

A DIVINE DROPS EDUCATIONAL COURSE.

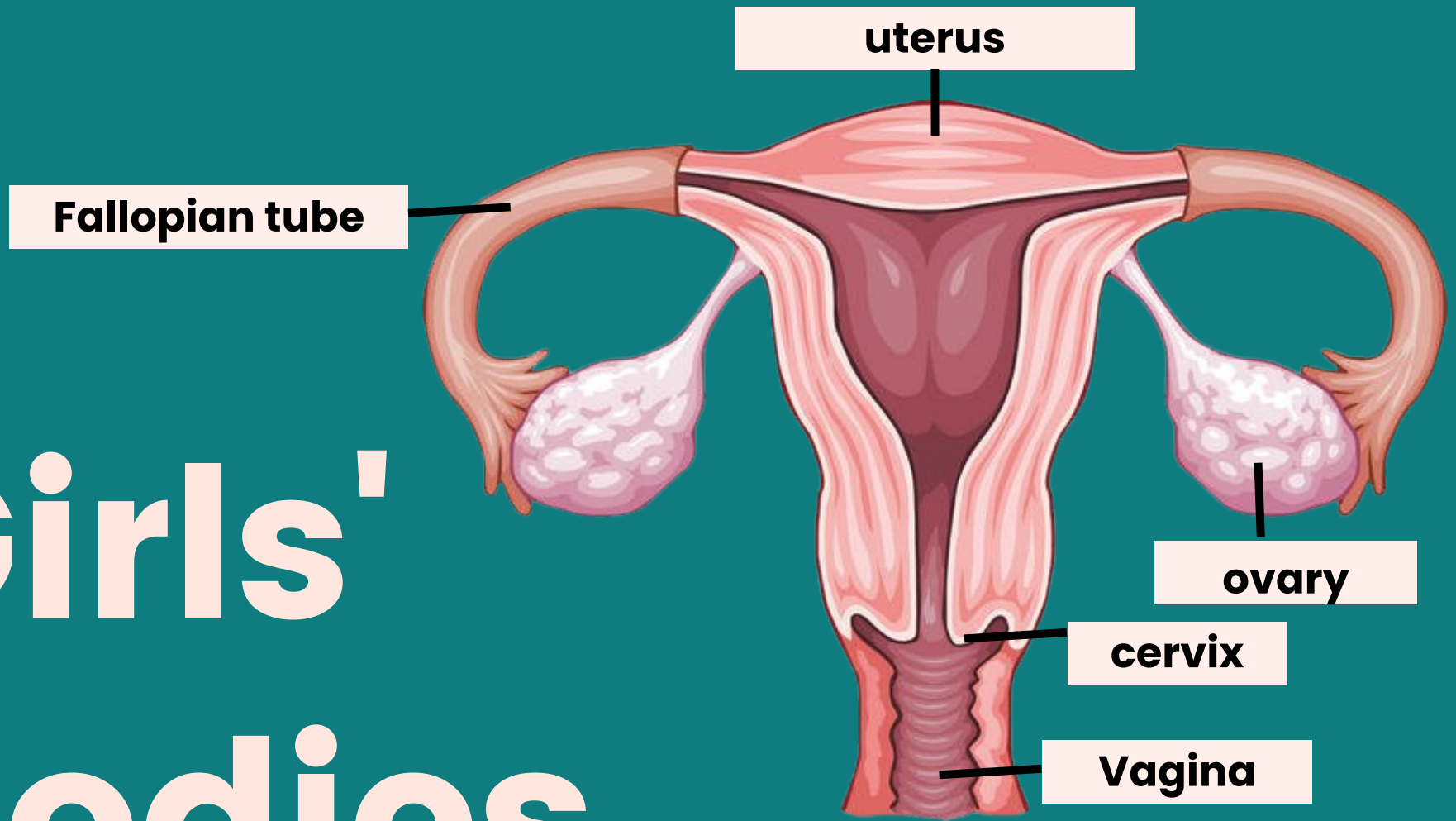
PUBERTY AND ANATOMY.

