

PUBERTY AND SEXUALITY

WORK BOOK



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1. PUBERTY AND SEXUALITY – AN INTRODUCTION

How do we conduct these sessions?

- We decide who will read the sheets.
- You can try to tell me what you are thinking or wondering about. We can write down the questions.
- We decide who will write; this can be the teacher/nurse or the pupil, or we can take turns.
- We will try to complete the work sheets and talk about the various topics.
- The main topic is puberty and sexuality. Public health nurses have a lot of knowledge in this area. It is fine to ask if there are questions along the way.
- We will prepare a plan for when conversations will take place and which topics will be covered. There may be changes along the way. If so, we will agree on these together.
- How long does a conversation last?

We agree that a conversation should last for maximum:

.....

PUBERTY AND SEXUALITY

CONVER- SATION NO.	TOPIC	DATE COMPLETED



Puberty – what does it mean?

During puberty, major changes take place in the body! Some are visible, and some are not. This we will learn more about.

The word “puberty” has its origin in the Latin word “pubes”, which means the hair growth around a person’s genitals. (Store Norske Leksikon)

To reach puberty means that we will go through all these changes. It happens to people all over the world. It happens to both boys and girls.

When does puberty start?

Puberty starts when we reach adolescence, usually between age 10 and 17. Girls often reach puberty a bit earlier than boys.

In order to be prepared, it is important to know what happens with the body during puberty.

Some people feel uncomfortable with the changes in the body as they may feel strange, but you will gradually get used to them.

You can read more about puberty at:
<http://nhi.no/foreldre-og-barn/barn/livsstil/pubertet-2881.html>

What happens during puberty?

Some of the changes that occur during puberty:

- As in the name “puberty”, something happens with hair growth on certain areas of your body.
- Something happens to your voice during puberty.
- Often, something happens to your mood during puberty.
- Something happens to the genitals.
- Something happens to your sex drive.
- Something happens to your body odour.

We will talk more about all these topics in the sessions to follow. Except for when you were a baby, puberty is the period in life when you grow the most.



If I have any thoughts or questions about this, I or the teacher can make a note of these here:

Duty of confidentiality

It is common for young people to be given information and education on puberty and sexuality in school. Parents know that their children will receive such information, and are welcome to look through the teaching material.

What we talk about will not be passed on to anyone else, unless you ask us to do so. If it becomes apparent that there is something you need help with, maybe something you find difficult, we will agree how to solve this. On some rare occasions, we have to break our duty of confidentiality; this is when someone has treated you so badly that we have to notify the police and the child protection services.

You will find more info about your rights at: <http://barneombudet.no/dine-rettigheter/>

People have different appearances as well as personalities

Images of models and people you see on the internet and in magazines have often been altered to achieve a specific look.

This is usually not what people look like in real life. It is important for most people to be reminded that we are good enough as we are.

Everyone could do with being reminded that we are good enough as we are.



It is normal for people to feel self-conscious.
Self-consciousness means:

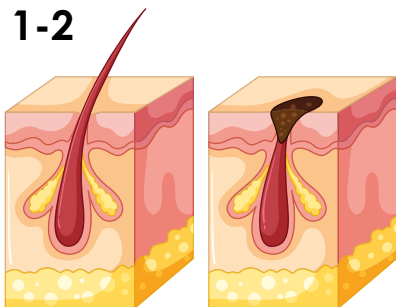
.....

In puberty, this is what usually happens to boys and girls

- The skin becomes hairy and oily.
- Many will get acne.
- Some people will not have any acne, whereas others will have a lot. It usually disappears when puberty is over.
- The nurse will know of skin products that may be helpful during puberty.
- If the acne becomes very severe, a doctor may be able to help.

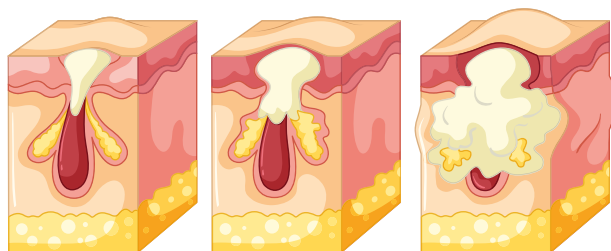


1-2



Anatomical drawing of oily skin

1-2-3



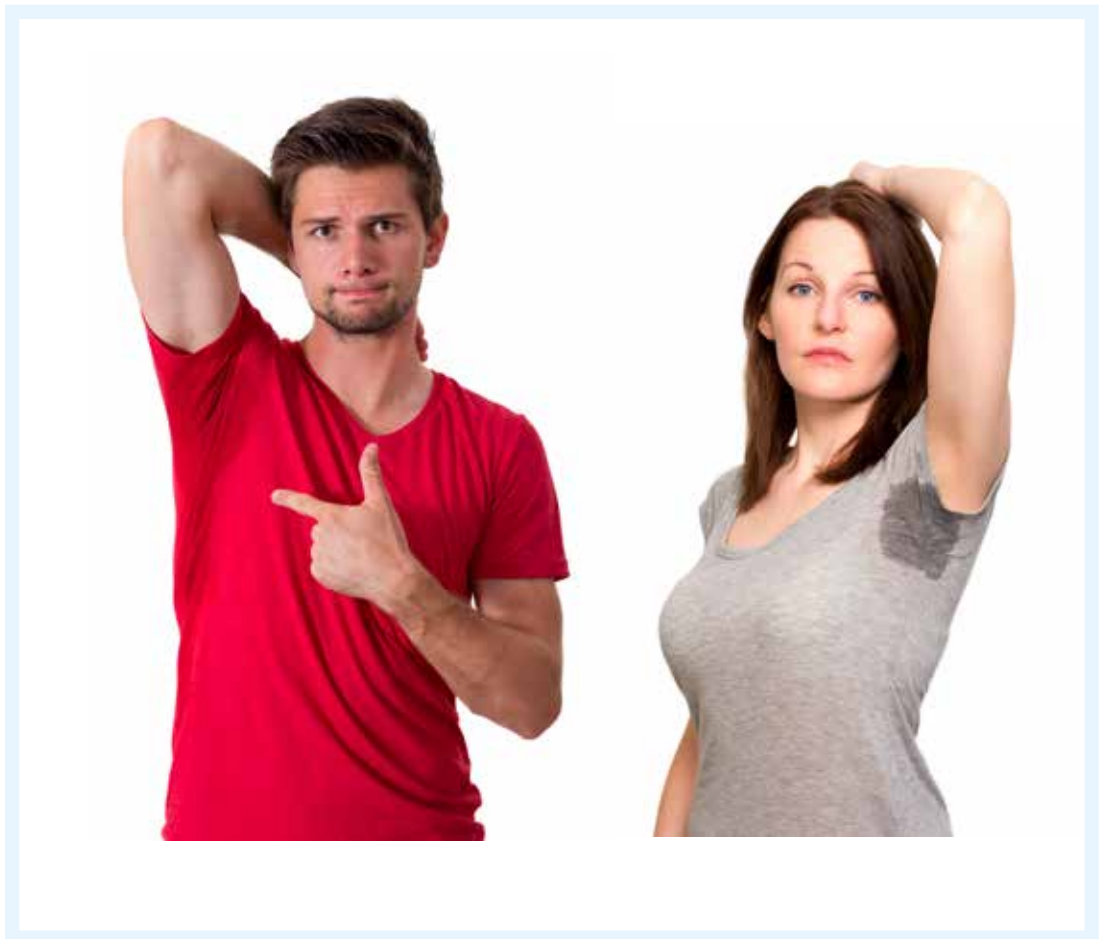
Anatomical drawing of how acne forms

Sweating

Sweat is a liquid secreted from the sweat glands in the skin. Sweat mainly consists of water (99.5%). Sweat helps remove surplus heat from the body.*

During puberty, the body produces more sweat. This sweat has a stronger odour, particularly in the armpits.

* (Store medisinske leksikon)



What can we do to ensure good hygiene?

Can you think of 3 things?

1

2

3



QUIZ

Can you remember?

Tick the answers that you believe are correct	Correct	Incorrect
The word puberty means going to the pub.		
Most people reach puberty when they are 20 years old.		
During puberty, there are no changes occurring in the body.		
Only people in Norway go through puberty.		
Both boys and girls will go through puberty.		
What we talk about during these conversations is private and confidential.		



Do you have any questions/concerns about what we have talked about or will talk about in the future?

In our next conversation we will talk about

2. BOYS IN PUBERTY

Short repetition:

What can you remember from our previous conversation?



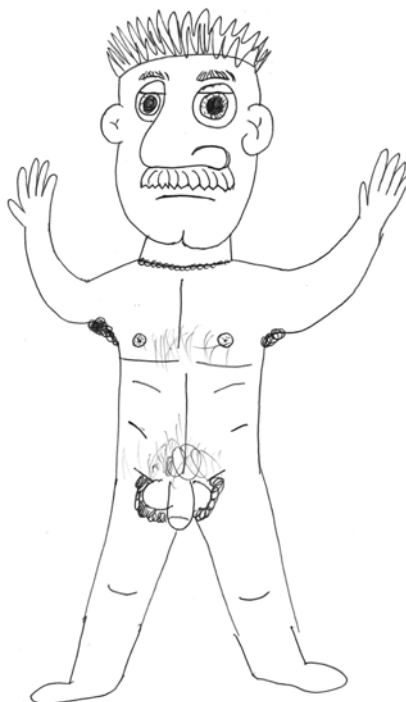
Do you have any questions? Are there any other things you would like to talk about?

Have you thought of anything that we should talk about?



This happens to most boys in puberty

1. They grow taller and develop a broader physique.
2. They develop more muscles.
3. Many get hair on the chest, and visible hairs will grow all over the body. How strong the hair growth is, varies from person to person.
4. The genitals (penis and testicles) start to grow.
5. Hair starts to grow around the genitals. We call this pubic hair. The hairs around the genitals are there to protect against dirt and bacteria.
6. Hair starts to grow in the armpits.



Testosteron

Puberty starts when the brain sends a signal asking the testicles to start producing more testosterone. Testosterone is the male sex hormone.

The testosterone causes the testicles and penis to grow, leads to more mood swings, and helps you become sexually mature and able to produce children. When fully developed, the testicles have grown 7 to 10 times bigger.

During this period, 100–300 times more testosterone is produced.
(*Norsk Helseinformatikk*).

You will find more info about this at:

www.nhi.no/foreldre-og-barn/ungdom/livsstil/pubertet-hos-gutter-22620.html

Facial hair

Another change that occurs during puberty is that most boys develop hair on their face. We call this facial hair. How strong this hair growth is will differ.

The first hairs to emerge are often soft and only form on the upper lip. Later in puberty the hairs usually become thicker and stronger, and cover more of the face.

