

Lesson: Our Changing Body

Background Content for Facilitating

Boys:

Voice: deepens because the larynx becomes a larger organ; does not happen over night and therefore boys may be self-conscious about their voices cracking or being high pitched some of the time.

Facial hair: begins as “peach fuzz” then becomes coarser and darker, then mustache and beard

Shoulders: widen, boys get “V” shape

Testicles: become larger and begin to produce sperm (this is a difference between boys and girls, as girls are born with all the eggs they will ever have (this has been disputed), whereas boys do not begin to produce sperm until puberty)

Nocturnal emissions: (used to be called “wet dreams”), body practices for reproduction by releasing semen during sleep, boys need to take care of hygiene (washing up, changing pajamas and bedding)

Penis: becomes larger, may experience spontaneous erections

Girls:

Breasts: beginning of breast development as “breast buds”, may normally occur on one side first, which may cause girl to think she has a tumor or growth, fatty tissue (not muscle) therefore not influenced by exercise.

Hips: widen (in preparation for childbirth), pelvic bones move apart and hips become rounder

Ovulation/menstruation: often the last developments in puberty, ovulation involves the ripening of an ovum (egg) and its release into the Fallopian tube. Ovulation occurs first and then triggers menstruation (about 14 days later). Girls just beginning their cycles are less regular than mature women.

Ovaries: begin to produce female hormones and ova begin to ripen and be released

Both sexes:

Height: going through the second biggest growth spurt (after prenatal development). Growth of bones and muscles not balanced. Explains awkwardness, lack of coordination and increase in accidents.

Sweat glands: hormones increase their activity. Really important to stress personal hygiene. Need daily bathing, use of deodorant, and changing clothes daily.

Oil glands/acne: hormones increase their activity. Many myths about teenage acne have been dispelled. Not associated with eating fatty foods or chocolate. Important to keep face clean and not pick at blemishes.

Body hair: occurs under arms, on the groin (pubic area – one of first signs of puberty), for boys on chest and even back.