

# UNUSUAL FAMILIES



Mummy, how was I born?

The stork brought you.



And you, how were you born?

My mother bought me in Paris.



What about grandmother?

She was found in a cabbage.



Do you mean to tell me that there hasn't been a normal childbirth in this family for three generations?

-Helio Lopes Guerra Filho

# SPECIAL THANKS

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## Content Team

---

Richa Koparday

---

Medha Palav

---

## Graphics Team

---

Nitin Nigde

---

Forum Parikh

---

Vidhya Gopalkrishnan

---

## Marketing Team

---

Jaineel Gosalia

---

## Patients, Friends & Family

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## NOTE TO PARENTS

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— You may feel yourselves lost when it comes to talking about sexual changes taking place in your cuddly babies. How to talk to my little princess about bras, periods, pads, tampons, cramps, pregnancy and oof.....about SEX!

— Just can't get words! I am shocked to see my little champ bossing, rebelling, being obsessed with his beard, wanting big muscles, mesmerized by nightfall, and embarrassed by an erect penis every morning.

— Most parents get goosebumps talking about sex and are unwilling to talk on this topic. Parents often don't know how to speak about matters related to sex. And eventually the child is exposed to crazy versions of changes from classmates, seniors, and the ubiquitous net.

— Dr.Ashok Koparday and Dr.Hetal Gosalia endeavour to empower the parents in the context of today's time in which the norms of the new permissive global village keep changing. The authors aim to make young boys and girls masters during the stupendous changes happening in their lives and not be lost or swayed away by the stormy changes of puberty. We can understand your concerns as today's generation is exposed to a huge source of unmonitored information that the world wide web offers. Can you keep a track on them? Can you always decide what they read and watch?

The right knowledge and direction is needed at the right age.

As a parent you are supposed to shower on your beloved kids appropriate answers to their heart's content with delicacy.

Please do not condemn their blooming minds with your anger and show reluctance to talk on this topic.

The greatest enemy of knowledge is not ignorance; it is the illusion of knowledge.

~ Stephen Hawking

## WHY ARE PARENTS THE FIRST CHOICE AS TUTORS?

When parents speak on these awkward matters the kids develop deep trust in them and a special bond is fostered. Whatever you answer is of great value to them as you are their ideals. Hence, here we help you to speak to your child through this book. Do remember that your children are the newer and smarter generation.

As your children mature, they start exploring their body and their surroundings. This has to be addressed carefully.

When sexual desires are carefully condemned or taught as 'bad' or 'sin' in society, unhealthy guilt manifests in the youth which can be detrimental to healthy psychological growth.

The roots of sexual offences causing social problems lie in the unhealthy suppression of the impressionable mind.

It is the parents' responsibility to eradicate sexual taboo and have healthy discussions about sex with their children.

Respect your child's questions  
and answer them dutifully.

They will respect you in turn and  
will always seek your guidance first.

## NOTE TO YOUNG BOYS AND GIRLS

Here you will not only find lucid details of the biological metamorphosis of a child into an adult but something more. 'New Frontiers to Puberty' have opened today. Hence, the book zestfully addresses growing boys and girls.

It is our sincere attempt to present a young child's blossoming when beautiful changes take place as ordained by its own DNA. Through this book, we hope boys and girls learn about themselves and understand the changes of the other gender as well, with due respect for each other.

## ABOUT THE AUTHORS

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Dr. Ashok Koparday completed his MBBS in 1986 from Seth G. S. Medical College affiliated to KEM Hospital, University of Mumbai. He went on to teach at KEM and JJ Hospital and impart his knowledge and experience to aspiring doctors. He has been practicing sexology for more than two decades and is also a Fellow of CSEPI.

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Dr. Hetal Gosalia did her BHMS in 1999 from CMPH College, University of Mumbai and is also a Member of CSEPI. During her homeopathy practice, she came across many general patients who asked questions about sex and wanted guidance on how to answer their children's queries. These simple questions and concerns inspired this book.

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Dr. Ashok Koparday & Dr. Hetal Gosalia are a team of senior sexologists practicing in Mumbai. The stronghold they have in the medical field has not only drawn in patients from in and around the city but from across the country as well. Their determination stems from sheer passion to offer patients healthier living options. Their knowledge is impressive and experience up-to-date with the latest healthcare technologies. They take care of patients with an immense ammount of sensitivity, not just for their concerns but that of their families too.

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Their mission is to eradicate the sex taboo in India.

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Through this book, they hope to educate children and parents on this highly stigmatized subject.

