

641DV

**HUMAN RELATIONS MEDIA**

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# YOU, YOUR BODY AND PUBERTY

DVD Version



# HRM

HUMAN RELATIONS MEDIA

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# YOU, YOUR BODY AND PUBERTY

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# YOU, YOUR BODY AND PUBERTY

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# YOU, YOUR BODY AND PUBERTY

## DVD MENU

### MAIN MENU

#### ➤ CO-ED STANDARD VERSION

The following version of the program contains information about both male and female anatomy.

#### ➤ PLAY

#### ➤ CHAPTER SELECTION

From here you can access many different paths of the DVD, beginning with the introduction and ending with the credits.

1. Introduction
2. Tyler's Dad
3. Puberty
4. Pituitary Gland
5. Male Growth
6. Androgens
7. Female Growth
8. Male Genitalia
9. Tyler's Dad (part 2)
10. Female Genitalia
11. Vanessa's Grandma
12. Girl Talk
13. Personal Hygiene
14. Conclusion

#### ➤ CO-ED ALTERNATE VERSION

The following version of the program is identical to the Standard version in every way except for the conclusion. In this conclusion, the girls tell the boys that one of them has had her first period. This is not mentioned in the conclusion of the Standard version.

#### ➤ PLAY

# YOU, YOUR BODY AND PUBERTY

## DVD MENU

### ➤ CHAPTER SELECTION

From here you can access many different paths of the DVD, beginning with the introduction and ending with the credits.

1. Introduction
2. Tyler's Dad
3. Puberty
4. Pituitary Gland
5. Male Growth
6. Androgens
7. Female Growth
8. Male Genitalia
9. Tyler's Dad (part 2)
10. Female Genitalia
11. Vanessa's Grandma
12. Girl Talk
13. Personal Hygiene
14. Conclusion

### ➤ MALE VERSION

The following version of the program contains information about male anatomy only.

### ➤ PLAY

### ➤ CHAPTER SELECTION

From here you can access many different paths of the DVD, beginning with the introduction and ending with the credits.

1. Introduction
2. Tyler's Dad
3. Puberty
4. Pituitary Gland
5. Male Growth
6. Androgens
7. Male Genitalia
8. Tyler's Dad (part 2)
9. Michelle's Brother
10. Personal Hygiene
11. Conclusion

# YOU, YOUR BODY AND PUBERTY

## DVD MENU

### ➤ FEMALE VERSION

The following version of the program contains information about female anatomy only.

### ➤ PLAY

### ➤ CHAPTER SELECTION

From here you can access many different paths of the DVD, beginning with the introduction and ending with the credits.

1. Introduction
2. Tyler's Dad
3. Puberty
4. Pituitary Gland
5. Androgens
6. Female Growth
7. Female Genitalia
8. Vanessa's Grandma
9. Girl Talk
10. Personal Hygiene
11. Conclusion

With the arrival of puberty, boys and girls enter one of the most exciting and challenging stages of their lives. Filled with new feelings, first-time experiences and physical awakenings, puberty is a time when young people begin to see themselves as important participants in the world. Their opinions begin to take on weight, their plans for the future become more detailed and they begin to express themselves in new ways, often trying out the components of their developing self-image.

Along with changes in mind and body comes a growing need for independence. As children, they saw adults as the center of their world. As pubescent young people, they begin to focus more on themselves, their peers and their changing needs. They may seem to distance themselves from adults—even those that they most respect. The transition can be bumpy when pre-teens must juggle a mix of new responsibilities, old habits and comforts, and growing peer pressures.

Adults can help to ease this transition by being emotionally available and by giving young people straightforward information about what to expect during puberty. Although today's young people have more newfangled information tools available to them, myths about puberty are just as common today as they were a generation ago. Young people may be awkward and uncertain about posing their questions, but they deserve reliable information about what is happening to them. Keeping the door open for communication, no matter how embarrassing or uncomfortable, is always crucial.

Information about puberty often comes from questionable sources. Television and movies tend to glamorize the experience, while advice from friends may be inaccurate or overly negative. By supporting young people with factual information, patience and understanding, adults can make the ups and downs of youth easier for everyone to handle. The video *You, Your Body and Puberty* and its accompanying Teacher's Resource Book will help students work with their peers, teachers and family members to learn more about the changes that take place during puberty. In addition, the program will help students practice the emotional and social skills needed to meet those changes with maturity and grace.

The program begins with a montage of old home videos showing four kids—Tyler, Sam, Michelle and Vanessa. Tyler begins to narrate in voice over, explaining that the four youth have been best friends all their lives. As we cut to a scene at the skating rink, Tyler explains that things are beginning to change, but the friendship of the four is as strong as ever. “I know it sounds weird, but things stayed this way even as we got older. Our friendships didn’t change, even when other things did.”

Michelle and Vanessa skate to the side of the rink and have a serious conversation. The boys look on, wondering why the girls aren’t skating. Later, Michelle’s older brother Marcus and his girlfriend Julian pick up the kids. When the guys tease the girls about doing more talking than skating, Vanessa tells them to cool it and an awkward silence follows.

The group drops off Tyler at his house, where Tyler’s dad is inside making dinner. When Tyler describes the girls’ strange behavior, his dad points out all the changes they’re going through. When Tyler complains about being the tallest kid in his class, his father reminds him that everyone matures at their own pace. “That’s sort of the cool thing about it. Things happen to everybody in a different way, but the end result is the same...you’re a grown-up.” He also tells his son that the changes are not just physical. Growing up means developing more responsibilities and giving more thought to goals and values. He explains, “What do you value? What kind of friends do you want to have? How will you deal with your new independence? Things like that.”

