

Lesson Topic: Puberty

Standards Alignment:

National Sex Education Standards

PD.5.CC.1 – Describe the physical, social, and emotional changes that occur during puberty and adolescence and how the onset and progression of puberty can vary.

PD.5.GS.1- Make a plan for maintaining personal hygiene during puberty.

PD.5.AI.2 – Identify trusted adults, including parents, caregivers, and health care professionals, who students can ask questions about puberty and adolescent health.

Nevada Academic Content Standards

7.SM.4.1- Develop a variety of healthy practices and behaviors to maintain or improve personal health.

Objectives:

- Describe at least three changes that take place during puberty.
- Differentiate between what could be considered physical, social, and emotional changes of puberty.
- Explain one thing they can do to manage a physical, emotional, and social change of puberty.
- Identify a trusted adult for more information about puberty.

Activities:

Video: The Physical Changes That Happen to Most Girls and Boys

<https://youtu.be/vMRHCYq7oBU?si=d5uxmuYW76POVKzY>

Video: The Physical Changes That Happen to Everyone <https://youtu.be/Y6eFTuh0bxY?si=ypFSIF6TNSU40k9i>

Video: Puberty: Feeling Depressed, Happy and Other Emotions (1:45) <https://youtu.be/mAPLTaRM48Y>

Can you identify the change?

Lesson Prep:

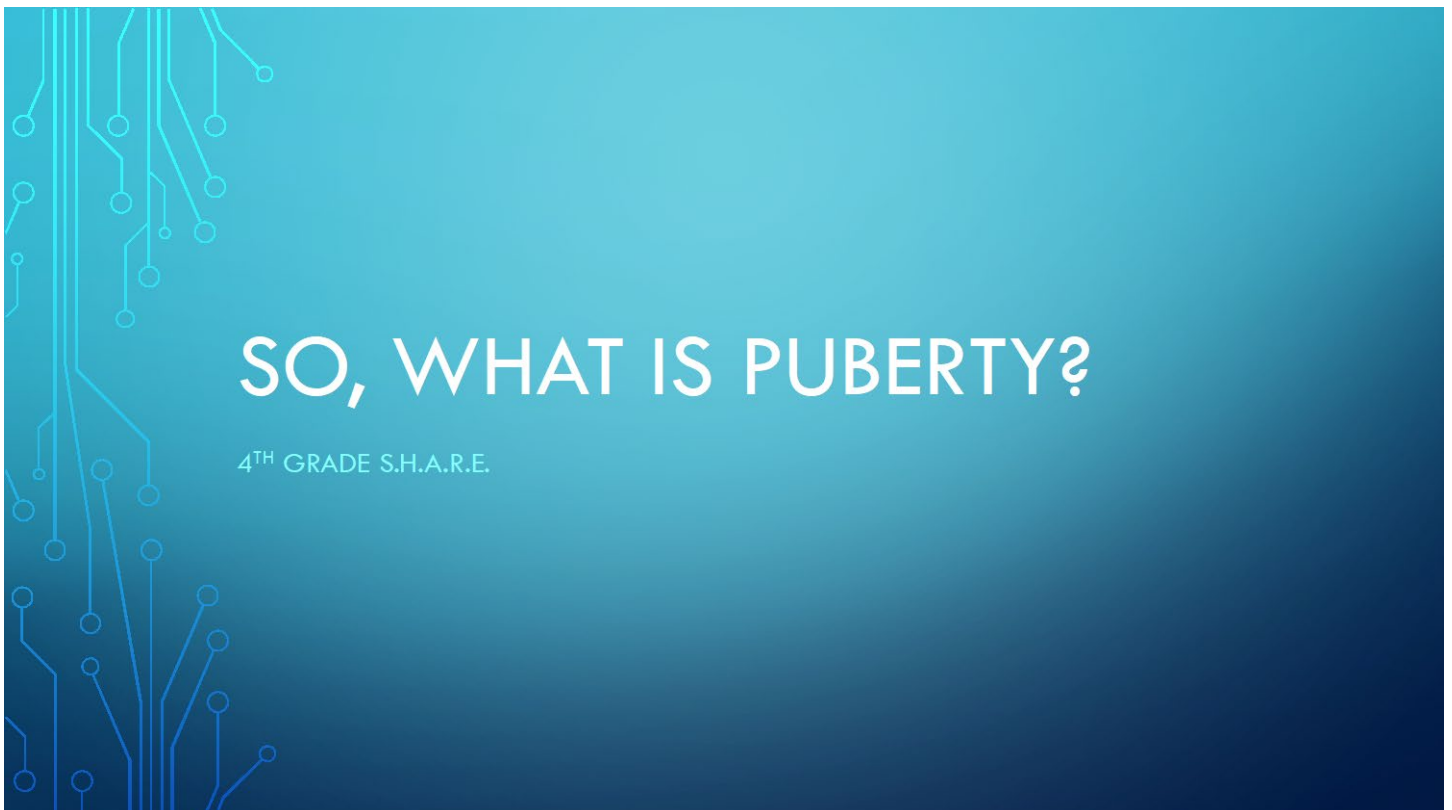
Can You Identify the Change? Activity:

- Copy-Make one set of the activity cards at the back of this packet.
- Make one copy of the Social Change, Emotional Change and Physical Change cards

Lesson Intro:

- SHARE is important for everyone in the class.
- The goal is for every one of you to feel that these classes relate to you and your life.
- This curriculum and resulting class discussions are intended to be respectful and inclusive of many perspectives and allow all students to see themselves and understand their own health and sexuality.
- The purpose of SHARE is to assist you in making informed choices and avoid behaviors that put you at risk.
- All questions are welcome. If you don't feel comfortable asking in class, I've provided paper for anonymous questions, or you may talk with me later.
- We will be talking about this as if we are scientists/doctors because we will be using the correct anatomical terms for our body parts.
 - It's important that we know the correct terms for all of our body parts.

***Use of Slang Words:** If students use slang words, keep in mind that may be the only language they have heard before this class. They also may just be trying to get a rise out of you. Since you won't know their motivation, should they use a slang term, gently correct them (remind them that we are using the correct anatomical terms-like scientists) and ask them to continue. For example, if they were to say, "balls" for "testicles," there is likely to be some laughter. Simply say, "And what is the word we learned for 'balls?'" and restate using the term testicles.*

Slide 1: Lesson:

Say something like; Today we are going to talk about puberty, the changes that occur and ways to deal with those changes. We are going to focus on the physical, social, and emotional aspects of puberty.

Slide 2:

Puberty

It's the time when your body begins to develop and change as you move from kid to adult.



- What do you know about puberty?
 - Probe for- any student input that a person may experience while going through puberty.
- Puberty-
 - Puberty can begin anywhere from the age of 9 to the age of 14 and may begin earlier for some or start later for others.
 - Each person begins puberty when it's right for their body (their body decides).
 - Also relative to when parents began puberty.
 - Bodies with vulvas typically begin puberty before bodies with penises.
 - Puberty does not happen all at once.
 - It comes in stages and takes many years.
 - Might have some signs of puberty at an early age, while other changes show up years later.
 - Bodies are unique, so puberty is different for each person.
 - Each person goes through it at their own pace.

Slide 3: What starts puberty?

HOW DOES PUBERTY START?

Hormones

Brain

Hypothalamus

Pituitary

Jack Westin

- The Brain!
 - Located in the brain, the Hypothalamus Gland sends special hormones to the Pituitary Gland initiating the onset of puberty.
 - The Pituitary Gland then sends out special hormones through the blood stream to the reproductive organs, which begins puberty.
 - The Pituitary Gland is a pea-shaped gland that sits just under the brain.

Slide 4:



WHAT ARE SOME CHANGES THAT OCCUR DURING PUBERTY?

- What are some changes that occur during puberty?
 - If students mentioned anything earlier, recap and probe for other changes that may occur during puberty.

Teacher Notes: Body Changes during Puberty- refer to while going over the changes.

Puberty is the period of a person's life where their bodies become capable of reproduction. Basically, it's how a person's body changes from being a child to an adult. For everyone, puberty is marked by three major changes: 1) rapid body growth, 2) maturation of the gonads (the parts of the body that secrete sex hormones like estrogen and testosterone, so in a body with a penis, the testes, in a body with a vulva, the ovaries), and 3) the development of secondary sex characteristics. Secondary sex characteristics are those that make an adult body different than a child's body, but aren't required for reproduction--so things like facial and body hair, voice changes (for a body with a penis), breast growth (for a body with a vulva), and oil and sweat producing glands. These changes can happen beginning as early as 7 or 8 for some people, and as late as 15 or 16 for others.

