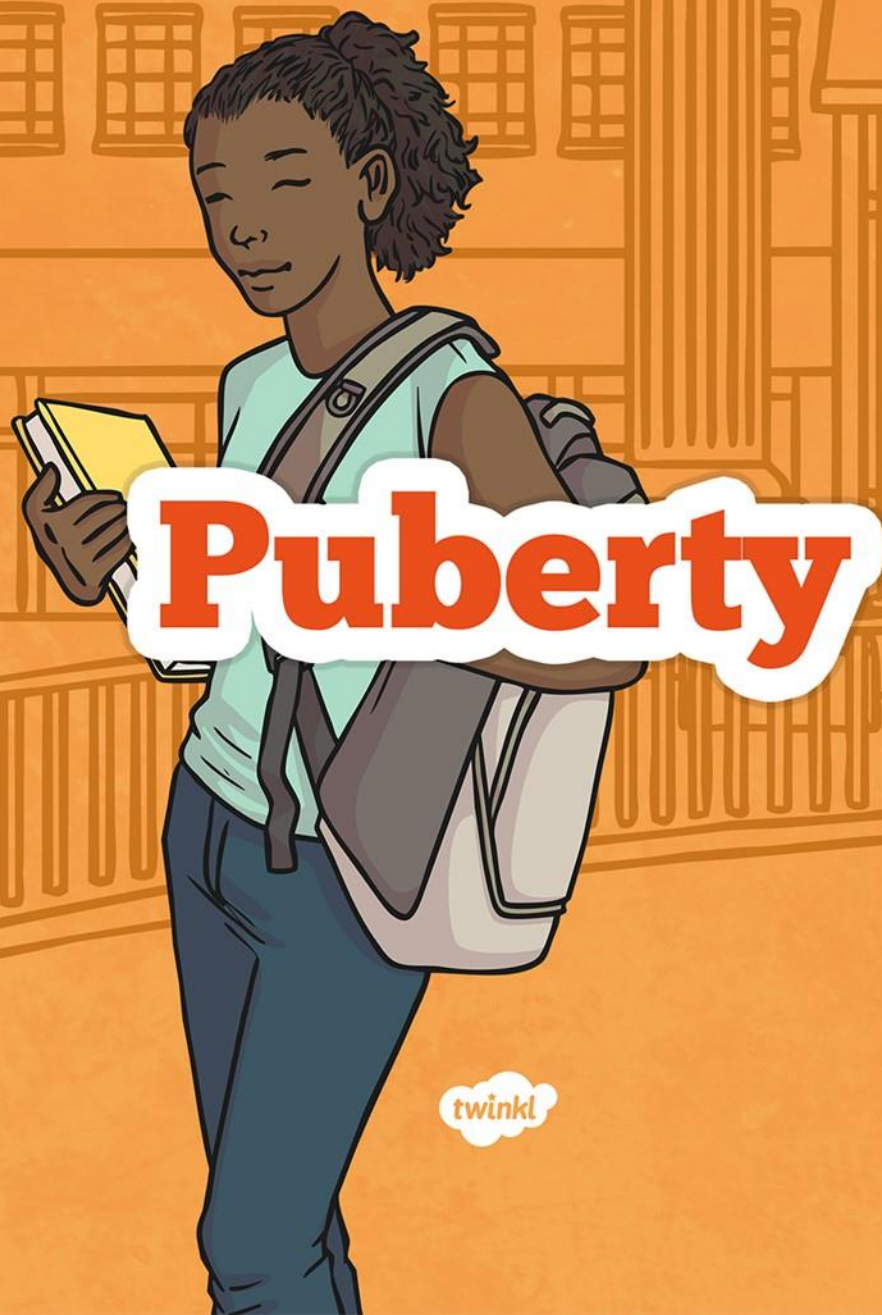




twinkl

Aim

- I can describe and explain the main changes that occur during puberty.

