



# KALUSUGAN

Una sa LAHAT  
para sa LAHAT



**When  
does  
fertility  
begin**

## Male Fertility

Boys  
10-14 years old



Puberty to death  
Males are always fertile

## Female Fertility



Girls  
8-12 years old

Menarche  
to  
Menopause

Signal:

Wet dreams

Menstration

Hormone:

Testosterone

Estrogen

Progesterone