insert a tampon if you're worried and you don't know how to do it.

The first time you insert a tampon, remember these two pieces of advice:

- Be sure you have time and are relaxed.
- Read the instructions in the box.

If the tampon bothers you or you feel uncomfortable, it might not have been inserted far enough into the vagina.



**Tampons come in different sizes. Try starting with the smaller ones...**

## Hygiene

Your vagina is “self-cleaning.”

There’s no need for scented wipes, special sprays or vaginal douches that can cause irritation.



Change your pad or tampon regularly, following the recommendations on the packaging.

Leaving a tampon inserted for too long can cause a rare but serious health problem called **toxic shock syndrome** (TSS). If you feel fever or muscle pain, see a doctor immediately.



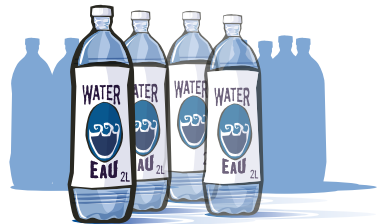
When changing your tampon, be sure you’ve removed the old one before putting the new one in. Once your period’s over, check with two fingers to be sure you haven’t forgotten to remove a tampon.

## Urinary Tract Infection

Many women catch a urinary tract infection (UTI) at some point in their lives. This type of infection makes you feel as though you always have to go to the bathroom, even when your bladder is empty. It can be the result of sexual intercourse or the contamination of the urethra by microbes from the anus.



That’s why you should always wipe from front to back with your toilet paper, and drink at least one litre of water a day. If you think you have a urinary tract infection, see your doctor.



## Myths

### I will no longer be a virgin if I use a tampon.

Generally, being a virgin means that you haven't had sexual intercourse with penile penetration of the vagina.

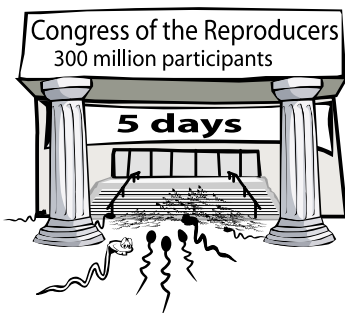
Using a tampon will not affect your virginity in any way.

### I heard that if you make love during your period, you probably won't get pregnant.

False! It's also false that you won't get pregnant if you make love standing up, if you don't have an orgasm, or if you take a bath afterwards.

The chances of getting pregnant are highest when you're ovulating. But the time of ovulation can vary from one month to the next. Spermatozoa can remain active in your body for up to five days. Every time a boy ejaculates, he releases 300 million spermatozoa, but it only takes one to fertilize an egg. Therefore, there's no time during your menstrual cycle that you're safe from getting pregnant.

If you have an active sex life, you're **always** running the risk of getting pregnant. But if you use birth control, you can decide when to get pregnant.



### I'm going to lose a lot of blood!

No. Whether or not your menstrual flow is heavy, you'll lose only a little blood, i.e., a few teaspoons to a cup.

Menstrual blood is different from the blood that flows out of a cut on your body. Sometimes it's thicker, and the colour can vary, generally from light red to reddish brown. Sometimes it contains little clots, and it might have an odour when it comes in contact with the air.



## Careful

It's important to remember that you can get pregnant even if you've never had your period, because ovulation takes place **before** the first menstruation.

# BIRTH CONTROL (CONTRACEPTION)

## Birth control methods

Birth control (contraception) is a reversible and temporary way to prevent pregnancy. It's the responsibility of both boys and girls.

Generally speaking, contraceptive methods prevent one of the following:

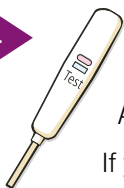
- ovulation; this is how the birth control pill works.
- fertilization, i.e., when the sperm meets the egg; this is how the condom works.
- the implantation of a fertilized egg in the uterus; this is how the intrauterine device (IUD) works.



There are several birth control methods. Each one has advantages and disadvantages. Don't hesitate to see a professional (nurse, doctor) for all the information you need to make a choice!

If you aren't happy with your contraceptive method, go back to see your doctor. He or she can help you find a method that suits you better.

