

Understanding my body Stage 3

GIRLS/BOYS





Puberty - What does it mean?



WHAT WE KNOW

Brainstorm what you already know about puberty. In the spaces below, write down any key words or ideas.		



Let us explain...



Puberty describes the body's changes that occur when we move from childhood to adulthood - it's just our way of growing up! Below are some interesting facts.

FACT 1

Puberty is a long and gradual process.

FACT 3

Girls typically start going through puberty before boys. Changes can start anywhere between 8 and 16.

FACT 5

It's your body's way of making it possible to have a baby later in life (reproduce).

FACT 7

Boys typically start going through puberty between the ages of 9 and 13.

FACT 2

During puberty you will notice some physical changes that occur in your body.

FACT 4

Some people find the topic of puberty embarrassing to discuss, it's good to remember that everyone goes through it!

FACT 6

During puberty you will experience physical and emotional changes.

FACT 8

Everyone is different, some may start a little earlier, some may start a little later.





What's with the changes?



Although sometimes people feel embarrassed about the changes that happen it's good to remember that it's a natural process that everybody experiences.

INSTRUCTIONS

During puberty the hypothalamus and the pituitary gland start making more hormones in your body; these hormones 'talk' to different parts of your body and that's how the changes begin to happen!

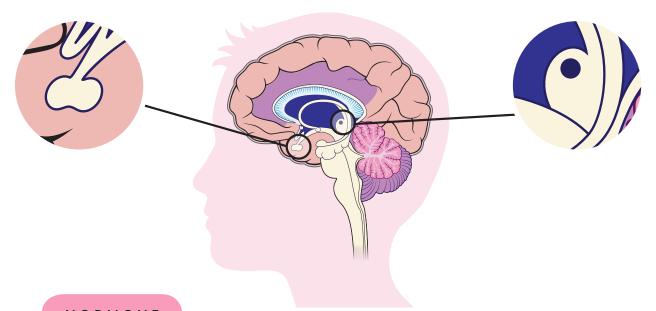
Write below which hormone is responsible for each action. Choose from **Oestrogen** and **Testosterone**.

PITUITARY

The pituitary gland communicates with the hypothalamus to regulate all hormone production in the body. It controls growth, sexual maturation and reproduction amongst other things.

HYPOTHALAMUS

The hypothalamus is the master body control. It recognises emotions such as hungry and sleepy, amongst others and tells our body when to release oestrogen and testosterone.



HORMONE

Responsible for the development of girl changes.

Regulates the menstrual cycle.

Responsible for the development of boy changes.





What can I expect?



Getting taller? Smelling strange? Things growing in weird places? Don't stress, everybody goes through it! Can you figure out which gender experiences what change? Draw a line to indicate your choices.

Hips become wider

Facial hair

Start ovulation and menstruation (begin to get your period)

Chest hair

Pubic hair

Sperm production begins

Pimples may appear on your face and body

Penis, testes and scrotum start to enlarge

Armpit hair

Sweat more and produce body odour

Breasts develop

Muscles become firmer

Thicker hair on arms and legs

Grow taller

Voice will deepen and sometimes crack

Shoulders get broader





BOTH



BOYS





Managing changes

Although sometimes people feel embarrassed about the changes that happen it's good to remember that it's a natural process that everybody experiences.

From battling pimples to preventing body odour, the following strategies are key to maintaining a healthy body and building confidence as your body grows and develops.



Wash your face before and after bed to manage oil and reduce pimples.



Drink plenty of water.



Eat a healthy and balanced diet to fuel your body.



Change your pads, tampons and liners regularly.



Brush your teeth twice a day, floss and go to the dentist regularly.



Wash your clothes regularly, especially after physical activity.



Use antiperspirant not just deodorant to help prevent body odour.



Exercise regularly to maintain physical fitness and wellbeing.



Talk to someone! This could be a friend, a parent, a teacher or another trusted adult.



Understanding girl 'parts'



The female reproductive system is made up of parts of the body which allows females to reproduce (have babies).

See below to investigate the definitions to gain an understanding of what's 'down there' and fill in the missing labels for each part.

EXTERNAL

Clitoris

Anus

Urethral opening

Labia

Hymen

Vaginal opening

Is a small sensitive bump at the bottom of the mons pubis that is covered by the labia minora.

