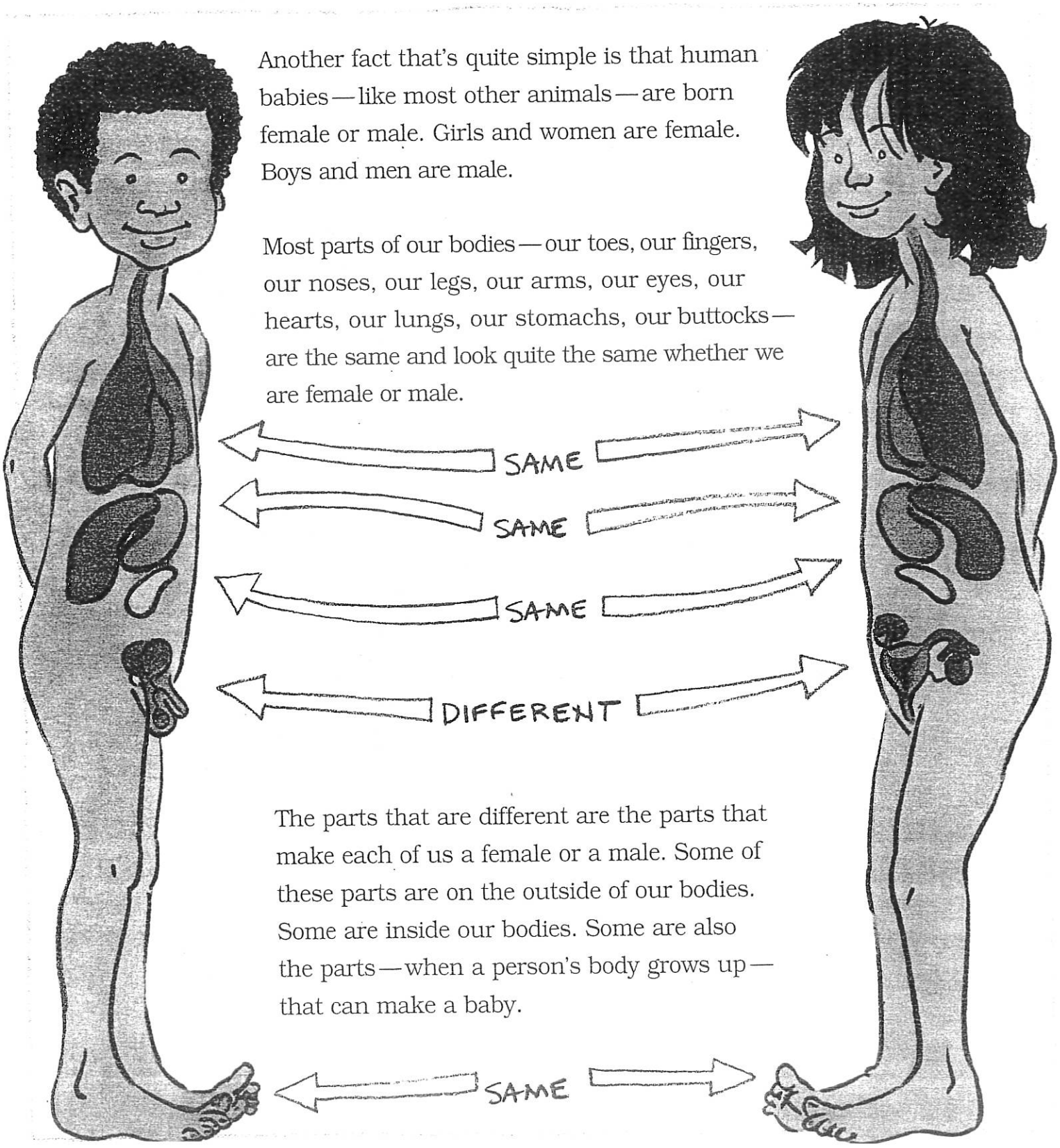
3

SAME AND DIFFERENT

Male – Female

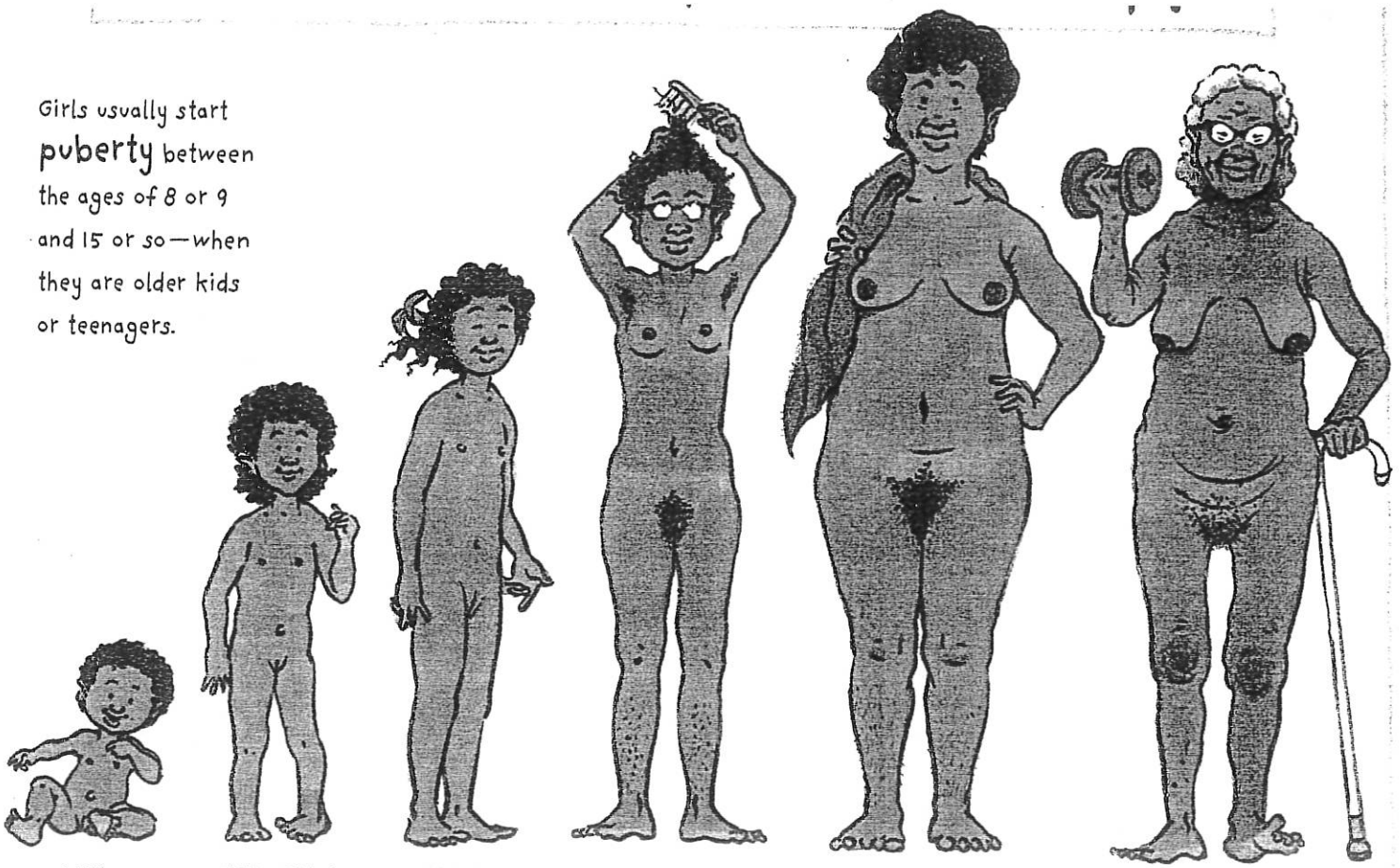


Another fact that's quite simple is that human babies—like most other animals—are born female or male. Girls and women are female. Boys and men are male.

Most parts of our bodies—our toes, our fingers, our noses, our legs, our arms, our eyes, our hearts, our lungs, our stomachs, our buttocks—are the same and look quite the same whether we are female or male.

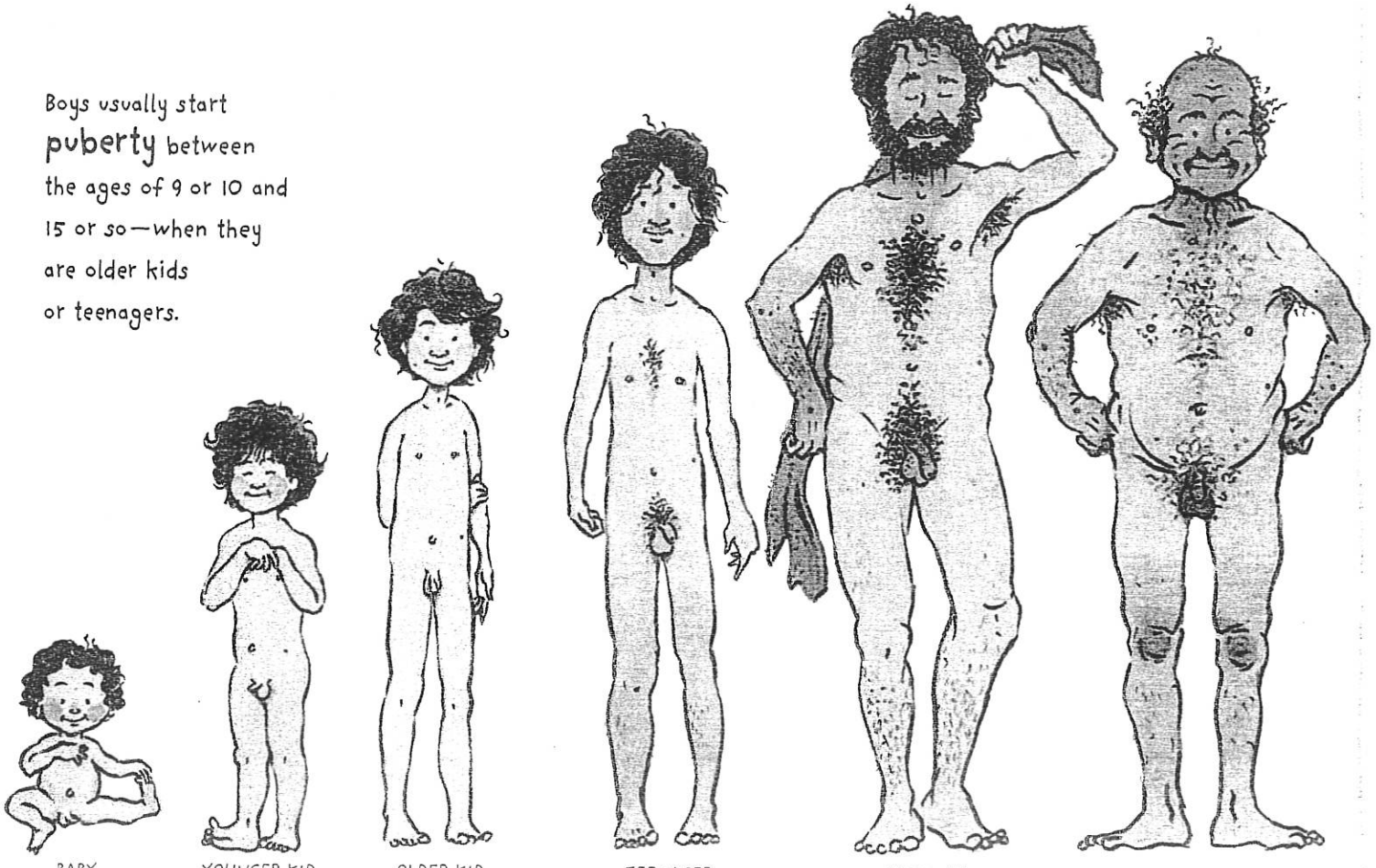
The parts that are different are the parts that make each of us a female or a male. Some of these parts are on the outside of our bodies. Some are inside our bodies. Some are also the parts—when a person's body grows up—that can make a baby.

Girls usually start **puberty** between the ages of 8 or 9 and 15 or so—when they are older kids or teenagers.



BABY YOUNGER KID OLDER KID TEENAGER GROWNUP OLDER GROWNUP

Boys usually start **puberty** between the ages of 9 or 10 and 15 or so—when they are older kids or teenagers.



BABY YOUNGER KID OLDER KID TEENAGER GROWNUP OLDER GROWNUP

5

WHAT'S INSIDE? WHAT'S OUTSIDE?