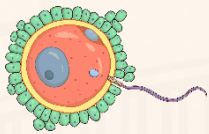
Success Criteria

- I can describe the main changes that occur during puberty.
- I can give reasons why changes occur during puberty.
- I can analyse the similarities and differences between how boys and girls experience puberty.

Human Development



Label the pictures with the name of the stage of development they represent:



Early
Adulthood

Puberty

Middle
Adulthood

Childhood

Old age

Infancy

Fertilisation

Which stages of development have you undergone?

Which ones will you undergo?

What is your next stage of development?

Human Development

Puberty

Puberty is the stage of development between childhood and adulthood.

Physical growth occurs so that the body changes to that of an adult, which enables reproduction.

Two parts of the brain – the hypothalamus and the pituitary gland – start to make more of some hormones.

LH is the hormone for growth and FSH is the hormone for hair.



Fact or Fiction?

Do you know
your facts about
puberty?

Are you getting
your information
from a reliable
source?

Or are you
starting to
believe in fiction?

Let's find out with the



**FACT OR
FICTION
QUIZ!**

Fact or Fiction?

1

If you haven't started puberty by the age of 11, there is something wrong.

Fact!

Fiction!

Fact or Fiction?

It's Fiction!

Puberty occurs at any time between 11 and 17. It is different for each person and this is perfectly normal.

Next Question

Fact or Fiction?

2

Both boys and girls grow more hair on their bodies.

Fact!

Fiction!

Fact or Fiction?

It's a Fact!

Both boys and girls develop pubic hair and start to grow hair under their armpits.

Overall, boys grow more hair and grow it on more body parts than girls (including the face and chest). However, how 'hairy' a person becomes is based the genes you inherit from your parents.

Next Question

Fact or Fiction?

3

During puberty, it is normal to start getting spots.

Fact!

Fiction!

Fact or Fiction?

It's a Fact!

Everyone gets some spots during puberty; however, it varies from person to person.

Acne is when you have a severe breakout of spots and can be painful. Doctors can help to treat this.

Next Question

Fact or Fiction?

4

When you go through puberty,
your sweat smells.

Fact!

Fiction!

Fact or Fiction?

It's Fiction!

Sweat does not smell! Sweat is mostly just water after all.

What people refer to as a 'sweaty' smell is actually caused by bacteria on your body mixing with the sweat.

Next Question

Fact or Fiction?

5

All parts of the body grow at the same rate during puberty.

Fact!

Fiction!

Fact or Fiction?

It's Fiction!

All parts of the body grow during puberty but it is not true that they grow at the same rate and the same time.

For example, you may notice that you get taller before your feet grow or that you start growing pubic hair before you start getting spots. It's normal for growth to be uneven during puberty.

Next Question

Fact or Fiction?

6

There is a normal size that breasts (girls) or the penis (boys) have to grow to, otherwise there is a problem.

Fact!

Fiction!

Fact or Fiction?

It's Fiction!

There is a wide range of shapes and sizes for breasts and penises, which are all normal.

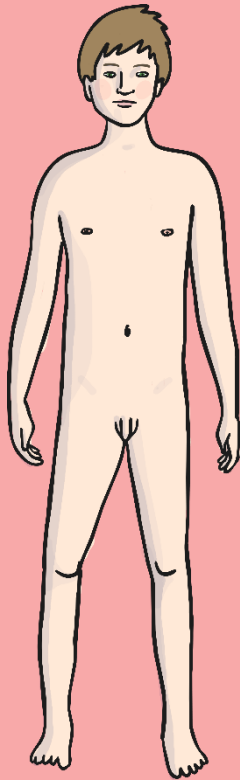
One of the problems that many teenagers going through puberty face today is coping with the images and messages they get about what is 'normal'. Often this does not match reality.

As long as you are developing during this period of your life, then there is nothing to worry about.

End of quiz!