Later that night, Tyler begins reading a chapter in his health textbook about puberty. As the images in the book become animated, each of the four friends is seen reading a different part. The animation sequences describe specifics about physical changes that take place during puberty for boys and girls. These details include information about when puberty usually begins, the external changes that take place, and the internal developments that transform boys into men and girls into women.

After finishing the chapter, Tyler joins his dad in the kitchen. They have an honest conversation about the slightly embarrassing aspects of puberty including erections and wet dreams. Tyler’s dad assures him that the same things happened to him at that age and that it’s completely normal.

As we cut to Vanessa’s bedroom, we see her reading more of the puberty chapter. Another animated sequence describes menstruation, pregnancy and birth. When her grandmother enters, Vanessa confides that she’s a little disappointed about Michelle getting her period first. Her grandmother reminds her that it’s a not a contest and that things happen for everyone when the time is right. “There’s a really wide range of normal... and whatever your time frame is, it’ll be right for you.” As Vanessa agrees, she wonders what Michelle must be feeling.



# STUDENT ACTIVITIES

Name: \_\_\_\_\_

## Pre/Post Test

How much did you learn from the video *You, Your Body and Puberty* about the changes that happen during puberty? To find out, read each statement below. Circle “T” for “true” or “F” for “false.”

1. The changes caused by puberty are only physical. **T F**
2. Generally speaking, girls begin puberty before boys. **T F**
3. Mood swings and increased appetite are two changes that can happen during puberty. **T F**
4. All boys and girls begin puberty at age 9. **T F**
5. Chemicals in the body called “perspiration” control the changes that happen during puberty. **T F**
6. In boys, testosterone causes the vocal cords to thicken, which makes the voice deeper. **T F**
7. The male reproductive cells are called “sperm.” **T F**
8. In girls, the hormones estrogen and progesterone cause menstruation to begin. **T F**
9. About once a month, the lining of the uterus is shed during a girl’s menstruation. **T F**
10. The menstrual period happens every three to eight days. **T F**
11. Washing your face at least five times a day will prevent acne. **T F**
12. Eating greasy foods cannot cause pimples. **T F**

*Answers to this test appear on the next page.*

## Answer Key

1. The changes caused by puberty are only physical.  
*False. Puberty also causes emotional changes.* **False**
2. Generally speaking, girls begin puberty before boys.  
*This is usually true, although everybody is different.* **True**
3. Mood swings and increased appetite are two changes that can happen during puberty. **True**
4. All boys and girls begin puberty at age 9.  
*False. Changes can begin at age 9, but everyone's body has its own timetable for puberty.* **False**
5. Chemicals in the body called "perspiration" control the changes that happen during puberty.  
*False. The chemicals that cause puberty are called "hormones."* **False**
6. In boys, testosterone causes the vocal cords to thicken, which makes the voice deeper. **True**
7. The male reproductive cells are called "sperm." **True**
8. In girls, the hormones estrogen and progesterone cause menstruation to begin. **True**
9. About once a month, the lining of the uterus is shed during a girl's menstruation. **True**
10. The menstrual period happens every three to eight days.  
*False. A menstrual period happens about every 28 days, lasting about three to eight days.* **False**
11. Washing your face at least five times a day will prevent acne.  
*False. You should only wash your face twice a day with a mild soap. Washing it more often can cause the skin to produce more oil and make acne even worse.* **False**
12. Eating greasy foods cannot cause pimples.  
*True. Although a healthy diet is important during puberty, diet does not directly cause pimples.* **True**

Name: \_\_\_\_\_

Answer the questions below after you have watched the video *You, Your Body and Puberty*. After you have written out your answers, your teacher will lead the class in a discussion about puberty. Remember, everyone goes through changes that can be strange to talk about at first. When you realize that other people feel the same way, it can help you to be less uncomfortable about the changes that happen during puberty. *You will not be required to share any private thoughts you record on this page.*

**1.** What was the most important new thing you learned from the video? Why?

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**2.** Do you think the video did a good job of showing how young people feel about puberty? Why or why not?

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**3.** Do you ever feel like you (or your friends) are going through puberty faster or slower than other people? If so, how does that feel?

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**4.** Have you ever talked to a friend or family member about the changes caused by puberty? If so, how did it feel?

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*This activity is continued on the next page.*



Name: \_\_\_\_\_

The day-to-day changes caused by puberty can be distressing, even though the final result—becoming a grownup—is exciting. Puberty means a lot of things, including dealing with mood swings and sudden, strong emotions. Sometimes it can seem harder to keep your cool. Look at the words below and think about how the young people are speaking to others. Rewrite their words so they have the same message, but with a more respectful tone. Using respectful words is easier when we take a minute to cool off before answering. For some tips on how to cool off, check out the *Remember to Relax* fact sheet.

**1. Mom:** Do I need to buy you some deodorant?

**Son/Daughter:** Mom, please! You're so annoying, you always make a big deal out of everything! Do you have to talk about it in front of everyone?

**Son/Daughter (second chance):**

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**2. Dad:** Growing up can be tough. Let me know if you want to talk about anything.

**Son/Daughter:** Talk about what? Why do we always have to talk? Don't you think I can take care of anything by myself?

**Son/Daughter (second chance):**

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*This activity is continued on the next page.*

Name: \_\_\_\_\_

**3. Friend:** Is everything okay? You've been acting strange lately. You're not sick, are you?

**Friend:** How many questions do you have anyway? Why don't you go bug someone else for a while?

**Friend (second chance):**

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**4. Friend:** Can we talk about something? You always give good advice and I can't talk to anyone else.

