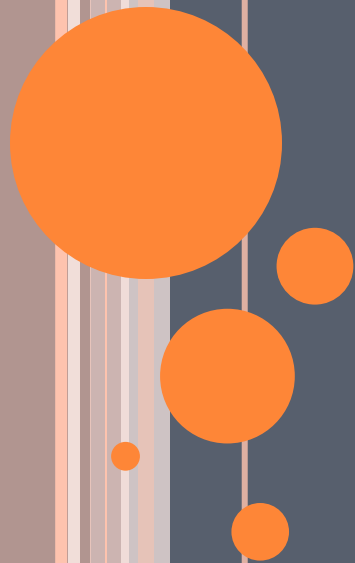


7TH GRADE PUBERTY



OBJECTIVES:

1. Students will identify the changes that occur during puberty by comparing the differences between adult and child.
2. Students will reflect upon puberty by examining the physical changes that occur to both males and females.



FAMILY LIFE RULES

1. Respect the feelings of others.

2. Use correct vocabulary (no slang words)

3. Do not ask questions in order to show off or
embarrass others.

4. If you have a serious question that you do not want
to ask in class, write it and put it in the question box.

5. Do not tell personal stories.

Always say "I know someone who..."

6. Respect the privacy of everyone in class, including
the teacher.

7. Do not share information (including worksheets)
with younger children.

8. Do not discuss information in a crude or joking
manner inside or outside of the classroom.



Warm-Up

Drill:

What are some of the physical changes that will begin to occur with puberty?



Physical Changes:



- **Adolescence** is the stage of life between childhood and adulthood when puberty begins.
- **Puberty** is the life development stage when sex organs mature into adulthood.
- **Hormones** are chemical substances made and released in one part of the body that cause a change in another part of the body.
- The male hormone testosterone and the female hormones estrogen and progesterone are released at the start of puberty.



DEFINITIONS:

- **Testosterone:** A male hormone that is released into the blood stream from the testes and causes the male secondary sex characteristics to develop during puberty.
- **Estrogen:** A female sex hormone that produces female secondary sex characteristics and effects the menstrual cycle.
- **Progesterone:** A hormone that prepares the uterus for the fertilized ovum and maintains pregnancy.



Physical Changes of Puberty

	Boys	Girls
Shape and size	<ol style="list-style-type: none">1. Height and weight increase2. Muscles bulge3. Shoulders broaden	<ol style="list-style-type: none">1. Height and weight increase2. Hips broaden3. Buttock and thigh areas thicken
Hair growth	<ol style="list-style-type: none">1. At the penis, armpit, face and chest areas	<ol style="list-style-type: none">1. At the vagina and armpit areas
Acne and body odour	<ol style="list-style-type: none">1. Skin becomes oilier2. Acne may occur3. Perspiration increases and may cause body odour	<ol style="list-style-type: none">1. Skin becomes oilier2. Acne may occur3. Perspiration increases and may cause body odour
Unique changes	<ol style="list-style-type: none">1. Penis and testicles enlarge2. Erections and ejaculations occur more frequently3. Voices deepen	<ol style="list-style-type: none">1. Breasts develop2. Menstruation begins

Mental Changes

As adolescence progresses, teens are able to think in a more complex way.

- foresee consequences
- make more logical decisions
- see situations from other points of view



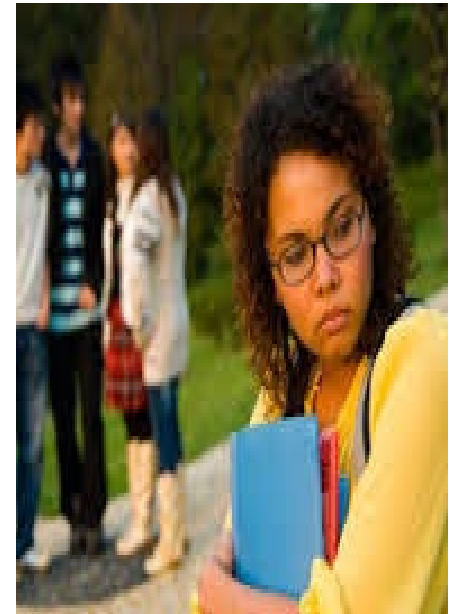
Emotional Changes

New feelings that arise during adolescence may cause teens to feel alone, insecure, and confused.

- The process of leaving dependence behind and forming a new identity is complex and sometimes scary.

Having conflicting emotions is healthy and normal!

- If prolonged periods of sadness or anxiety become overwhelming, seek help from a parent, school counselor or doctor.





Social Changes



- As teens grow older, their parents and others expect more of them.
- Relationships with friends change and become more important during adolescence.
- You can take more responsibility at home, in friendships, and in other parts of life by:
 - showing concern for how people are doing
 - listening to others
 - encouraging others
 - getting a job





PUBERTY CHANGES ACTIVITY

Physical (Males)	Physical (Female)	Physical (Both)	Social/ Emotional	Myths
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With your small group, place cards into correct category.

Brainstorm any additional changes that might occur in each category.



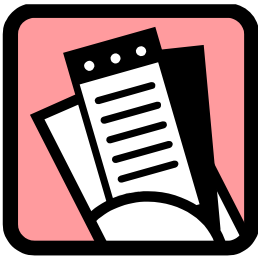
Discussion Questions:

Does everyone go through puberty at the same time?

How long does puberty last?

How do you know when you are going through puberty?





3-2-1 EXIT TICKET



- **3** changes that occur during puberty
- **2** misunderstandings associated with sexual development
- **1** source of good information and support to cope with puberty

