

# Human Growth and Development



**6.2**

F.L.A.S.H. Lesson 10:  
Puberty Day 2

# Introduction

- Purpose:
  - Sometimes people are afraid of things they don't understand.
  - Sometimes people feel as if they are the **ONLY** one to ever experience certain changes; they may “dump on” themselves because they think they aren't normal.
  - The feelings are **UNNECESSARY**; people can look forward to puberty with excitement and pleasure, **IF** they know what to expect.



# Questions

- Answer Questions from Question box.



# Puberty Worksheet

## Puberty Worksheet 2

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NAME \_\_\_\_\_ DATE \_\_\_\_\_

DIRECTIONS: Write "T" for "true" next to each statement you believe is correct.  
Write "F" for "false" next to the wrong statements.

- \_\_\_\_\_ 1. Girls may start puberty any time between the ages of 8 and 13.
- \_\_\_\_\_ 2. Usually, boys start puberty a little younger than girls.
- \_\_\_\_\_ 3. The pituitary gland, in the brain, tells the body when to begin puberty.
- \_\_\_\_\_ 4. Boys only get erections when they think about something sexual.
- \_\_\_\_\_ 5. A person's feelings may change from moment to moment, especially during puberty.
- \_\_\_\_\_ 6. If your parents started puberty early, you might too.
- \_\_\_\_\_ 7. You can tell whether a girl is menstruating by looking at her.



# Puberty Worksheet

Family Life and Sexual Health, Grades 4, 5 and 6, Lesson 10

F.L.A.S.H.

## Puberty Worksheet 2 - Answer Key

NAME \_\_\_\_\_ DATE \_\_\_\_\_

DIRECTIONS: Write "T" for "true" next to each statement you believe is correct.  
Write "F" for "false" next to the wrong statements.

- T 1. Girls may start puberty any time between the ages of 8 and 13.
- F 2. Usually, boys start puberty a little younger than girls.
- T 3. The pituitary gland, in the brain, tells the body when to begin puberty.
- F 4. Boys only get erections when they think about something sexual.
- T 5. A person's feelings may change from moment to moment, especially during puberty.
- T 6. If your parents started puberty early, you might too.
- F 7. You can tell whether a girl is menstruating by looking at her.



# Puberty Worksheet

- \_\_\_\_\_ 8. Boys often have some breast growth during puberty.
- \_\_\_\_\_ 9 . It is common for boys to have nocturnal emissions at puberty, but it is also healthy not to.
- \_\_\_\_\_ 10. The main reason teenagers get acne is they eat the wrong foods.
- \_\_\_\_\_ 11. Girls should not use tampons until they are grown.
- \_\_\_\_\_ 12. The vagina is always wet, just like the mouth and eyes.
- \_\_\_\_\_ 13. There is something wrong with a boy if he ejaculates in his sleep.
- \_\_\_\_\_ 14. If a boy has not started puberty by age 13, he should see a doctor, because there might be something wrong with his endocrine system.
- \_\_\_\_\_ 15. It is OK for a girl to shower or play sports during her menstrual period.
- \_\_\_\_\_ 16. A boy should start wearing an athletic supporter ("jock strap") during puberty when he plays sports, to protect and support his genitals.
- \_\_\_\_\_ 17. A girl may start wearing a bra for support when her breasts start to develop, especially if she is uncomfortable being active and playing sports.
- \_\_\_\_\_ 18. It is necessary to wash more often once you begin puberty.



# Puberty Worksheet

- T 8. Boys often have some breast growth during puberty.
- T 9. It is common for boys to have nocturnal emissions at puberty, but it is also healthy not to.
- F 10. The main reason teenagers get acne is they eat the wrong foods.
- F 11. Girls should not use tampons until they are grown.
- T 12. The vagina is always wet, just like the mouth and eyes.
- F 13. There is something wrong with a boy if he ejaculates in his sleep.
- F 14. If a boy has not started puberty by age 13, he should see a doctor, because there might be something wrong with his endocrine system.
- T 15. It is OK for a girl to shower or play sports during her menstrual period.
- T 16. A boy should start wearing an athletic supporter ("jock strap") during puberty when he plays sports, to protect and support his genitals.
- T 17. A girl may start wearing a bra for support when her breasts start to develop, especially if she is uncomfortable being active and playing sports.
- T 18. It is necessary to wash more often once you begin puberty.



# Peer Pressure in the Pubescent Years

- It's more difficult to disagree with the crowd during these years BECAUSE one is beginning to separate from one's family and to gradually identify with friends.
- That is normal.
- One has to find ways to trust one's own judgement at the same time as one enjoys one's friends.

