

**PUBERTY CHANGES ACTIVITY CARDS**  
**CATEGORY CARDS**

**SOCIAL &  
EMOTIONAL**

**PHYSICAL  
(FEMALE)**

**PHYSICAL (MALE)**

**MYTH**

**PUBERTY CHANGES ACTIVITY CARDS**  
**FEMALE PHYSICAL CHANGES**

**PRODUCTION OF  
ESTROGEN**

**DEVELOPMENT OF  
BREASTS**

**WIDENING OF HIPS &  
PELVIS**

**MENSTRUATION &  
OVULATION BEGIN**

**DEVELOPMENT OF  
BREASTS**

**PUBERTY CHANGES ACTIVITY CARDS**  
**MALE PHYSICAL CHANGES**

**PRODUCTION OF  
TESTOSTERONE**

**FACIAL HAIR APPEARS**

**DEEPENING OF VOICE**

**BROADENING OF  
SHOULDERS**

**ENLARGEMENT OF  
TESTES AND PENIS**

**SPERM PRODUCTION  
BEGINS**

**NOCTURNAL EMISSIONS**

**SPONTANEOUS  
ERECTIONS**

**SPERM CAN BE  
RELEASED THROUGH  
THE URETHRA  
(EJACULATION)**

**PUBERTY CHANGES ACTIVITY CARDS**  
**BOTH PHYSICAL CHANGES**

**GROWTH SPURT  
OCCURS**

**ACNE MAY APPEAR**

**PERSPIRATION  
INCREASES**

**SKIN AND HAIR GET  
OILY**

**RISE IN SEX HORMONES**

# APPERANCE OF HAIR ON UNDERARMS AND AROUND GENITALS

**PUBERTY CHANGES ACTIVITY CARDS**  
**EMOTIONAL AND SOCIAL**

**FRIENDSHIPS BECOME MORE  
IMPORTANT**

**MOOD SWINGS**

**BEGIN HAVING  
ROMANTIC FEELINGS**

**SOMETIMES FEELING LONELY &  
CONFUSED**

**STRONGER FEELINGS OF  
WANTING TO “FIT IN”**

MAY BECOME INTERESTED IN  
HAVING A  
BOYFRIEND/GIRLFRIEND

WANTING MORE  
INDEPENDENCE

**PUBERTY CHANGES ACTIVITY CARDS**  
**MYTHS**

**BOYS GET ERECTIONS BECAUSE  
THEY ARE ALWAYS THINKING  
ABOUT SEX**

**ALL TEENS ARGUE WITH THEIR  
PARENTS DURING  
ADOLESCENCE**

**TEENS GET PIMPLES AND ZITS  
BECAUSE THEY DON'T WASH  
OFTEN ENOUGH**

**ALL GIRLS ARE EMOTIONAL AND  
TEARFUL BEFORE THEIR  
PERIODS**