**Friend:** You shouldn't count on me to solve all your problems. Sometimes I just need some space. Don't you have any other friends?

**Friend (second chance):**

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**5. Classmate:** Ha! Did you see what happened to Sid in Math? He started sweating all over himself and his voice was cracking!

**Classmate:** What do you know, you shrimp? You're shorter than anyone else in this school!

**Classmate (second chance):**

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Name: \_\_\_\_\_

**ACTIVITY 5A**  
**GROWING GOALS**

In the video, Tyler’s dad tells him that growing up is about more than your body changing. It’s also about planning for the future and deciding what kind of person you want to be. Use the questions below to think about your own future and what you want to do with it. Use more paper if necessary.

- 1.** Name three things you would like to do in the next year. Make sure they’re healthy activities that will help you develop into a stronger, better person. (Examples include learning a new sport or musical instrument, or joining a club.)

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- 2.** Name five things you would like to do before you graduate from high school.

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- 3.** List three things you can do this year to prepare yourself for reaching the goals you listed in #2 above.

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*This activity is continued on the next page.*

Name: \_\_\_\_\_

- 4.** Of all the adults you know, who do you respect the most? Name five good things about this person.

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- 5.** Imagine you are 30 years old. You do something very good, and your local newspaper writes an article about you. What do you want the article to say about your future self?

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- 6.** Write a brief description of yourself as a 30-year-old. Who are you? What do you do for a living? What are your hobbies and interests?

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*This activity is continued on the next page.*



Name: \_\_\_\_\_

ACTIVITY 6A

MATCH-UP

Write the letter of the correct definition next to each term.

- |       |                           |  |
|-------|---------------------------|--|
| _____ | <b>1.</b> puberty         | <b>A.</b> chemicals released by the brain that control the changes caused by puberty           |
| _____ | <b>2.</b> genitals        | <b>B.</b> the male reproductive glands   |
| _____ | <b>3.</b> hormones        | <b>C.</b> a set of physical changes that happen to boys and girls starting around age 8        |
| _____ | <b>4.</b> pituitary       | <b>D.</b> made when sperm mix with fluids  |
| _____ | <b>5.</b> testes          | <b>E.</b> the male reproductive cell   |
| _____ | <b>6.</b> ovaries         | <b>F.</b> hormone that causes girls to develop sexually  |
| _____ | <b>7.</b> testosterone    | <b>G.</b> the male and female reproductive organs that are on the outside of the body          |
| _____ | <b>8.</b> estrogen        | <b>H.</b> tube inside the penis that carries urine and semen outside the body                  |
| _____ | <b>9.</b> scrotum         | <b>I.</b> carries an egg from the ovary to the uterus  |
| _____ | <b>10.</b> sperm          | <b>J.</b> unborn baby as it grows in the uterus  |
| _____ | <b>11.</b> egg / ovum     | <b>K.</b> muscular organ that holds the fetus and pushes it out of the body during childbirth  |
| _____ | <b>12.</b> urethra        | <b>L.</b> happens when muscles around the male genitals cause semen to leave the penis         |
| _____ | <b>13.</b> semen          | <b>M.</b> the passage that leads from the uterus to the outside of the body                    |
| _____ | <b>14.</b> ejaculation    | <b>N.</b> gland near the brain that releases hormones into the body                            |
| _____ | <b>15.</b> fallopian tube | <b>O.</b> the female reproductive glands   |
| _____ | <b>16.</b> fetus          | <b>P.</b> a pouch of skin that holds the testicles   |
| _____ | <b>17.</b> uterus / womb  | <b>Q.</b> the female reproductive cell   |
| _____ | <b>18.</b> vagina         | <b>R.</b> a monthly discharge of fluid from the uterus in girls and women who are not pregnant |
| _____ | <b>19.</b> menstruation   | <b>S.</b> happens when oil and dirt back up in the pores and bacteria begins to grow           |
| _____ | <b>20.</b> acne           | <b>T.</b> hormone that causes boys to develop sexually   |

*When you have finished, please consult the Answer Key on the next page.*

## Answer Key

- |          |                    |           |  |
|----------|--------------------|-----------|--|
| <u>C</u> | 1. puberty         | <b>A.</b> | chemicals released by the brain that control the changes caused by puberty           |
| <u>G</u> | 2. genitals        | <b>B.</b> | the male reproductive glands   |
| <u>A</u> | 3. hormones        | <b>C.</b> | a set of physical changes that happen to boys and girls starting around age 8        |
| <u>N</u> | 4. pituitary       | <b>D.</b> | made when sperm mix with fluids  |
| <u>B</u> | 5. testes          | <b>E.</b> | the male reproductive cell   |
| <u>O</u> | 6. ovaries         | <b>F.</b> | hormone that causes girls to develop sexually  |
| <u>T</u> | 7. testosterone    | <b>G.</b> | the male and female reproductive organs that are on the outside of the body          |
| <u>F</u> | 8. estrogen        | <b>H.</b> | tube inside the penis that carries urine and semen outside the body                  |
| <u>P</u> | 9. scrotum         | <b>I.</b> | carries an egg from the ovary to the uterus  |
| <u>E</u> | 10. sperm          | <b>J.</b> | unborn baby as it grows in the uterus  |
| <u>Q</u> | 11. egg / ovum     | <b>K.</b> | muscular organ that holds the fetus and pushes it out of the body during childbirth  |
| <u>H</u> | 12. urethra        | <b>L.</b> | happens when muscles around the male genitals cause semen to leave the penis         |
| <u>D</u> | 13. semen          | <b>M.</b> | the passage that leads from the uterus to the outside of the body                    |
| <u>L</u> | 14. ejaculation    | <b>N.</b> | gland near the brain that releases hormones into the body                            |
| <u>I</u> | 15. fallopian tube | <b>O.</b> | the female reproductive glands   |
| <u>J</u> | 16. fetus          | <b>P.</b> | a pouch of skin that holds the testicles   |
| <u>K</u> | 17. uterus / womb  | <b>Q.</b> | the female reproductive cell   |
| <u>M</u> | 18. vagina         | <b>R.</b> | a monthly discharge of fluid from the uterus in girls and women who are not pregnant |
| <u>R</u> | 19. menstruation   | <b>S.</b> | happens when oil and dirt back up in the pores and bacteria begins to grow           |
| <u>S</u> | 20. acne           | <b>T.</b> | hormone that causes boys to develop sexually   |

