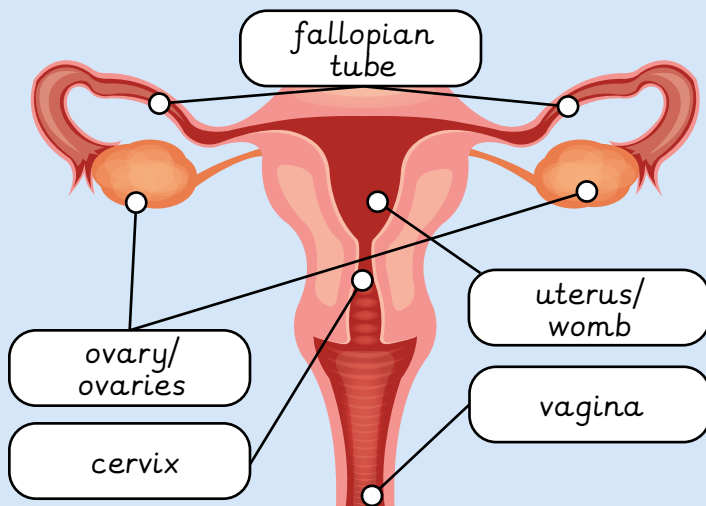




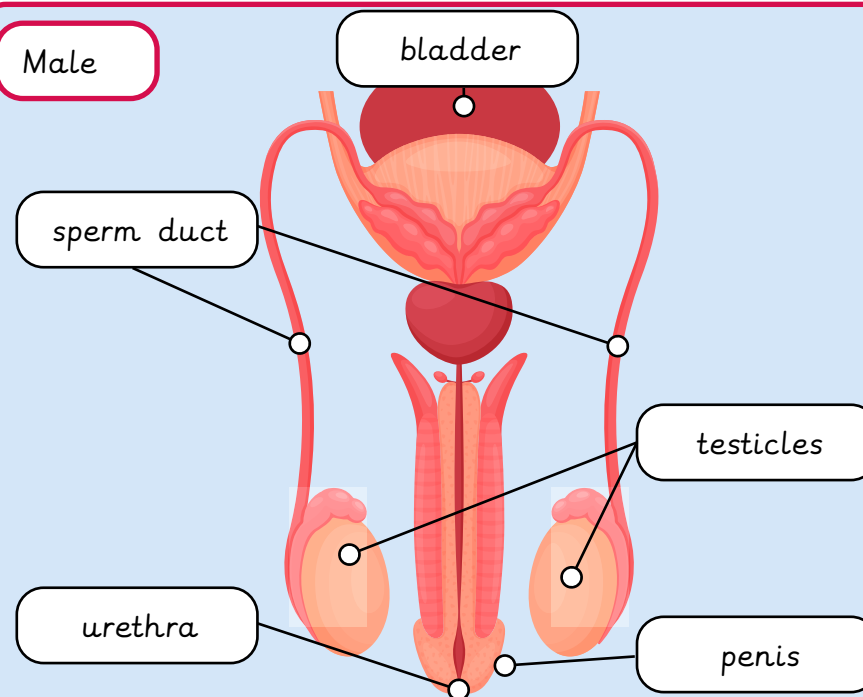
Female



breasts	The chest area that develops during puberty. A female's breast tissue can produce milk for a baby.
menstruation/period	When the womb sheds its lining and leaves a female's body as part of a natural cycle, which results in bleeding that leaves through the vagina.
ovary/ovaries	A tiny organ on each side of the womb that holds and releases eggs.
vagina	The tube inside a female's body that connects the outside of the body to the uterus/womb.
fallopian tube	A tube inside a female's body that carries eggs from the ovary to the womb.
labia	The soft folds of skin that surround a female's vulva.
uterus/womb	The place inside a female's body where a baby can grow during pregnancy.
vulva	The external female sex organs.

nipples
The small round parts on the chest or breasts. In females who have had babies, milk can come out of the nipples to feed the baby.

Male



penis	The male external sex organ.
scrotum	The skin pouch that hangs behind the penis and holds the testicles outside of a male's body.
sperm duct	The tube that carries sperm from the testicles to the urethra.
testicles	Small organs that produce sperm and male sex hormones.

genitals
The word to describe both male and female external sex organs, or 'private parts'.



We might not know people we meet online as well as those we have met in person. So we need to be careful with the information that we share with them.



Getting help



In an emergency, call 999 (or 112, which works in the UK and the rest of Europe). Call 111 for medical help and advice when you need help but it is not a life-threatening emergency.

If you are worried about something, talk to an adult you trust.

Contact: Childline
www.childline.org | 0800 1111
Calls do not show on the phone bill.

Before sending online messages, remember:

THINK

- T - Is it true?
- H - Is it helpful?
- I - Is it inspiring?
- N - Is it necessary?
- K - Is it kind?

Our feelings and emotions change during puberty.