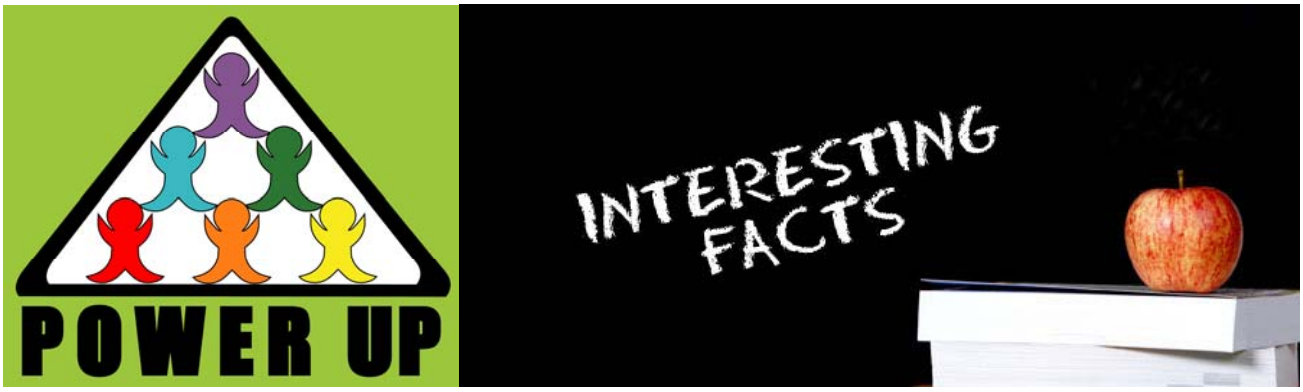


Body Science Facts for Girls and Boys

Interesting Facts about Girls

• The vagina is only as deep as your middle finger.
• The vagina keeps itself clean and healthy by constantly producing mucus which turns white when it's exposed to the air.Discharge also prevents the vagina from drying out. Discharge will begin to appear some time before your first period begins.
• Females can ovulate before they have their period.
• Cramps and painful periods may be caused by low calcium and magnesium levels.
• The usual amount of blood lost during a period is between one and six tablespoons. (120 ml blood and tissue)
• Menstrual fluid is mostly made up of water.
• A lot of girls' hymen are broken through using a tampon or during active sports such as horse back riding or cycling. Masturbation, too, can break the hymen. There is an opening in the hymen that lets menstrual fluid flow out.
• The fallopian tubes are about 10 cm long. The egg travels from the ovary to the uterus along these tubes.
• Girls are born with about 300,000 eggs.
• Ovary is about the size of a walnut/olive. The uterus is about the size of a pear/clenched fist.
• The average woman has about 500 periods in her lifetime.
• If a tampon has absorbed as much as it can and has to be changed within 4 hours, try a tampon with a higher absorbency. If a tampon still has lots of white patches showing when you take it out after about four hours, try a tampon with lower absorbency. Change your tampon every 4-8 hours.
• PMS symptoms: breast tenderness, feeling swollen or bloated, change in appetite, headaches, acne or skin rash, constipation or diarrhea, abdominal cramps, feeling sad/tired/irritable or clumsy.
• You get cramps when your uterus contracts (squeezes) slightly to help get rid of most of its lining.
• If you are taking the birth control pill these five drugs may interfere with its effectiveness: antihistamines, alcohol, analgesics, antacids, antibiotics.
• A pregnancy test only works 2 weeks after a suspected conception.

Interesting Facts about Boys

• 17 weeks into a pregnancy, baby boys can have erections.
• When boys are 8 or 9 years old, their testicles begin to make sperm for practice.
• Males have several erections while they are asleep.
• The epididymis is a coiled tube that is 6 metres long (tube that stores sperm)
• Ejaculate is only one spoonful of fluid.
• Between the ages of twelve and fourteen the scrotum grows bigger and turns a darkish red and the testicles start to produce testosterone, the male sex hormone, which makes the penis grow.
• Once puberty starts, testicles produce one million sperm per minute, 24 hours/day.
• Testicles are kept 4-5 degrees cooler than body temperature.
• The scrotum is made of special skin that is stretchable and shrinkable.
• Average size penis is about two inches long when it's limp and six inches long when erect.
• Many boys develop breasts during puberty. They need to know that this is normal and that, when their rib cage grows to adult size, those little breasts will spread out and not be so noticeable.
• It takes boys about three years after the onset of puberty to grow their testicles to adult size.
• It takes eight to ten years after the onset of puberty to grow their penises to adult size.
• When an erection occurs, a valve at the mouth of the bladder closes off so no urine can escape.
• Adam's apple – growth of the larynx.

Other Interesting Facts

• Fraternal twins come from two separate ova and two separate sperm.
• Identical twins or multiples happen when one sperm fertilizes an ovum and for some unknown reason, it splits into two or more babies.
• Pregnancy can occur without actual sexual intercourse, and even before ejaculation. Sperm may be present at the tip of the penis, and if the vagina is very aroused and lubricated, sperm may rub off against the vagina.
• The ovum must be fertilized within 12-24 hours. It takes 10 hours for a sperm to fertilize an egg.
• Sperm can survive 4-5 days inside a woman's body.
• Lack of sleep – try calcium rich bedtime snacks = grilled cheese sandwiches, hot milk, warm baths, hot water bottle, back or foot rub, story.
• In a recent survey of Grade 9 and 11 students, the main reason for not using condoms was that sex was not planned.
• 38% of boys and 21% of girls in Grade 11 reported using alcohol or drugs before sex.
• 2/3 of all STI's occur in people 25 and younger.
• Hepatitis B is 100 times more infectious than HIV.
• 1 out of 4 girls and 1 out of every 8 boys are sexually abused.
• There are over 40 brands of condoms on the market.
• There are two different kinds of sweat glands: eccrine (no odour) and apocrine (odour when it comes into contact with bacteria). Apocrine glands only become active after puberty starts. Females have a lot more apocrine glands than males.
• Sweat glands are everywhere on your body, except your lips and ears. Each person has about 2.5 million sweat glands.