Name: \_\_\_\_\_

Choose one of the research topics below. Use library books and resources to learn more about your topic. You may want to ask your teacher for a copy of the *Additional Resources* fact sheet for some excellent print and Internet information sources. Write a two-page research paper on the facts you learn. Use a *Resource Tracker* (Activity Sheet 7b) to keep track of your information.

## Hormones

Where do these chemicals come from? How do they work? Other than puberty, what body functions do they control? Which hormones are important for males? Which ones are important for females?

## Male Reproductive System

Where do sperm come from? What happens to the penis during an erection? Do boys grow out of “wet dreams,” or do they have them all their lives?

## Female Reproductive System

What do the ovaries do? When is a girl’s body ready to have a baby? What happens to eggs that aren’t fertilized? What do the fallopian tubes do?

## Menstruation

What happens during a menstrual period? How long does the average menstrual cycle last? When can a girl expect her periods to become regular? Do women have menstrual cycles for the rest of their lives?

## Skin

How does the skin change during puberty? What causes acne? What are the best ways to prevent or reduce acne? What products or medicines are used to treat acne?

## Voice Changes

Why does the voice change? What is the larynx? What is the Adam’s apple? Do girls’ voices change? Which hormones signal the voice to change?





Around the world, different cultures have their own traditions to celebrate puberty. Some may be familiar to you, while other traditions may seem very foreign. Check out these examples:

- In some parts of Africa, girls starting to go through puberty are moved into a special house during a time of celebration. A female relative stays with them and teaches them about growing up.
- In some Native American tribes, puberty celebrations include the singing of songs, special feasts and reenactments of the tribe's history. Sacred dances are held between young men and women.
- In Australia, certain tribes make carvings out of wood or stone to honor the young people who are coming of age. These carvings are painted and displayed in the village during a special festival.

Now think about your own culture. What "rituals" do we have that celebrate puberty and growing up? What events or traditions do young people take part in? (Use the descriptions above to get ideas.)

Work with your classmates to create your own unique puberty celebration. The ideas below will get you started. Remember to focus on the positive things about growing up and be respectful to others. You can take part in one creative project, or you can collaborate on several different projects.

- Write a poem or song describing puberty. Include your feelings about growing up, your changing body and your hopes for the future. Read or perform the piece for classmates.
- Create a large wall mural with drawings of yourself, before puberty and as an adult. Instead of focusing on your appearance as an adult, think about what you want to be doing in the picture. What values, talents or goals can your picture represent?
- Make a sculpture representing your journey to adulthood. You can make it out of anything: recycled paper and plastic products, modeling clay, or natural materials like sticks and rocks.
- Write a short play or skit about something related to puberty. Ask a few classmates to perform it with you. What do you want to say about growing up? What does it mean to you?
- What are some other ways you can celebrate the process of growing up?

Name: \_\_\_\_\_

Now that you know so much about puberty, you can share what you've learned with others. For this assignment, pretend that each of the questions below has been asked by a younger brother or sister (or cousin). If you need help answering, consult the fact sheets on puberty.

**1.** "What is a period?"

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**2.** "What happens when a guy wakes up and his underwear is sort of wet?"

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**3.** "Why is my skin breaking out?"

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**4.** "Why is my brother's voice cracking?"

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*This activity is continued on the next page.*

Name: \_\_\_\_\_

**5.** “Why am I the shortest person in my class?”

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**6.** “How can I keep from smelling so bad when I sweat?”

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**7.** “Why am I so moody?”

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**8.** “My hips are getting fat. Should I go on a diet?”

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**9.** “What happens when an egg meets a sperm?”

