

Ground Rules

- Respect what other people say; no put-downs
- Be sensitive to other people's feelings
- It is alright to "pass" (not answer a question)
- Respect other people's differences
- Keep discussion and questions away from a personal level (no individual stories)
- Keep all comments made by other students confidential
- There are no dumb questions
- Use scientific terms instead of slang

Puberty

Brainstorm: What changes do you know or have heard will be happening to you during puberty?

Video

A Time of Change

Puberty is the time when your body changes from a child's body to an adult body. Puberty usually begins between the ages of 9 and 16. During puberty, glands in your body begin to produce **hormones** - *chemicals that cause the changes of puberty*. Hormones signal the different parts of your body to grow and develop.

The two main hormones that help female bodies grow and change are **estrogen** and **progesterone**. The main male hormone is **testosterone**.

Pull

Emotional Changes

Your body is not all that changes. Your feelings change too. Hormones can cause you to be more emotional and have ups and downs in your feelings. Quick mood changes can be hard to handle. You may cry over small matters.

Sooner or later, most young people worry about their bodies and their feelings. Girls and boys who go through changes before anyone else in the class might feel self-conscious. Those who change later may envy their more "grown-up" friends. They may worry about when they may catch up.

Emotional Changes

It's no fun to feel different from your friends. But in a few years, the changes even out. Try to remember every body is different. Each person has a personal time clock that determines when he or she will start puberty. Some people will mature earlier and some later.

It helps to share concerns with parents and friends.

Social Changes

As you grow older, you find that friends become more important. You want to be liked. You want to fit in. But sometimes, you may feel left out and lonely. Almost everyone does. Find friends who like you for yourself and be open to making new friends. First you will feel comfortable with friends of the same gender. Later, boys and girls become more interested in each other.

You will feel increased feelings of independence as you grow and change. This is a time of change for your parents too. They must learn to live with you as a more grown-up person. It can be hard for all of you.

Physical Changes-Both

Boys & Girls

- Grow very quickly "growth spurt"
- Sweat more which may cause body odor
- Get oilier skin and may have some pimples
- Voice changes
- Have aching muscles and joints "growing pains"
- Girls usually begin puberty 1-2 years before boys do

Physical Changes-Both

Boys Girls

- Shoulders get broader - Hips get wider
 - Waist gets smaller
- Increase body weight (muscle mass) - Increase body weight (bodyfat)
- Hair grows under arms and on arms, legs, chest, and face - Hair grows under arms and on arms, legs, chest, and face

Physical Changes-Boys

- Increase in growth rate (9-21 years)
- Hair growth - arms and legs, chest, face, under arms and pubic area
- Breast development - possible, temporary, due to hormonal changes
- Penis and testicles grow larger

Male Reproductive System Terms

Penis - External male reproductive organ through which sperm and urine leave the body

Scrotum - Sac of skin that holds the testicles, just underneath the penis

Sperm - male reproductive cells

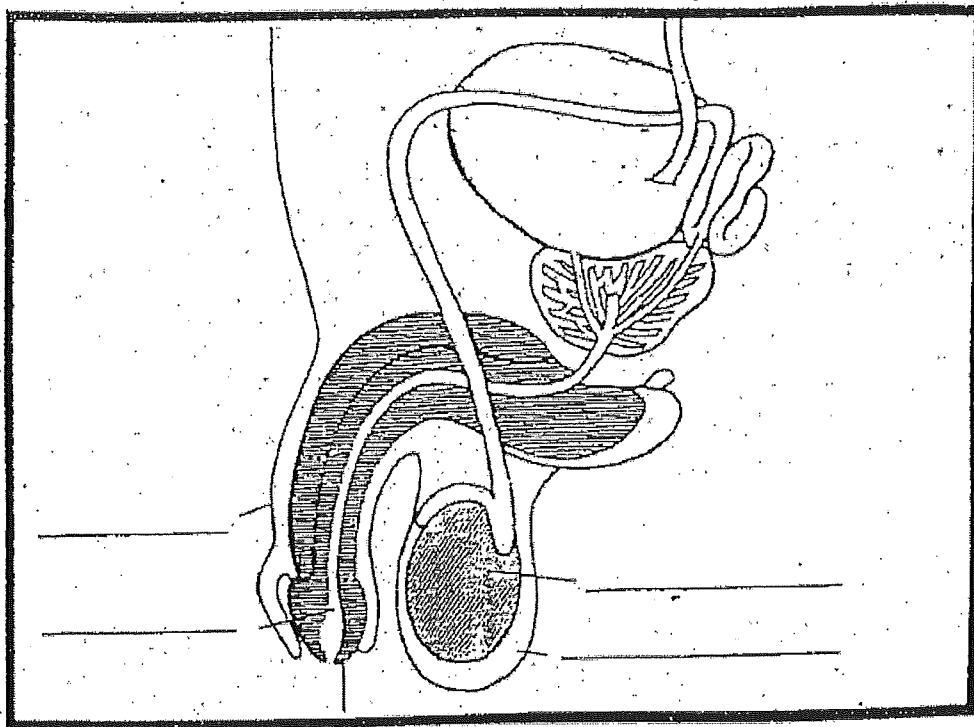
Testicles - Also called testes; two oval shaped organs that are contained in the scrotum. They produce the male hormone testosterone and sperm.

Urethra - Tube that carries urine and semen out of the body, but not at the same time.

Body Facts

About the male reproductive system

Use the words below to label this diagram.



Penis

Urethra

Testicles

Scrotum

Dealing with these changes

- Some of you may not want these changes to happen and others may want them to hurry up and get here! How you are feeling is normal!
- Asking your parents or another trusted adult how they felt about the changes of puberty before they started going through them might help you
- No matter how you feel about it today, every human goes through the changes of puberty so you don't have to feel embarrassed or worried
- Taking time to talk about puberty and understanding the changes that are happening is one way we hope to help you to feel good about being you...at every stage along the way to becoming an adult