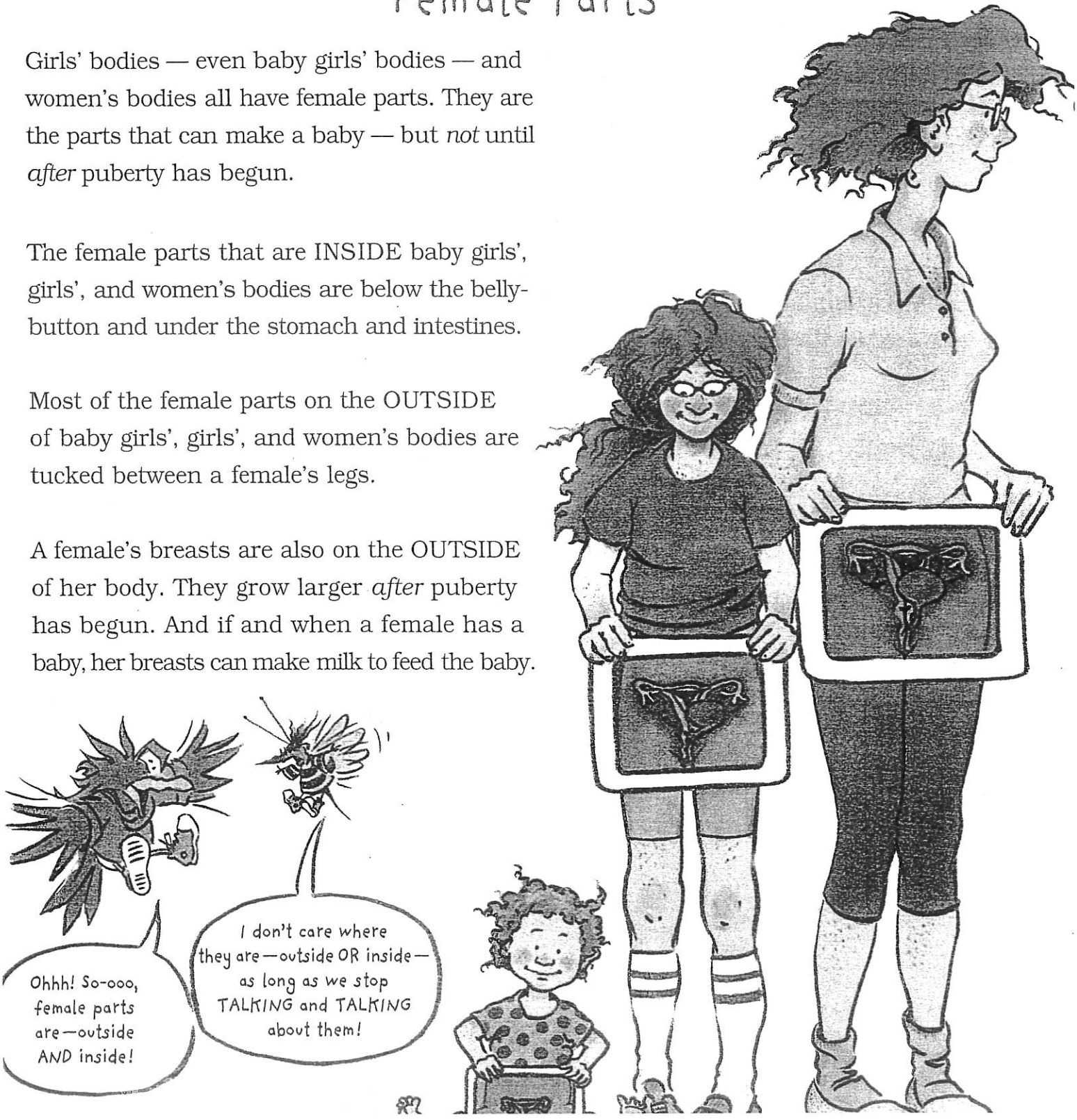
Female Parts

Girls' bodies — even baby girls' bodies — and women's bodies all have female parts. They are the parts that can make a baby — but *not* until *after* puberty has begun.

The female parts that are INSIDE baby girls', girls', and women's bodies are below the belly-button and under the stomach and intestines.

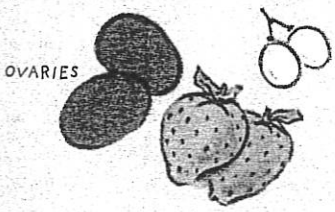
Most of the female parts on the OUTSIDE of baby girls', girls', and women's bodies are tucked between a female's legs.

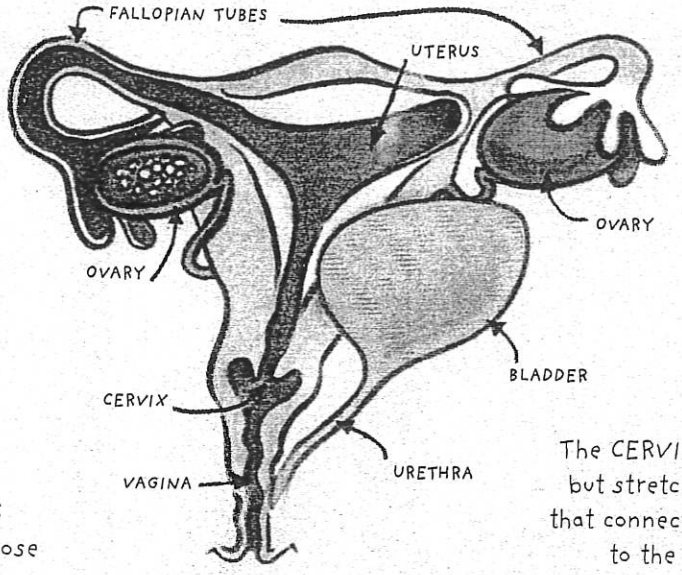
A female's breasts are also on the OUTSIDE of her body. They grow larger *after* puberty has begun. And if and when a female has a baby, her breasts can make milk to feed the baby.



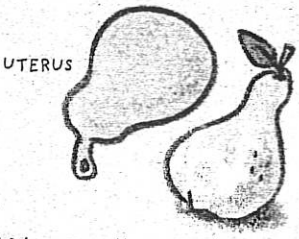
WHAT'S INSIDE?

The two OVARIES hold a female's eggs. The ovaries are about the size of grapes or marbles when a girl is young. During puberty, a girl's two ovaries grow to be about the size of large strawberries.



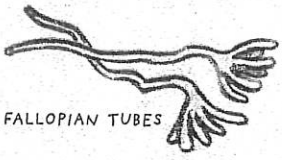


The UTERUS is made of strong and stretchy muscles. It is about the size and shape of a small upside-down pear.



The CERVIX is a small but stretchy opening that connects the uterus to the vagina.

The FALLOPIAN TUBES are two narrow tubes whose flowerlike openings are next to the ovaries. Each tube is about as wide as a soda straw. Each tube is connected to the uterus.



The VAGINA is a small but stretchy passageway that leads from the uterus to a small opening between a female's legs.

The URETHRA is a narrow tube that leads from the bladder to another small opening between a female's legs. Both females *and* males have a urethra and a bladder.

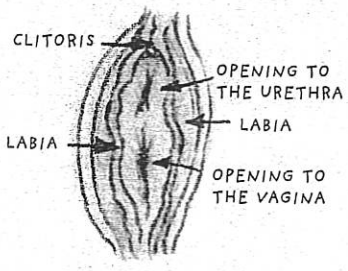
WHAT'S OUTSIDE?

The area of soft skin between a female's legs is called the VULVA.

Inside the vulva are two folds of soft skin called the LABIA. The labia cover and protect the inner parts of the vulva.

The CLITORIS—a small bump of skin about the size of a pea—is at the front of the labia.

Two openings—THE OPENING TO THE URETHRA and THE OPENING TO THE VAGINA—are tucked inside the labia.



VULVA

THE OPENING TO THE URETHRA is behind the clitoris. Urine—also called "pee"—leaves a female's body through the small opening to the urethra.

THE OPENING TO THE VAGINA is behind the opening to the urethra. When most babies are born, the baby comes out through the opening to the vagina.

Behind the labia is another small opening called the ANUS. Solid waste—also called "b.m." or "poop"—leaves a female's body through the anus. Both females *and* males have an anus.

In all, from front to back, there are three openings between a female's legs—the opening to her urethra, the opening to her vagina, and her anus.

6

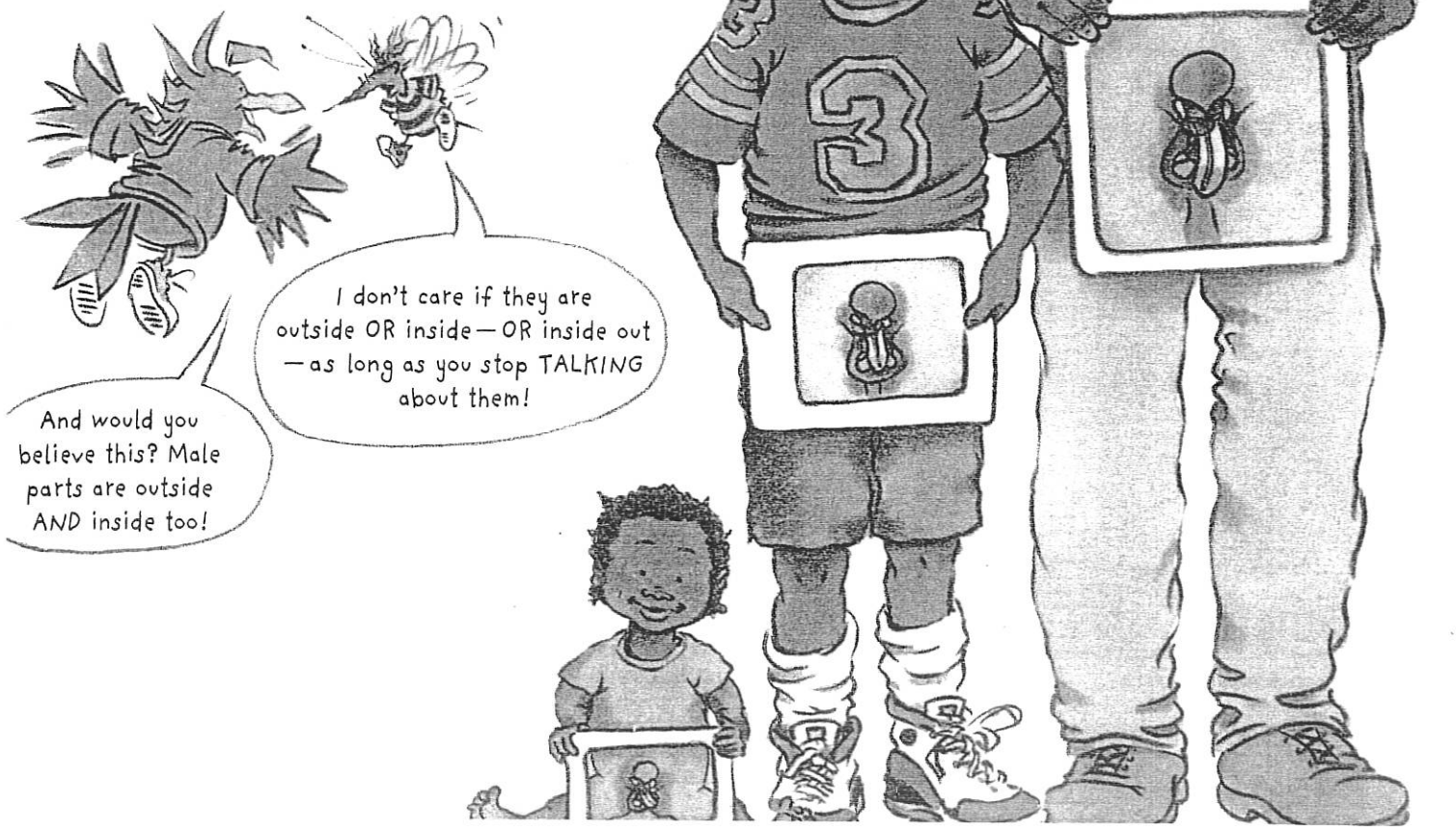
WHAT'S INSIDE? WHAT'S OUTSIDE?

Male Parts

Boys' bodies — even baby boys' bodies — and men's bodies all have male parts. They are the parts that can make a baby — but *not* until *after* puberty has begun.

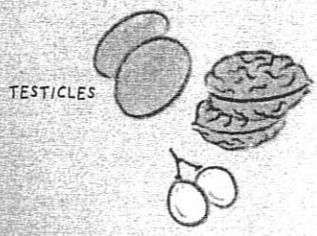
The male parts that are INSIDE baby boys', boys', and men's bodies are below the belly-button and under the stomach and intestines.

The male parts on the OUTSIDE of baby boys', boys', and men's bodies hang between their legs.

