

Name: _____ Date: _____

What's happening to my body?

All human beings grow and develop in a given sequence but at different rates.

Puberty is the period during adolescence when the body begins to develop and change. Puberty usually starts between age 8 and 13 in girls and 10 and 15 in boys. Everyone begins puberty at his or her own pace.

During puberty, male and female hormones are released into the bloodstream. Hormones are chemicals that cause body growth and physical, emotional, and mental changes.

Physical Changes and Development:

Physical changes during puberty affect the way the body looks. These changes can be dramatic and disturbing.

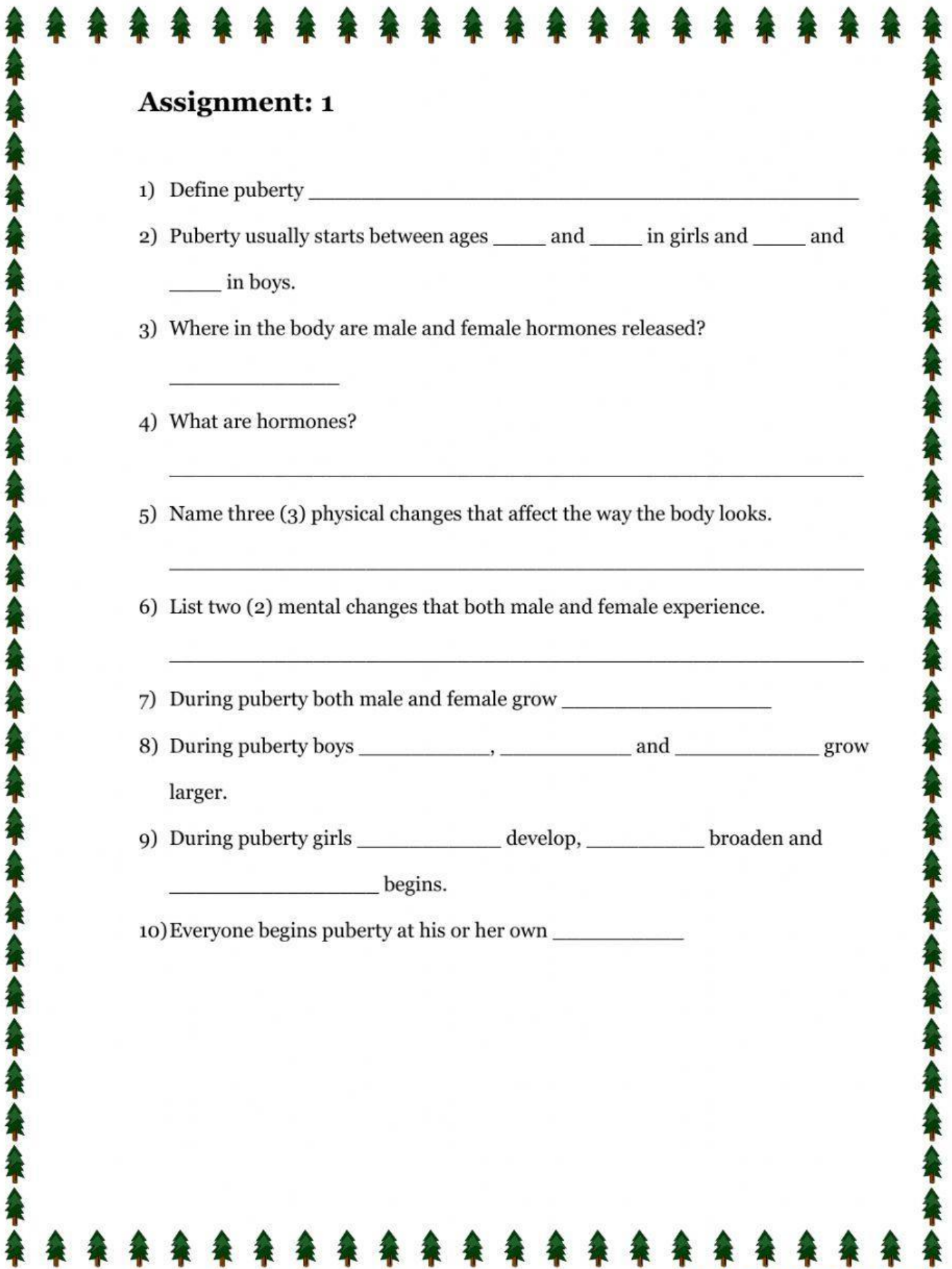
- Oily skin/acne
- Sudden growth
- Sometimes clumsy
- Increased perspiration and body odor.

Physical Changes in Boys	Physical Changes in Girls
➤ Shoulders broaden ➤ Muscles grow ➤ Hair grows under arms, on arms, legs, chest and face; and around penis and testicles (pubic area) ➤ Penis, testes and scrotum grows larger ➤ Voice gets deeper ➤ Wet dream	➤ Breasts develop ➤ Hips broaden ➤ Hair grows on pubic areas (under arms and around vulva and vagina) ➤ Vagina, vulva and clitoris grow slightly ➤ Vagina discharges white, sticky substance, the vagina's way of cleaning itself, which is normal ➤ Menstruation begins

Mental growth occurs as teens learn to examine consequences and plan for the future.

Mental changes and development:

- Attention span increases
- Ability to think and solve problems
- Develop new interests



Assignment: 1

- 1) Define puberty _____
- 2) Puberty usually starts between ages _____ and _____ in girls and _____ and _____ in boys.
- 3) Where in the body are male and female hormones released?

- 4) What are hormones?

- 5) Name three (3) physical changes that affect the way the body looks.

- 6) List two (2) mental changes that both male and female experience.

- 7) During puberty both male and female grow _____
- 8) During puberty boys _____, _____ and _____ grow larger.
- 9) During puberty girls _____ develop, _____ broaden and _____ begins.
- 10) Everyone begins puberty at his or her own _____

Assignment: 2

Many changes will happen to boys and girls during puberty. Some changes are unique to boys and girls. Some changes happen to both. Place a tick to the correct box for the changes below.

	Boys	Girls	Both
Grow pubic hair			
Gets taller			
Starts period			
Get erections			
Feet grow			
Sweat more			
Grow breast			
Grow facial hair			
Testicles grow			
Voice gets deeper			
Penis grows			
Get wet dreams			
Hips get wider			
Shoulders get wider			
Get smellier			
Produce eggs			
Produce sperm			