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*When you have finished, please consult the Answer Key on the next page.*

## Answer Key

- 1.** *“Why am I getting hair down there?”* That’s called pubic hair. Everyone gets it when they grow up. Boys also get hair on their face later in puberty, and boys and girls get hair under their arms. Also, the hair on their legs thickens.
- 2.** *“Why do girls have periods?”* It happens when the lining of the uterus is passed through the vagina to the outside of the body. Since the lining has blood in it, it looks like a bloody spot on the girl’s underwear. This is totally normal and safe.
- 3.** *“What happens when a guy wakes up and his underwear is sort of wet?”* That’s called a wet dream or nocturnal emission. Wet dreams happen when a boy ejaculates, or releases semen from his penis, while sleeping. Wet dreams are totally normal and nothing to be embarrassed about.
- 4.** *“Why is my skin breaking out?”* During puberty, the skin makes more oil. When the oil or dirt back up, and bacteria begin to grow, it causes a pimple. This is called acne. Keeping your skin clean can make it better.
- 5.** *“Why is my brother’s voice cracking?”* As the larynx—or voice box—grows, it causes the voice to deepen. The voice might sound scratchy or squeaky at first, but that only lasts for a few months.
- 6.** *“Why am I the shortest person in my class?”* Puberty is different for everyone. Each person has his or her own timetable. Girls usually start puberty first, which can make them taller than many boys in their class.
- 7.** *“How can I keep from smelling so bad when I sweat?”* Taking a bath or shower every day can help. You can also use a deodorant with an antiperspirant, which keeps you from sweating so much.
- 8.** *“Why am I so moody?”* Puberty happens as hormones cause changes in your body. That can cause strong new feelings, like anger or sadness. These feelings are usually normal. If you have trouble getting over bad moods, talk to a grownup you trust.
- 9.** *“My hips are getting fat. Should I go on a diet?”* It’s normal for a girl’s hips to become rounder during puberty. While eating healthy is important, a girl should not diet unless her doctor advises it.
- 10.** *“What happens when an egg meets a sperm?”* When an egg meets a sperm, it becomes fertilized and buries itself into the wall of the uterus. The fertilized egg becomes an embryo and later, a fetus. After growing in the uterus for about nine months, the fetus leaves its mother’s body through the vagina. This is called birth.

# FACT SHEETS

Name: \_\_\_\_\_

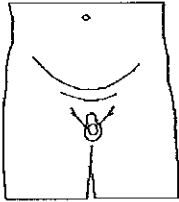
- Puberty can begin at different times, but on average starts around age nine and last until age 18. There is a wide range of normal and every person has a different timetable.
- In both boys and girls, the hypothalamus and pituitary glands, located near the brain, release hormones that begin the process of puberty.
- One of the first signs of puberty is hair growing in new places. Both boys and girls slowly develop hair under their arms and around their genitals in later puberty. The hair starts out light and soft, but later it becomes darker, thicker and curly.
- Both boys and girls can have mood swings, or strong feelings of sadness, anger or nervousness. Mood swings usually get better as the brain and body learn to cope with changing hormones.
- A growing appetite, or hunger for food, is another common change that happens during puberty. This hunger tells you that your body needs more nutrition during this important growing time.
- A growth spurt happens when your body gets bigger or taller really fast. Some kids grow as much as four inches in one year. When your arms, legs or feet are growing that fast, it can make you feel clumsy or awkward. But most growth spurts only last for a couple of years, and then things begin to even out and feel more normal.
- Girls usually begin puberty earlier than boys. That's why girls are often taller than boys in their own class. Later, boys have a growth spurt that helps them catch up to girls.
- During puberty, boys will notice the testicles and penis getting larger, and girls will see growth in their hips and breasts.
- The increase in hormones can cause changes in the skin that lead to acne. For tips on dealing with skin problems, see the *Simple Skin Care* fact sheet.
- Puberty also brings more perspiration or sweating, and that can lead to body odor. Everyone gets it, especially when they're hot, nervous or exercising. Since staying clean helps, try taking a bath or shower every day and using a deodorant with antiperspirant (a substance that keeps you from sweating as much).
- The good news is that when puberty is over, you're a grownup.

Name: \_\_\_\_\_

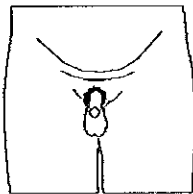
- In males, the hormone testosterone is responsible for many of the changes that occur during puberty.
- As the larynx (or voice box) grows, it causes the voice to deepen. The voice might sound scratchy or squeaky at first, but this only lasts for a few months. Once the larynx finishes growing, the voice will smooth out and sound deeper.
- Boys can also see the larynx grow. As it gets bigger, it tilts and pushes out of the neck. This is called the Adam's apple.
- Boys also begin to develop larger muscles in their arms, legs, chest and other areas. Some boys may notice a swelling or growth of the breasts, but it's totally normal and will go away for most boys after several months.
- Boys will see more hair on their arms and legs, and the first growth of hair on their face. The hair will be soft and fine at first, so you won't have to start shaving just yet.
- During puberty, boys will start to get erections. During an erection, the penis fills with blood and becomes hard, or erect. Erections can happen when boys think about sexual things or for no reason at all. It's just the body's way of making sure everything is running smoothly.
- Some boys have wet dreams or nocturnal emissions ("Nocturnal" means night and "emissions" means discharge). Wet dreams happen when a boy ejaculates, or releases semen from his penis, while sleeping. After a wet dream, the sheets or your underwear might be a little wet. Wet dreams are totally normal and nothing to be embarrassed about. They usually stop after puberty.



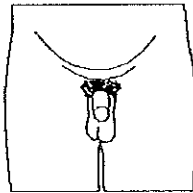
## FIVE STAGES OF PENIS DEVELOPMENT



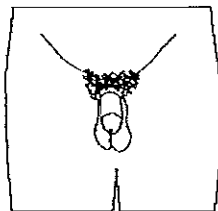
**Stage 1:** Penis and testicles of a child. Testicles measure between 1 and 3 milliliters in volume.



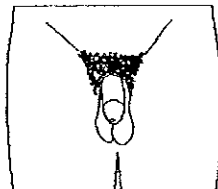
**Stage 2:** First signs of testicle growth. Pubic hair is also beginning to grow. Penis doesn't grow, or growth is small. Testicles become larger. Testicles measure between 4 and 6 milliliters in volume.