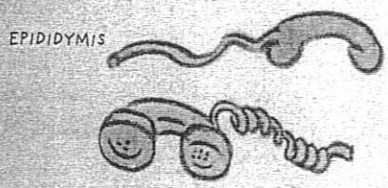


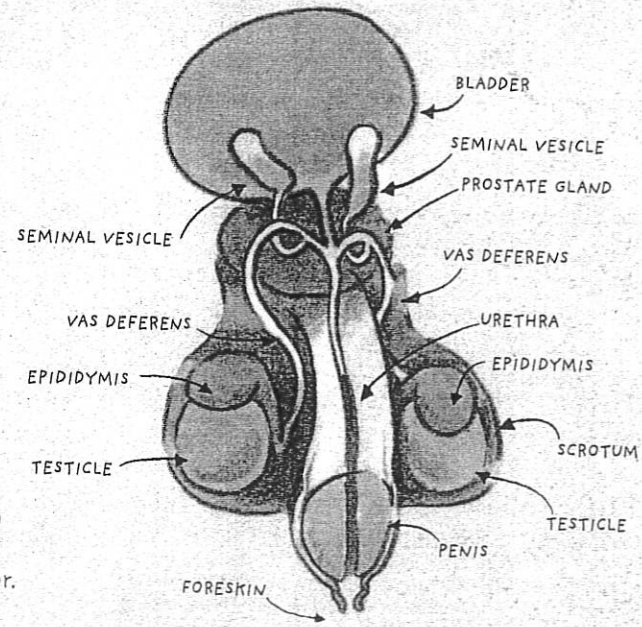
WHAT'S INSIDE?

The two TESTICLES make sperm after puberty has begun. The testicles are about the size of grapes or marbles when a boy is young. During puberty, a boy's two testicles grow to be the size of walnuts or very small balls. That's why some people call them "nuts" or "balls."



The EPIDIDYMIS is a long, twisty, coiled tube. It is shaped somewhat like a telephone receiver, but smaller. Boys and men have two of these tubes. Each tube is connected to and wraps along the side of a testicle.





The PENIS is made of spongy tissue. Inside the penis, there is a narrow tube called the urethra.

The VAS DEFERENS is a long narrow tube that leads from the epididymis to the urethra. Boys and men have two of these tubes. They look like strands of cooked spaghetti.

The SEMINAL VESICLES and PROSTATE GLAND are tucked along the side of the vas deferens.

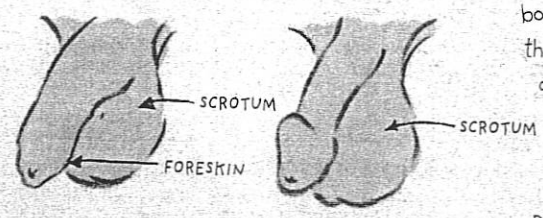
The URETHRA is a narrow tube inside the penis that leads from the bladder to the small opening at the tip of the penis. Both males and females have a urethra and a bladder.

WHAT'S OUTSIDE?

The PENIS hangs in front of the scrotum. There is a small opening at the tip of the penis.

The SCROTUM is a sac of soft, squishy skin that covers and protects the two testicles. After puberty has begun, the scrotum keeps the testicles at just the right temperature to make sperm.

The FORESKIN is a layer of loose skin that covers the end of the penis.



UNCIRCUMCISED PENIS

CIRCUMCISED PENIS

Some male babies have the foreskin removed by a doctor or a specially trained religious person a few days after birth. This is called a "circumcision." Some male babies do not have the foreskin removed. Either way is perfectly normal.

Urine—also called "pee"—leaves a male's body through the small opening at the tip of the penis. After puberty has begun, sperm also leave through the tip of the penis. But urine and sperm do not leave the penis at the same time.

Behind the scrotum and penis is another small opening called the ANUS. Solid waste—also called "b.m." or "poop"—leaves a male's body through the anus. Both males and females have an anus.

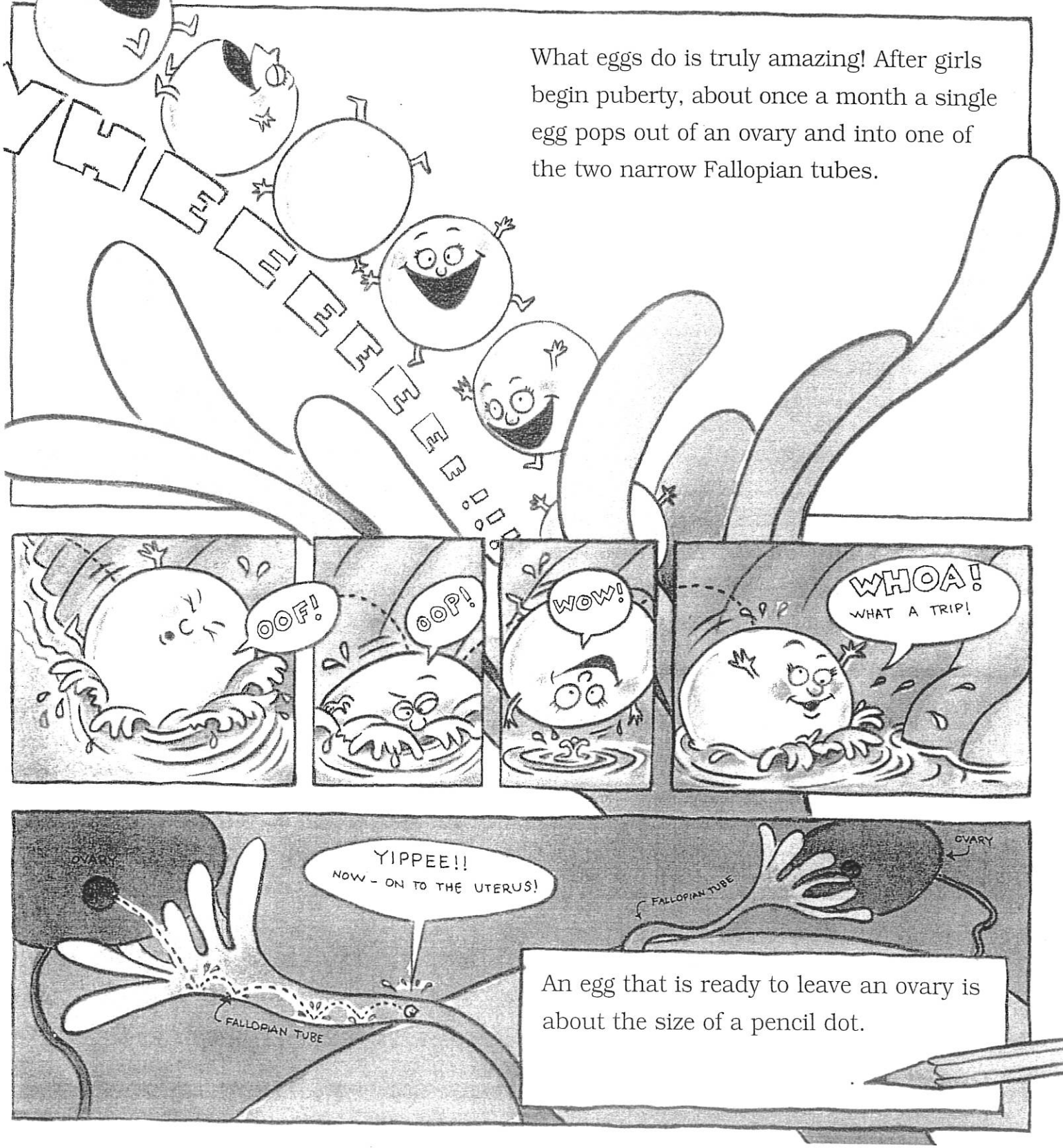
In all, from front to back, there are two openings between a male's legs—the small opening at the tip of his penis, and his anus.

7

THE AMAZING EGG TRIP

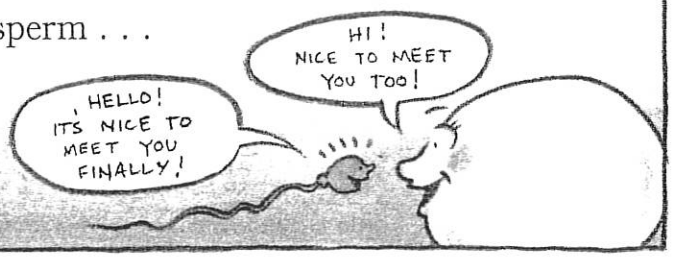
What Do Eggs Do?

What eggs do is truly amazing! After girls begin puberty, about once a month a single egg pops out of an ovary and into one of the two narrow Fallopian tubes.



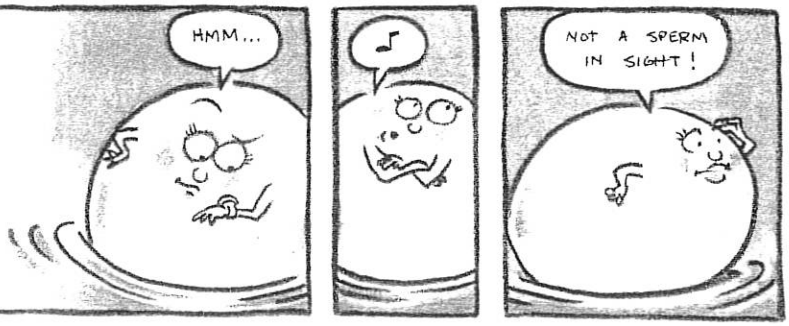
An egg that is ready to leave an ovary is about the size of a pencil dot.

When an egg meets and joins with a sperm . . .

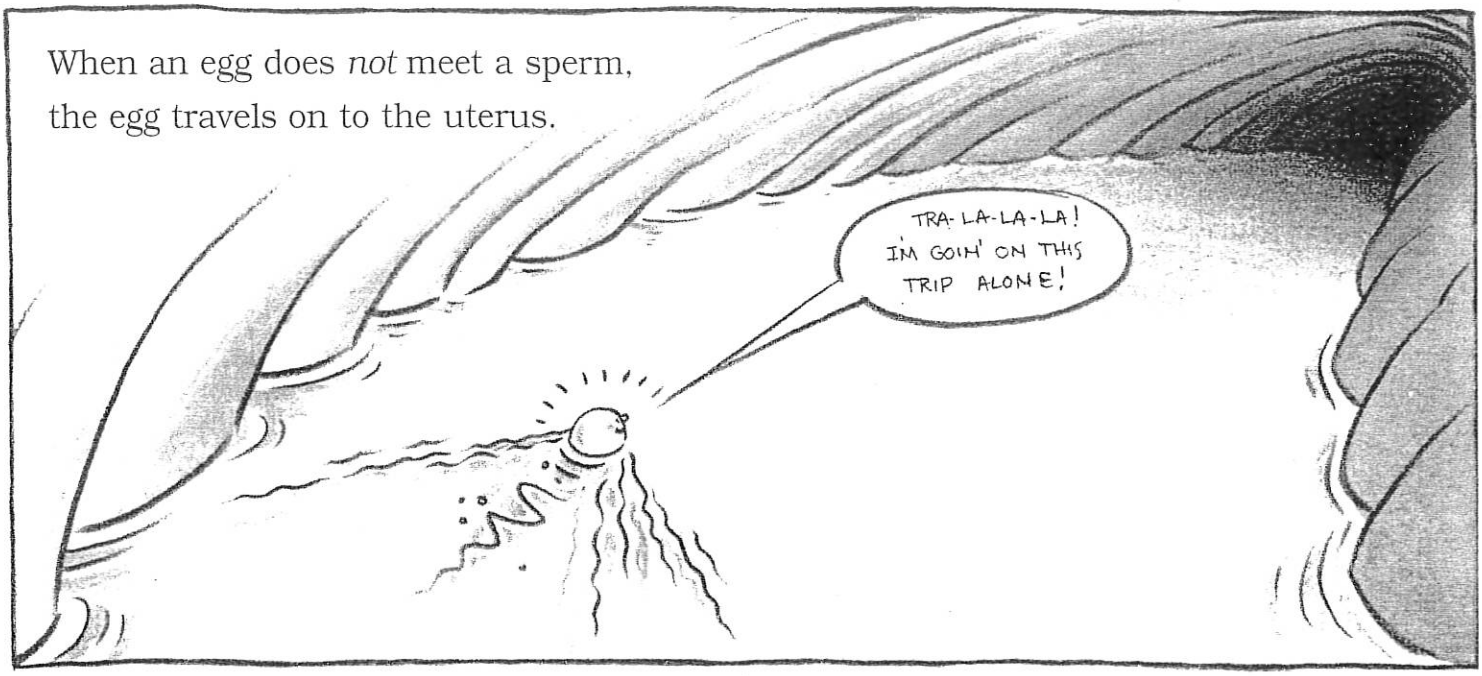


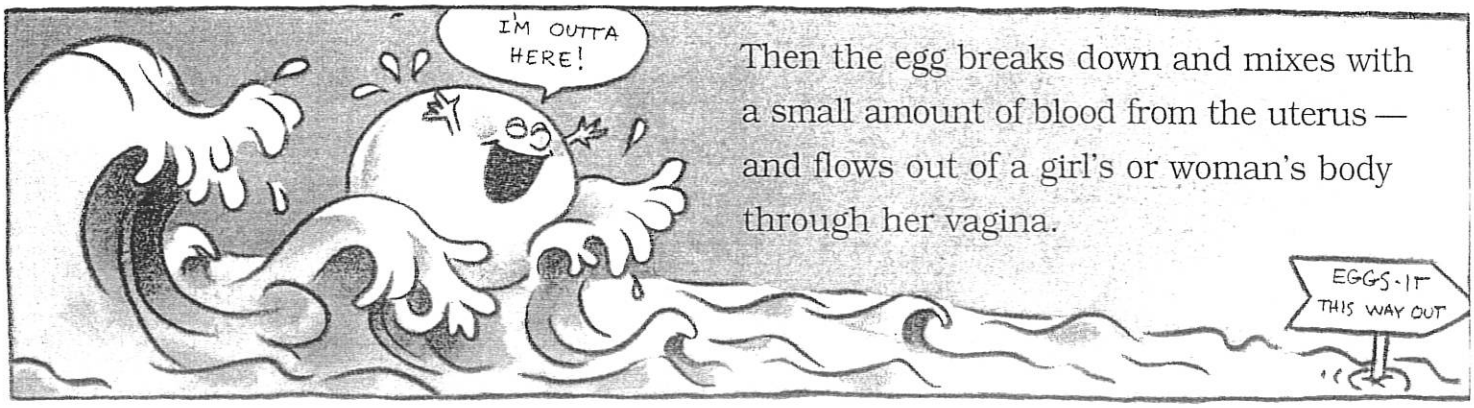
. . . the united egg-and-sperm travels to the uterus where it can grow — over nine months' time — into a baby.