CHAPTER 1: ANATOMY AND ITS FUNCTION.

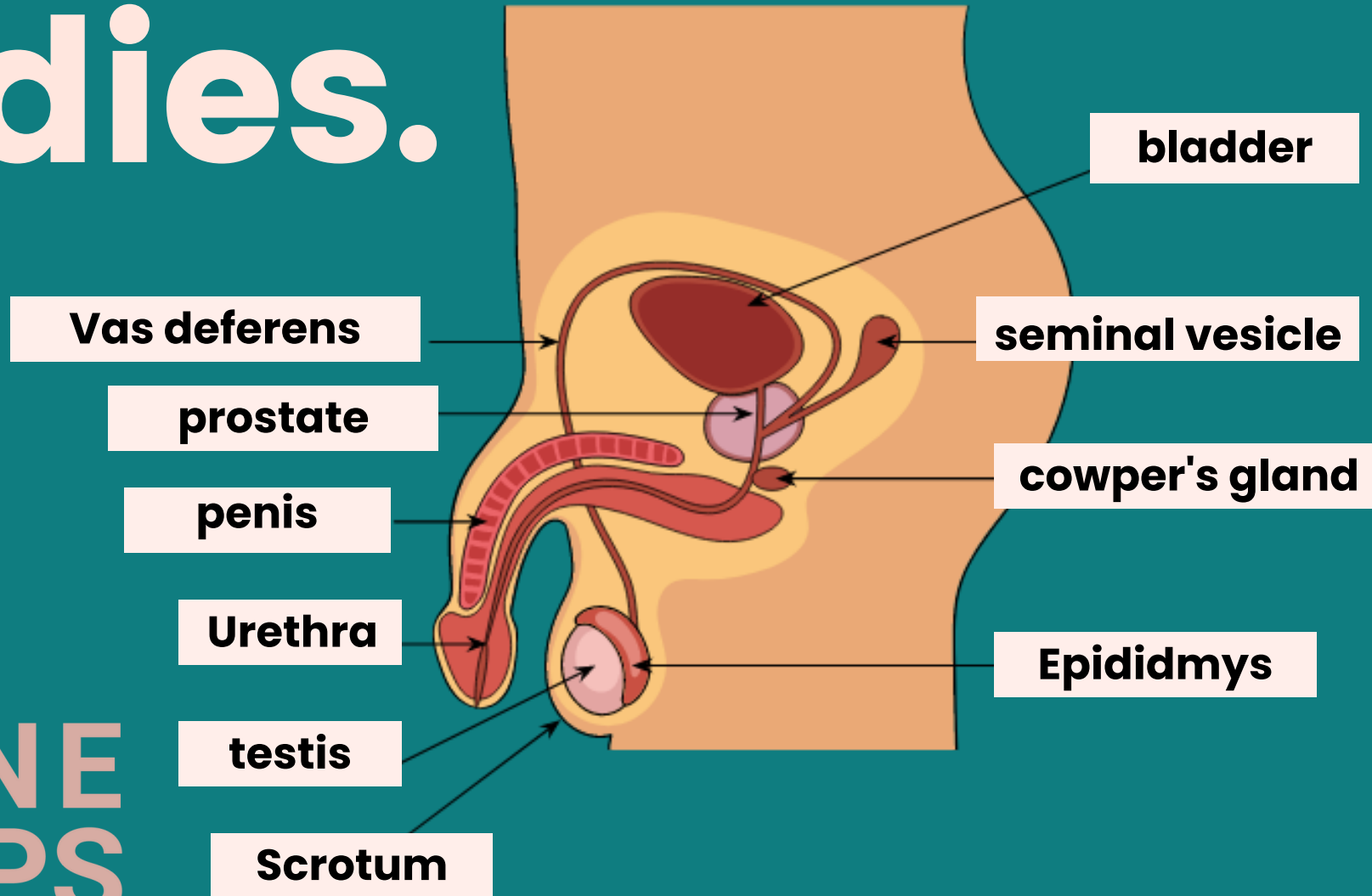
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Girls' bodies.