Specific to the growth spurt . . . The rapid acceleration in height and weight that occurs during puberty is called the adolescent growth spurt. During this spurt, bodies with penises tend to grow, on average, about four inches per year. Bodies with vulvas tend to grow, on average, about three inches per year. We also see changes in weight. This is due to increases in both muscle and body fat. Most people gain about half of their adult weight during puberty. This is totally normal, and even necessary. Most bodies will not begin menstruating or producing sperm until that growth spurt has started. Without enough muscle and body fat by

adulthood, it is often not possible for bodies with vulvas to successfully get pregnant and carry a baby to term.

Get taller

- Everyone goes through puberty at different rates. This is very normal.
- How tall you will be is determined a lot by genes – or whether your biological family members were tall, short, or somewhere in between.

Weight gain

- All young people experience some body changes during puberty. Sometimes this is due to physical growth; sometimes this is due to an increase in fat on the body. Both are completely normal.
- Most people gain about half of their adult weight during puberty. This is totally normal, and even necessary. Most bodies will not begin menstruating or producing sperm until that growth spurt has started. Without enough muscle and body fat by adulthood, it is often not possible for bodies with vulvas to successfully get pregnant and carry a baby to term.

Grow breasts

- It is normal for one breast to be slightly larger than the other
- Most bodies with vulvas typically develop breasts.
- Some bodies with penises may temporarily develop breasts. This is called “gynecomastia,” and it can be very embarrassing and a sensitive issue. A lot of teasing and bullying can take place when this happens, which is completely inappropriate and wrong. Breast growth among usually goes away by itself.

Grow hair under arms, on legs, around genitals

- For people with darker hair, this hair growth may be more pronounced.
- Some people choose to shave this hair, whether it’s on the face, legs, under the arms or elsewhere. There is no medical reason to shave, it is only about personal preference. If shaving anywhere near your genitals, it’s really important to be extra careful.

Get acne

- During puberty, your body starts producing more oil. The oil and dirt that gets trapped in the pores can lead to pimples or more widespread acne.
- Pimples can appear on the face or other parts of the body, like the back or shoulders.

- Usually, this is an occasional zit here and there; sometimes it can be more serious. If you get a lot of acne, talk with a parent or caregiver about seeing a dermatologist (skin doctor).

Hair texture may change

- Not everyone experiences a change in hair quality during puberty, but many people do.
- Previously straight hair will sometimes become curlier or coarser; lighter hair may darken.

Hormones are raging

- Hormones are the natural chemicals found in our bodies. We all have them, whether we are kids or adults.
- Hormones are responsible for all of the physical changes in puberty (as well as some of the emotional ones). During puberty, they are present at really high levels, but even out a bit once puberty is done.

Voice deepens

- This is more pronounced in bodies with penises. However, kids of all genders may experience a deepening of their voice during puberty.

Spontaneous erections

- When penises stand up by themselves, it's called an "erection." This has been happening since infancy and is totally normal. But during puberty and beyond, it can happen more often and can be more noticeable. Also, the erections can last longer.
- During puberty, erections can happen out of nowhere, or spontaneously. They don't even have to be thinking about or looking at anything in particular. While this can be embarrassing, they also tend to go away on their own after a short period.

Voice cracks

- Sometimes, kids' voices will deepen dramatically, going from higher to lower. Other times, there will be a transition between the two where the voice cracks. This can sound funny, but it usually makes the person feel self-conscious. The cracking is temporary, and the voice will be lower at the other end of it.

Menstruation

- One of the most dramatic changes a body with a vulva goes through is menstruating or getting a period. This is part of the normal monthly cycle where the body is preparing for a possible pregnancy by building up a lining of blood and body tissue in the uterus.
- Once a month, one of the ovaries releases an ovum or egg. This is a tiny egg, it's not like a chicken egg! This means the body is preparing for a time in the future, when older and may want to get pregnant. If

unprotected penis-vagina sex occurs after the egg is released, that egg may meet with a sperm and then attach itself to the wall of the uterus. When that happens, a pregnancy can occur. If a pregnancy does not occur, the lining in the uterus is no longer needed, so it and the tiny egg leave the body during menstruation or period. This lasts 5 to 7 days. We will talk about this more in another class.