But most of the time, an egg does *not* meet a sperm. And if an egg does *not* meet a sperm, the beginning cells of a baby will *not* start to grow.



When an egg does *not* meet a sperm, the egg travels on to the uterus.

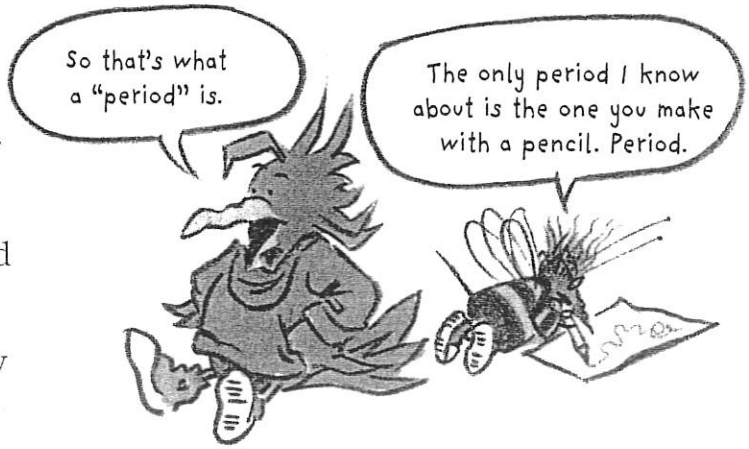




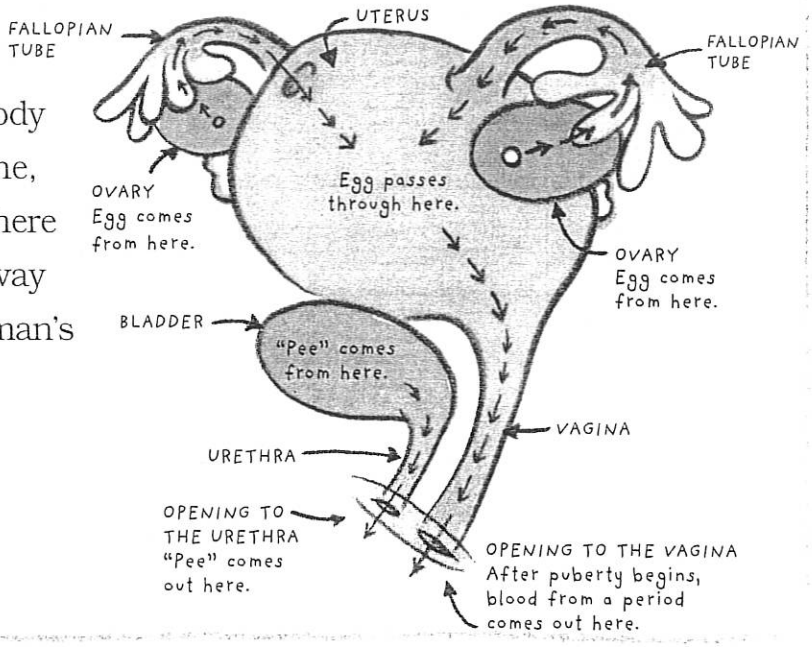
Then the egg breaks down and mixes with a small amount of blood from the uterus — and flows out of a girl's or woman's body through her vagina.

When the egg breaks down and leaves the uterus with the small amount of blood, this is called "menstruation," or "menstruating," or "having a period."

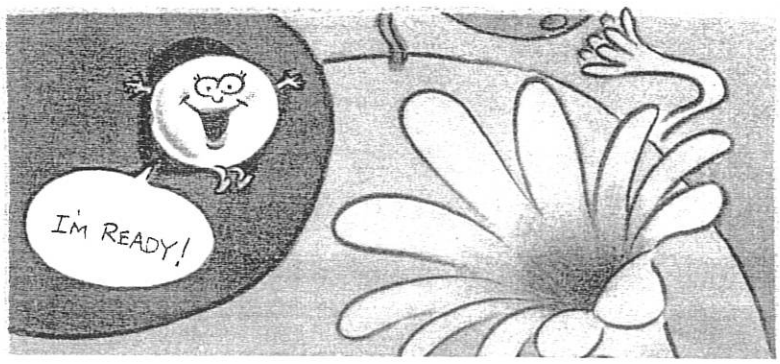
The blood that flows out of the uterus and through the vagina does *not* come from a cut. And it does *not* appear because a girl or woman is sick or has been hurt. The blood comes from the soft lining of the uterus. And the lining and blood leave the uterus with the egg — and leave a girl's or woman's body through her vagina.



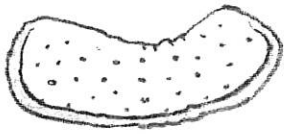
The blood from a period passes through the vagina and leaves a girl's or woman's body through the opening to her vagina. But urine, also called "pee," flows from the bladder — where it is stored — and flows through a passageway called the urethra. Urine leaves a girl's or woman's body through the opening to her urethra.



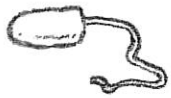
Each new month, another egg is ready to leave one of the ovaries, and a new lining is made. The lining is needed only when a united egg-and-sperm cell — the beginning cells of a baby — starts to grow in the uterus.



During a period, girls and women wear a soft, cottonlike "pad" inside their underpants, or a roll of cottonlike material that is shaped to fit inside the vagina. This is called a "tampon." The pad or tampon soaks up the small amount of blood so that it will not get on their clothes.

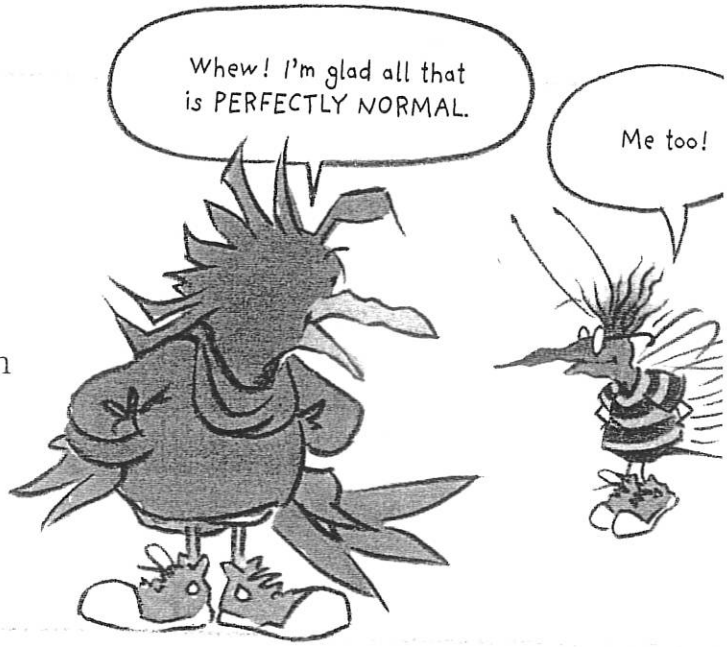


PAD



TAMPON

Girls do *not* begin to menstruate — to have periods — until *after* puberty has begun — sometime between the ages of eight or nine and fifteen or so. When a woman becomes pregnant, her periods stop. But they start again after her baby is born. At about age fifty, women stop having periods and do not have them again. That's because their ovaries stop sending out eggs.