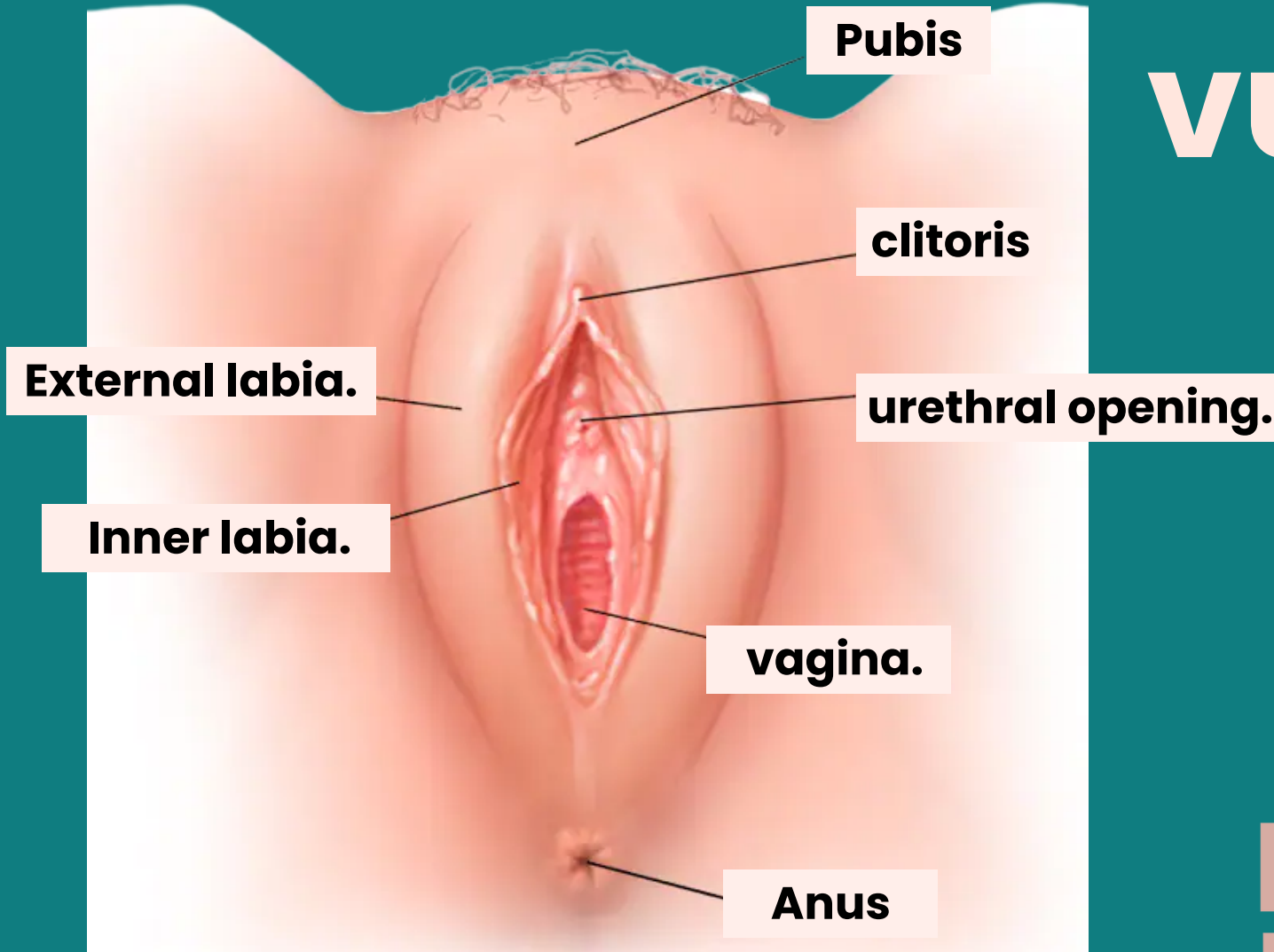
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