When facial hair starts to grow, this can be removed by shaving. Alternatively, you can leave it to grow into a moustache and gradually a beard.



Shaving equipment





Breaking of the voice

During puberty, the voice will start to change – for some this happens gradually, and for others very quickly. We call this the voice breaking. Some will experience that their voice becomes slightly strange during this process. It may sound like the voice “cracks” a bit.

This is common for boys. It happens because the vocal cords grow a lot in a short period of time.

This is only a phase, and will gradually pass. When the voice breaking is complete, you have the voice that you will have as an adult.

See a video about the breaking of the voice at: http://www.nrk.no/video/PS*23253

The Adam's apple

At the front of the throat, the larynx grows larger and often becomes very visible in boys (Norsk Helseinformatikk). The name “Adam's apple” derives from the ancient belief that the apple Eve gave Adam got stuck in his throat (Store Norske leksikon).



Have you heard about the “Adam's apple”?

YES	NO
<input type="text"/>	<input type="text"/>

Swollen breasts in boys and men

As many as 70% of boys experience that one or both of their breasts become enlarged during puberty.

This usually goes away by itself. Only 1% of adult men will have enlarged breasts.
(Norsk Helseinformatikk)

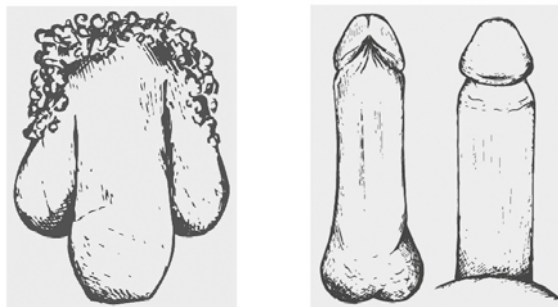


Erection / hardened penis

Most boys in puberty will notice that their penis at times becomes bigger and hardens. This is completely normal. It is called getting an erection, and a few drops of fluid will sometimes be discharged from the penis.

Most people enjoy touching / caressing the penis (masturbating) when they have an erection. The most common place to masturbate is when you are in bed or in the bathroom at home. Then it is absolutely fine. It is best to wait until you are alone!

When you masturbate, you can sometimes have an orgasm and ejaculation. It is a good idea to clean yourself up afterwards. For boys in puberty, an ejaculation may occur during sleep without them realising that it has happened until they wake up.



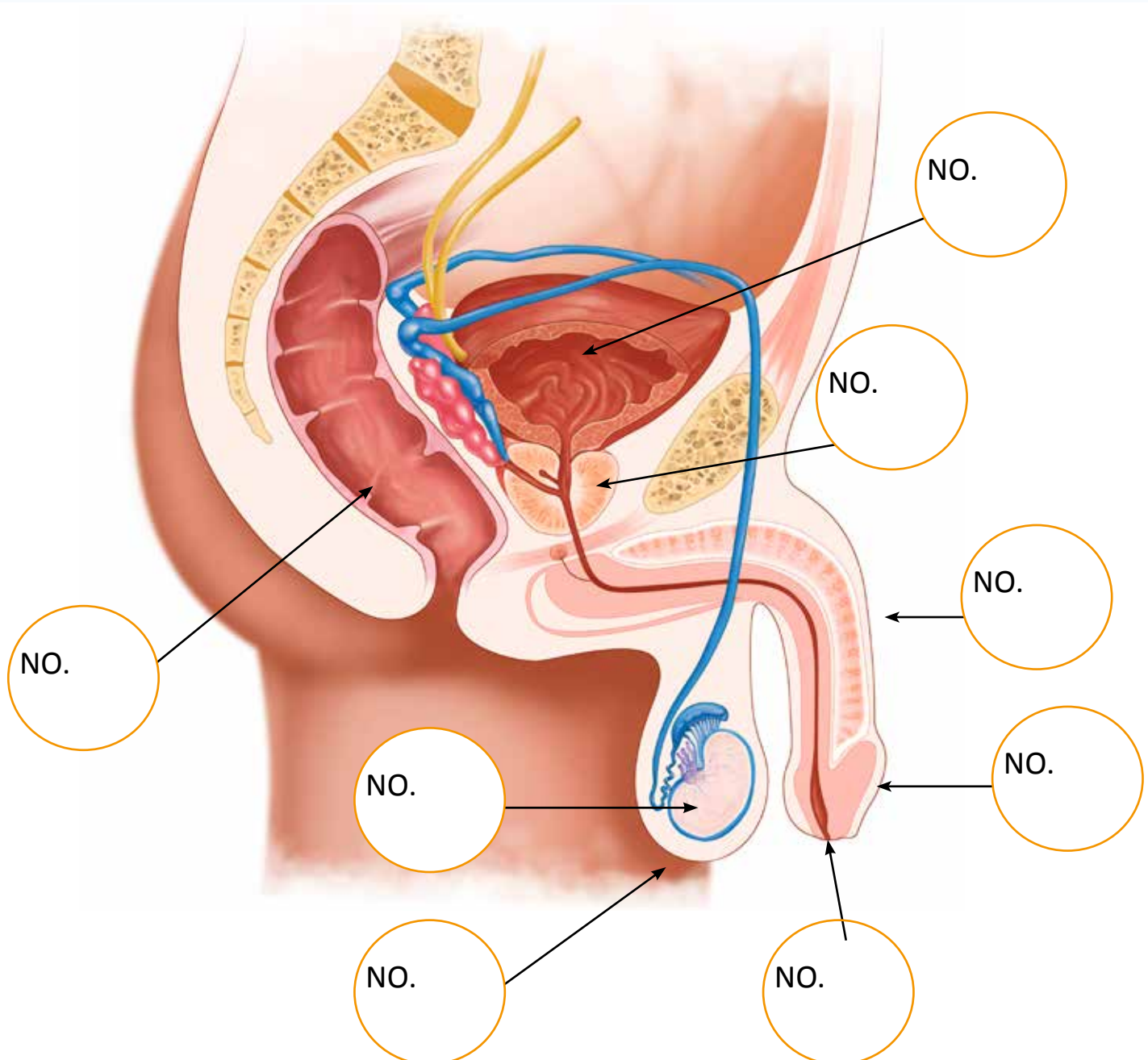
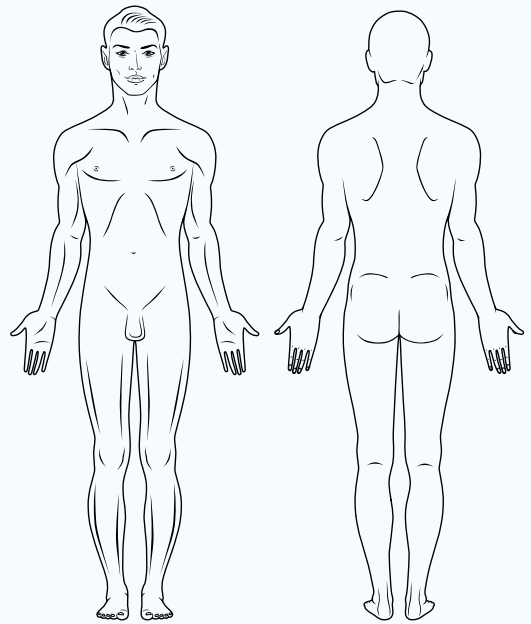
All people have their own characteristics, and will look different on the outside. This also applies to our genitals.

Anatomical drawing of a man

We can see what the various parts are called and what functions they have in a book about the body.

Find the following, and put each number in the correct place:

1. Glans
2. Scrotum
3. Penis
4. Testicle
5. Anus
6. Urinary bladder
7. Prostate
8. Urethra





What has happened in the picture you are looking at here?

.....

Where is it OK to masturbate?
1.
2.
Can we do this in the living room when we are together with other people?
Can we do this when other people, or our boyfriend/girlfriend, are there with us?

..... Would you like to see questions other young people have asked about masturbation and the answers they have been given? You can read more at: www.ung.no/oss/sexogsamliv/onani/



QUIZ

Can you remember?

Tick the answers that you believe are correct	Correct	Incorrect
During puberty, getting acne is common		
Girls usually experience more acne than boys		
During puberty, most people develop bigger muscles		
During puberty, boys' voices become deeper		
It is common for boys to masturbate		
During puberty, we smell more and must shower more often		
Deodorants can only be bought at pharmacies		
During puberty, our sweat has a stronger odour		
How much acne we get is our own decision		
Public health nurses know a lot about puberty		
There are various websites I can visit to find more information		



Do you have any questions/concerns about what we have talked about or will talk about in the future?

In our next conversation we will talk about

3. GIRLS IN PUBERTY

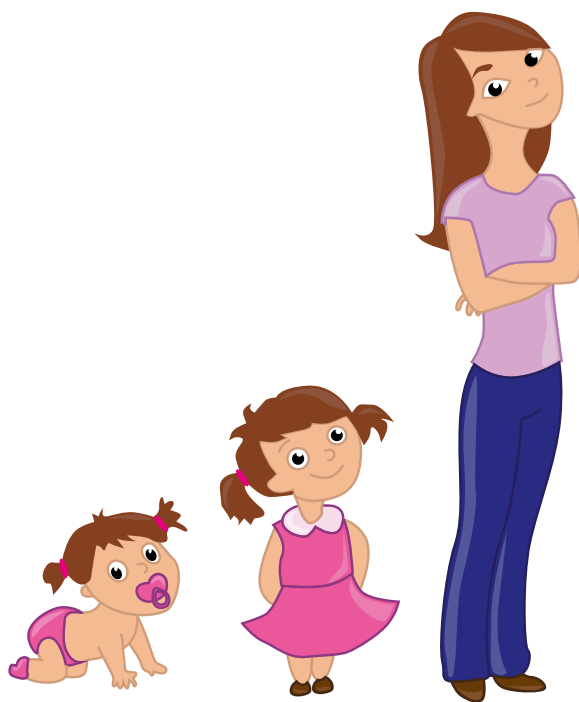
Short repetition:

What can you remember from our previous conversation?

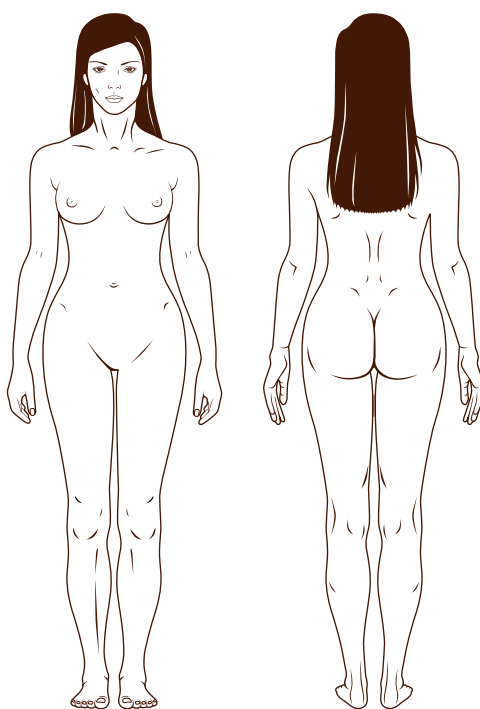


Do you have any questions, or is there something you would like to add to what we talked about previously?