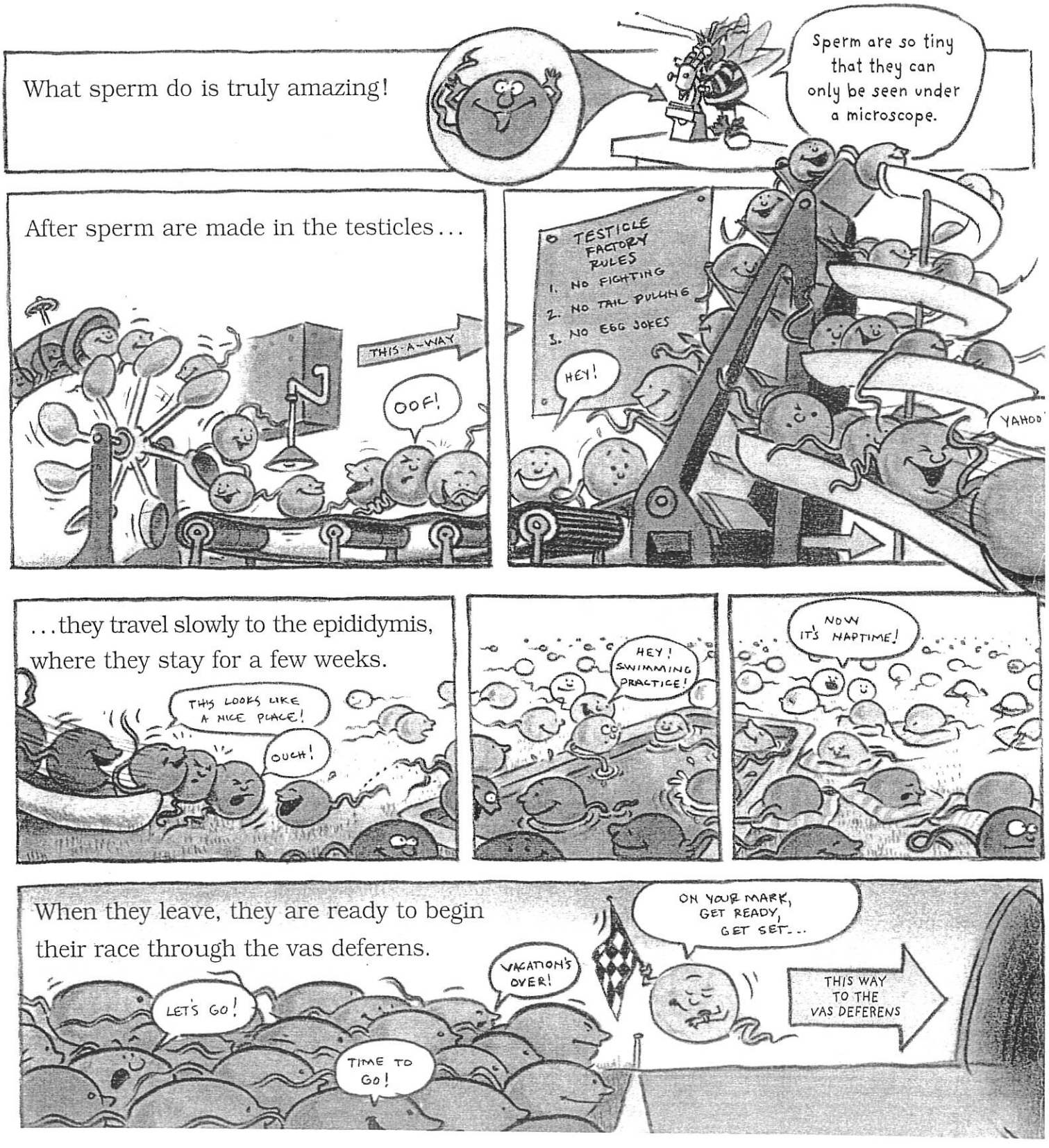


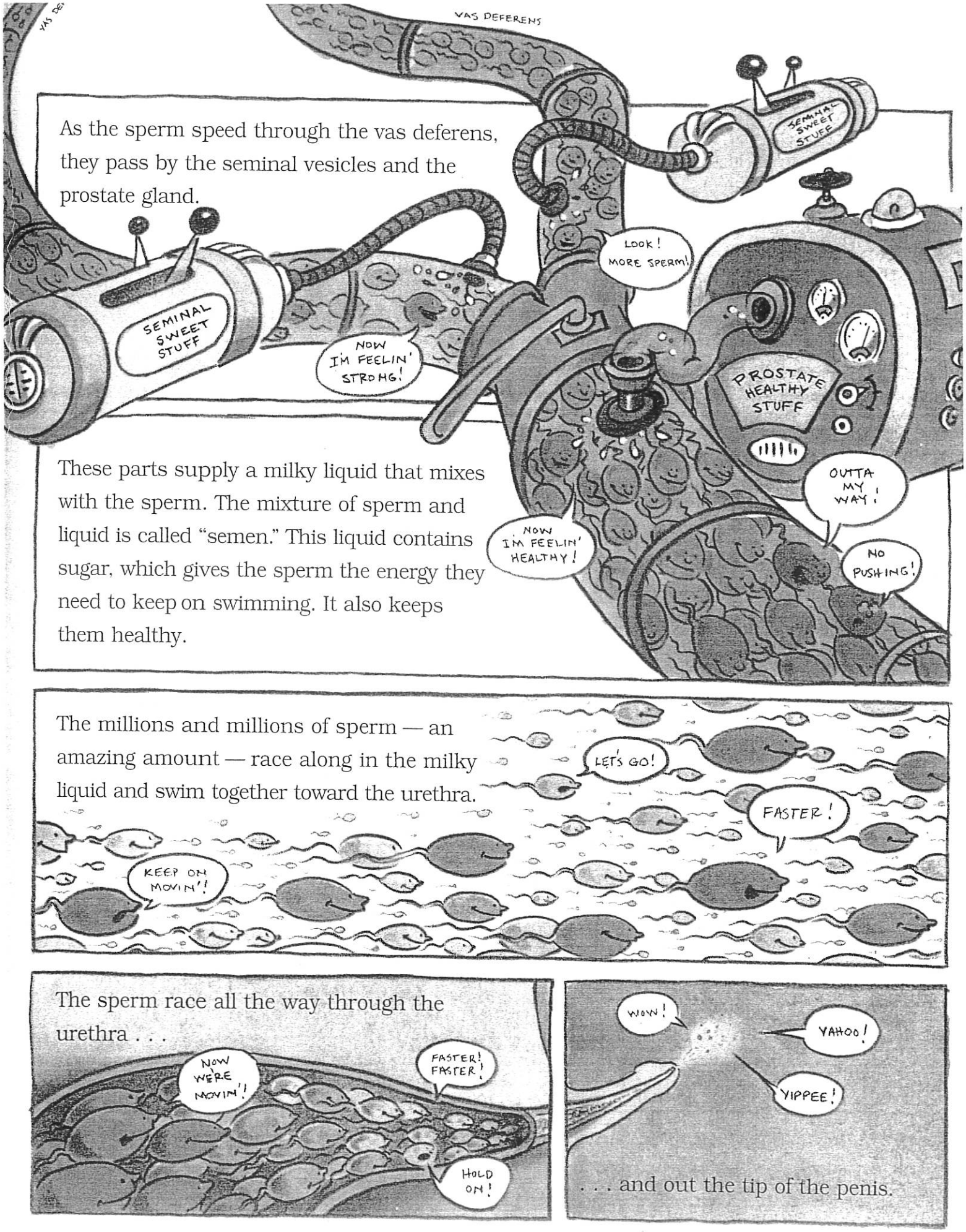
It's so amazing that if an egg meets a sperm, the beginning cells of a baby can start to grow! It's also amazing that if an egg does not meet a sperm, the egg travels out of the female's body — and the next month, another egg is ready to leave one of the ovaries!

8

THE AMAZING SPERM TRIP

What Do Sperm Do?





As the sperm speed through the vas deferens, they pass by the seminal vesicles and the prostate gland.

These parts supply a milky liquid that mixes with the sperm. The mixture of sperm and liquid is called "semen." This liquid contains sugar, which gives the sperm the energy they need to keep on swimming. It also keeps them healthy.

The millions and millions of sperm — an amazing amount — race along in the milky liquid and swim together toward the urethra.

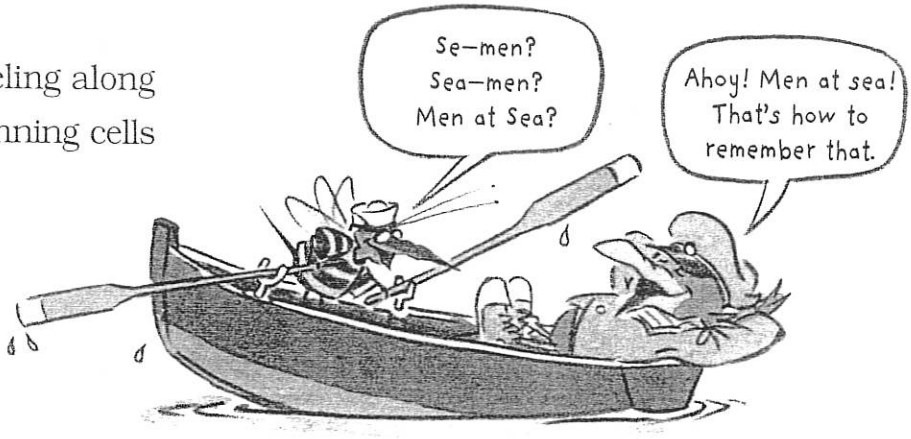
The sperm race all the way through the urethra . . .

. . . and out the tip of the penis.

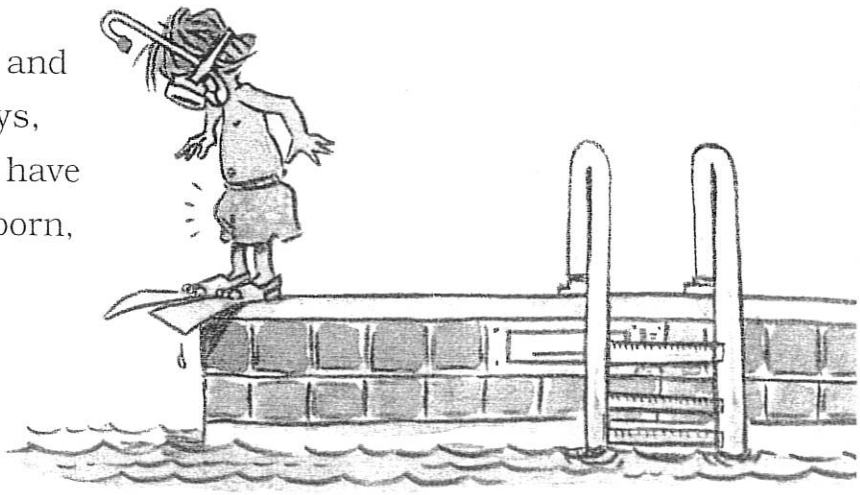
Sometimes the penis becomes stiff and larger, and stands out from the body. This is called "having an erection." After puberty begins, semen can — but does not always — come out the tip of the penis during an erection. When this happens, it is called an "ejaculation." And this is how sperm leave the penis.

A boy's testicles do *not* make sperm until *after* puberty begins. That's why sperm do *not* come out the tip of a young boy's penis. But older boys' and men's testicles *do* make sperm and continue to make sperm into old age.

And if just one of those sperm traveling along in the semen meets an egg, the beginning cells of a baby can start to grow.

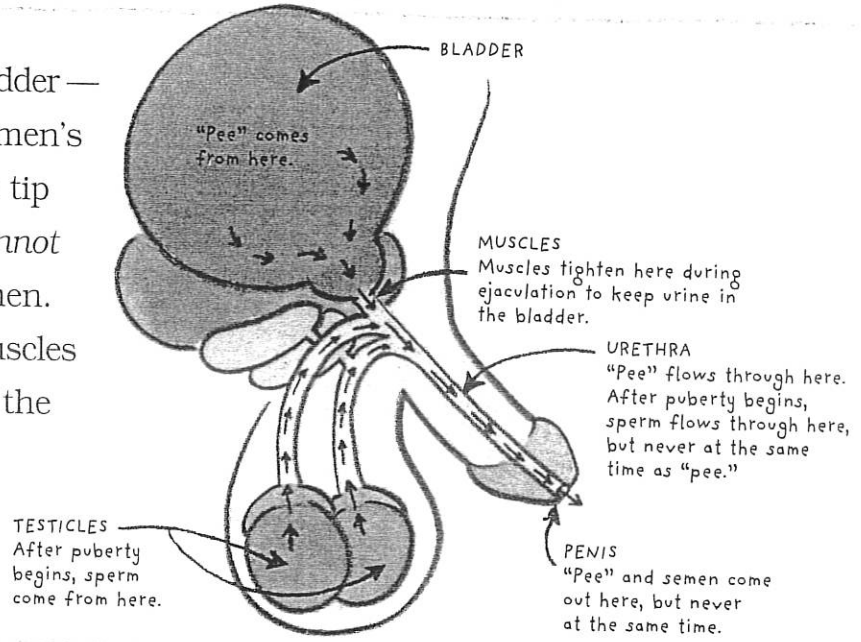


Having an erection is perfectly healthy and perfectly normal at any age. Baby boys, boys, teenage boys, men, and old men have erections. Even before boy babies are born, they have erections inside the uterus.

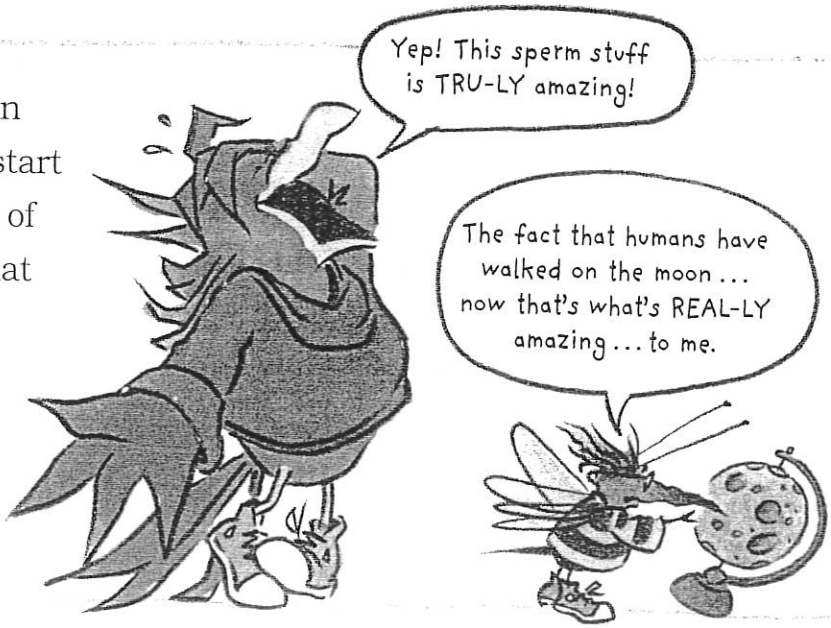


Sometimes when a boy who has begun puberty — or a teenage boy or a man — has a dream, he may have an erection, and semen may come out the tip of his penis. This is called "having a wet dream." Boys do *not* begin to have wet dreams until *after* puberty begins — sometime between the ages of nine or ten and fifteen or so.

Urine, also called "pee," flows from the bladder — where it is stored — and out boys' and men's bodies through the urethra and out the tip of the penis. But urine *does not* and *cannot* leave the penis at the same time as semen. That's because during an ejaculation, muscles at the top of the penis tighten and stop the urine from leaving.



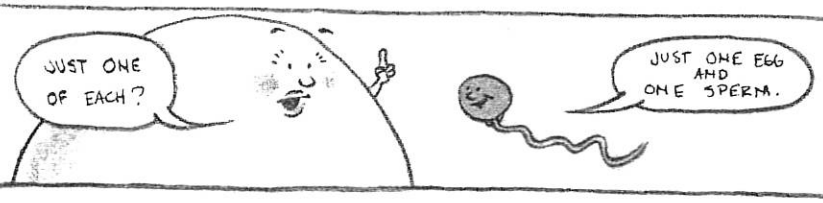
It's so amazing that if a sperm meets an egg, the beginning cells of a baby can start to grow! It's also amazing that millions of new sperm are made every day, and that sperm can swim so fast and so far!



