

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