The Facts

Puberty for Boys



Larynx (voice box)
grows – 'Adam's apple'

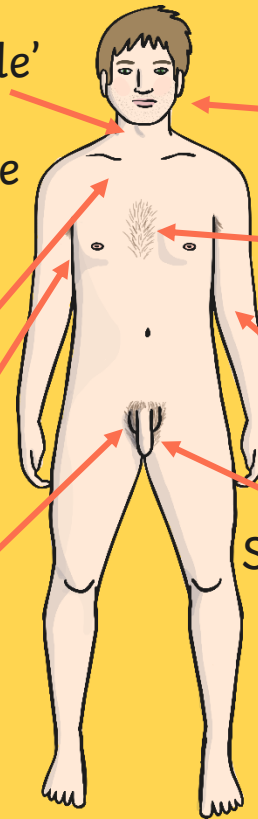
Sweat glands produce
more sweat

Skin becomes oilier

Grow hair
under armpits

Grow pubic hair

All parts of the
body grow



Grow taller

Grow facial hair

Grow hair
on chest

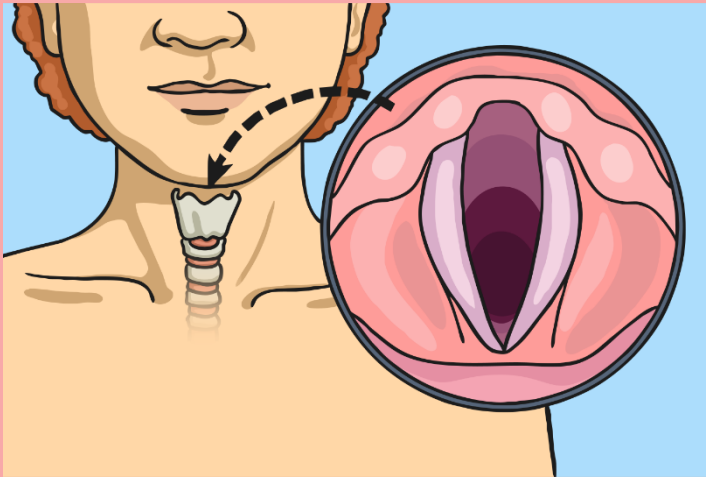
Gain hair on
arms and legs

Scrotum, testes and
penis develop

Become more
muscular

The Facts

What's Going on Inside Boys?



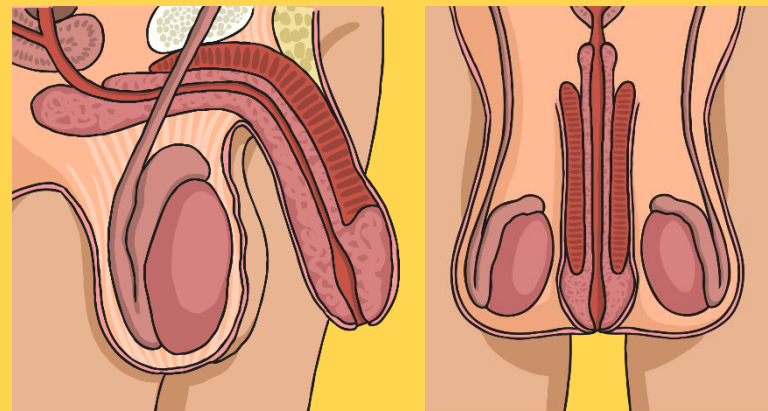
This is the development of the **larynx**.

This happens to both boys and girls but boys' develop more so have deeper voices.

More laryngeal cartilage is needed to make a deeper voice. This is why boys develop visible 'Adam's apples'.