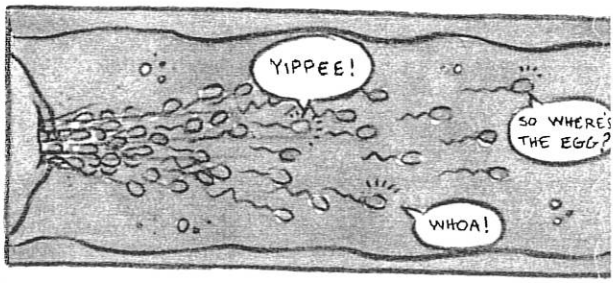
THE BIG RACE!

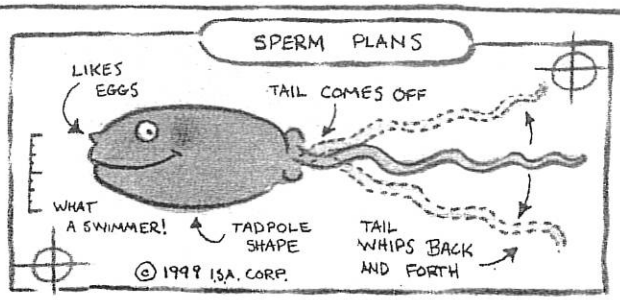
Sperm and Egg Meet

It takes only one egg and one sperm to make a baby.



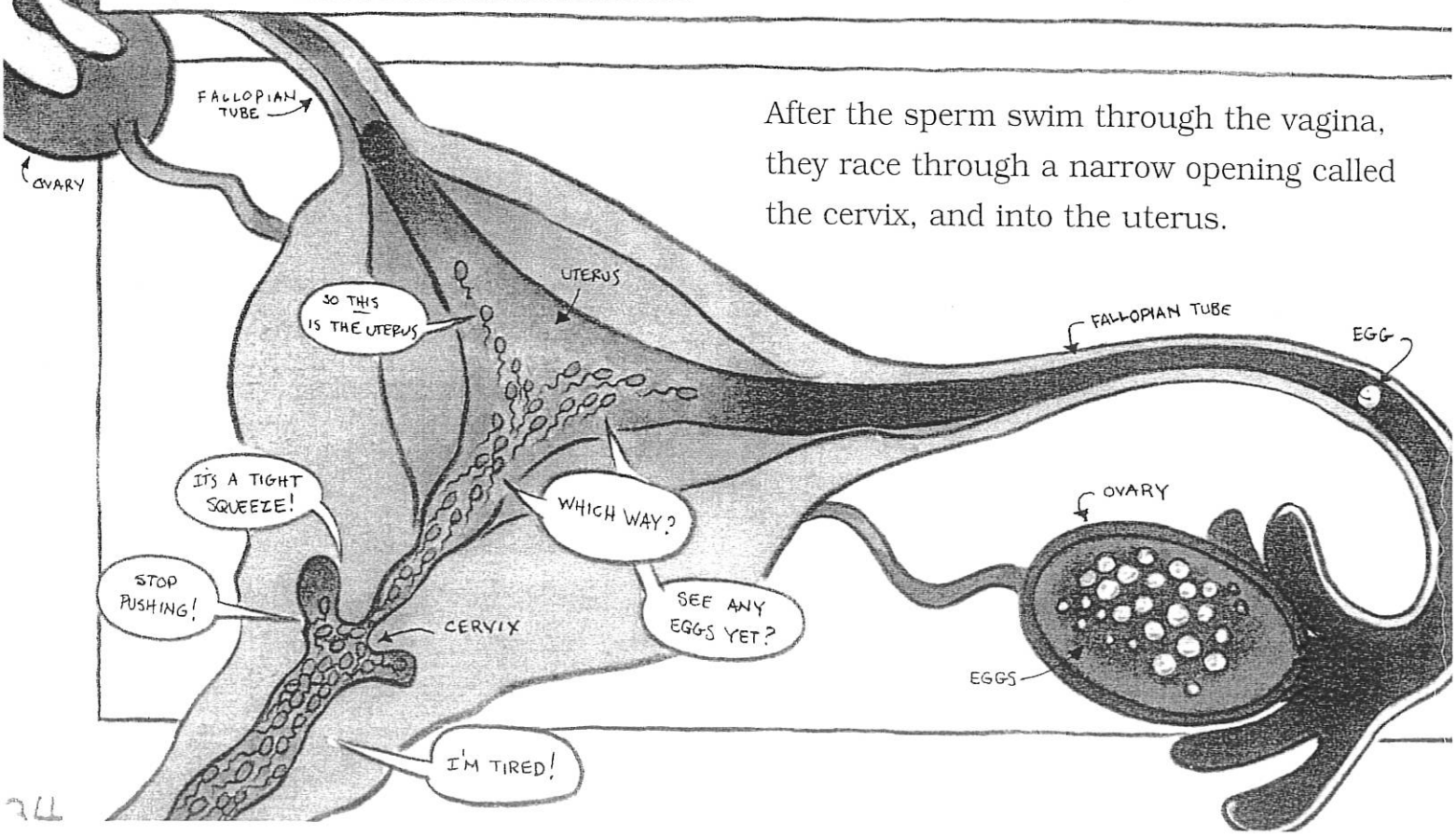
When a man and a woman have sexual intercourse, millions of tiny sperm traveling along in the semen race out the tip of the man's penis and quickly swim into the woman's vagina.



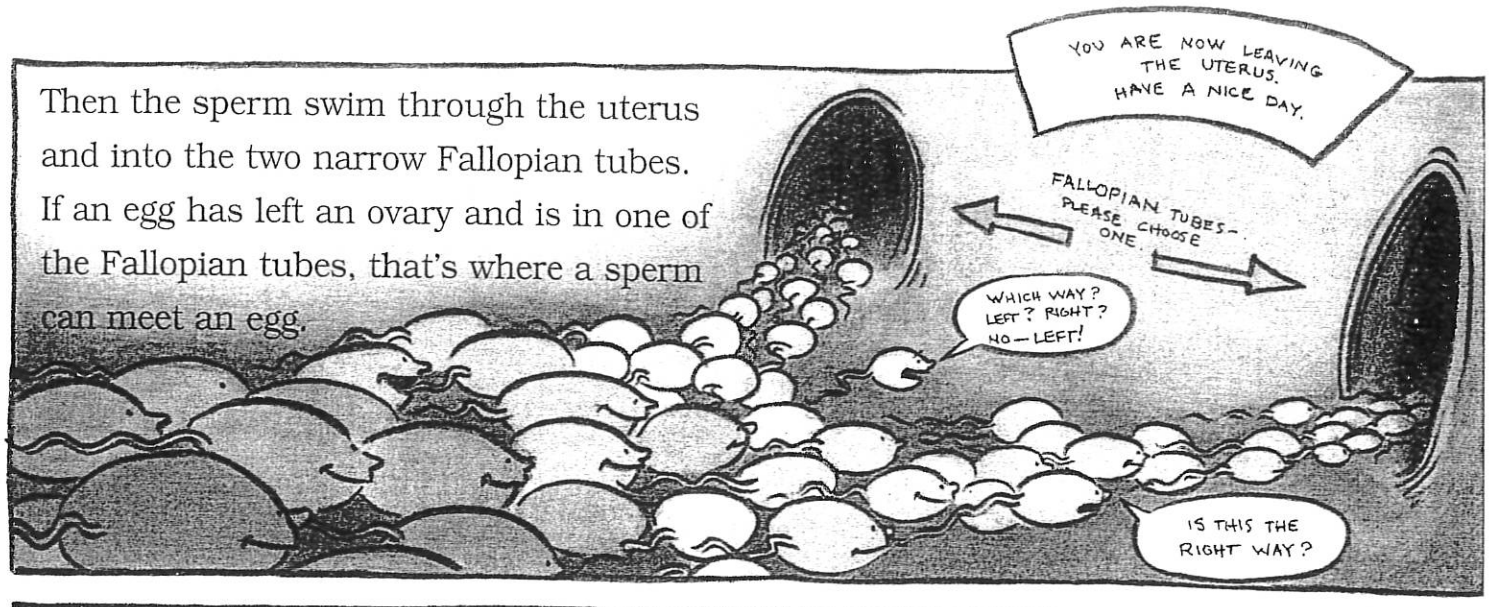


Sperm are shaped like tadpoles. Their long tails are what make them such speedy swimmers. When scientists watch sperm swim under a microscope, they can actually see the sperm's tails whipping and lashing back and forth.

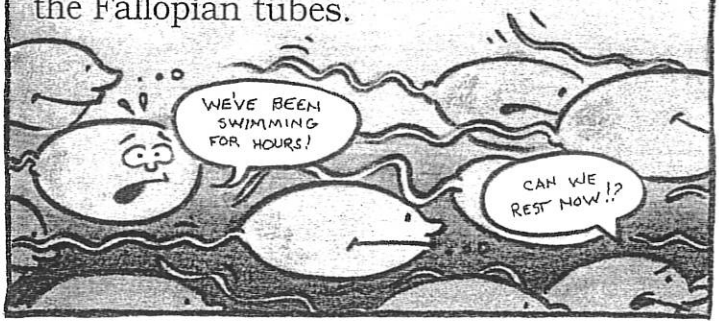
After the sperm swim through the vagina, they race through a narrow opening called the cervix, and into the uterus.



Then the sperm swim through the uterus and into the two narrow Fallopian tubes. If an egg has left an ovary and is in one of the Fallopian tubes, that's where a sperm can meet an egg.

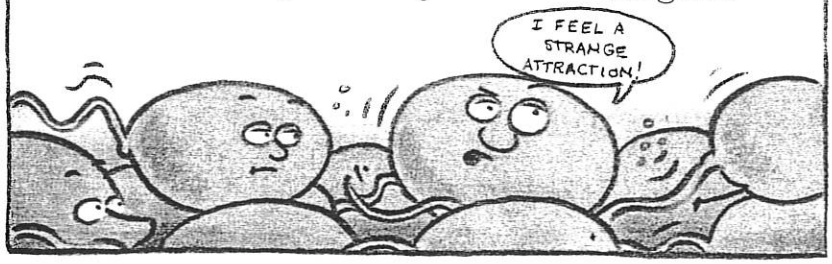


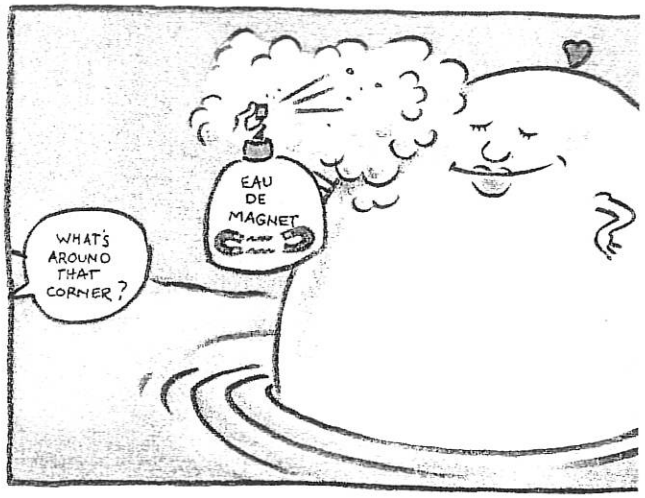
It usually takes several hours for the millions of sperm to swim all the way to the Fallopian tubes.

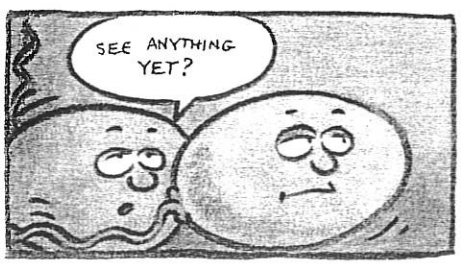


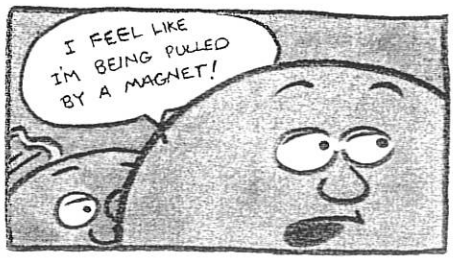
Usually only about two hundred sperm — out of the millions of sperm — swim to and get close to an egg.

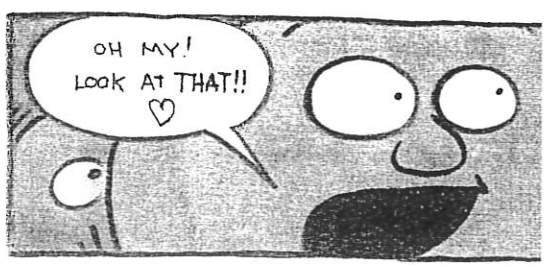
Scientists have discovered that if an egg is in one of the tubes, a chemical in the liquid around the egg attracts one sperm out of the two hundred sperm — just like a magnet.