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## CSEPI

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The Council of Sex Education and Parenthood (International) - (CSEPI) is committed to provide sex education and develop a cadre of experts to teach, train and provide counseling, sex therapy, and medical management for sexual problems across life span.

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The council was founded and registered at the Public Trusts Registration Office in March 1982 and the first national conference was held in the same year at Mumbai. Since then, every year national conference is held where all sexologists meet from India and abroad to share their experiences.

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The council provides a platform to discuss topics such as sex education, parenthood, stigma around sex, and more. It is working towards training more specialists in sex education and counselling. CSEPI is affiliated to the World Association for Sexual Health.

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The origins of CSEPI can be found in the Family Planning Association of India (FPAI) established in 1949 led by Dr. AVABAI WADIA, a pioneer in sexual health services in India.

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Dr. MAHINDER WATSA as a convener arranged a meeting of seven senior consultants – Dr. R.H. DASTUR, Dr. C. L. JHAVERI, Mrs. SARLA MUKHI, Dr. ESTHER DUBEY, Dr. VITHAL PRABHU, Dr. RAJ BRAHMBHATT, where it was formed. With the wise advice of Dr. PATRICIA SCHILLER -Founder President of the American Association of Sex Educators and Therapists (AASECT), the members agreed to affiliate the council to the International Council of Sex Education and Parenthood in Washington D. C.

## WHAT IS THIS BOOK ABOUT?

Education does not mean only teaching people to know what they do not know. It means teaching them to behave as they do not behave.

Sex Education is not merely a discussion on how babies are born but provides a background in which a child develops into a healthy and responsible adult, capable of using the sex instinct to the maximum without being obsessed about it.

The succeeding questions are not fiction, they are bonafide narratives. We sometimes feel our knowledge is insignificant if it cannot reach the masses, hence this book.

On one hand, sex is considered as an immense taboo and on the other, India's population is more than the whole of Europe. What an irony!

Our website [mydoctortells.com](http://mydoctortells.com) has around hundred thousand visitors every month. The questions we are asked every day keep on repeating and we are asked more than fifty questions per day there. Moreover, our phones never stop buzzing. Isn't that a good enough proof of India's dire need for sex education? We sincerely hope that 'New Frontiers to Puberty', fulfils this need of children, parents, and teachers.

# PREFACE

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Make this book your best friend, guide, and mentor. This is not a one-time read. Whenever curiosity gets the best of you, you can pick this book up to get answers to your burning questions. In India, sex education is not treated as an important subject in a child's formative years. But it is time for a change. We need to include and embrace sex education as part of a child's grooming. Through this book, we are taking the first step in the movement towards sex education.

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We have advanced astronomically post-independence but our sex education still remains old-school. Even though we are the country where the 'Kama Sutra' was born, we lack modern resources for proper sex education. India needs a movement of a mammoth nature to eradicate the taboo surrounding sex.

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We honestly believe that sex education is as important as degrees of literacy. The aim of this book is to move from myths to education.

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Welcome to this movement, where  
puberty- illiteracy is replaced by  
accurate knowledge.

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LET'S  
TALK

Remember when you hid your hands inside your jacket and pretended as though you had no hands? When you wrote your name on the mist on the windows? Or when you lit a match stick and tried to hold it till it burnt completely?



Did you try to balance the switch of the tubelight, half on, half off and failed each time? Remember when you tried to push out all the four refills in the four-coloured pen; never succeeded but kept on trying again and again?

That's the unstoppable curiosity we humans are born with. But, suddenly, after a certain age you aren't intrigued by such things. Why? What happens? The things you loved to do, the