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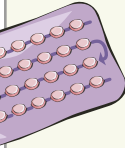
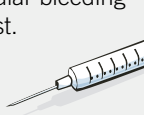
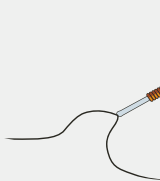
If you miss a period, it's important to take a pregnancy test as soon as possible. You can take a test at a health centre or buy one at the pharmacy. A few drops of urine are all you need.



If you're pregnant, it's very important to see a **doctor** to get the help you need to decide what you want to do as soon as possible.

You can get advice at any age. If you are 14 years old or older, your visit is confidential: no one will be told that you saw a medical professional, not even your parents (unless you want them to know, of course).

# Best known birth control methods

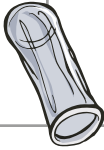
Method	How does it work?	Advantages	Disadvantages
Oral contraceptive "the Pill" 	Contains hormones that prevent ovulation.	Easy to use and effective.  Regulates the menstrual cycle.  Reduces cramping and menstrual flow.	Must be taken every day at the same time.  May cause light or irregular bleeding.
Injectable contraceptive "Depo-Provera" 	Hormone injection that prevents ovulation.  One injection every 12 weeks.	Effective.  Reduces cramps and menstrual flow.  Don't need to remember it every day.	Often causes irregular bleeding at first.
Birth control patch	Patch applied on the skin that releases hormones preventing ovulation.  Change patch every week for three weeks, then wear no patch for one week.	Easy to use and effective.  Regulates the menstrual cycle.  Reduces cramps and menstrual flow.	May cause light or irregular bleeding.  May cause skin irritation.
Intra-uterine device "IUD" 	A small plastic "T" inserted in the uterus that releases hormones. It thins the uterine wall and thickens the cervical mucus, making access to the uterus more difficult for spermatozoa.	Can be left in place for several years.  Very effective.  Reduces cramps and menstrual flow.	At first, may cause light or irregular bleeding.
<b>Non-hormonal methods</b>			

Coitus interruptus (the withdrawal method) **is not** a birth control method!!

Male  
condom



Female  
condom



page 23 in the  
centre of the booklet.

**The condom  
– both male  
and female –  
protects against  
both STBBIs and  
pregnancy.**

## The “day-after pill”

You had unprotected sex (without a condom or any other contraceptive method, you forgot...) and you don't want to get pregnant?

Go see your pharmacist, a doctor or a nurse as quickly as possible (within 72 hours maximum). They can give you a “day-after” or “Plan B” pill, even without permission from your parents.

The effectiveness of the day-after pill is optimal when it is taken within 24 hours after unprotected sex.

**Emergency contraception is not regular birth control. It should be used exceptionally only.**

**It's important to find a regular birth control method that is suitable for you.**

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## Don't forget!

Condoms are the **ONLY** birth control method that **ALSO** protects against STBBIs!

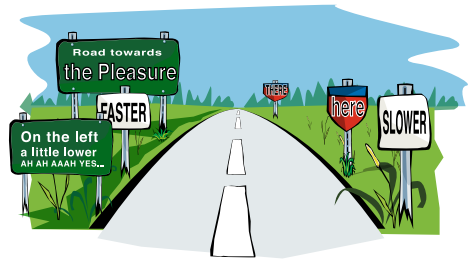
# MASTURBATION

Masturbation is a perfectly healthy and normal part of your sexuality. All girls have sexual desires and most caress their clitoris or vagina to reach orgasm. When you have an orgasm, the muscles in your vagina contract and a pleasurable sensation spreads throughout your body.

Everyone fantasizes during masturbation

## Is it bad for me?

No, absolutely not! Masturbation is a chance for you to discover what you like and don't like. You can choose whether to do it or not, depending on your sexual desires. However, it's very important to do it where no one can see you, such as in your room.



Solitary masturbation: no risk of STBBIs!

**Wait, girls!**  
*It doesn't end here!  
You'll find more cool  
information on page 14  
of the boys booklet!*

*the girls the girls the girls the girls*  
THE GIRLS *the girls the girls*