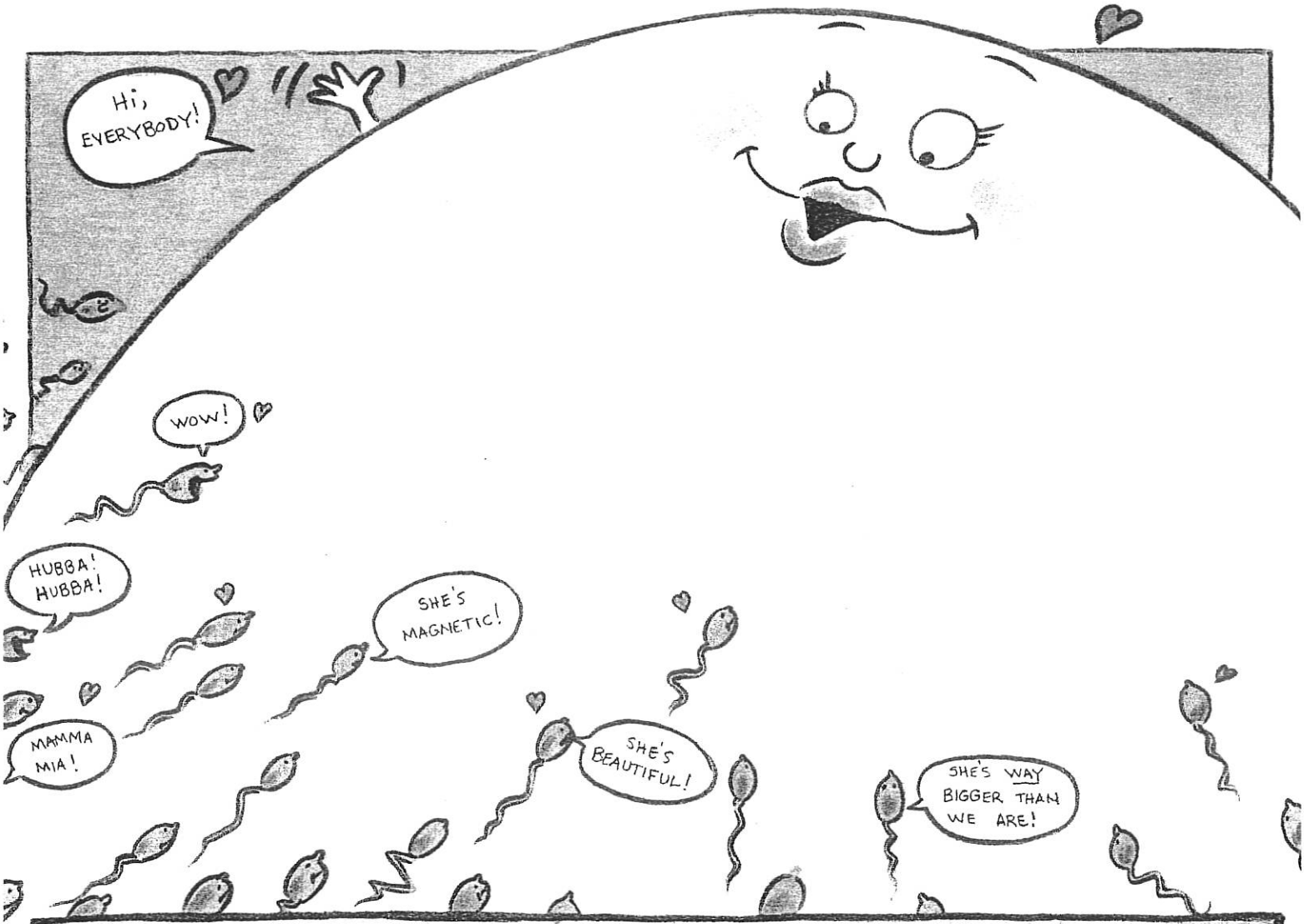




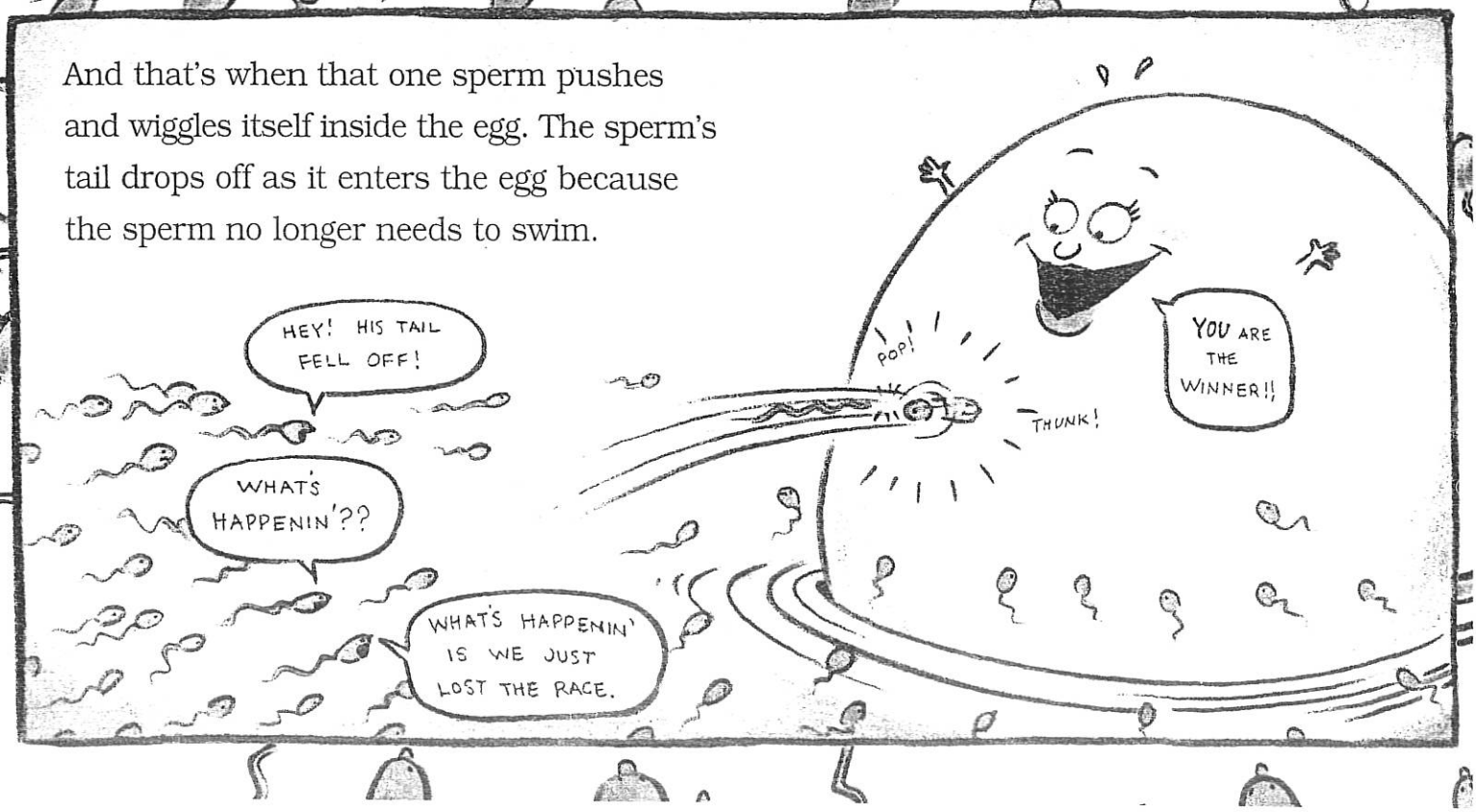




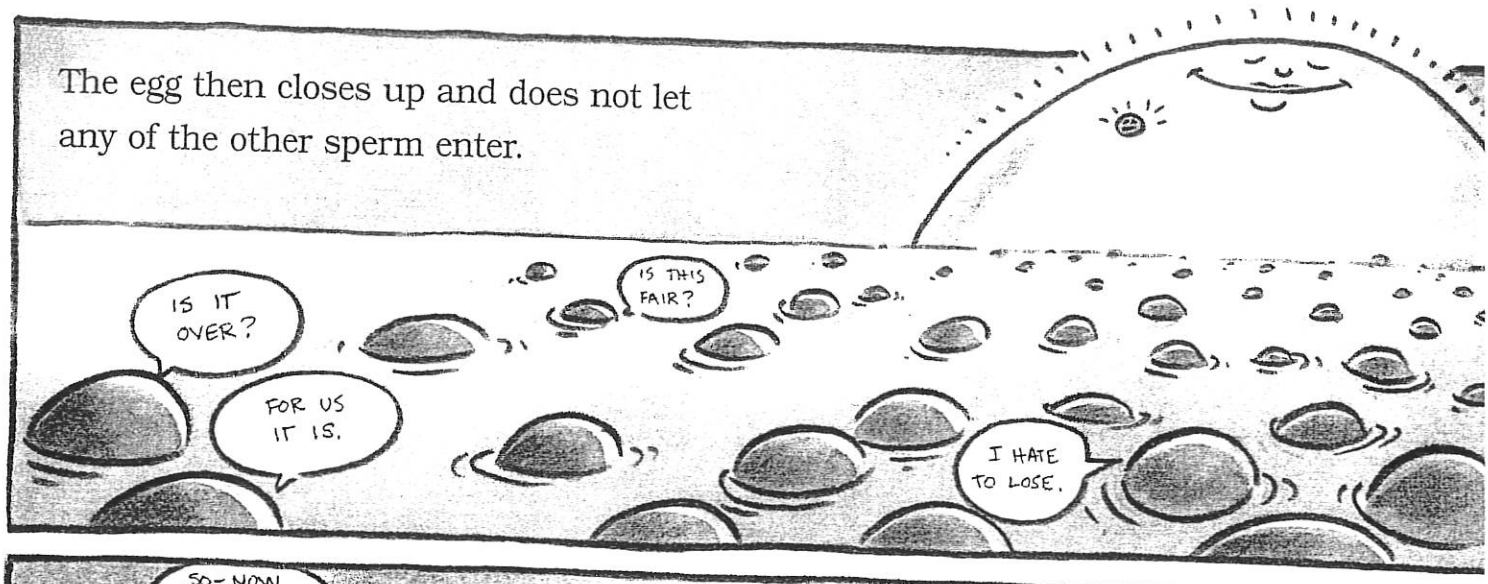




And that's when that one sperm pushes and wiggles itself inside the egg. The sperm's tail drops off as it enters the egg because the sperm no longer needs to swim.

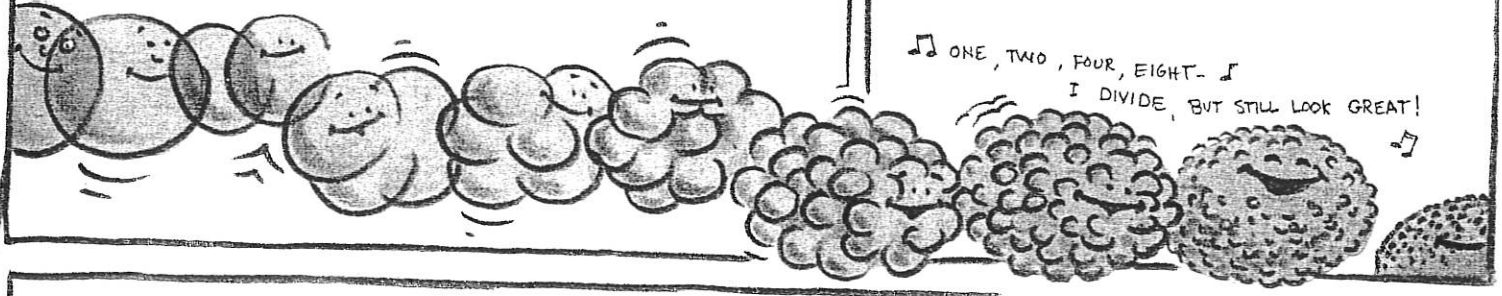


The egg then closes up and does not let any of the other sperm enter.