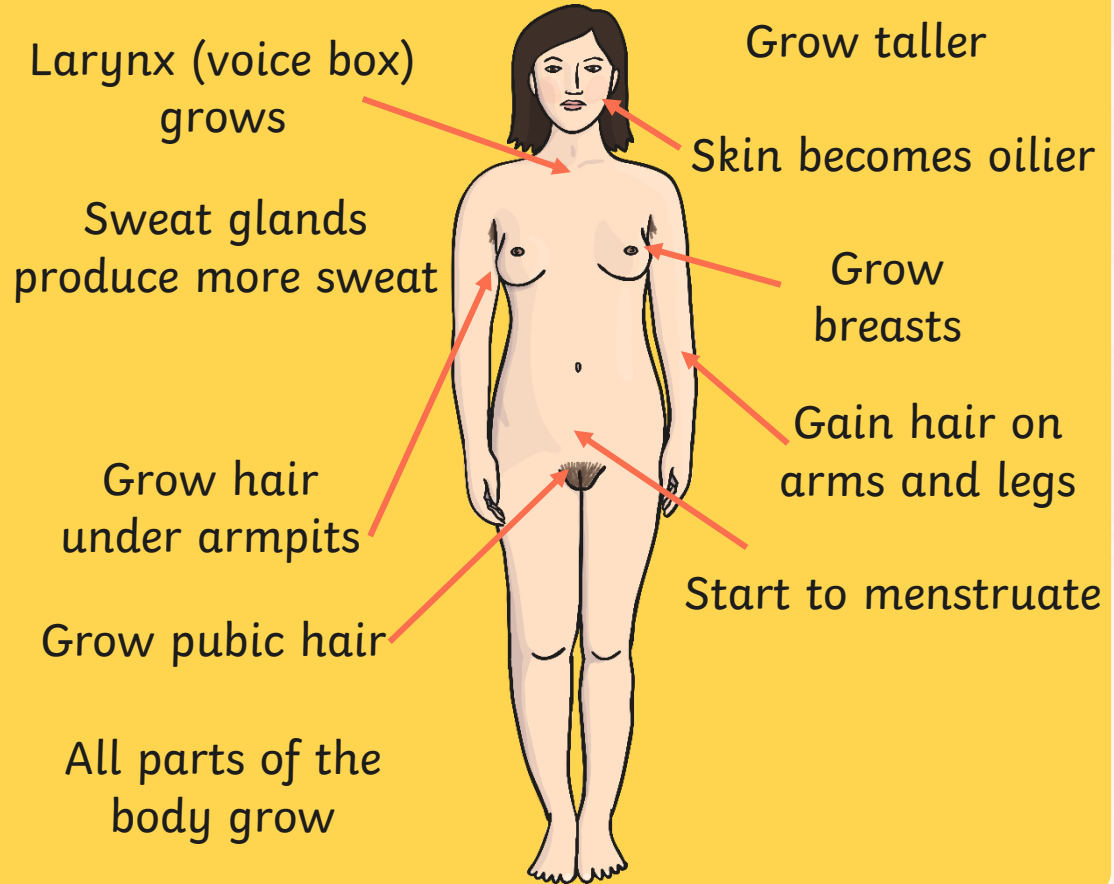
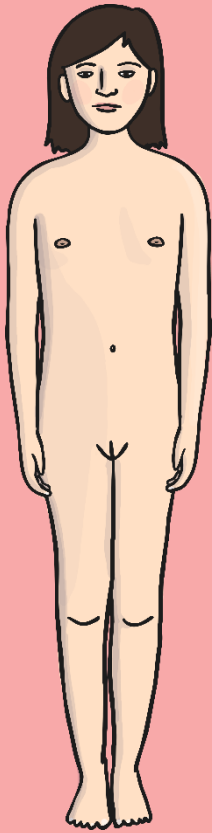
During puberty, the male sexual organs develop. This includes the testicles, scrotum and penis.

The testicles produce the hormone testosterone which stimulates the production of sperm, develops a deeper voice and bigger muscles as well as causing body and facial hair to grow.



