

Name _____

**FAMILY LIFE DEFINITIONS
PHYSICAL CHANGES****Directions:** Use the word bank provided to match with the correct definitions**Word Bank**

Puberty	Progesterone
Testosterone	Estrogen
Hormones	Adolescence

1. _____ The life development stage when sex organs mature into adulthood
2. _____ The stage of life between childhood and adulthood when puberty begins
3. _____ are chemical substances made and released in one part of the body that cause a change in another part of the body
4. _____ A female sex hormone that produces female secondary sex characteristics and effects the menstrual cycle
5. _____ A hormone that prepares the uterus for the fertilized ovum and maintains pregnancy
6. _____ A male hormone that is released into the blood stream from the testes and causes the male secondary sex characteristics to develop during puberty

CHANGES OF PUBERTY

FEMALE (PHYSICAL)	BOTH	MALE (PHYSICAL)
<ul style="list-style-type: none"> • Estrogen: female hormone production increases • Development of breasts • Widening of hips and pelvis • Menstruation & ovulation begins • Body fat increases 	<p>PHYSICAL</p> <ul style="list-style-type: none"> • Growth spurt occurs • Acne may appear • Perspiration increases • Skin and hair get oily • Rise in sex hormones • Appearance of hair on underarms and around genitals <p>EMOTIONAL & SOCIAL</p> <ul style="list-style-type: none"> • Friendships become more important • Mood swings • May become interested in having a boyfriend/girlfriend • Begin having romantic feelings • Sometimes feeling lonely and confused • Stronger feelings of wanting to “fit in” • Wanting more independence 	<ul style="list-style-type: none"> • Testosterone: male hormone production increases • 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)

MYTHS OF PUBERTY

1. Boys get erections because they are always thinking about sex.
2. All teens argue with their parents during adolescence.
3. Teens get pimples and zits because they don't wash often enough.
4. All girls are emotional and tearful before their periods.