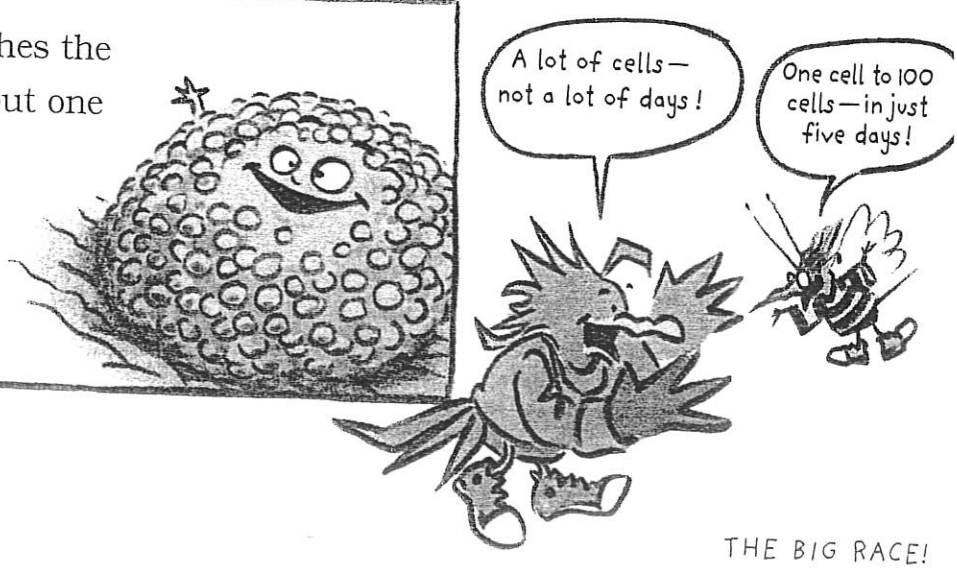
The moment a single sperm pushes itself inside the egg, the sperm and egg become one cell — the beginning cell of a baby. The united sperm-and-egg is now called a fertilized egg cell, or a "zygote."

As the united cell travels through the Fallopian tube, it divides over and over again and becomes a ball of cells.

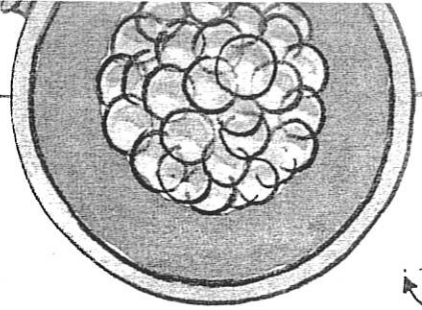


And after traveling through the tube for about five days . . .

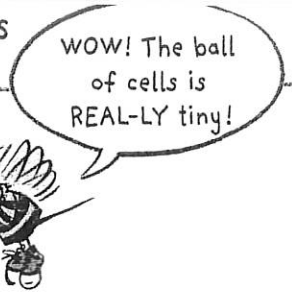
. . . the ball of cells finally reaches the uterus. By this time, it has about one hundred cells.



BALL OF CELLS TO BABY
9 Months of Growing



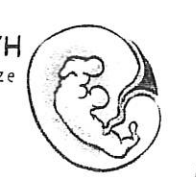
BALL OF CELLS
Enlarged size



BALL OF CELLS
Actual size

A pregnancy begins when the **BALL OF CELLS** plants itself in the lining of the uterus and becomes an embryo. By now, it has about 100 cells and is about the size of a pin point.

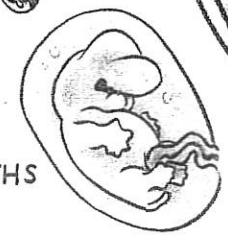
1 MONTH
Actual size



1 MONTH
Enlarged size

By **1 MONTH,** an embryo is about the size of a tomato seed. Its backbone has begun to grow and its heart has begun to beat.

1 1/2 MONTHS
Actual size

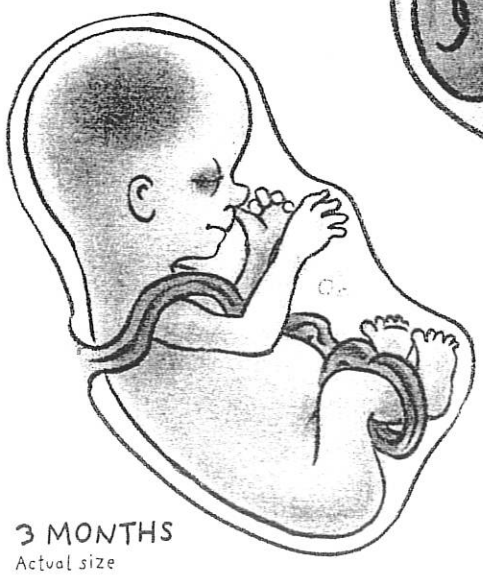


1 1/2 MONTHS
Enlarged size

By **1 1/2 MONTHS,** an embryo is about the size of a blueberry. The very beginnings of its arms, legs, fingers, toes, ears, eyes, nose, and lips have begun to form.

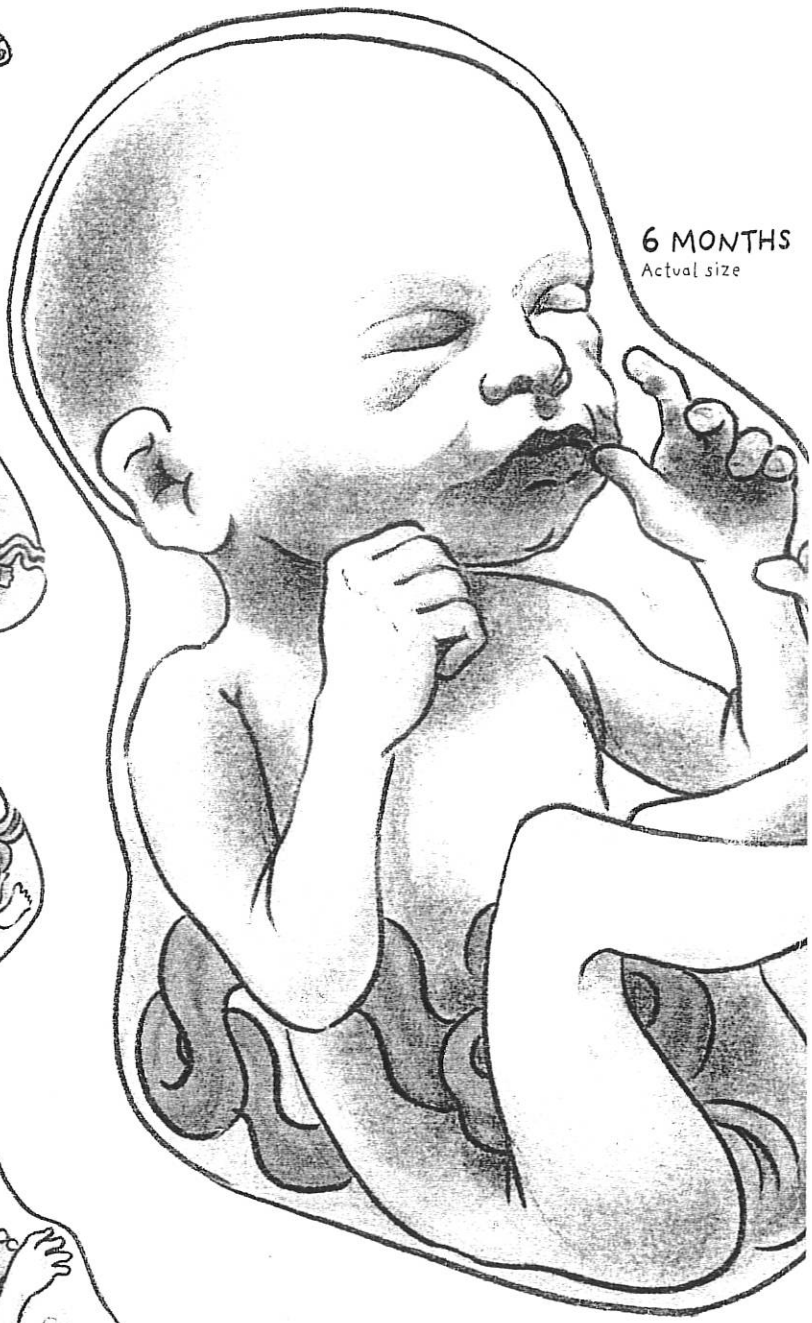
2 MONTHS
Actual size

By **2 MONTHS,** an embryo is about the size of a peach pit. By now, its fingers, toes, ears, eyes, nose, and lips show. And its eyelids have begun to form.



3 MONTHS
Actual size

By **3 MONTHS,** when an embryo has become a fetus, it is about the size of a large peach. The parts that make a fetus male or female have formed. Fingernails and toenails have begun to grow. A fetus's body begins to be covered by soft fuzzy hair called "lanugo," and a slippery whitish coating called "vernix." The hair and coating protect a fetus from the water it floats in.

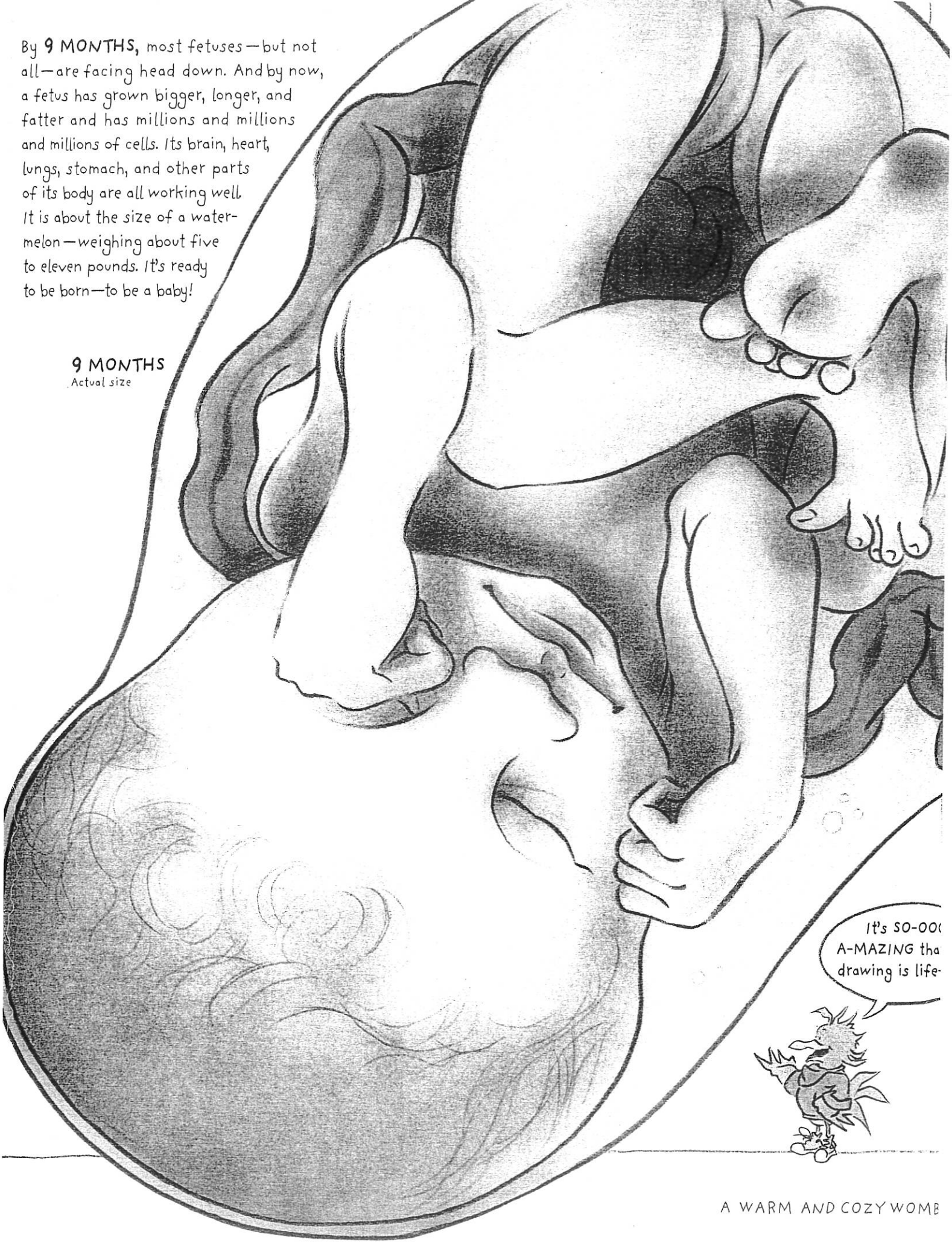


6 MONTHS
Actual size

By **6 MONTHS,** a fetus is about the size of a coconut. Eyebrows and eyelashes have grown. Some hair may have started to grow on its head. And its lungs have begun to practice breathing movements even though a fetus cannot breathe on its own.

By **9 MONTHS,** most fetuses—but not all—are facing head down. And by now, a fetus has grown bigger, longer, and fatter and has millions and millions and millions of cells. Its brain, heart, lungs, stomach, and other parts of its body are all working well. It is about the size of a watermelon—weighing about five to eleven pounds. It's ready to be born—to be a baby!

9 MONTHS
Actual size



About the Author: Cath Hakanson

Cath Hakanson is a mother, nurse, sex educator and founder of **Sex Ed Rescue**. Bringing her 20+ years clinical knowledge, a practical down-to-earth approach, and passion for helping families, Cath inspires parents to talk to their kids about sex so that kids can talk to their parents about anything! Sex Ed Rescue arms parents with the tools, advice and tips to make sex education a normal part of everyday life. Get her free **'Age Specific Topic Guide'** that you can quickly refer to.

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