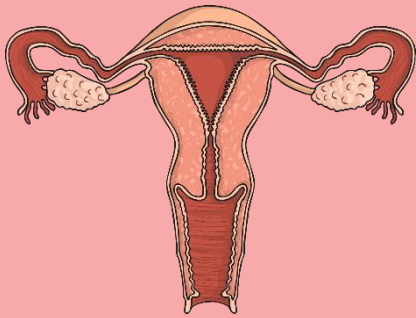
The Facts

Puberty for Girls



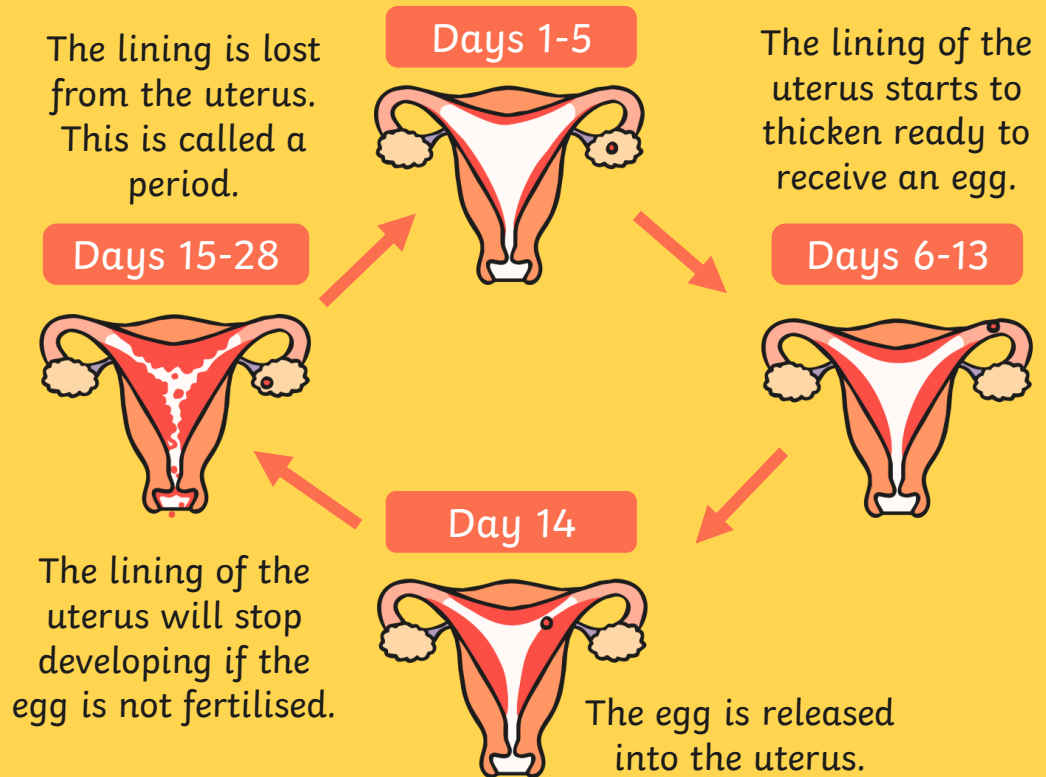
The Facts

What's Going on Inside Girls?



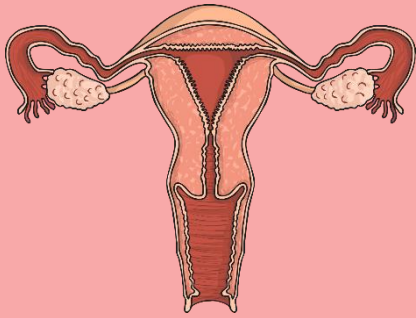
Ovaries produce the hormones oestrogen and progesterone. They also produce eggs. All girls going through puberty start their periods – this means they have started to produce eggs.

Menstrual Cycle (Period)



The Facts

What's Going on Inside Girls?



Ovaries produce the hormones oestrogen and progesterone. They also produce eggs. All girls going through puberty start their periods – this means they have started to produce eggs.

Emotion

The hormones in your body that cause changes to occur during puberty may also affect your mood. You may have highs and lows and feel a bit more emotional especially near the time of your period.