**Stage 3:** Penis continues to grow, getting wider and longer. Testicles continue to grow larger. Testicles between 7 and 16 milliliters in volume.



**Stage 4:** Penis and testicles continue to grow. Penis glans or head is more developed. Testicles between 12 and 24 milliliters in volume. Testicles are about 1 ½ inches long.



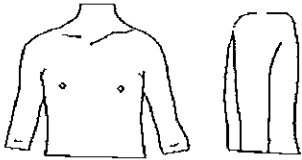
**Stage 5:** Penis growth enters final stage. Average erect penis length 6 ¼ inches. Ninety percent are between 5 and 7 inches. Pubic hair is thick. Penis glans or head is fully developed. Testicles between 16 and 27 milliliters in volume. Testicles are about 1 ¾ inches long.

Source: [www.puberty101.com/p\\_male\\_penisgrowth.shtml](http://www.puberty101.com/p_male_penisgrowth.shtml)

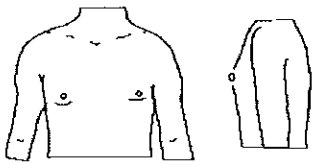
Name: \_\_\_\_\_

- One of the first changes for a girl is the growth of her breasts. This usually starts somewhere between the ages of eight and 13. Sometimes a girl will notice a swelling just below the nipples. One breast may grow faster than the other, but things will even out in the end.
- A girl also begins to gain weight in her hips, which makes them look curvy. Dieting is not healthy during puberty. More body fat at this time is normal. If you feel very worried about your weight, talk to your parents or an adult member of your family.
- The breasts can feel a little sensitive or itchy. This feeling usually passes after a few months.
- Breasts come in many different shapes and sizes. Just because we see large breasts in magazines doesn't mean all girls will develop them. You should feel proud of your developing breasts. Someday they may provide milk for your newborn baby.
- If your breasts feel uncomfortable when you play sports, or if you feel embarrassed wearing a light shirt, it might be time for a bra. Your mother or another adult you trust can help you pick out the right size and style.
- At some time during puberty, the hormones estrogen and progesterone tell a girl's body to begin menstruation or the menstrual period. This is when the lining of the uterus is passed through the vagina to the outside of the body. Since the lining contains blood, it will look like a bloody spot on the girl's underwear. This is perfectly normal and safe.
- Pads and tampons are used to keep menstrual blood from staining clothes. Pads are worn inside a girl's underwear and tampons are inserted into the vagina. Ask your mother or an adult you trust to help you pick the product that is right for you.
- Some girls get their period as early as eight and others as late as 15.
- All girls get a white or clear discharge, beginning at puberty. This is the body's way of keeping the vagina clean.

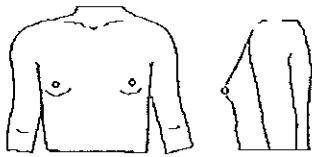
## FIVE STAGES OF BREAST DEVELOPMENT



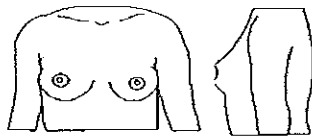
**Stage 1:** Breasts during childhood are flat and show no signs of development.



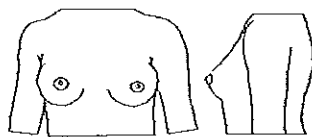
**Stage 2:** Breast bud stage. Milk ducts and fat tissue form a small mound.



**Stage 3:** Breast continue to grow. Breast become rounder and fuller.



**Stage 4:** Nipple and areola form separate small mound. Not all girls go through this stage. Some skip stage 4 and go directly to stage 5.



**Stage 5:** Breast growth enters final stage. Adult breast is full and round shaped.

Source: [www.puberty101.com/p\\_stages\\_breasts.shtml](http://www.puberty101.com/p_stages_breasts.shtml)

Name: \_\_\_\_\_

There are lots of rumors and myths dealing with the ups and downs of puberty. To see what's true and what's not, read on.

**If you don't start going through puberty by age 10, there is something wrong.** There is no right or wrong time to begin puberty. It can begin as early as nine or younger, and it can last until as late as 20.

**Popping pimples is the best way to get rid of them.** Popping pimples can cause bacteria to spread and may cause scarring.

**Fried foods and chocolate can lead to acne.** Diet can not directly cause acne. But it is important to eat healthy foods during puberty and beyond.

**Only guys who think about sex all the time have wet dreams.** Wet dreams, or nocturnal emissions are totally normal. There's no reason to feel embarrassed or ashamed. Guys can't stop them from happening, and almost every guy has them at some time.

**If you have your period, you're ready to have a baby.** It's true that a girl who menstruates can get pregnant. But young girls who get pregnant face more health dangers than adult women. That's because their bodies are still growing. Also, being physically able to have a baby doesn't mean that a girl is ready emotionally. Being a parent is probably the biggest responsibility in the world.

**Wearing a bra will make you have smaller breasts.** Wearing a bra does not affect breast size. The size of a girl's breasts is mostly decided by her family history (the breast sizes of her mother and other female relatives) and by her weight. There is no magic pill or cream to make breasts bigger.

**A girl can get pregnant by touching a towel or toilet seat with semen on it.** Sperm can only live for a few seconds outside the warmth of a human body. The only way for a girl to get pregnant is if her genitals come in contact with sperm.