Wet dreams

- When bodies with penises start producing semen – that’s the fluid that comes out of their penises and contains sperm. It’s normal for this semen to come out while sleeping. This is called a “nocturnal emission” or a “wet dream.”
- Some think they’ve wet the bed, but they haven’t. It’s perfectly normal, and will happen less frequently as they get older.

Hips widen

- This happens to most bodies with vulvas, and can range from subtle to more pronounced. It is completely normal.

Muscle growth

- Most bodies with penises experience more muscle growth during puberty than bodies with vulvas.
- Everyone is different, and even after puberty some bodies may be more or less muscular.

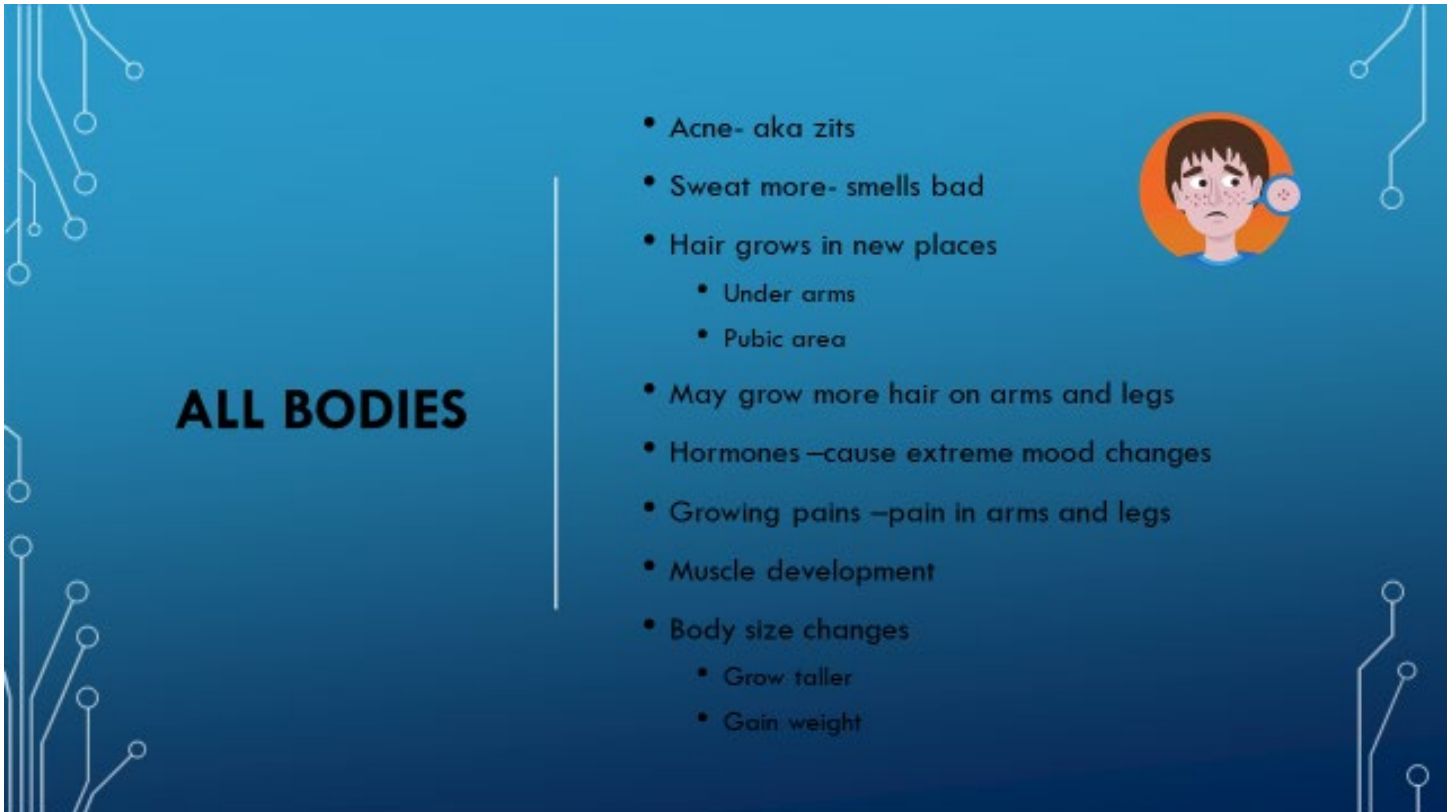
Sweat starts to smell

- Perspiration, or sweat, comes from sweat glands that you've always had in your body. But thanks to puberty, these glands not only become more active than before, they also begin to secrete different chemicals into the sweat that has a stronger smelling odor. You might notice this odor under your arms in your armpits. Your feet and genitals might also have new smells.
- The best way to keep clean is to bathe or shower every day using a mild soap and warm water. This will help wash away any bacteria that contribute to the smells. Wearing clean clothes, socks, and underwear each day can also help you to feel clean. If you sweat a lot, you might find that shirts, T-shirts, socks, and underwear made from cotton or other natural materials will help absorb sweat more effectively.
- If you're concerned about the way your underarms smell, you can try using a deodorant or deodorant with antiperspirant. Deodorants get rid of the odor of sweat by covering it up, and antiperspirants actually stop or dry up perspiration. They come in sticks, roll-ons, gels, sprays, and creams and are available at any drugstore or supermarket. All brands are similar (and ones that say they're made for a man or for a woman are similar, too, except for some perfumes that are added).
