

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 2

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

FACT 3

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

FACT 4

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

FACT 5

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

FACT 6

During puberty you will experience physical and emotional changes.

FACT 7

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

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!

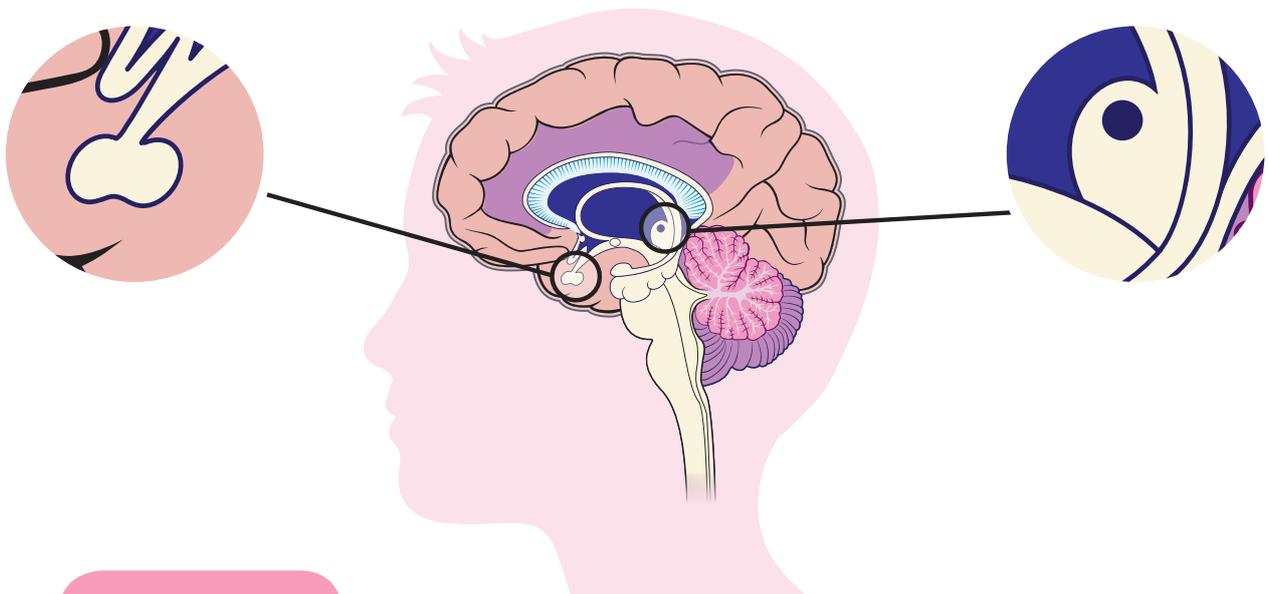
Write below which hormone is responsible for each action. Choose from **Oestrogen** and **Testosterone**.

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.

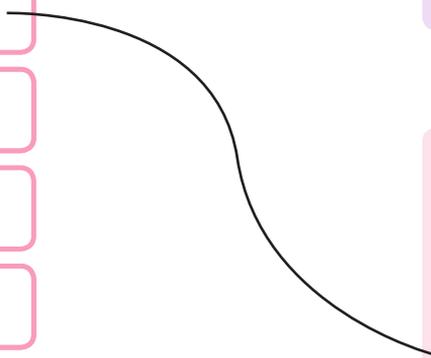
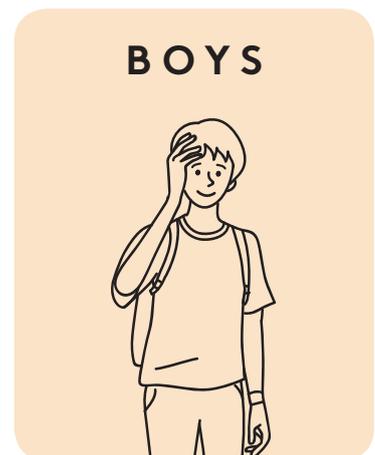




What can I expect?

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



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.



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



Drink plenty of water.



Wash your clothes regularly, especially after physical activity.



Eat a healthy and balanced diet to fuel your body.



Use antiperspirant not just deodorant to help prevent body odour.



Change your pads, tampons and liners regularly.