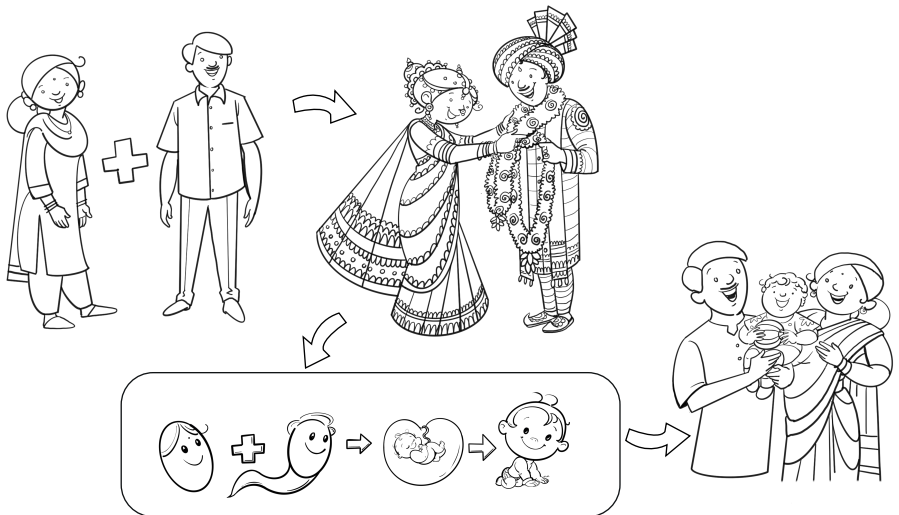


things which excited you and made you smile, the same things now bore you and, you find them to be childish.



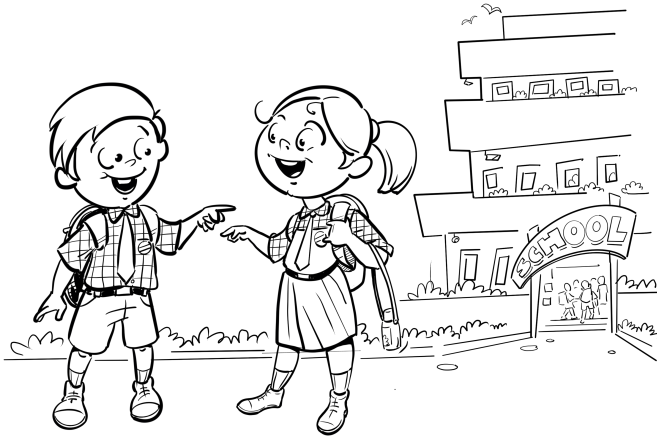
Something has changed, right? Because if you notice, the same doesn't happen with the food items you love to eat. If you loved 'vada pav', the Mumbai staple when you were in primary school, you'll love it even when your kids are in primary school and beyond. But the things mentioned above and more like these, feel childish to you now. Do you ever ponder over this? At one stage you must have noticed some change in you, something abnormal, something absurd, but it isn't. It is very normal and happens to everyone.

So, let's discuss what changed. Let us begin from your birth rather from your real birthday, the day when your creation started in the universe up to the day when you began experiencing change in you.



You started as a featureless single cell sprung from the love of your father's sperm and mother's ovum by sexual intercourse. Your formation in the womb is meticulously designed in a way that nobody shares your retina, fingerprints, and voice-box. Each child thus born is a unique individual.

How did you differentiate between genders when you were in primary school or for that matter in preschool? By the length of the hair? A simple definition was common for all. Girls have long hair and boys have short hair. Crisp and clear. The different uniforms you wore? Anything else? But that's not all? There is something more but you don't know what it exactly is! We feel the curiosity in you. Hence we discuss.



Sex is what you are born with,  
gender is what you're given.

Every child differentiates itself as male and female by their penis and vagina respectively. Suddenly after 8 to 10 years of age, hormones from endocrine glands start dancing in the body and fast visible changes take place internally and externally which are natural and automatic.

Puberty is like an  
auto-start (pre-puberty) and  
auto-stop (end of puberty)  
mechanism governed by genetic material.

And you, being a small child start to blossom in nature by developing a smart personality, emotional intelligence, and love to take your own decisions.

Understood why you started disliking those kiddish acts?

## PUBERTY VERSUS ADOLESCENCE

Are you confused between adolescence and puberty? Let's start the discussion at this point itself by drawing a fine line between the two.

Adolescence is the slightly confusing period between puberty and adulthood where all the growth takes place, physical, psychological, and emotional. What's puberty then? You had the notion that puberty and adolescence are both the same, right? But, puberty is the series of changes, both physical and emotional, that occur when sex hormones surge within to prepare you into an adult, fully capable of sexual reproduction.

Always wondered when puberty starts? Some say puberty occurs when you enter your teens. The rest claim it starts before 13 at around 10. So at which age does puberty really start? First of all, puberty is not defined as adulthood. Just as when you turn 18, you call yourself an adult, get a driving license, and the right to vote. But puberty; it starts when your BODY IS READY. Usually between the age of 9 to 15 years. The timing as well as the pace of changes differ from individual to individual. In puberty not only does the body change, but there is an emotional upheaval too. Also the awareness of self image is high; comparison and self criticism makes some teens feel alienated from the entire society.

Let's dive into the intriguing world of changes that you will experience when you hit puberty.