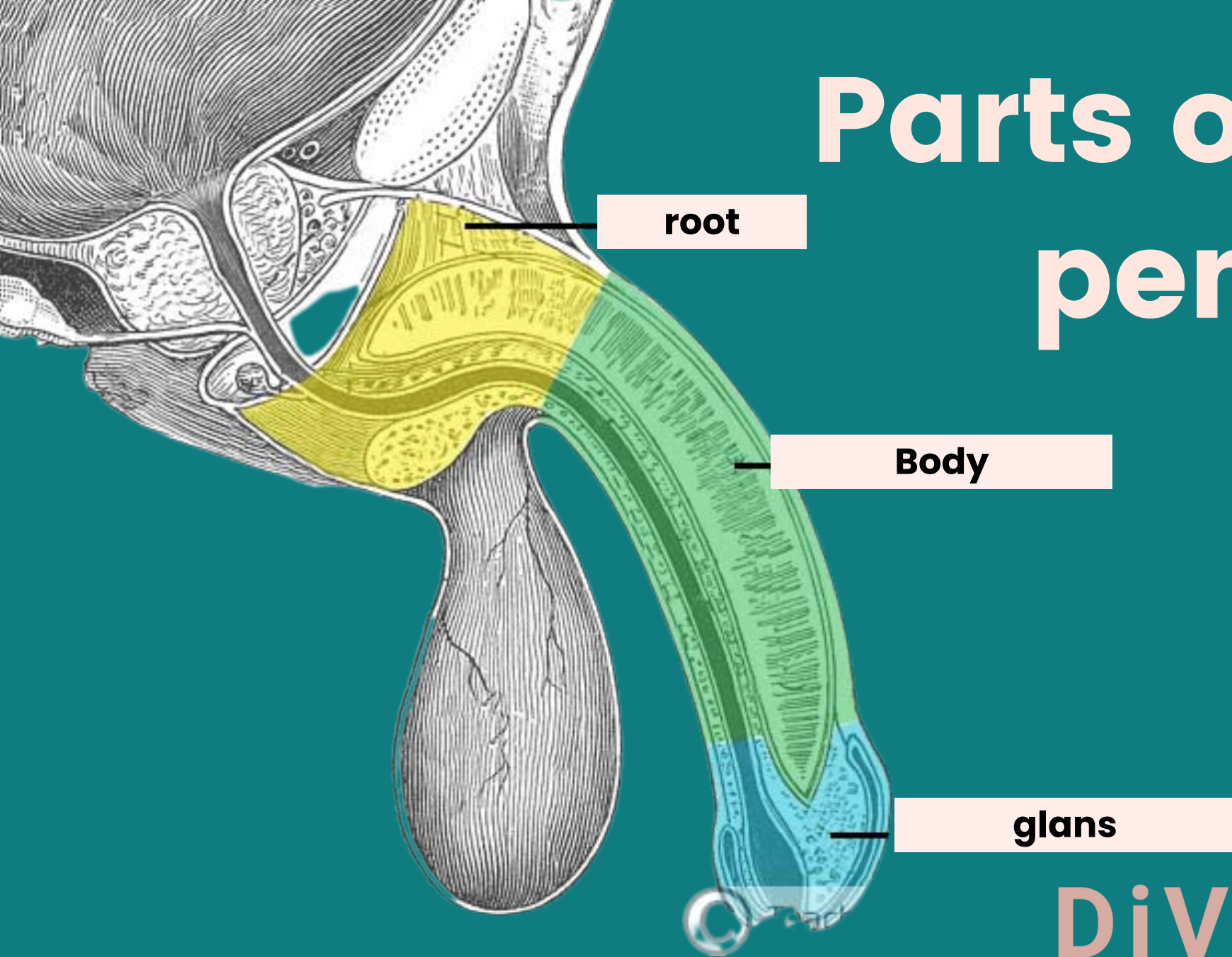
Boys' bodies.



