

# Understanding changes

## Stage 4

GIRLS/BOYS



# What do you already know?



## WHAT WE KNOW

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


## Let us explain...

Puberty describes the body's changes that occur during adolescence - it's just our way of growing up and moving from childhood into adulthood. Below are some interesting facts.

### WHY DOES IT HAPPEN?

#### FACT 1

During puberty the hypothalamus and the pituitary gland start making more hormones in your body.

#### FACT 2

The hormones communicate with different parts of your body, as a result changes begin to occur.

#### FACT 3

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

### WHEN DOES IT HAPPEN?

#### FACT 1

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

#### FACT 2

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

#### FACT 3

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





## About those changes...

During puberty there are lots of changes happening to your body as it grows and develops into adulthood. Remember that everybody experiences these changes at different times and at different rates - we all get there eventually!

Write some examples of changes you have experienced underneath.

**1**

### **PHYSICAL CHANGES**

Feeling like you're in a hairy situation? Don't stress, it's perfectly natural! Both boys and girls go through physical changes during puberty.

**2**

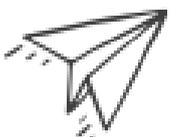
### **EMOTIONAL CHANGES**

Puberty can bring on a roller coaster of emotions. Understanding what to expect can make your journey much easier.

**3**

### **SOCIAL CHANGES**

From your parents to your friendship groups, it's common to experience changes in your relationships with people.

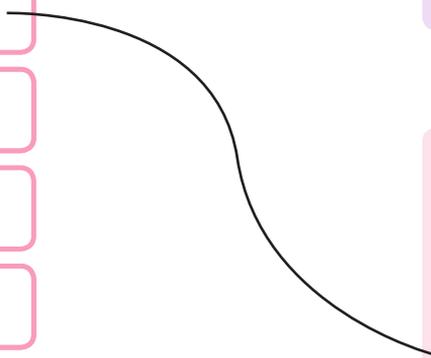
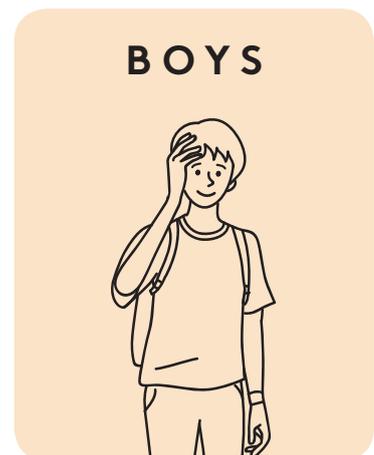




# Physical changes

Strange smells and hair in weird places? Everyone's bodies begin to physically change thanks to an increase in oestrogen and testosterone. Can you figure out which group 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



## 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.

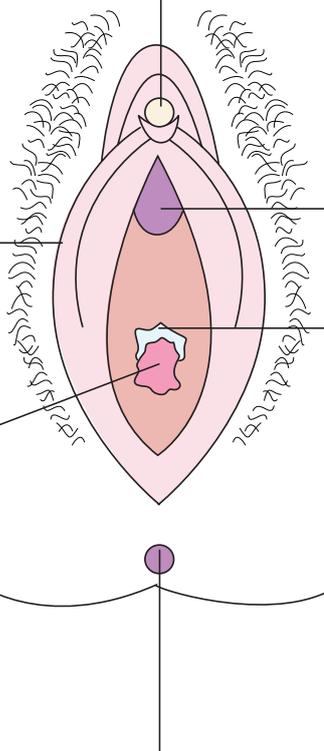
Two sets of skin folds on either side of the opening of the vagina, the labia majora are the outer lips, and the labia minora are the inner lips.

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.