Have you thought of anything that we should talk about?



Girls in puberty



During puberty there are major changes in the body

What happens in a girl's body is very similar to the changes that boys experience:

- Girls also develop hair in the armpits and on the genitals.
- The hairs around the genitals are there to protect against dirt and bacteria.
- Girls also have mood swings when in puberty.

However, there are some differences between boys and girls:

- Girls will not develop hair on the chest.
- Girls will not grow facial hair in the same way as boys.
- Girls will experience voice breaking, but it is not as easy to hear.

Girls often reach puberty before boys do; usually one year earlier.

This is what girls experience during puberty:

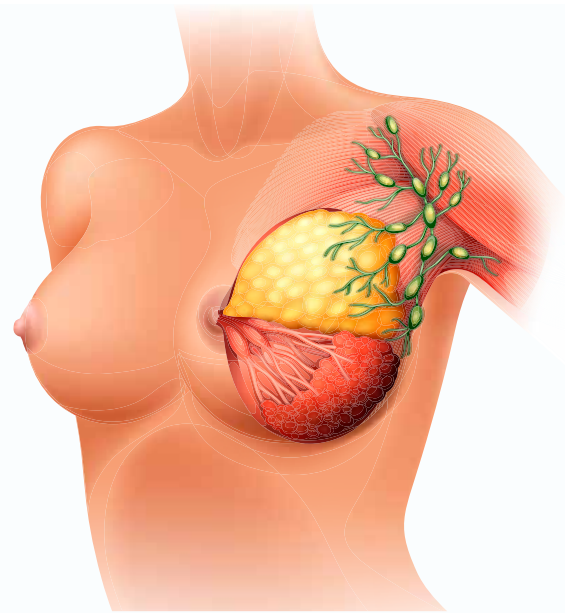
- The breasts start to grow.
- Some breasts grow quickly, and some grow slowly. Sometimes they do not grow at the same speed, and will be different sizes for a while. (Norsk Helseinformatikk)
- Some girls will develop large breasts, and some will develop small. This differs greatly. The size does not have any effect on breastfeeding; a small breast is just as good for breastfeeding as a large one.

All breasts are slightly different



Female breast

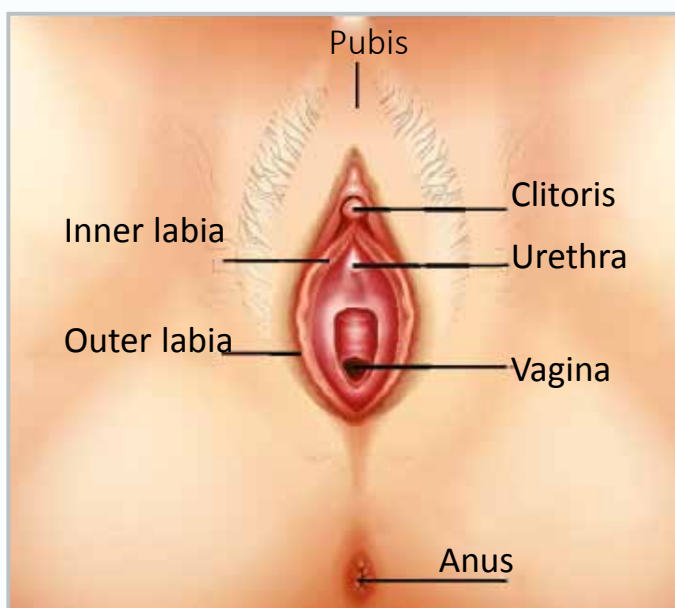
Anatomical drawing of a female breast on the outside and on the inside



You can read more about what other young people think about breasts and other aspects of puberty at www.ung.no.

Female genital parts

- Girls' genitals are different from boys' genitals.
- All people have their own characteristics, and will look different on the outside. This also applies to our genitals



Anatomical drawing of the female genital parts.



Girls and masturbation

Girls are usually stimulated by touching clitoris. Do you know where to find clitoris? Touching your own genitals is called masturbation.

It is completely normal for girls to touch themselves. This is a way to get to know yourself and your sexuality better.

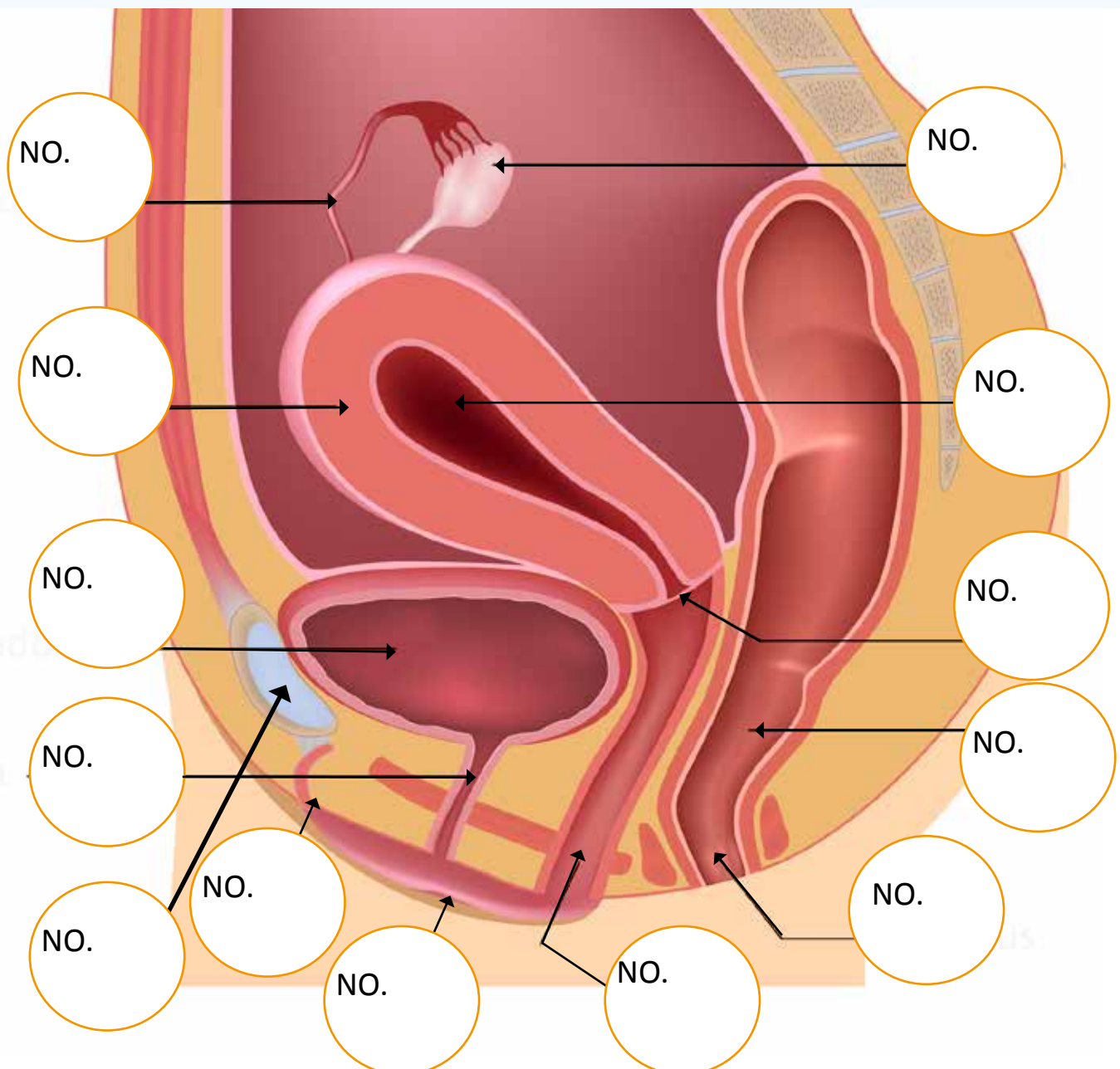
You may want to use a small mirror to see what your genitals look like.

- The most common place to masturbate is when you are in bed or in the bathroom at home. Then it is absolutely fine.
- It is best to wait until you are alone!

Anatomical drawings of a woman

Find the following, and put each number in the correct place.

1. Urinary bladder
2. Pubic symphysis
3. Urethra
4. Labia
5. Vagina
6. Anus
7. Cervix
8. Ovary
9. Womb lining
10. Clitoris
11. Where does the foetus develop into a baby?



Where is it OK to masturbate?

1.

2.

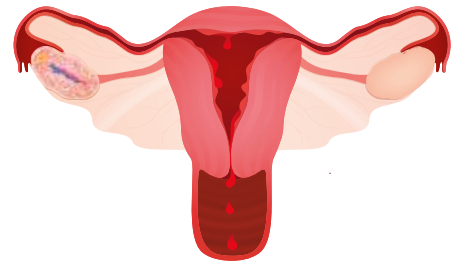
Can we do this in the living room when we are together with other people?

Can we do this when other people, or our boyfriend/girlfriend, are there with us?

Would you like to see questions other young people have asked about masturbation and the answers they have been given? You can read more at:
www.ung.no/oss/sexogsamliv/onani/

The period

Girls start their menstruation / period during puberty



Usually, the first period comes 18 months to 2 years after the breasts start growing. The body then receives a message to release one (or on rare occasions two or more) eggs per month. At the same time, the womb builds a lining of blood and tissue.

If the egg is fertilised by a sperm cell (the woman becomes pregnant), the foetus will attach itself to this lining and use its blood and tissue to develop. We call this the placenta.*

Usually the egg is not fertilised. Then the body has no need for the placenta, and will rid itself of the lining. This is what causes the menstrual bleeding.

The ovulation occurs some two weeks before the menstrual bleeding starts, and the period usually lasts for 5–7 days.

To have menstrual cycle with monthly ovulation and bleeding is a sign that you are able to have children.*

**(Norsk helseinformatikk 2016)*

During the period

Because girls bleed during the period, they have to use sanitary pads or tampons. Many use both. We can look at what is available in the shop.

This is used to avoid blood stains on the clothes, and to ensure good hygiene. Sanitary pads and tampons are made specifically for use by girls during their period.