**A girl can lose so much blood during her period, it can make her sick.** Even though it may seem like a lot, most girls lose less than a half cup of blood during an entire period. That's not enough to put her in danger. But girls should remember to eat well, especially during their periods, when the body can lose iron, an important mineral found in blood cells. You can get plenty of iron by eating fruits, vegetables, grains and lean meats.

Name: \_\_\_\_\_

Stress is something that happens to everyone. Strong feelings of sadness, anger, fear or frustration can lead to stress. The tips below will help you ride out the storm.

- Pay attention to your body. Stress can cause lots of physical problems, like a stomachache or headache. The sooner you pay attention to these signs, the sooner you can find out what's making you stressed.
- Talk to someone you trust about what's going on. Sometimes we don't even know what's stressing us out until we tell someone else. It really helps to have a friend or family member who is a good listener. (HINT: You can have more people like that in your life if you become a good listener too.)
- Do you feel tired or worn out a lot? Are you too busy? If you have too many things going on, you could be wearing yourself out. Don't be afraid to talk with an adult in your family about cutting down on after-school activities or finding other ways to reduce your stress.
- Are things stressful at home? If so, try to find someone you can talk to, like a teacher, counselor, relative or a member of the clergy.
- Take deep breaths when you feel very stressed. Just five deep breaths (breathing in slowly and then breathing out slowly) can help your mind and body relax. You can do it anywhere, any time you need a break.
- Don't let any one thing become too important in your life. Having balance between friends, family, school, chores, and fun activities is the best way to lower your stress. If any of these things is taking up most of your time or thoughts, it's probably causing you stress.

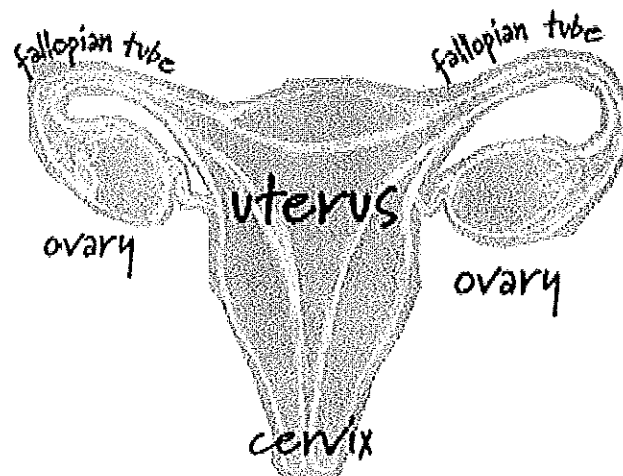
- Don't feel embarrassed. The changes caused by puberty happen to everyone. They're a normal, amazing part of becoming a grownup.
- Don't be afraid to ask questions. It's natural for you to be curious about what's going on. Just remember that your adult family members and other older friends went through puberty too. A question that may seem crazy to you will probably seem very normal to them.
- Get more info at your library, at bookstores, on the Web, or from an adult you trust.
- Stay healthy. Getting plenty of exercise and sleep will help you feel better, even when things are changing left and right.
- Steer clear of tobacco, alcohol and drugs. Those things are bad for everyone, but they can harm a growing body even more than a grown one.
- Be good to yourself. Remember that your body is a work in progress. Instead of comparing yourself to others, celebrate what makes you unique. And remember that a healthy body is a true gift.
- Don't skip meals or diet unless a doctor says you should. Growing bodies can gain and lose weight many times before reaching their final size. Make sure to eat plenty of fruits, vegetables and whole grains. And go easy on snacks and sodas.
- If you're having a bad day, talk to someone. Everyone has moods of anger, sadness and confusion. The sooner you learn to talk with others about your feelings, the faster you'll learn to deal with them in a healthy way.
- Remember that your parents understand what you're going through. After all, they went through puberty too.
- Remember to take a bath or shower once a day and to wear deodorant or antiperspirant.
- Remember to laugh. Puberty isn't always funny, but having a sense of humor can make it a lot more fun.

Name: \_\_\_\_\_

- The best way to take care of your skin is to keep it clean. Start by keeping your hands clean, since they can spread germs to the skin on other parts of your body.
- Wash your hands with warm water and a mild soap. Lather for at least 30 seconds, remembering to wash your palms, wrists, fingers and fingernails. Rinse and dry with a clean towel.
- Use the same method when you take a bath or shower. Don't forget under your arms and around your private areas.
- During puberty, the skin on your face can get more oily. Wash your face once or twice a day with warm water and a mild cleanser.
- Wash your face with a washcloth, but be gentle.
- Washing your skin too often, scrubbing too hard, or using a soap that is too harsh can cause your skin to make even more oil.
- All the products at the drugstore can be confusing. You probably don't need any of them, but if you think you do, ask a parent to help. If you have trouble with pimples, talk with your doctor about which cleansers are best to use.
- Using too much acne medicine can really dry out the skin. Be careful to follow the directions. And remember, using twice as much won't make the product work twice as well.
- If your skin is dry or itchy, use a moisturizing lotion or cream.
- If you use a new skin care product or a new deodorant and your skin gets red or feels itchy, stop using it right away. You could be allergic to the product. Remember not to use it again.
- Protect your skin from sunburn by using a sunscreen with a sun protection factor (SPF) of 30 or 45. Sunscreen also helps to prevent wrinkles when you get older and can lower your chance of getting skin cancer.
- When you apply sunscreen, don't forget spots like your neck, the top of your ears and feet, or the middle of your back. Have a friend or your parent help you with the hard-to-reach places. Remember to put on more sunscreen after you go swimming.