Parts of a vulva.



Parts of a penis.



root

Body

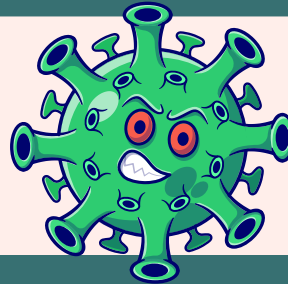
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**Why is it
important
to know
our
genitals?
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Self-knowledge



Prevent diseases



Notice the
minimum change



Prevent sexual
abuse



“

**LET'S
ERASE
THE
SHAME!**

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**Knowing our body
isn't dirty or
shameful, it's part of
us and we're going to
live together a long &
complete life.**

**Your body is the extension of
your soul, knowing it is essential.**

**Want to learn more about
anatomy and hormonal phases?**

Contact us!



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PUBERTY AND ANATOMY.

CHAPTER 2: LET'S TALK ABOUT PUBERTY.


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**what's
puberty?**

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**THE PERIOD
DURING WHICH
ADOLESCENTS
REACH SEXUAL
MATURITY AND
BECOME
CAPABLE OF
REPRODUCTION.**

Hormones are the main character in this movie called puberty.

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Testosterone. Progesterone.

Stimulates development of male secondary sexual characteristics, produced mainly in the testes, but also in the ovaries and adrenal cortex.

hormone released by the corpus luteum that stimulates the uterus to prepare for pregnancy.

Estrogen.

group of steroid hormones which promote the development and maintenance of female characteristics of the body

How do
girls
experience

puberty?

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**The
period.**



**Being
taller.**



**Fat re-
distribution**



**body
hair.**

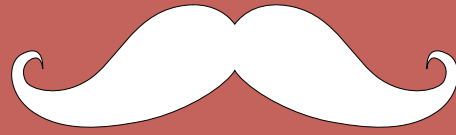


How do
boys
experience

puberty?

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**body
hair.**



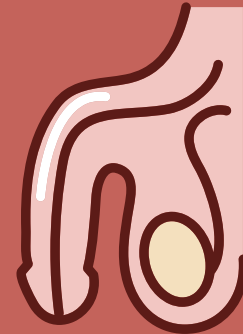
**deeper
voice.**



**Increased
muscle
mass.**



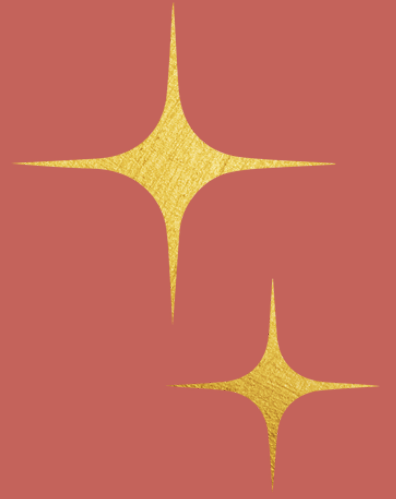
**Erections
and
ejaculations.**



Changes are part of this journey called life.

This part of your life is full of change, your friends and family will start to see you differently.

Your body is going to change drastically but remember: **Change is a chance to discover new things.**



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**Puberty is a really good phase
with the correct information and
company.**

**Do you want to learn more about
your body?**

Let's chat!



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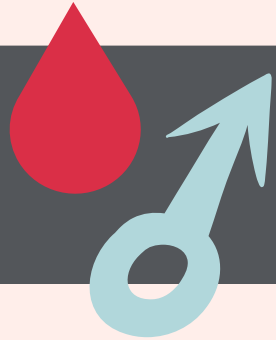
PUBERTY AND ANATOMY.

CHAPTER 3: QUESTIONS EVERYONE DID AT
LEAST ONCE.