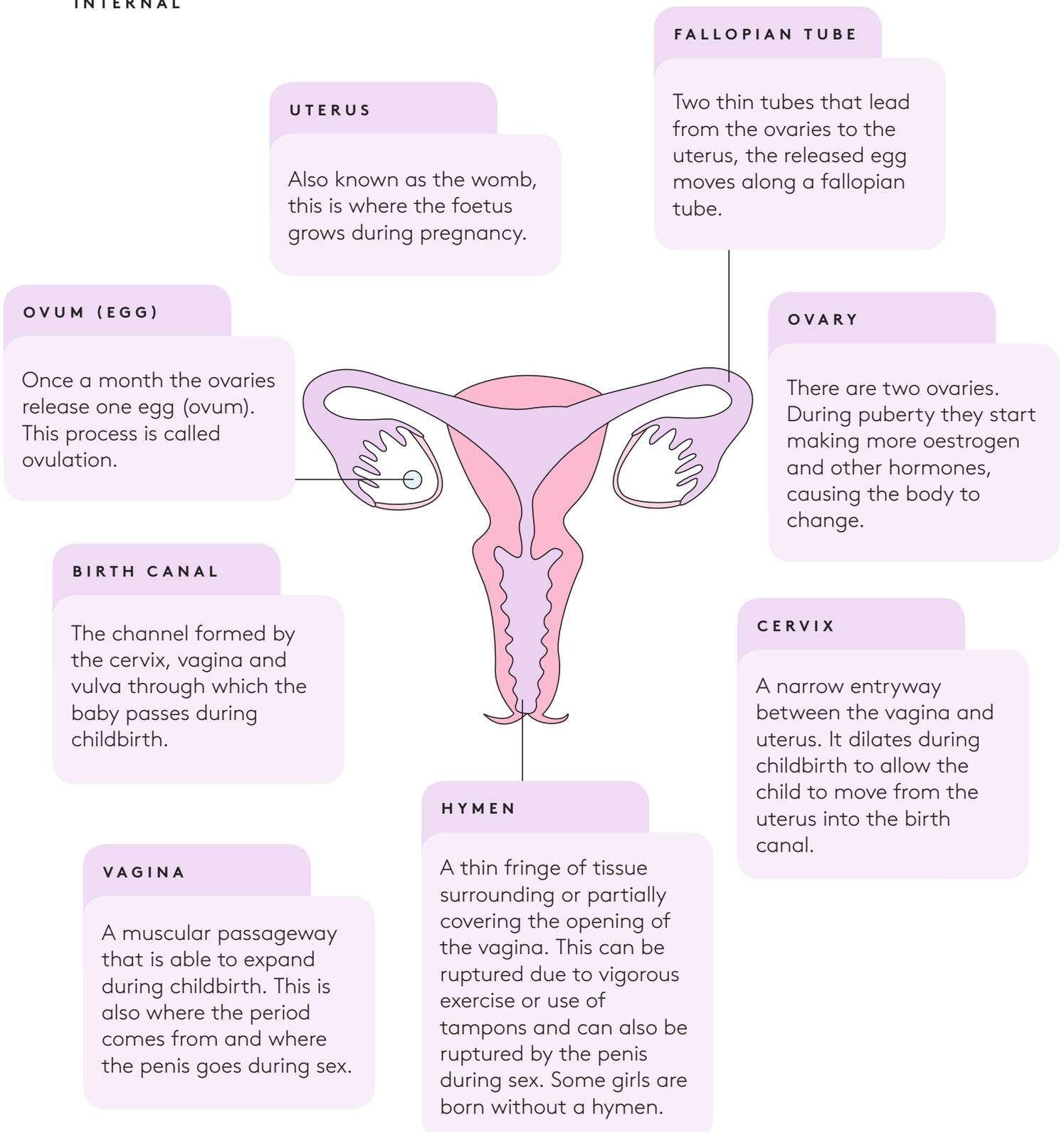




## Understanding girl 'parts'

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



## 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

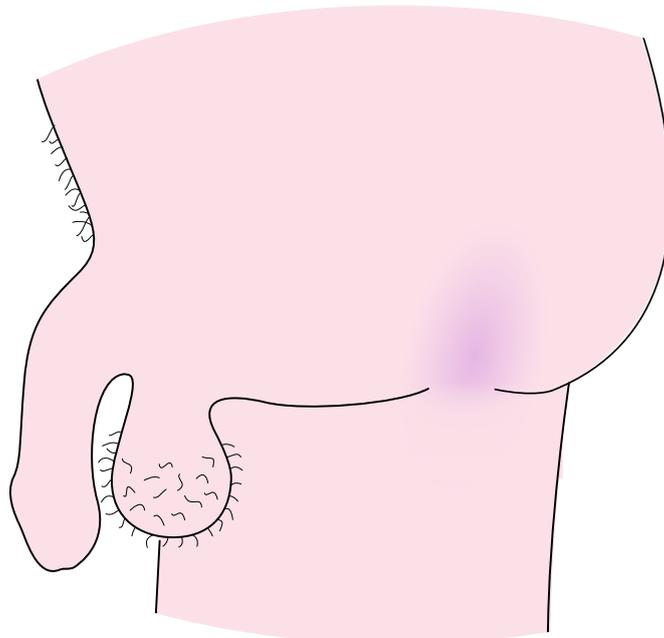
The male sex organ, the penis delivers sperm through the urethra.