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

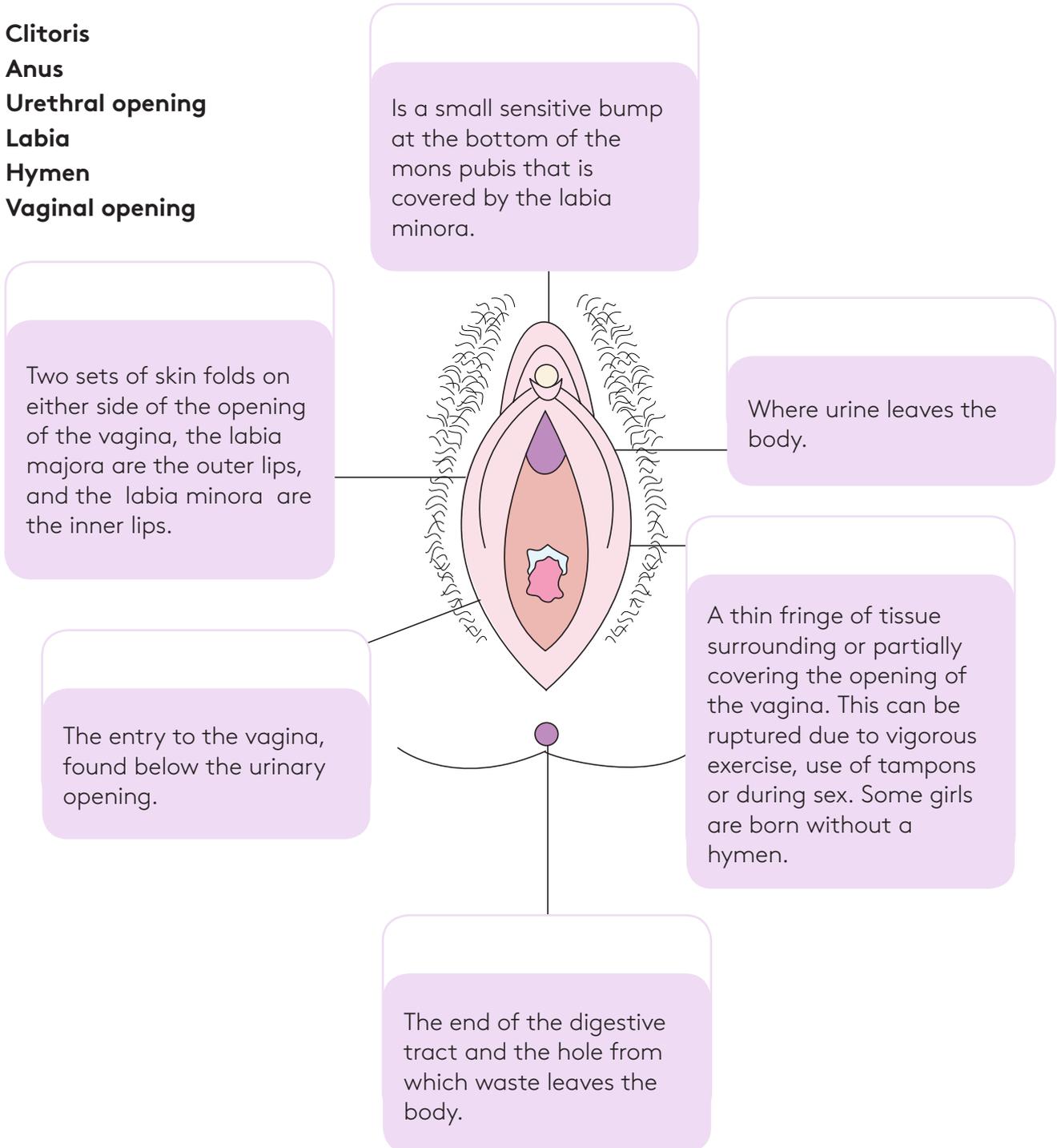
Anus

Urethral opening

Labia

Hymen

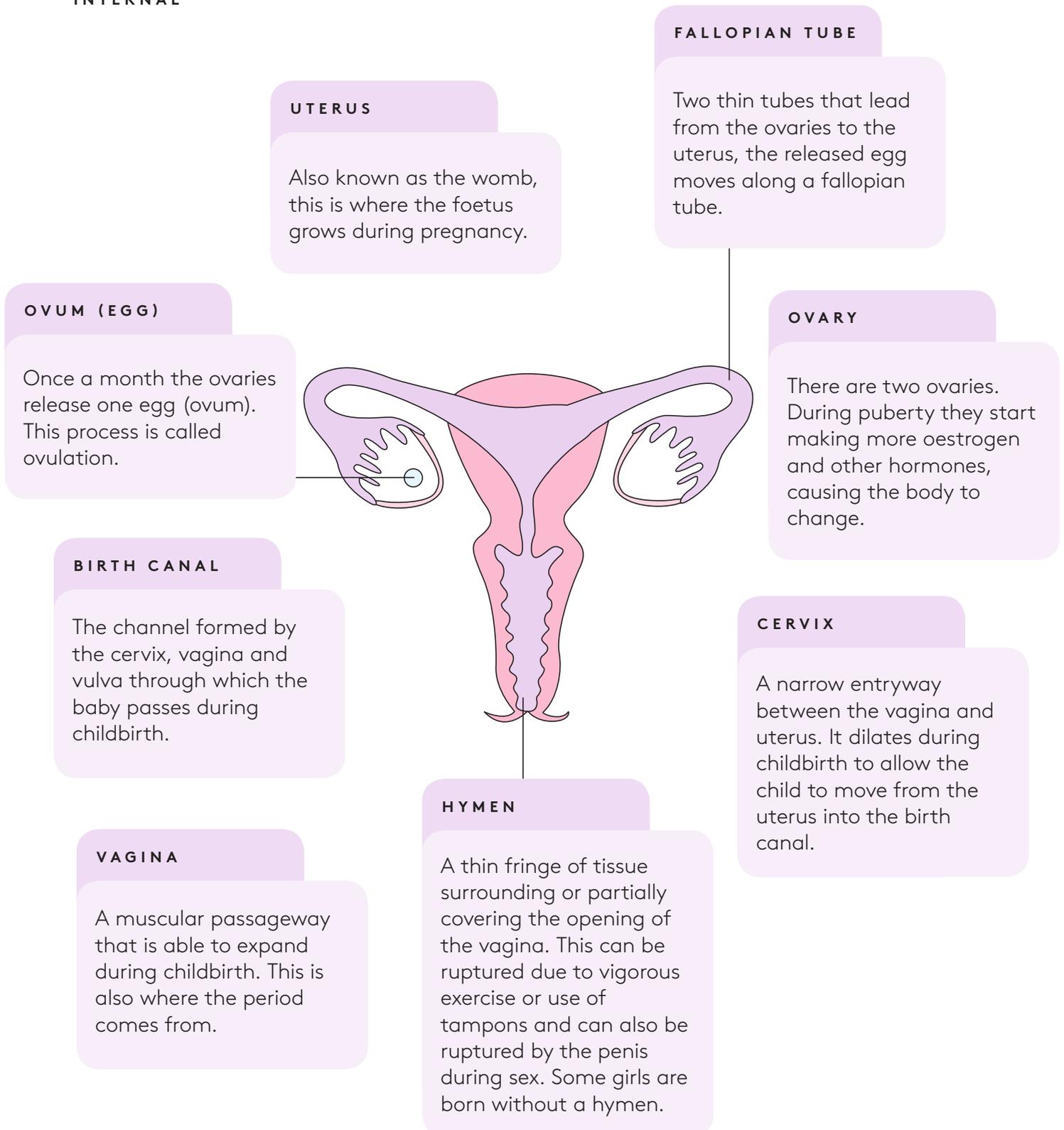
Vaginal opening



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