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**How do I
know my
puberty
is
starting?**

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**- The period.
- Erections.**



**- Body hair
growing.**



**- Smell on armpits
and private parts.**



**- Changes on
your skin.**

**Why do my
armpits
and private
parts
smell?**



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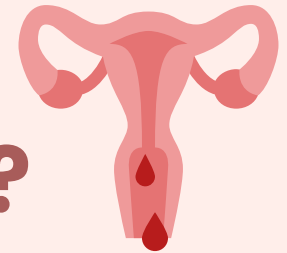
**the sweat
glands** become
more active
and when the
sweat comes
into contact
with bacteria
they produce
bad smell.

Why is hair growing on my body?

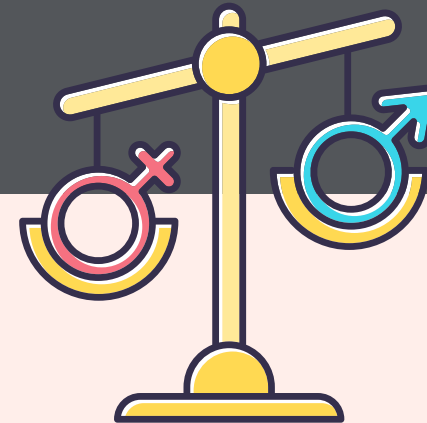


Hormones are the responsible of the body hair, when you start producing a **higher lever** of them, then hair'll start growing.

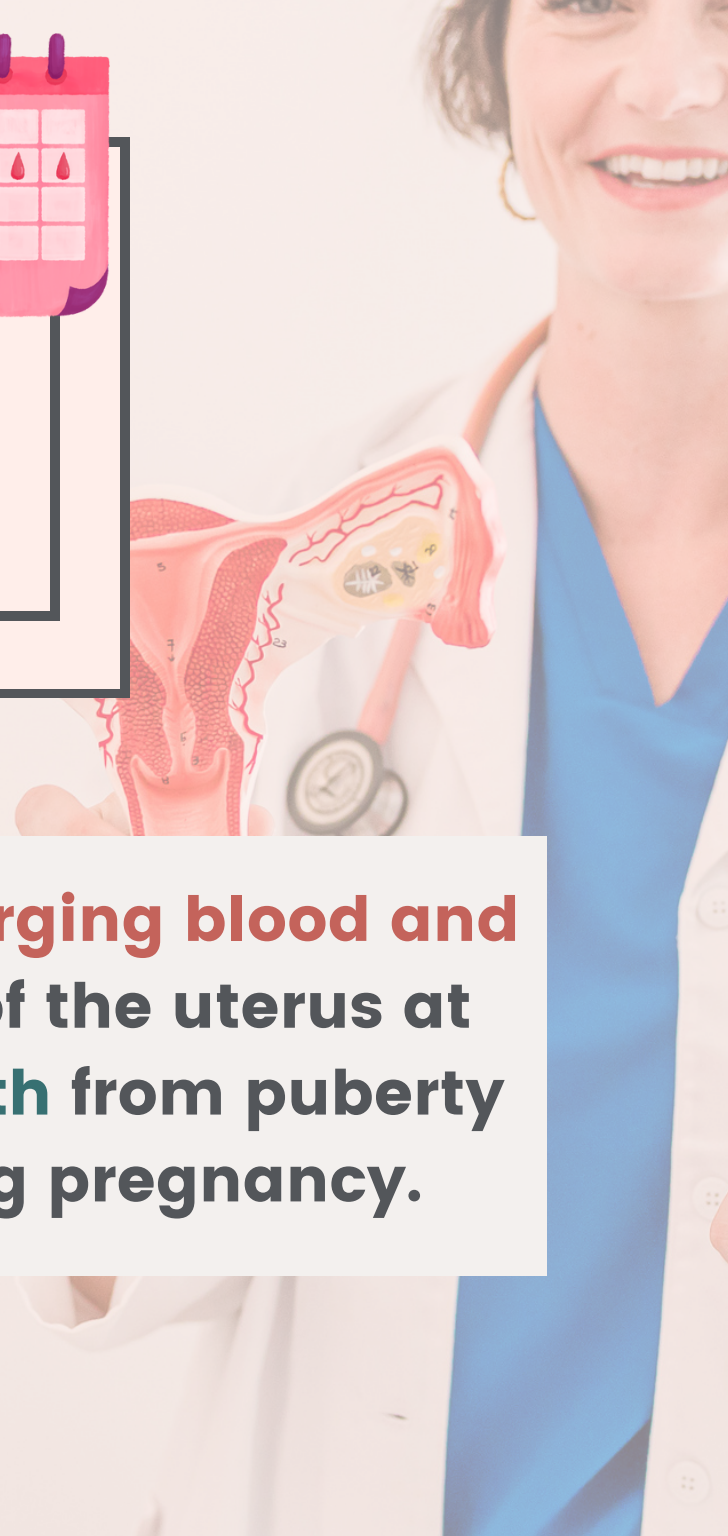
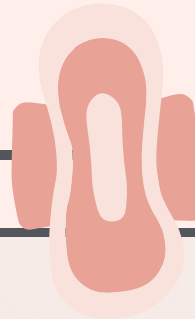
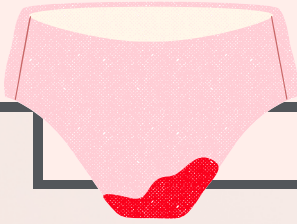
Why do girls bleed and boys don't?



Progesterone and our female organs are responsible of getting the period, men don't produce a high level of this.



What is menstruation?



the process in a woman of **discharging blood and other materials** from the lining of the uterus at intervals of about one **lunar month** from puberty until menopause, except during pregnancy.

If I don't experience
changes in **my body** like
my friends, is it a
disease?

NO!

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When is going to finish puberty?

Puberty. **maturity.**



Boys:
12–14 years.

Girls:
10–12 years.



Men:
21 years.

women:
17 years.

**menopause/
andropause.**



Men:
40–55 years.

women:
40–51 years.

I know you'll have more and more questions about this phase you're going through.

Do you want to learn more about your body?

Ask!



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CHAPTER 4: TAKING CARE OF ME.

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My emotions

...

why do I feel this way?



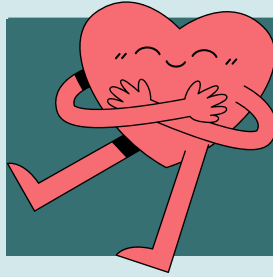
Mental reactions, the way we process everything that is happening around.

**Your emotions bring messages.
fear–protection.
Anger– Change.
Happiness– Repeat.**

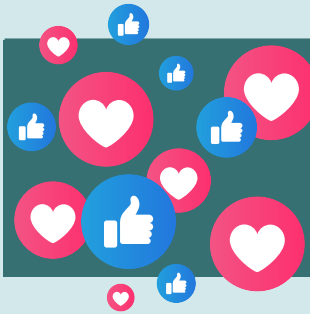
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how to
deal with
my
changing
body?

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**Be kind with
yourself.**



**Be critical with
social media.**



**Don't compare your
body. You're perfect
the way you are.**



**Remember: you
deserve food.**



“

**build a
solid
support
group**

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**You don't need to deal
with your emotions and
experiences alone.
Creating spaces where
you could **be vulnerable**
is essential for you and
your friends.**

**It's okay if you need
professional help, also.
You're important for a
lot of people!**

my emotions are not my enemies.

- **Mood swings:** You're learning how to live with a new body and a new mindset.

Insecurity: We're always consuming images of "how I should be" but it's all fake! Everyone is different and unique.

Love, anger, happiness, links...

Everything is part of this experience called puberty!



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wait... not
just my
body is
changing!

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**My
family.**



**My
friends.**



**The way I
understand
the world.**



**My
priorities.**



Your emotions are valid and important, you deserve to be loved and listened.

We have more info about connecting with your emotions and your cycle.

Contact us!



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