Name: \_\_\_\_\_

- Girls have two ovaries that produce eggs. Eggs are the female reproductive cells.
- About once a month, an egg is released from one of the ovaries. Near each ovary is a fallopian tube that carries the released egg to the uterus.
- The inside wall of the uterus thickens each month, preparing itself for the arrival of the egg.
- If the egg meets a sperm, it becomes fertilized and embeds itself into the wall of the uterus. The fertilized egg becomes an embryo and later, a fetus. After growing for nine months, the fetus leaves its mother's body through the vagina. This is called birth.
- If the egg doesn't become fertilized, it passes out of the body through the vagina, along with the fluid lining of the uterus. This is called menstruation or the menstrual period.
- A menstrual period lasts anywhere from three to eight days each month until a woman reaches about 50 years old.
- Women who are pregnant do not have menstrual periods.
- For most girls, less than a half cup of blood is lost during an entire period. To keep the blood from making a mess, a girl wears a pad, which sticks to her underwear, or a tampon, which is inserted into the vagina.
- Once a girl starts having periods, it may take her body some time to get on a schedule. She may skip one or more periods during the first year.



source: [www.kotex.com/info/period/anatomy.asp](http://www.kotex.com/info/period/anatomy.asp)



Name: \_\_\_\_\_

**Acne:** Skin problem that happens when too much oil or dirt back up in the pores and bacteria begins to grow

**Egg:** The female reproductive cell

**Ejaculation:** Occurs when the muscles around the male genitals constrict or tighten, causing semen to leave the penis

**Estrogen:** Hormone that causes and maintains the sexual development of females

**Genitals:** The male and female reproductive organs as they are seen on the outside of the body

**Hormones:** Chemicals released by the brain that control the changes caused by puberty

**Menstruation:-** A monthly discharge of fluid from the uterus in girls and women who are not pregnant

**Ovaries:** The female reproductive glands

**Ovum:** See “egg”

**Penis:** Male sex organ; where semen and urine leave the body

**Pituitary:** Gland near the brain that releases hormones into the body

**Puberty:** A set of physical and emotional changes that happen to boys and girls, beginning around age nine and lasting until around 18

**Scrotum:** A pouch of skin that holds the testicles

**Semen:** Made when sperm mixes with fluids in the testicles

**Sperm:** The male reproductive cell

**Testes:** The male reproductive glands

**Testosterone:** Hormone that causes and maintains the sexual development of males

**Urethra:** Tube inside the penis that carries urine and semen to the outside of the body

**Uterus:** Muscular organ that holds the fetus and pushes it out of the body during childbirth

**Vagina:** The passage that leads from the uterus to the outside of the body

## PRINT RESOURCES

Chirinian, Alain. *Puberty: An Illustrated Manual for Parents and Sons*. Tor Books, 1991.

Daldry, Jeremy. *The Teenage Guy's Survival Guide: The Real Deal on Girls, Growing Up and Other Guy Stuff*. Megan Tingley Publishing, 1999.

Gurian, Michael and Price Stern. *From Boys to Men: All About Adolescence and You (Plugged In)*. Sloan Publishing, 1999.

Hynes, Angela. *Puberty: An Illustrated Guide for Parents and Daughters*. Tor Books, 1989.

Juke, Mavis. *The Guy Book: An Owner's Manual*. Crown Books for Young Readers, 2002.

Juke, Mavis. *It's a Girl Thing: How to Stay Healthy, Safe, and in Charge*. Alfred Knopf, Inc., 1996.

Madaras, Lynda. *What's Happening to My Body? Book for Boys: A Growing Up Guide for Parents and Sons*. Newmarket Press, 2000.

Madaras, Lynda. *What's Happening to My Body? Book for Girls: A Growing Up Guide for Parents and Daughters*. Newmarket Press, 2000.

## WEB RESOURCES FOR STUDENTS



[www.beingGirl.com](http://www.beingGirl.com)



[www.girlpower.gov](http://www.girlpower.gov)



[www.iwannaknow.org](http://www.iwannaknow.org)



[www.kidshealth.org](http://www.kidshealth.org)



[www.puberty101.com](http://www.puberty101.com)



[www.teenhealth.org](http://www.teenhealth.org)

OTHER EDUCATIONAL PRODUCTS  
FROM HUMAN RELATIONS MEDIA

<i>Curriculum in a Box: Succeeding in Middle School</i>	10 video/print or DVD/print
<i>The Choking Game</i>	video/print or DVD/print
<i>Making Good Choices: Keys to Good Decisions</i>	video/print or DVD/print
<i>Bad Friendships: Doing More Harm Than Good</i>	video/print or DVD/print
<i>No Name-Calling: Creating Safe Environments</i>	video/print or DVD/print
<i>Huffing: The Latest Facts about Inhalant Abuse</i>	video/print or DVD/print
<i>Drama Queens and Tough Guys: Helping Teens Handle Emotions</i>	video/print or DVD/print
<i>Surviving Peer Pressure: You Can Do It</i>	video/print or DVD/print
<i>The Power Trip: Bullying in School</i>	video/print or DVD/print
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<i>Standing Tall: Learning Assertiveness Skills</i>	video/print or DVD/print
<i>Addiction and the Human Brain</i>	video/print or DVD/print
<i>The Five Life Strategies of Successful Teens</i>	video/print or DVD/print
<i>Stressed Out: Stress Management 101</i>	video/print or DVD/print
<i>Understanding Eating Disorders</i>	video/print or DVD/print

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