Some girls may experience discomfort just before or during the period, such as back pain or stomach cramps.

Some may feel moody due to the pain. It is good idea to try to notice this, and to take painkillers if necessary.



Sanitary pads and tampons are available from the grocery store. The people working there are used to selling these products; it is completely normal.

It can be useful to keep track of your period by marking on the calendar when it starts. The bleeding typically occurs in 28 day cycles. However, a normal menstrual cycle can be anything from 26 to 34 days.

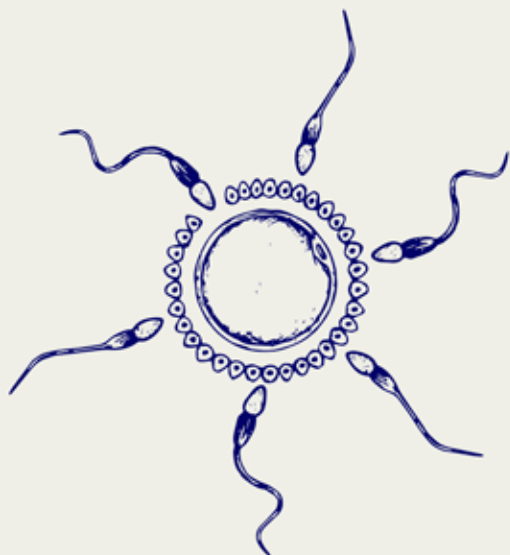
You will get to know your own menstrual cycle when you have had a few periods.

Can you remember where on the drawing the ovary is located?



You will find more information about the period at:

<http://nrksuper.no/super/blog/ti-ting-du-kanskje-ikke-visste-om-mensen/>



Anatomical drawing of sperm cells around an egg.

Pregnancy and birth

When a woman is pregnant, her egg has been fertilised by the man's sperm cell.

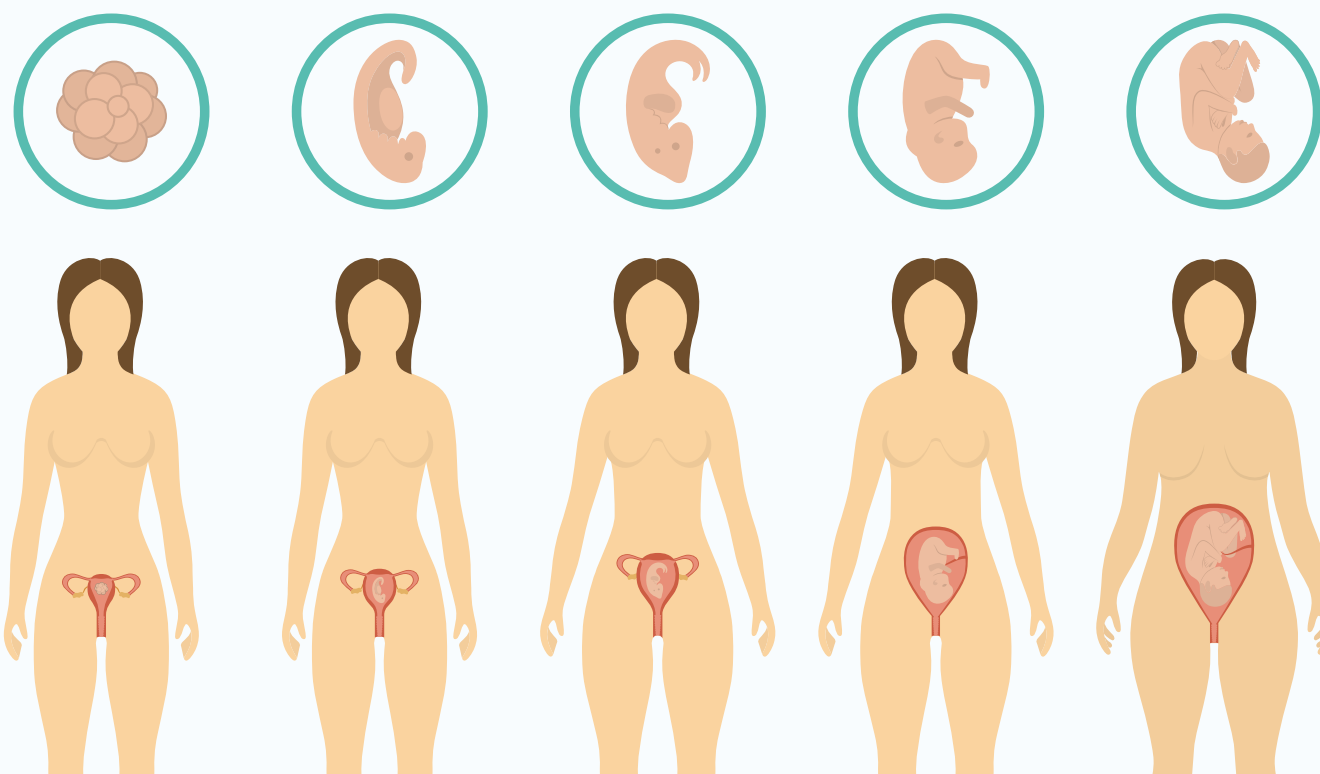
Sperm cells form part of the man's semen, but are impossible to see without them being magnified many times.

The foetus continues to grow inside the woman's womb. Do you remember where to find the womb?

It will usually take around 9 months for a baby to fully develop.

For a man and a woman to have a baby together, they have to have had intercourse. This means that the man's penis has been inside the woman's vagina.

Anatomical drawing of how the foetus develops during pregnancy



Here you will find two animated films about fertilisation:

1: www.nhi.no/forside/animasjoner

2: www.youtube.com/watch?v=h82ltr84_Yg



To have a child and become parents is an enormous responsibility.

It is therefore wise to wait until you are an adult before you start thinking about becoming pregnant.

You should be in a steady relationship that you feel certain will last.

If you would like to know more about pregnancy, the nurse will give further advice.

Are you curious what other young people think about pregnancy?

You can read more at: www.ung.no



Breastfeeding

Young women's breasts grow larger to enable them to breastfeed a child.

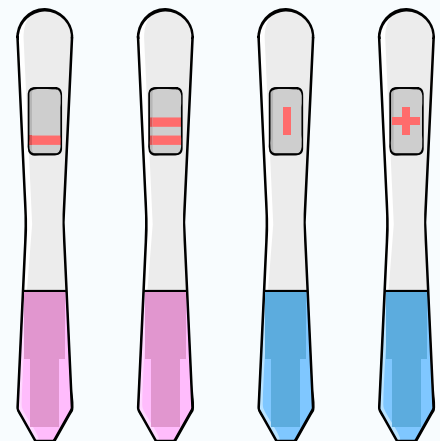
A woman who are not pregnant or have not had a baby will not get milk in her breasts.

Would you like to see an animated film about breastfeeding? You will find this at: www.nhi.no/forside/animasjon

Pregnancy test

If you are wondering whether you are pregnant, you can easily find out by taking a pregnancy test.

Talk to the nurse for further advice if this is something that applies to you.





QUIZ

Can you remember?

Tick the answers that you believe are correct	Correct	Incorrect
Girls do not get acne during puberty.		
Girls experience voice breaking during puberty.		
The period starts during puberty.		
Menstruation and period is not the same thing.		
To be fertilised is the same as being pregnant.		
Girls develop breast to be able to breastfeed.		
It is common for girls to masturbate.		
Girls do not develop hair under the arms.		
Those who get acne use products to remove the Spots.		
Public health nurses can help those who need to know more about pregnancy.		
There are various websites I can visit to find more information.		

What can we do to ensure good hygiene when we have the period and when we reach puberty?

Can you think of three things?

1.

2

3.



Any thoughts about the topic we have covered on girls and puberty?

In our next conversation we will talk about

4. MOOD SWINGS

Short repetition:

What can you remember from our previous conversation?



Do you have any questions, or is there something you would like to add to what we talked about previously?

Have you thought of anything that we should talk about?

Mood swings

Mood swings during puberty are common. This means that your mood changes quickly. As an example, you can be very happy and then suddenly feel very sad or very angry without really understanding why.

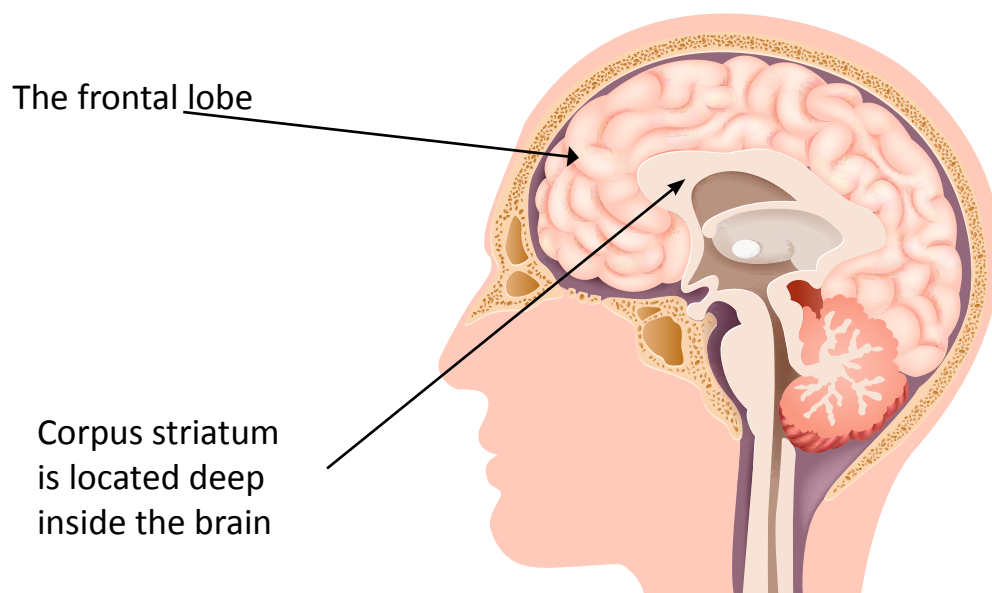
Why do we get mood swings?

During puberty, there are also changes taking place in the brain. The brain becomes smarter!

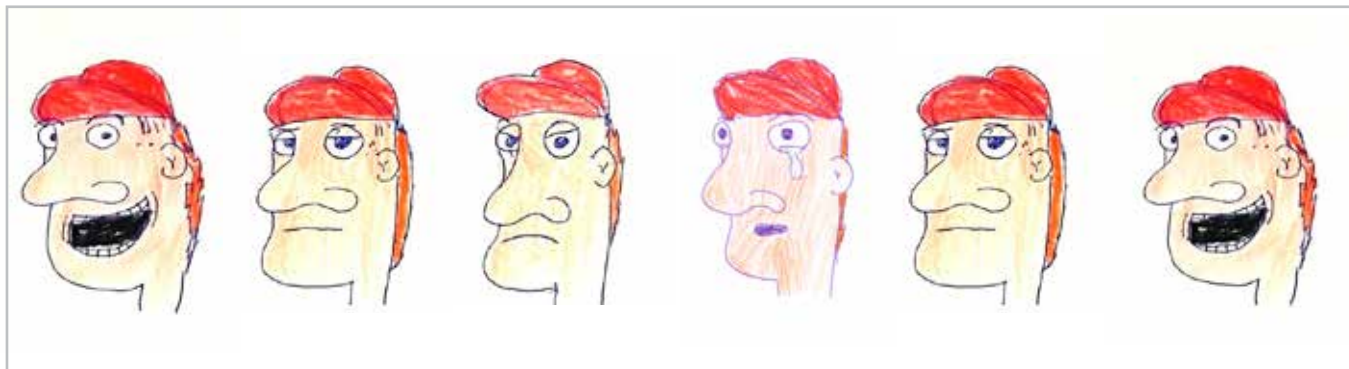
Our social skills move from deep inside our brain (corpus striatum) to the frontal lobe. This transition period lasts for several years!

The process may affect our mood and behaviour. It can for example sometimes be difficult to answer our parents or siblings in a nice way because we feel annoyed!

Have you experienced mood swings?



Follow the link if you would like to see a film about the remodelling of the brain:
www.tv.nrk.no/serie/schrodingers-katt/DMPV73003512/06-12-2012



More about hormones and emotions

During puberty you usually get better at expressing yourself, identify with other young people, and maybe also start taking an interest in religion, politics or similar (Norsk Helseinformatikk 2016).

Some people, such as those with autism, may find it more difficult to express themselves and tell others how they feel. It is then good to have someone you trust, and who can help you put into words what you need to say. Someone who understands you well.

Who are able to help you?
Who do you trust and feel will understand you well?

During puberty, we also have a body full of hormones – testosterone for boys, and oestrogen for girls – and this may lead to mood swings and angry outbursts. We can feel unable to control our feelings.

Maybe we get angry and overreact without quite understanding why. This is completely normal. Thankfully, we get better at controlling this as we develop. (Norsk Helseinformatikk).

It is common for some people, such as those with autism, to find it difficult to identify and talk about how they feel. This is why it is a good idea to practice recognising various emotions in other people, and to learn the various names to be able to let others know when things are not so great. Other people can then help us feel better.

Follow this link to learn more about hormones:
<http://skole.osterlie.net/bio1/hormoner/hormoner.html>

Any thoughts around what we have talked about?



Any questions relating to what we have talked about?

**I AM SO
ANGRY!!!**



What do you usually do when you get angry?

The KAT-kit

- It is a good idea for pupils to have the chance to talk to somebody about their feelings. Having separate support conversations at school may be helpful.
- There is a tool kit called the KAT kit. It makes it easier to talk about emotions.
- This is a picture of the KAT-kit.
- Maybe you have this at school?



If you follow this link, you can see how the KAT-kit may be used. You will also find a video about the KAT-kit on YouTube:

https://www.youtube.com/watch?v=CkCM5_pLr4s

Do you have ideas for what to do if you get angry?

If you get angry, it is often best to be alone for a bit until you have calmed down.



Give a sign that you need time to yourself, such as the “time out” sign. This has to be agreed with the person working with you, for example the teacher.



Or show a red card.



Or maybe sit on a beanbag for 5 minutes?

Can you think of any other smart suggestions?

Have you watched the film about Alfred and the shadow? If not, it is a good idea to do so – it is a short film about emotions: <https://www.youtube.com/watch?v=vuDLFGb7khA>



QUIZ

Do you remember?

Tick the answers that you believe are correct	Correct	Incorrect
Mood swings are very unusual during puberty.		
It is wise to learn about emotions to avoid feeling depressed and worried.		
All young people get angry now and then.		
During puberty, we get moody.		
When we are angry, it is a good idea to shout at others.		
It is wise to talk to someone we trust when things are difficult		
When we are in a bad mood, it is wise to spend some time alone.		
There is only one emotion.		
When you become an adult, you stop having feelings.		



Any thoughts around what we have talked about?

Any questions relating to what we have talked about?

In our next conversation we will talk about

5. PRIVACY

Short repetition:

What can you remember from our previous conversation?



Do you have any questions, or is there something you would like to add to what we talked about previously?

Have you thought of anything that we should talk about?

Privacy

All human beings are entitled to privacy.



Privacy is something that concerns the individual. With this we mean that it may be something that you do not wish to tell or show other people, or only tell or show one or a few others.

For example, there may be something that you would like to keep private and do not want to share with many other people?

This is an example from the teacher/nurse:
Would you like to share an example?

Privacy: People are different

What we wish to keep private may differ from person to person. Some like to keep private what others speak openly about.

For example, a pupil at school may keep it a secret that his/her parents are getting a divorce, whereas a different pupil may be happy to share this with everyone. We are all different. This is fine.



There are certain things most people consider to be private.

Can we be naked wherever we like?

YES

NO

What applies for the points below? Discuss.

Can we be naked...

At home?

At day-care centres?

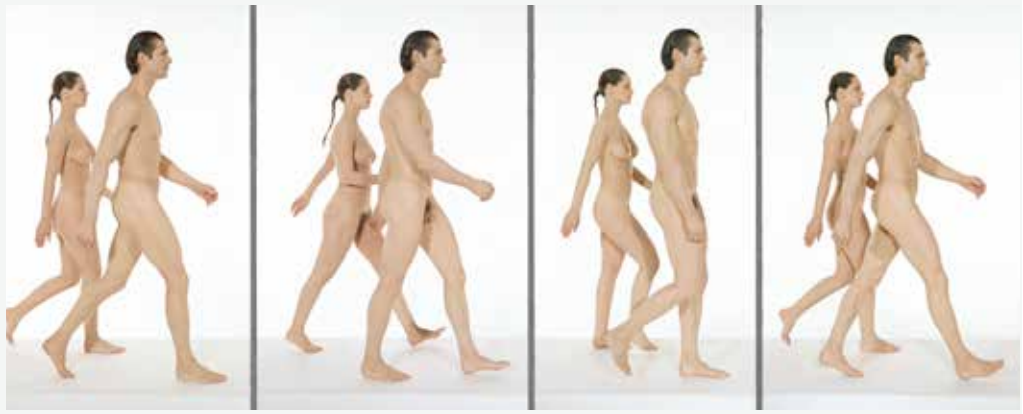
When visiting friends?

At the doctor?

In changing rooms?

At shopping centres?

About being naked



What is a nudist?

Where can I be naked?

Who can I see naked?

Where can other people be naked?

Who can see me naked?

What about the changing room at school before PE or swimming,
or when visiting a public swimming pool?

PRIVATE?



Which parts of another person's body are you not allowed to touch? These are often called private parts.

Are there exceptions?

Who should be able to decide over their own body regardless?

Where can you masturbate?

Is there something that people may find embarrassing to talk about?
Are there any topics that are more private than others? Do you have any examples?

Have you ever been told that what you were talking about was not appropriate there and then, or that you discussed this with the wrong people?

Other examples of privacy and private matters?

About hugging and kissing



Who are you allowed to hug?

How long does a hug usually last?

How do you notice that a hug is over?

How do you notice that someone does not want a hug?

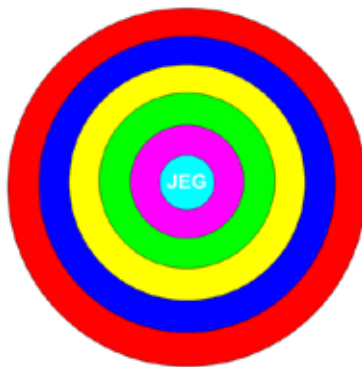
Who are you allowed to kiss?

Is this the same in all countries?

Privacy and autism

It is often difficult for people with autism to understand social cues and which rules and limits that apply.

Learning more about things that are difficult often leads to better understanding. There are many tools available to help with this, such as the “My Circles” app.



Read more about “My Circles” here:

<http://www.statped.no/fagomrader-og-laringsressurser/finn-laringsressurs/sammensatte-larevansker/Mine-sirkler---app-som-sosialt-atferdskart/minesirkler/>

About being left alone

Most people need to be alone once in a while.
This is completely normal.



How can I show that I am busy / would like to be left alone?

How can I know that others are busy / would like to be left alone?



Social media and privacy

Young people today use various social media. Most have a minimum age limit of 13 years old. Respecting this age limit is important.

It is there because we tend to know more about what is wise to post on the internet when we are a bit older.

When visiting the various social media, you have to consider carefully what to post for other people to read. There are many things that are not smart to post on the internet.

What is OK on social media?

To post nude images?

To send nude images to other people?

To write about being very depressed and having a broken heart?

Negative stories about others, such as your parents or friends?

To bully other people via internet?

Things that are untrue?

Have you or your nurse/teacher seen any examples of things that perhaps should not have been posted on social media?



SOME RULES OF THUMB FOR WHATS PRIVATE!

- You must always have permission to hug and kiss other people.
- Do not touch other people on their private parts. Not without permission.
- Do not let other people touch your private parts. It is only OK for strangers to do this when you are being examined by a doctor or other health professionals.
- Sometimes you may be searched, such as when passing through airport security. It is then necessary for the security personnel to feel your body as part of the search.
- If you have a boyfriend or girlfriend, you can touch each other if you have agreed that this is fine.
- Do not talk openly about other people's private parts. Not many people will like this. Those listening, and the person concerned, may feel that this is embarrassing and get hurt.
- Do not talk loudly about sexual topics. Many people may react negatively to this?



QUIZ

Can you remember?

Tick the answers that you believe are correct	Correct	Incorrect
We can be naked wherever we like!		
A body search means that you shower.		
A doctor may examine our genitals.		
It is fine to sleep naked in your own bed.		
Everyone decides over their own body.		
It varies how private we prefer to be.		
It is fine to talk loudly about sexual topics wherever you like.		
It is not fine to shower naked in the changing room of a swimming pool.		



Any thoughts around what we have talked about?

In our next conversation we will talk about

6. ABOUT FINDING A BOYFRIEND/ GIRLFRIEND

Short repetition:

What can you remember from our previous conversation?



Do you have any questions, or is there something you would like to add to what we talked about previously?

Have you thought of anything that we should talk about?



Boyfriend/girlfriend

A boyfriend/girlfriend is someone you are particular fond of, in a very special way. It usually starts with having a crush on the person, and the other person having a crush on you.

Both have a great affection for each other in a very special way. When you have a crush on someone, you may experience lots of energy, good thoughts, and feelings of excitement.

If two people are in love and have been together for a while, they may agree to become a couple.

Couples act much in the same way as good friends do, but they also like to do specific boyfriend/girlfriend things like kissing, holding hands, and after a while also having sex.

One of the most important things is that boyfriends and girlfriends are kind to each other. They pay attention to the other person, and would like to stay together for a long time. Usually, they do not flirt a lot with others any more as they now have a boyfriend/girlfriend to flirt with.

Who can I be boyfriend/girlfriend with?

Homosexual =

Lesbian =

Heterosexual =

Bisexual =



What is a transperson?

“Transperson is a collective term that also includes transvestites. Trans is about gender identity and expression, not about sexuality. Transpersons may be heterosexual, bisexual, or homosexual. Some transpersons have a medical need to modify their body in order to feel that it corresponds with their identity. Not all people covered in this definition of trans wish to be defined as such.

This must be respected.” (<https://llh.no/artikler/begreper>).

FRI – the Norwegian Organization for Sexual and Gender Diversity – has a website where you can read more about various sexualities and genders: <https://llh.no/>

Would you like a boyfriend/ girlfriend, but do not know how to get one?



It is common to flirt to show that you are interested in a person. When we flirt, we show that we are fond to the person we are flirting with. To flirt can be to smile, say nice things, maintain eye contact for longer, blink with one eye, and show that you care for someone in a special way.

Many with autism find eye contact difficult. Maybe you can write a note or send a message instead? It is a good idea to tell the person you like about your autism. This will make it easier for him/her to understand you and the way you are.

For example, someone you like may think that you are not interested in him/her if you do not maintain eye contact or flirt as described above.

Some flirting advice

Try to get to know the person you are interested in. You can ask about everyday things. For example:

- “Where do you live?”
- “What are your hobbies?”
- “Which school do you go to?”
- “What is your favourite film?”
- “What is your favourite music?”

You then get to know each other better, and you can see if you have anything in common.

- Give the person you like some extra attention, for example by offering them an ice cream.
- Give compliments such as “nice shoes”, “cool jumper”, “your hair looks nice” etc.
- Smile at the person you are fond of.

Would you like to get to know them even better?

Then you can ask them out, maybe to see a film or go for a walk.

Thoughts around this?

When flirting, remember

- Do not sit too close to someone you are fond of but do not know particularly well. Some people do not like this, and will move away. Your teacher/nurse can help you practice how close you can sit to someone you do not know that well.
- Make sure that your hygiene is good, that you smell nice, and that you shower daily. Clean and well-groomed hair is an advantage.
- Clean clothes are important. If we use the same clothes all the time, others will notice this by the smell.

And remember – practice makes perfect! Try some role play with the teacher/nurse to feel more confident with the situation.

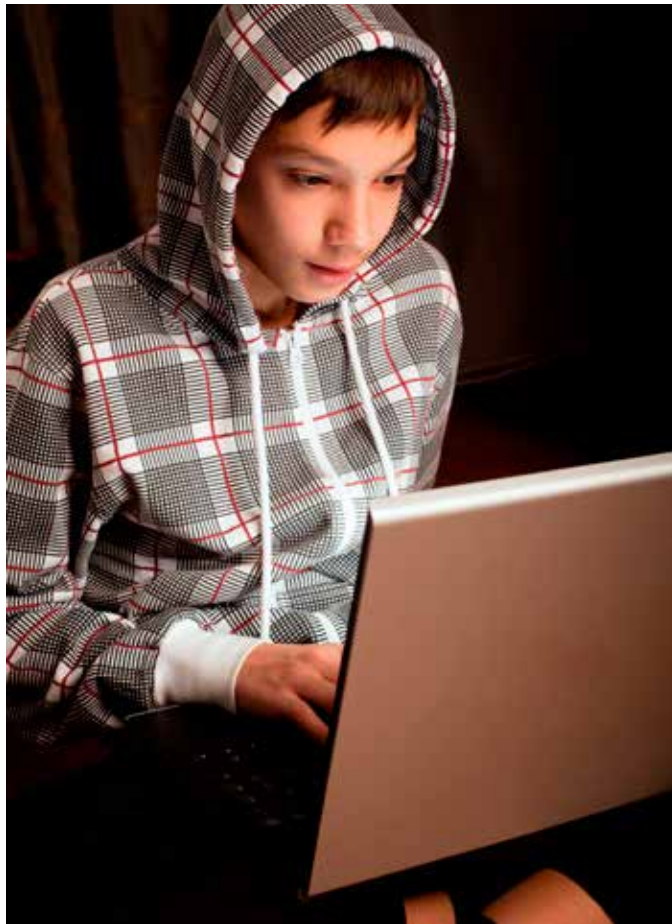
Check out websites such as www.ung.no for more advice..

There are some rules that apply to all people.

It is NOT fine to be boyfriend/girlfriend with:

1. Children. The age of consent in Norway is years old
2. Someone in your own close family, meaning:
3. Siblings, parents, grandparents, children and grandchildren.
4. Your teachers or others working at your school.
5. Those working with you, such as at day-care centres.

Other people with whom you cannot be boyfriend/girlfriend?



Online dating

These days, it is very common to create a profile on online dating sites. It is important to remember that someone may try to trick you.

Be careful! If you are meeting up with a person, it is wise let someone know about your plans and listen to their advice.

Many people have been tricked when using online dating sites!
Who can you ask for advice?

SINGLE

Some single people miss having a boyfriend/girlfriend.

In life, it is a common experience not to get a boyfriend/girlfriend even though you would like to have one. This is something most people will experience. It can make you very sad. Maybe you are unhappily in love.

A broken heart will last for a while, but try to remember that it will pass! It is common to get your heart broken once or several times in life.

You cannot get a partner unless the person you want also wants to be with you. You then have to keep looking, and remember that it may be easier to find someone if they share your interests. Maybe you can join a club to meet other people?



Some comfort from while you are waiting: You can think, dream, and fantasise about anyone you want :)

Some people do not want a boyfriend or girlfriend

Not everybody wants a boyfriend or girlfriend. Some people prefer to be alone. Some people live alone all their lives, and some live parts of their lives alone.

There may be various reasons why someone does not want a boyfriend/girlfriend, such as:

- They may not have met anyone suitable.
- They may have been hurt by someone and are afraid to try again.
- They may have so much fun with your friends that they do not need a boyfriend/girlfriend.
- They may prefer being alone.
- Some prefer the company of an animal, such as a dog or a cat, instead of living with a boyfriend/girlfriend.

Other reasons why people may choose to be alone?

You can find more information about this at:
<http://www.forskning.no/artikler/2008/juni/184421>



Any thoughts around what we have talked about?

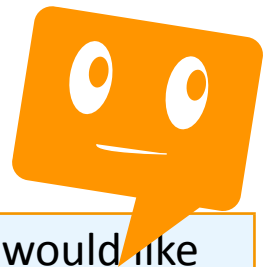
Any questions relating to what we have talked about?

In our next conversation we will talk about

7. CONTRACEPTION

Short repetition:

What can you remember from our previous conversation?



Do you have any questions, or is there something you would like to add to what we talked about previously?

Have you thought of anything that we should talk about?

Contraception (birth control)

“Contraception is a generic term for methods designed to prevent pregnancy, despite having intercourse.” *

A safe and effective contraceptive is important for a good sex life.

- There are many different contraceptives to choose from. It is important that you find the one that suits you best. Your doctor will help you choose. Do you need help with booking an appointment with the doctor?
- We also use contraceptives to prevent the spread of sexually transmitted diseases, but this only applies to condoms.
- Health clinic for young people is a FREE service, and offers advice on contraception and sexual health. You can also ask for help with mental health issues and other health related questions.
- Hormonal contraceptives are only available from a pharmacy and on prescription from a doctor. Condoms are available without prescription.

* <https://snl.no/.search?utf8=%E2%9C%93&query=prevensjon&x=0&y=0>

Contraceptives for men

Men can use a condom. It looks like a small balloon. The man will roll the condom over his penis when he has an erection. When the man has an orgasm and ejaculates semen, this will be contained in the condom. This prevents the semen from entering the woman's body.



Condoms can be bought:

- in a grocery store
- at a petrol station
- in a kiosk
- at a pharmacy
- online

Contraceptives for women

Women have to visit a doctor in order to get contraceptives. Contraceptives for women are only available from a pharmacy and on prescription from a doctor. These contraceptives will only prevent pregnancy:

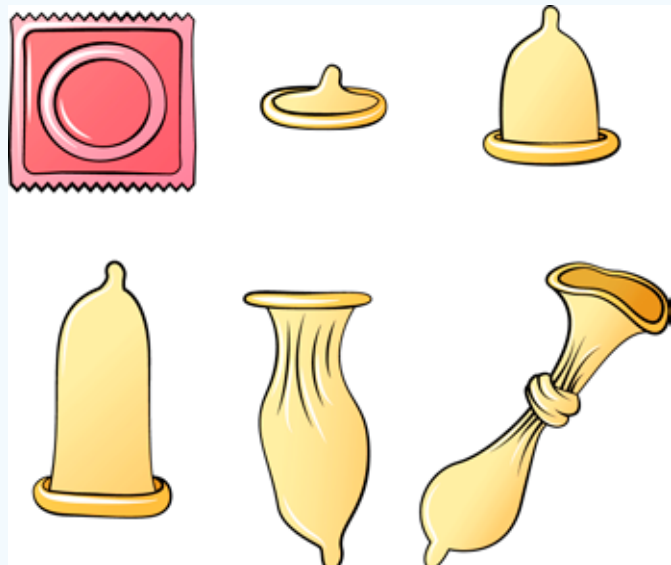
- Contraceptive implant
- Hormonal coil
- Gestagen contraceptive pill
- Contraceptive injection
- Progestogen-only pill
- Vaginal ring
- Contraceptive patch
- Copper coil

To avoid sexually transmitted diseases, also the woman has to make sure the man uses a condom.



You can read more about the various contraceptives at:
<http://www.ung.no/prevensjon/>
<http://www.rfsu.se/no/Norsk/Produkter/>

Use a condom





When two people are having sex, who is responsible for making sure that they use contraception?

Any questions relating to what we have talked about?

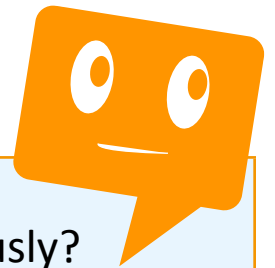
Any thoughts around what we have talked about?

In our next conversation we will talk about

8. ABUSE

Short repetition:

What can you remember from our previous conversation?



Do you have any questions, or is there something you would like to add to what we talked about previously?

Have you thought of anything that we should talk about?

Abuse means that one person violates another person's rights.

Abuse can happen to everyone regardless of age and gender.



No one has the right to force someone else to sexual contact!

If someone forces another person to have sexual contact, it is sexual abuse.

Some examples of sexual abuse are:

- A person touches your penis or your bottom (without your permission)
- A person wants you to touch his/her genitals, bottom or breasts (without you wanting this).
- A person forces you to have sex with them. This is called rape.

Also, it is not permitted for people to indecently expose themselves to others.

Indecent exposure means:

If people do some of what is mentioned in the above examples, they are doing something illegal. They are committing a criminal offence (the Norwegian Criminal Code §201).

Even boyfriends and girlfriends cannot force their partner to have sex. Both have to want to do it.

Have you experienced violence or abuse? If so, it is important that you talk to someone. It is for example common practice to see the school nurse to talk about issues that may be difficult. You will then be given further advice.

You can read more about abuse at:

<http://www.ung.no/overgrep/>

If you do not want to talk to anyone you know, you can find more information at:

<https://dinutvei.no/>



If you have experienced something as difficult as sexual abuse, it is very important that you tell someone. Keeping it to yourself can make you feel unsettled and depressed for long period of time.

This may happen if you do not talk to someone:

- You may have problems sleeping and falling asleep.
- You may feel more scared.
- You may feel insecure in situations that you have been comfortable with earlier.
- You may come across small things that remind you of the experience because you have not been able to properly process what is difficult.

Check this link about abuse:

https://www.bufdir.no/global/nbbf/Funksjonsnedsettelse/Vern_mot_overgrep_Brosjyre_lettlest.pdf

**If you are the victim of abuse,
it is important that you receive
help immediately.**



What do you do if you do not want sex or cuddles?

No one has to have sex if they do not want to. It is frightening and unpleasant to be pressured into doing something you do not want to – particularly when it comes to sex.

Always tell someone.

If you are forced to have sex with or perform sexual acts on someone else, you must always tell your parents or someone else you trust. This can be your teacher, the school nurse, your work supervisor, your support person, staff at the day-care centre, or a good friend.

I can talk to:

If you or someone you know have committed abuse, it is important that you own up to this. Someone you trust can advise you how to take this information further.

If you are the victim of abuse, it is important that you receive help immediately. And remember, it is never your fault!

By telling someone you trust you will get the help you need to feel better.

**Talk to an adult
you trust**





Any thoughts around what we have talked about?

Any questions relating to what we have talked about?

In our next conversation we will talk about

9. GYNAECOLOGICAL EXAMINATION

Short repetition:

What can you remember from our previous conversation?



Do you have any questions, or is there something you would like to add to what we talked about previously?

Have you thought of anything that we should talk about?

Gynaecological examination

A gynaecological examination is carried out by a doctor, and is when the female genitals are checked.

We will look at pictures and talk about what a visit to the gynaecologist may look like.

This way, you may feel more secure when you are having a gynaecological examination.



This is often how the computer looks if you are having an examination by a gynaecologist using ultrasound equipment. In this case, the doctor will look at the computer during the examination.



This is what a gynaecological chair looks like.



This is how a person sits at the edge of the gynaecological chair before leaning back.



This is how a person should lie in a gynaecological chair.



Someone may stand by the patient's head and hold the patient's hand during the examination.

You can read more about gynaecological examinations at:
http://www.ung.no/helse/942_Underlivsunders%C3%B8kelse_for_jenter.html



Any thoughts around what we have talked about?

Any questions relating to what we have talked about?

In our next conversation we will talk about

10. SEXUALLY TRANSMITTED DISEASES

Short repetition:

What can you remember from our previous conversation?



Do you have any questions, or is there something you would like to add to what we talked about previously?

Have you thought of anything that we should talk about?

Sexually transmitted diseases

Sexually transmitted diseases (STDs) are also called venereal diseases or sexually transmitted infections (STIs). These are infections in a person's genitals, and may have serious consequences. They can make you very ill, and can also make you sterile.

Sterile means:

Both men and women can contract sexually transmitted infections, and both genders can be carriers of STIs. This means that you have the disease without having symptoms, and you can still infect the person you are in intimate contact with.

Facts about sexually transmitted diseases

Sexually transmitted diseases (STDs) are infections that are passed from one person to another through sexual contact. The causes of STDs are bacteria, viruses, yeast, or parasites. STDs are transmitted through contact between skin and mucus in or around genitals, mouth, or intestine. Chlamydia, caused by bacteria, and condylomas and herpes, caused by viruses, are the most common sexually transmitted diseases in Norway.

STDs often have symptoms like itching or a burning sensation in the genitals, discharge, pain when urinating, and soreness or rash on the genitals. Some infections, in particular chlamydia, may have few or no symptoms. However, they can still lead to reduced fertility or infertility.

Fertility means:

It is very important to diagnose and treat sexually transmitted diseases, both to avoid these spreading and because some diseases may reduce the ability to have children. For suspected chlamydia, syphilis, gonorrhoea, and HIV infection, the examination and treatment are free of charge.

Check the link at www.ung.no. Sexamen

Overview of sexually transmitted diseases

- **Chlamydia** is caused by a type of bacteria causing infection in the genitals. If left untreated, Chlamydia may lead to infertility. Chlamydia is very common among young people up to 25 years old. Most people who are infected do not have any symptoms. This is why everyone should get themselves tested by a doctor or nurse when they get a new partner.
- **Condylomas:** Small, wart-like growths on the genitals, which are transmitted through sexual contact.
- **Vaginal yeast infection:** An uncomfortable but harmless condition that typically causes itching, a burning sensation, and a white, curd-like discharge. **Gonorrhoea:** A sexually transmitted disease. A symptom of gonorrhoea in men is discharge from the urethra, whereas women often experience no symptoms.
- **HIV – AIDS:** A virus that causes lifelong infection, and that gradually breaks down the immune system. AIDS is the final phase of a HIV infection.
- **Genital herpes:** A sexually transmitted disease caused by a herpes simplex virus type 1 or 2. Genital herpes causes sores, blisters, and burning pain on and around the genitals.
- **Syphilis:** A sexually transmitted disease caused by bacteria.
- **Gonorrhoea:** A sexually transmitted disease. A symptom of gonorrhoea in men is discharge from the urethra, whereas women often experience no symptoms.

You can read more about sexually transmitted diseases at:

http://www.rfsu.se/Bildbank/Norge%20unike/PDFer%20sex%20og%20relasjoner/Publika%20bro-schyrer/RFSU_Kjonnssykdommer%20og%20hiv.pdf

http://www.ung.no/sexogsamliv/kjonnssykdommer/1921_Oversikt_over_kj%C3%B8nnssykdommer.html

Remember:
A condom protects against
sexually transmitted diseases



Thoughts and questions?

If I have any thoughts or questions about this, I or the teacher/
nurse can make a note of these here:

In our next conversation we will talk about

11. HYGIENE

Short repetition:

What can you remember from our previous conversation?



Do you have any questions, or is there something you would like to add to what we talked about previously?

Have you thought of anything that we should talk about?

**Hygiene is
important
during puberty**



“Hygiene typically refers to what is clean, healthy and health-promoting, as opposed to what is unhealthy and causes disease.”

(<https://sml.snl.no/hygiene>).

How to wash intimate areas?

Should you use strong soap when washing intimate areas?





This is important:

Shower often, such as daily or every other day. Many like to have this included in their plan.

Put on clean clothes every day. Change underwear every day. Often change the socks as well.

Wash with soap in the shower. For intimate areas, we use neutral soap.

Neutral soap is:

Some repetition; can you remember what we talked about earlier?

Deodorant

Most young people use deodorant under the arms when they have showered or washed. Then they avoid smelling of sweat.



Sweating

During puberty, the body produces more sweat – particularly under the arms. This sweat has a stronger odour.

The most important function of sweating is regulating temperature. Therefore, hygiene is important during puberty.



On the next pages, there are some social stories about hygiene.



Why wash our hands?

Sometimes our hands get dirty. Most people wash their hands when they are dirty. Sometimes we have to wash our hands for other reasons.

For example:

I sometimes cover my mouth when I cough or sneeze. When I sneeze, bacteria may be transferred to my hands.

On other occasions, I may get bacteria on my hands when I use the toilet.

It is a good idea to wash your hands when there are bacteria on them. It is also a good idea to wash your hands before you eat.

My parents like that I wash my hands to stay healthy!



Oral hygiene

Oral hygiene is about keeping the mouth clean. To avoid cavities and to keep your mouth healthy, it is important to brush your teeth and floss twice daily.

Sometimes our breath smells bad. It is not easy to notice the smell yourself. To check your breath you can breathe into a cupped hand, or you can lick your wrist and smell it after approx. 30 seconds.

If it smells bad, it may be a good idea to use a sugar-free gum, mouth spray, or similar to freshen your breath. Then you will not bother other people with bad breath.

I will try to remember to keep my mouth clean and fresh by brushing my teeth twice daily.

For example, I can have a gum ready if I notice that my breath smells, such as after a cup of coffee. When I smell good, it is better for the people who are talking to me.



Why shower?

All the people I know shower. It is a common thing to do. Most people shower to keep clean, healthy, and to smell nice.

It is common practice to shower when you have been training, sweating and are dirty, and to have routines for showering several times a week. This is important to stay healthy.

It is also important to ensure that others are not being bothered by the odours our bodies produce. When we go a long time without showering, we will have a body odour from that many find uncomfortable. This smell is not always easy to notice yourself.

When you reach adolescence and adulthood, your body produces more odours such as sweat. Therefore, young people have to shower more often than small children.

If I shower every day, I will smell nicer. Then other people will not be bothered by bad body odour. The people I spend time with will appreciate this.

I can add this to my calendar to make sure I remember when to shower.

This is what I will try to do:



Checklist when showering

1. Prepare the clothes you will use after showering. Clean underwear and socks.
2. Have a flannel ready.

What to do in the shower:

3. Set the water temperature.
4. Wet your entire body during the shower. Touch the back of your head to make sure all of your hair is wet.
5. Start at the top of your body, and wash downwards.
6. Wash your hair with shampoo. Massage the shampoo into all the hair.
7. Rinse out the shampoo.
8. Use a hair repair product if necessary.
9. Use conditioner if necessary. Leave in for approx. 1 minute.
10. Rinse out conditioner and/or repair product.
11. Wash your ears without soap. Use your fingers to check that dirt and wax in the outer part of your ear have gone.
12. Wash under your arms with foaming soap.
13. Rinse the soap off.
14. Wash intimate areas with neutral soap or only water. Do not rub hard; wash gently.
15. Rinse the soap off.
16. Wash toes/feet.
17. Rinse any soap off.
18. Turn off the water.
19. Dry your body and hair from top down, and put on clothes.

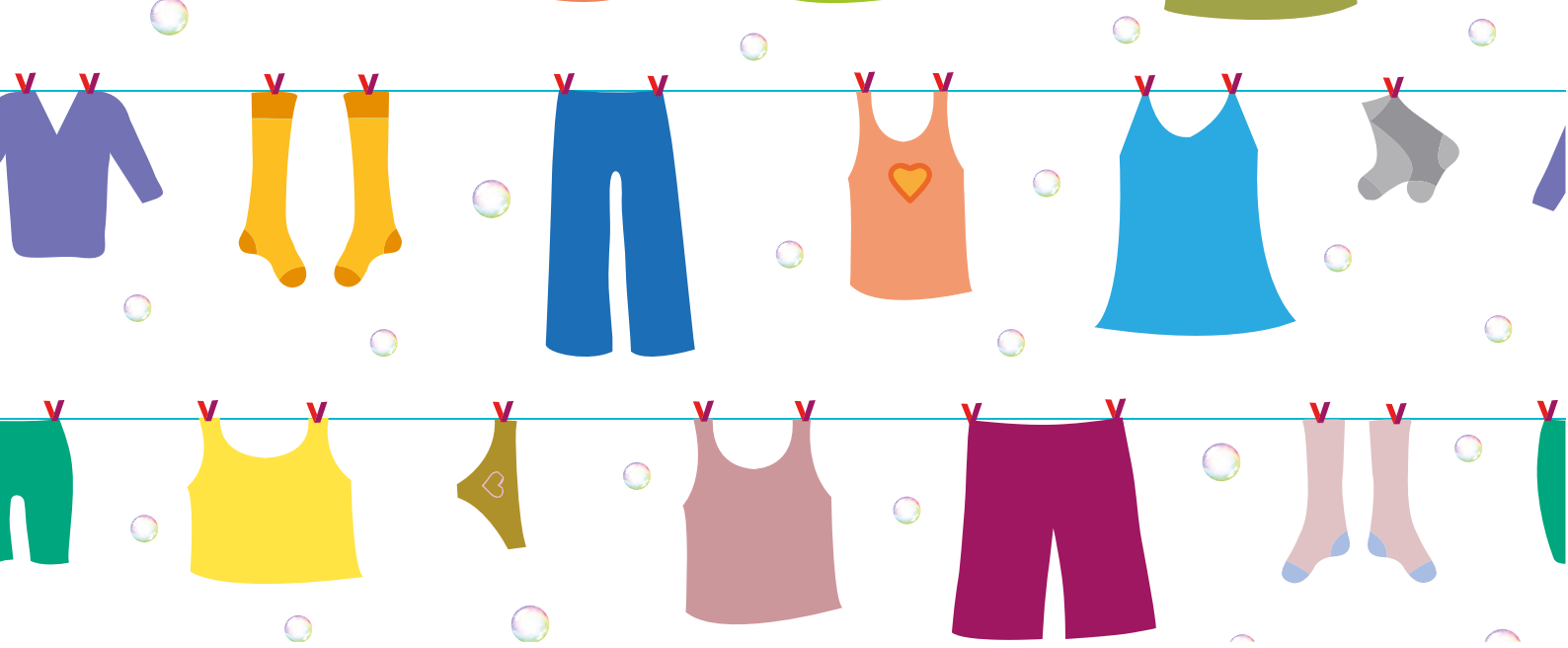


Why change underwear?

All the people I know change clothes regularly. This is common practice. It is normal to change underwear more often than other clothes. This is because there are more bacteria on the underwear than on other clothing.

It is common that there is some discharge from the genitals. Therefore we should change our underwear every day to avoid uncomfortable smell and to stay healthy.

I will try to remember to change my underwear every day. I can prepare the clothes I am going to wear on the night before, to make sure I remember this.



Why change socks?

All the people I know change clothes regularly. This is common practice.

Socks usually have to be changed more often than for example trousers and jumpers. This is because the socks become sweaty when we have used shoes for an entire day.

There is also some dirt on the floor, and socks will usually become visibly dirty sooner than other clothing.

Many will change their socks every day. Some people also change their socks after training or when they notice that their socks smell bad. It is a wise thing to do. Then you will not bother other people with bad smell from your socks.

I will try to remember to change my socks every day. I can prepare the clothes that I am going to wear on the night before, to make sure I remember this.



Why put on clean clothes?

People usually change their clothes regularly. They do this to look clean and neat. Many also like changing their clothes to vary what they wear.

When you change clothes regularly, others will not be bothered by bad smell. When your clothes are stained, it is a good idea to change what you are wearing. Then you avoid people noticing the stains and perceiving you as dirty.

If your clothes get stained, you can use some water to remove the stain until you get home and can change. If there are no stains on my clothes and they do not smell bad, I can wear them for 3–4 days. After this, it is a good idea to change to clean clothes.

I will try to remember that it is a good idea to change my clothes several times a week.



Plan what you are wearing the day before

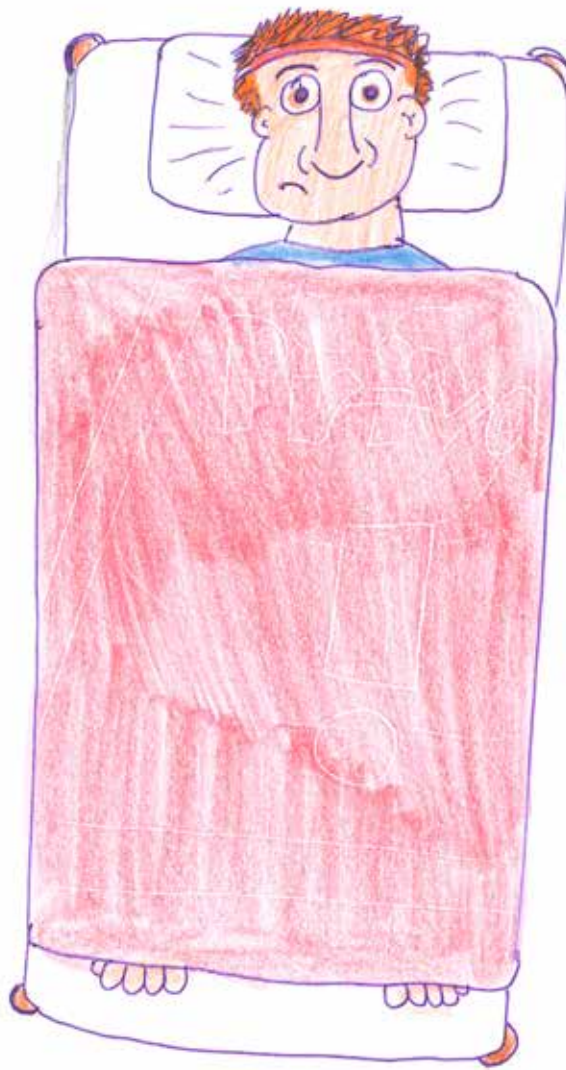
Most children and young people get up early on weekdays to get to school. In the morning there are often many things that have to be done, and it can get busy.

It is a good idea to plan for the morning the evening before. Some like to prepare their packed lunch and pack their PE bag the evening before. This way, it gets less busy.

Many will also prepare the clothes they are going to wear the next day before going to bed the evening before. You then avoid having to stress finding clean clothes in the morning.

I will try to remember to prepare my clothes the evening before, and then I and my family will avoid the stress this brings.

I can get help to add this to my calendar.



When I have masturbated

Most people enjoy masturbating once in a while. It is a common thing to do. When girls have masturbated, there is secretion from their genitals. Boys who masturbate will have an ejaculation.

When you have masturbated, it is a good idea to wipe yourself clean afterwards. This can be done by keeping some kitchen roll by the bed. The used tissues should be thrown in the bin afterwards.

If I wipe myself after having masturbated and throw the paper in the bin, I will keep it clean around me. This is a wise thing to do to stay clean and healthy.



Change bed linen

It is common to use bed linen when sleeping. Bed linen is used to protect the duvet, pillow, and bed against dirt. When we use bed linen, this can be removed and washed.

It is common practice to wash the bed linen. We do this to keep our bed free of dust, sweat, dirt, and mite.

Some people find that it is a good rule to change the bed linen every week or every other week.

If you often go to bed without showering when you smell of sweat, the bed linen will smell bad and need washing more often than every second week. Therefore, young people in puberty have to change their bed linen more often than others.

I will try to follow this rule for washing my bed linen. Then I will more easily keep myself clean.



When I have been to the toilet

When you have been to the toilet, it is normal practise to flush.

We do this to make sure that there are no smelly excrements left in the toilet. When we flush as soon as we are finished, we avoid smell from the toilet.

If there are excrements left in the toilet, we remove this with the toilet brush placed next to the toilet.

It is more pleasant for those using the toilet after us when it is clean.

I will try to remember to flush and use the toilet brush remove dirt when I have used the toilet. It will then be more pleasant for those using the toilet after me.



Any thoughts around what we have talked about?

Any questions relating to what we have talked about?

In our next conversation we will talk about

12. SUMMARY AND CONCLUSION

Short repetition: What can you remember from our previous conversation?



Do you have any questions, or is there something you would like to add to what we talked about previously?
Have you thought of anything that we should talk about?

In this conversation, we will look at the various topics that we have covered. Maybe you have questions or can think of something that you would like to talk more about? We can then stop during the repetition.

Repetition 1st conversation

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Repetition 2nd conversation

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Repetition 3rd conversation

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Repetition 4th conversation

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Repetition 5th conversation

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Repetition 6th conversation

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Repetition 7th conversation

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We have looked at various websites during these conversations

There is a lot of information on puberty and sexuality on the internet. Maybe you have had a look already?

It may be wise to get some advice on the areas relating to sexuality. There is a lot on the internet that is not good information and that is not legal either.

There is plenty of pornography online. It is important to understand what is right and wrong, and to know the difference between fantasy and reality.

What sexual topics are prohibited?

You can read more about what pornography is at:
https://www.ung.no/sexogsamliv/3705_Porno.html

This is a website focusing more on eroticism, and which is not defined as pornography:
Cupido, which is an erotic magazine for intimacy and pleasure:
<https://www.cupido.no/>





REMEMBER: All people are different

People have different appearances as well as personalities. Differences make the world more exciting!

Here you can listen to Per Fugelli's advice to the young:

<https://soundcloud.com/aftenbladet/per-fugelli-det-a-bli-stemplet-som-ikke-god-nok-gjor-noe-farlig-med-et-menneskes-syn-pa-seg-selv>