#### 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**

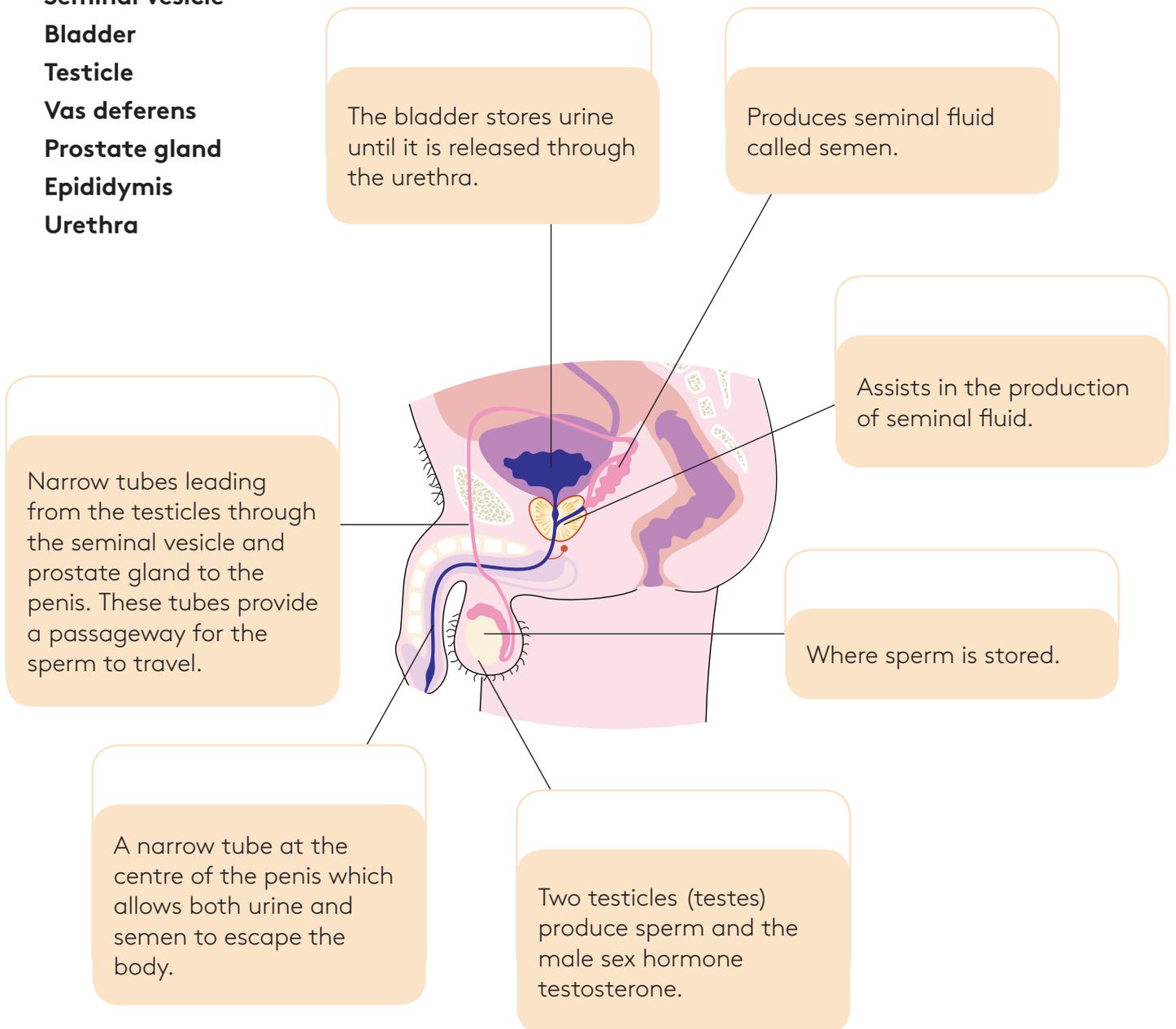
**Testicle**

**Vas deferens**

**Prostate gland**

**Epididymis**

**Urethra**



## Emotional changes

Ever been accused of 'being hormonal?' During puberty both boys and girls experience an increase of hormones throughout their bodies which affects how they think and feel. From moodiness to anxiety, understanding what to expect can make your journey much easier.

Find an emotion that you have felt over the past month, discuss the strategies you use to manage your emotions and responses. Complete the empty boxes by matching the emotion from the list below.

Irritated



Sad



Worried



Annoyed



Anxious



Sensitive

Aggressive

Happy

Angry

Self-conscious

Embarrassed

Uncertain

## Social changes

Are you noticing a change in your relationships with parents and friends? You're not alone! You may start to feel more strongly about your own beliefs and opinions and develop more of a sense of self. Discuss the questions below with your class, record any key words or ideas.

### SENSE OF IDENTITY

What are some ways in which you can explore/express your sense of identity?

### RELATIONSHIP WITH PARENTS

List some examples of when you felt differently to your parents, consider the situation from both perspectives.

### RELATIONSHIP WITH FRIENDS

Friendships are important, but sometimes can be hard work!  
List some of the positive and negative experiences that have happened to you.



## Test your knowledge

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

### QUESTION 1

Puberty happens to everybody by the age of 14.

TRUE

FALSE

### QUESTION 5

Puberty is a time where you are growing more independent.

TRUE

FALSE

### QUESTION 2

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

TRUE

FALSE

### QUESTION 6

It's important to have strategies in place to manage physical, emotional and social changes.

TRUE

FALSE

### QUESTION 3

Everyone experiences a roller coaster of emotions throughout puberty.

TRUE

FALSE

### QUESTION 7

During adolescence it's common to spend more time with family and less time with friends.

TRUE

FALSE

### QUESTION 4

During puberty it is important to stop exercising.

TRUE

FALSE

### QUESTION 8

It's important to maintain the same friendships throughout puberty.

TRUE

FALSE