Two sets of skin folds on either side of the opening of the vagina, the labia majora are the outer lips, and the labia minora are the inner lips.

Where urine leaves the body.

The entry to the vagina, found below the urinary opening.

A thin fringe of tissue surrounding or partially covering the opening of the vagina. This can be ruptured due to vigorous exercise, use of tampons or during sex. Some girls are born without a hymen.

The end of the digestive tract and the hole from which waste leaves the body.



Understanding girl 'parts'

See below to investigate the definitions to gain an understanding of what's 'down there'. Draw a line to indicate the correct position of each body part.

INTERNAL

UTERUS

Also known as the womb, this is where the foetus grows during pregnancy.

FALLOPIAN TUBE

Two thin tubes that lead from the ovaries to the uterus, the released egg moves along a fallopian tube.

OVUM (EGG)

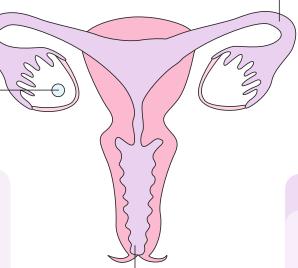
Once a month the ovaries release one egg (ovum). This process is called ovulation.

BIRTH CANAL

The channel formed by the cervix, vagina and vulva through which the baby passes during childbirth.

VAGINA

A muscular passageway that is able to expand during childbirth. This is also where the period comes from.



HYMEN

A thin fringe of tissue surrounding or partially covering the opening of the vagina. This can be ruptured due to vigorous exercise or use of tampons and can also be ruptured by the penis during sex. Some girls are born without a hymen.

OVARY

There are two ovaries.
During puberty they start making more oestrogen and other hormones, causing the body to change.

CERVIX

A narrow entryway between the vagina and uterus. It dilates during childbirth to allow the child to move from the uterus into the birth canal.



Understanding boy 'parts'



The male reproductive system is made up of parts of the body which allows males to reproduce (make babies).

Gain an understanding of what's 'down there'. Draw a line to indicate the correct position of each body part.

EXTERNAL

PENIS

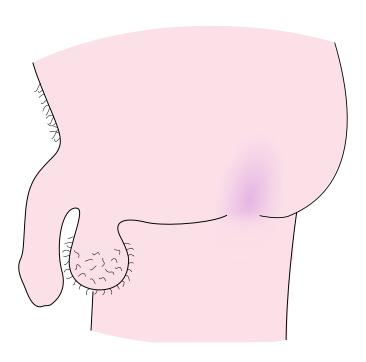
The male sex organ, the penis delivers sperm through the urethra.

SCROTUM

Contains the testicles and epididymis.

ANUS

The end of the digestive tract and the hole from which waste leaves the body.







Understanding boy 'parts'

See below to investigate the definitions to gain an understanding of what's 'down there' and fill in the missing labels for each part.

INTERNAL

Seminal vesicle

Bladder

Testicle

Vas deferens

Prostate gland

Epididymis

Urethra

The bladder stores urine until it is released through the urethra.

Produces seminal fluid called semen.

Assists in the production of seminal fluid.

Where sperm is stored.

Narrow tubes leading from the testicles through the seminal vesicle and prostate gland to the penis. These tubes provide a passageway for the sperm to travel.

A narrow tube at the centre of the penis which allows both urine and semen to escape the body.

Two testicles (testes) produce sperm and the male sex hormone testosterone.



Test your knowledge



Lets see how much you know! Select a true or false response to each of the questions below.

QUESTION 1

Boys begin puberty before girls.

TRUE

FALSE

QUESTION 2

During puberty hormones are secreted from the pituitary gland.

TRUE

FALSE

QUESTION 3

During puberty males experience an increase in oestrogen.

TRUE

FALSE

QUESTION 4

Acne is a result of poor hygiene.

TRUE

FALSE



QUESTION 5

Deodorant helps prevent body odour.

TRUE

FALSE

QUESTION 6

Puberty is an embarrassing topic that you should avoid talking about.

TRUE

FALSE



QUESTION 7

During puberty girls and boys experience physical and emotional changes.

TRUE

FALSE

QUESTION 8

Your body is starting to change before all of your friends, this isn't normal.

TRUE

FALSE