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

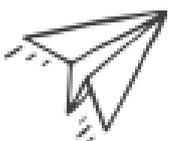
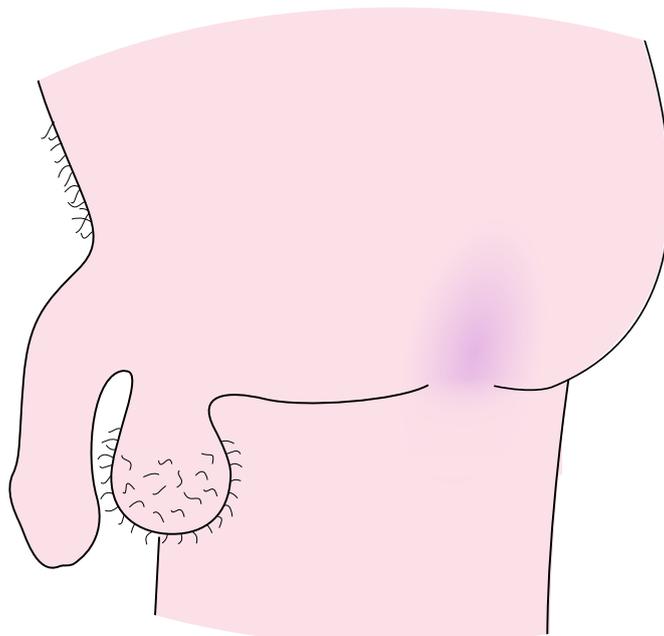
The male sex organ, the penis delivers sperm through the urethra.

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

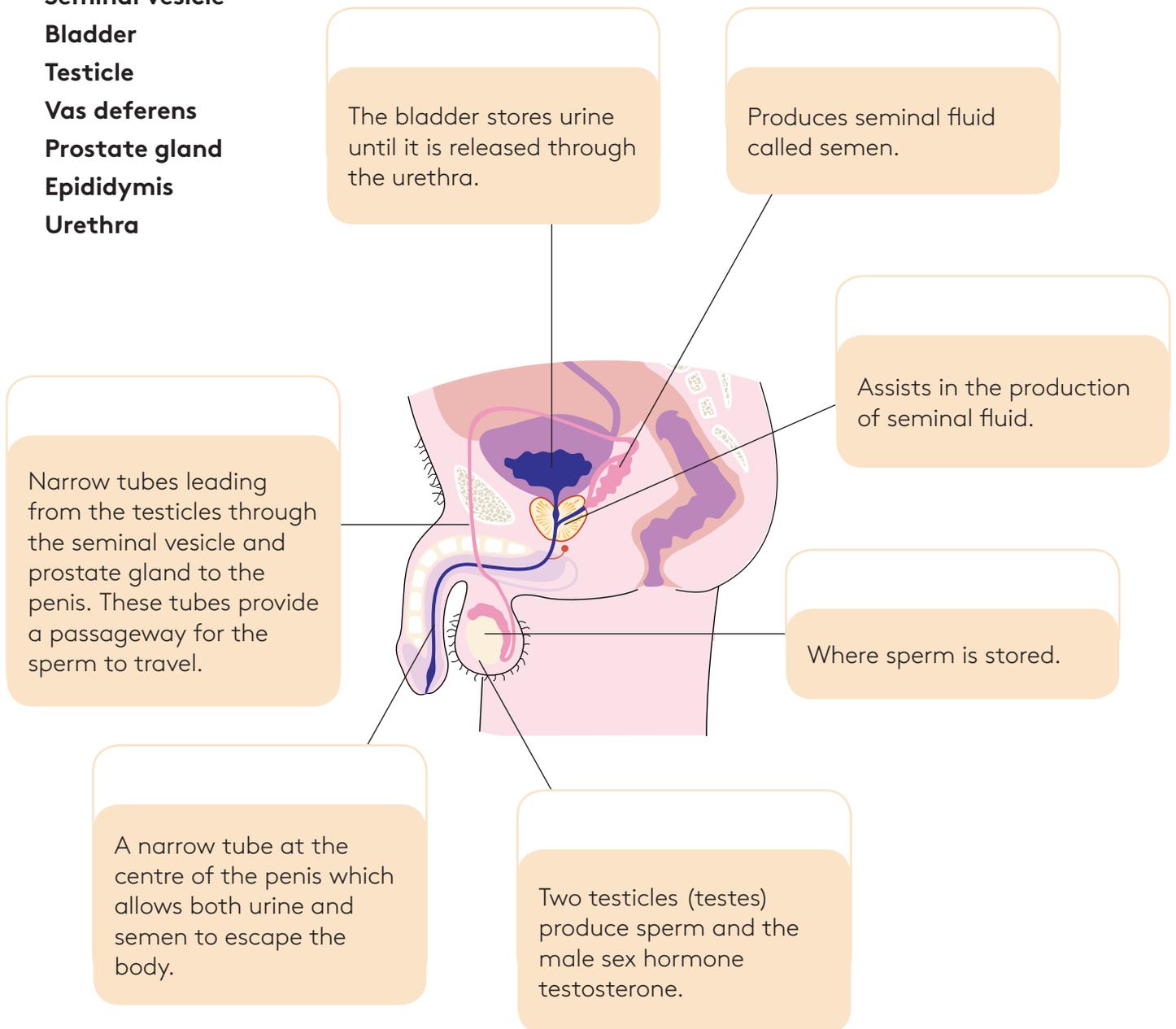
Testicle

Vas deferens

Prostate gland

Epididymis

Urethra





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



