

Name: _____ Date: _____

What's happening to my body? 2

Emotional Changes and Development:

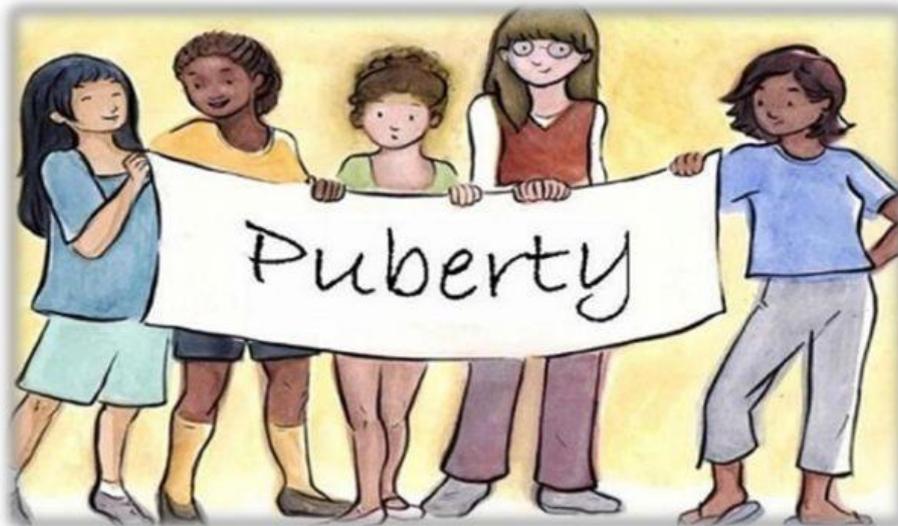
- Self-consciousness about body changes
- Mood swings from happiness to sadness
- Developing friendships with the opposite sex
- Awkwardness and shyness

Emotional growth requires controlling and dealing with emotions appropriately.

Coping with Changes during Puberty:

Puberty begins at different times for different people. Being able to cope with the changes is important for a healthy body, mind, and spirit.

- Take care of your body and practice good personal hygiene, e.g. wash and dry the sexual organs thoroughly, use a deodorant or baking soda under arms to control odour.
- Wash your hair at least every two weeks (boys more often)
- Pursue and develop skills in activities that interest you.
- Engage in activities to manage stress, e.g. reading, listening to music, volunteering or helping others, etc.



Physical Changes in Boys	Physical Changes in Girls
<ul style="list-style-type: none"> ➤ 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 	<ul style="list-style-type: none"> ➤ 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

Assignment: 1

- 1) Emotional growth requires _____ and _____ with emotions appropriately.
- 2) List three (3) ways you can practice good personal hygiene during puberty.

- 3) Name three (3) ways you can manage stress during puberty.

When boys reach puberty their voice _____. They will start to grow _____ on their face, around their penis and testicles, and under their _____. A boy penis and testicles will _____. They might start to have _____.	When girls reach puberty their breast _____. They will start to grow _____ under their arms, and under their pubic area. Their hips will _____. They might have _____ and _____. They will start their _____.
--	---