

Human Growth and Development



5.2

F.L.A.S.H. Lesson 9:
Puberty Day 1

Purpose

Everyone here either has begun or will soon begin to develop from a child into an adult.

- To help you understand the changes that are involved in developing from a child to an adult



What is puberty?

- Student answers
- A time when a person's body, feelings, and relationships change from a child's into an adult's
- When does that happen?
 - An average age is kind of useless, since most of us aren't "average". A range is more useful.
 - Girls: between 8 – 13
 - Boys: between 9 – 14
 - If someone gets to be 16 and still hasn't noticed any changes, they should speak with their doctor
 - The pituitary gland, in a person's brain, will trigger the changes of puberty whenever it is programmed to do so



Puberty Changes

Lesson #9

Girls Only

- Hips widen
- Ovulation & menstruation

Both

- Height growth spurts
- Breasts develop
- Acne
- Perspiration
- Pubic & underarm hair
- Facial hair
- Voices deepen
- Genitals enlarge
- Erections
- Crushes & attractions
- Self-consciousness
- Concern for others
- Mood changes
- Friction with parents or guardians
- Freedom to make decisions
- Understanding of self may grow

Boys Only

- Shoulders broaden
- Sperm production & ejaculation
- Nocturnal emissions



When do I see a doctor or a counselor?

- Being a teenager (or pre-teen) is difficult. You're under stress to be liked, do well in school, get along with your family, and make big decisions.
- You can't avoid most of these pressures, and worrying about them is normal. However, feeling very sad, hopeless or worthless, could be warning signs of a mental health problem.



When do I see a doctor or a counselor?

- Mental health problems are real, painful, and sometimes severe. You might need help if you have the signs mentioned above or if you:
 - Often feel very angry or worried
 - Feel grief for a long time after a loss or death
 - Think your mind is controlled or out of control
 - Use alcohol or drugs
 - Exercise, diet, and or binge-eat obsessively
 - Hurt other people or destroy property
 - Do reckless things that could harm yourself or others
- Mental health problems can be treated. To find help, talk to your parents, school counselor, or doctor.





Products for Newly-Adolescent Bodies

Movie

- “You, Your Body, and Puberty”