- If you choose to use deodorant or antiperspirant, be sure to read the directions. Some work better if you use them at night, whereas others recommend that you put them on in the morning. But keep in mind that some teens don't need deodorants or antiperspirants. So why use them if you don't have to?

Deodorant and antiperspirant commercials may try to convince you that you'll have no friends or dates if you don't use their product, but if you don't think you smell and you take daily baths or showers and wear clean clothes, you may be fine without them.


- TeensHealth- [Hygiene Basics \(for Teens\) - Nemours KidsHealth](#)

Slide 5: Changes most all bodies experience



ALL BODIES

- Acne- aka zits
- Sweat more- smells bad
- Hair grows in new places
 - Under arms
 - Pubic area
- May grow more hair on arms and legs
- Hormones –cause extreme mood changes
- Growing pains –pain in arms and legs
- Muscle development
- Body size changes
 - Grow taller
 - Gain weight



Slide 6: Changes that most bodies with a penis experience



BODIES WITH A PENIS

- Voice gets lower or deeper –may crack while it's changing
- Penis and testicles get bigger
- Hair may grow on face, chest and back
- Chest and shoulders get broader
- Spontaneous erections
- Wet dreams/nocturnal emissions
- Some swelling around the nipples may occur and usually goes away.

Slide 7: Changes that most bodies with a vulva experience




BODIES WITH A VULVA

- Breasts develop and get bigger
- Hips get wider and body may become more curvy
- Period begins (menstruation)


- Those are a lot of changes our body will go through. Let's watch a brief video on ways to take care of our bodies.
 - Pay close attention and be ready to share some ways we can manage the changes that will occur during puberty.

Slide 8: Video: Every Body Curious/Puberty (stop at 3:45) <https://youtu.be/tyzXx2e5y1U>

The Physical Changes That Happen to Everyone



The Physical Changes that Happen to Most Girls and Boys

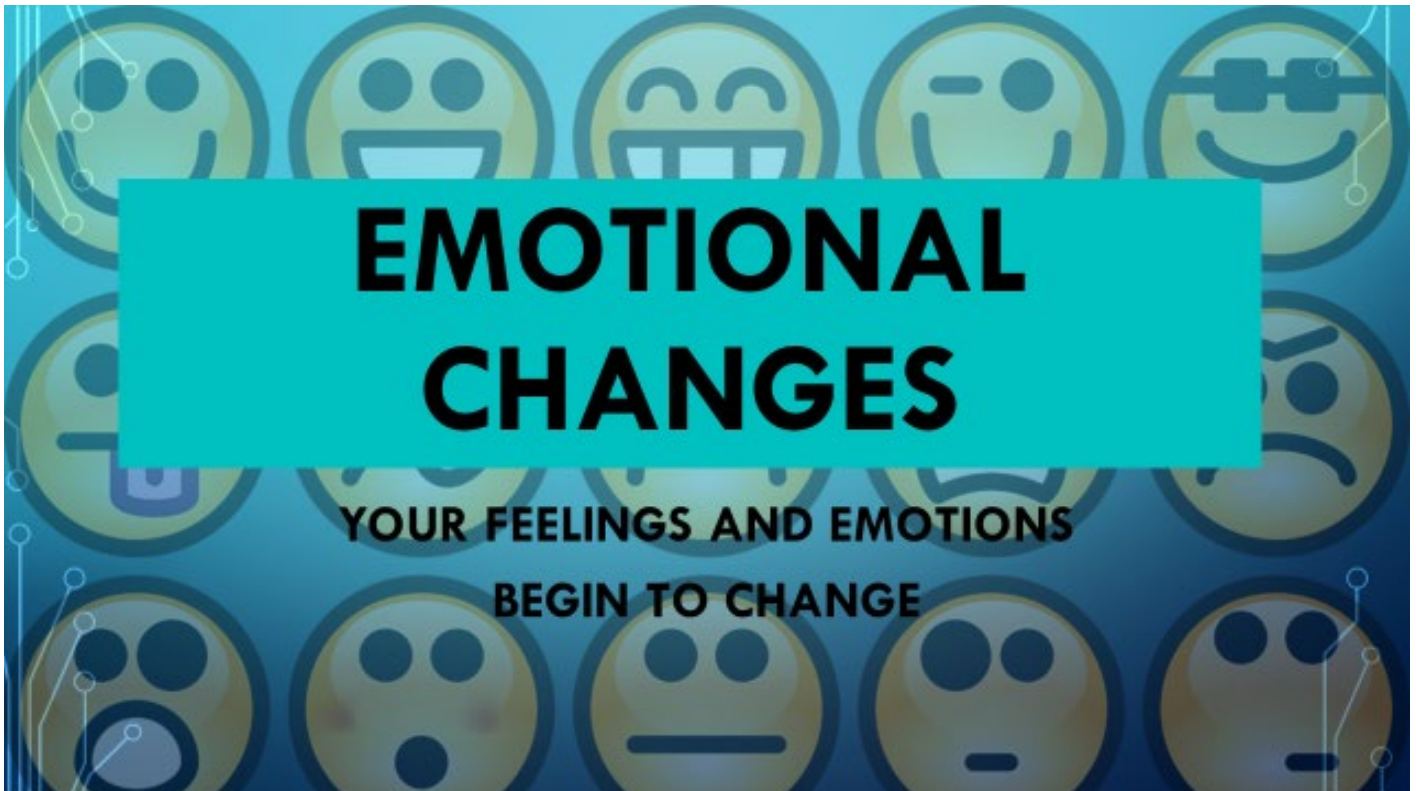


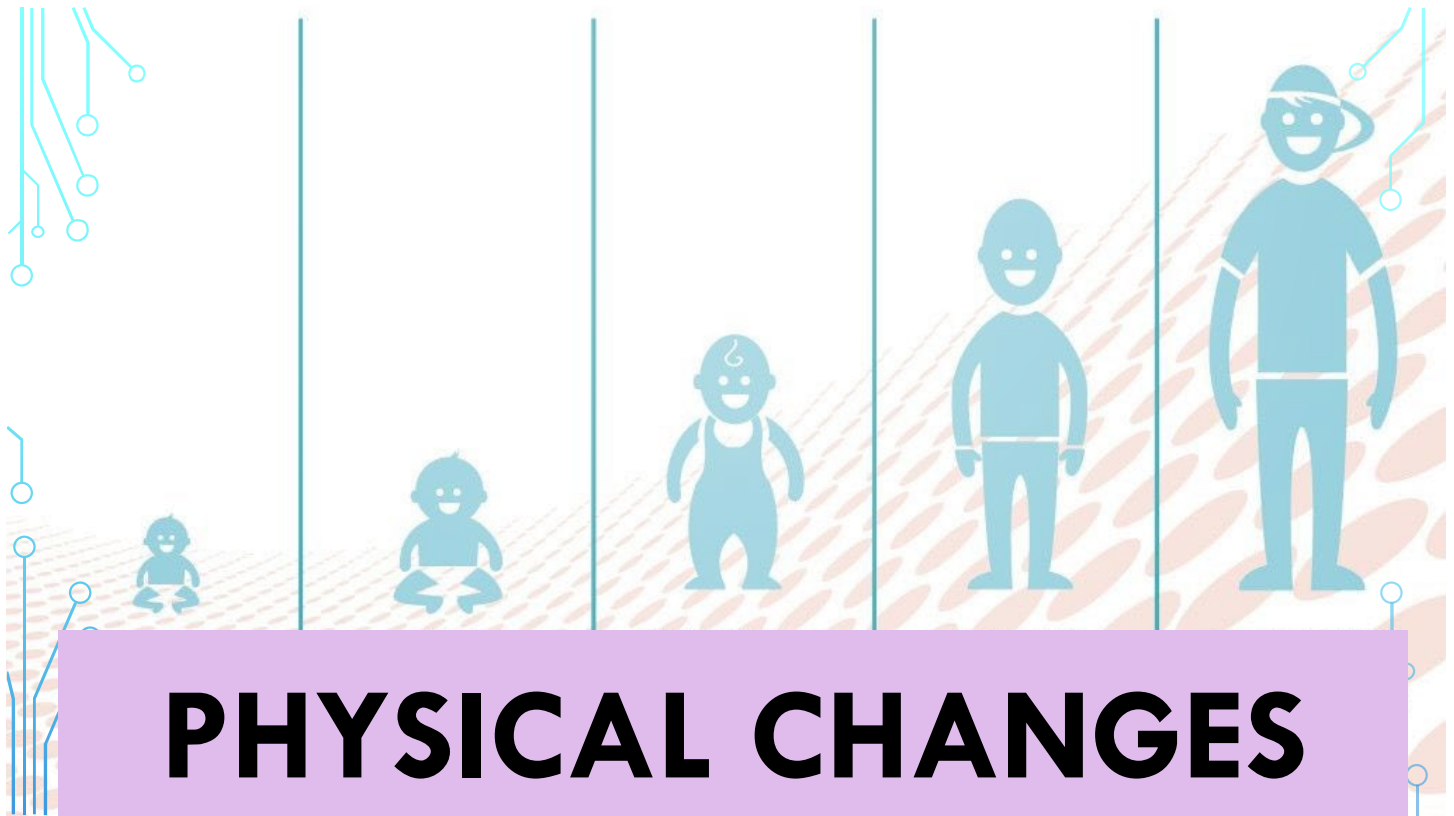
Often, we tend to focus on the physical changes of puberty (like we just did), but there are also social and emotional changes that occur during puberty.

Slide 9: Social Changes




Slide 10: Emotional Changes



Slide 11 Physical Changes

- Now, we're going to do an activity where we will sort the physical, emotional, and social changes into the appropriate heading.
- Let's see if you can figure out which change goes under which heading.

Slide 12: Activity: Can you Identify the Change?



CAN YOU IDENTIFY THE CHANGE?

- **You will be given a sheet with either a physical, emotional or social change.**
- **As a group, you will decide which heading your change falls under.**
- **Once decided, one person will attach your change to the heading you feel it best fits under.**

- 3 Flip chart sheets or areas around with labels of Social, Emotional and Physical Changes.
- Have students work individually, in pairs, or in a triad.
- With the paper face down- Pass out one sheet to each person/group.
- Once they all have one, have them determine as a group if their change is a social, emotional, or physical.
- Once decided, have one group member place the change under the heading they think fits.

When groups have finished, go over each grouping and determine as a group if it's an appropriate placement.

Remind students that the many changes that occur in puberty are perfectly normal and happen at their own pace when their body decides.

- This is the time in life that you are beginning the long journey into adulthood.
 - You may want to spend more time with friends than family.
 - You may start to wonder who you will become.
 - Your emotions might be all over the place – from super happy to tears (all within a short time period)
 - These are only a few of things that may happen, but they are all totally NORMAL!

Slide 13: Video: Puberty: Feeling Depressed, Happy and Other Emotions (1:45) <https://youtu.be/mAPLTaRM48Y>



Remember, if you have more questions, you can always talk to a trusted adult.

Slide 14:



