

New Me PUBERTY JOURNAL

Name

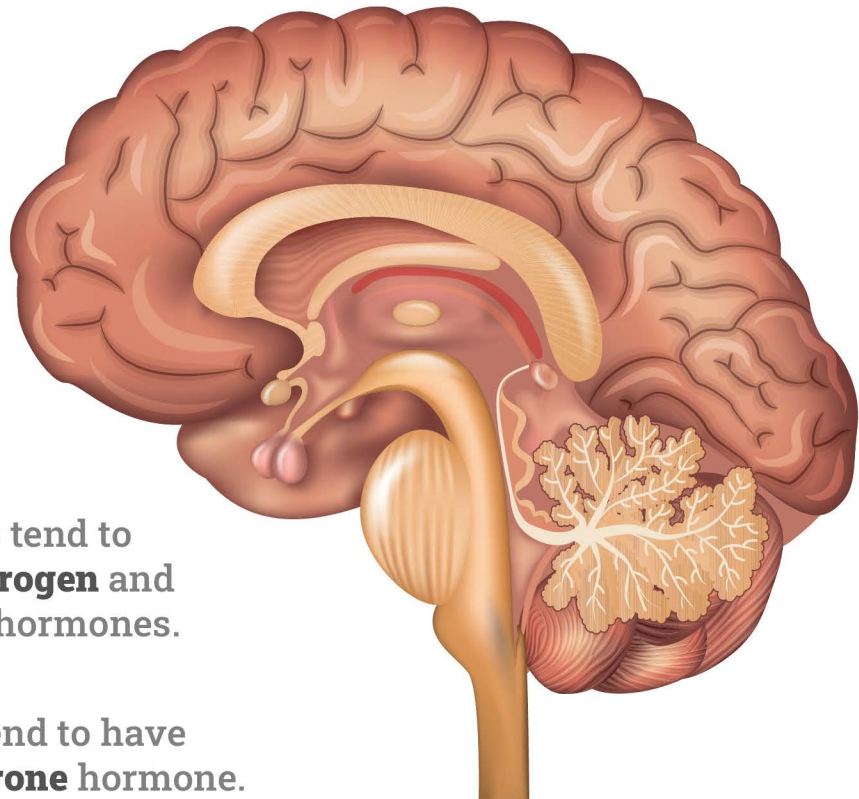


Puberty: Quick Facts

Puberty is the bridge between childhood and adulthood.

- Puberty can start as early as _____ years old or as late as _____ years old.
- The average age to start puberty is _____ years old.
- Puberty lasts for about _____ years.

The _____ in the brain signals the production of new hormones or chemicals in the body.



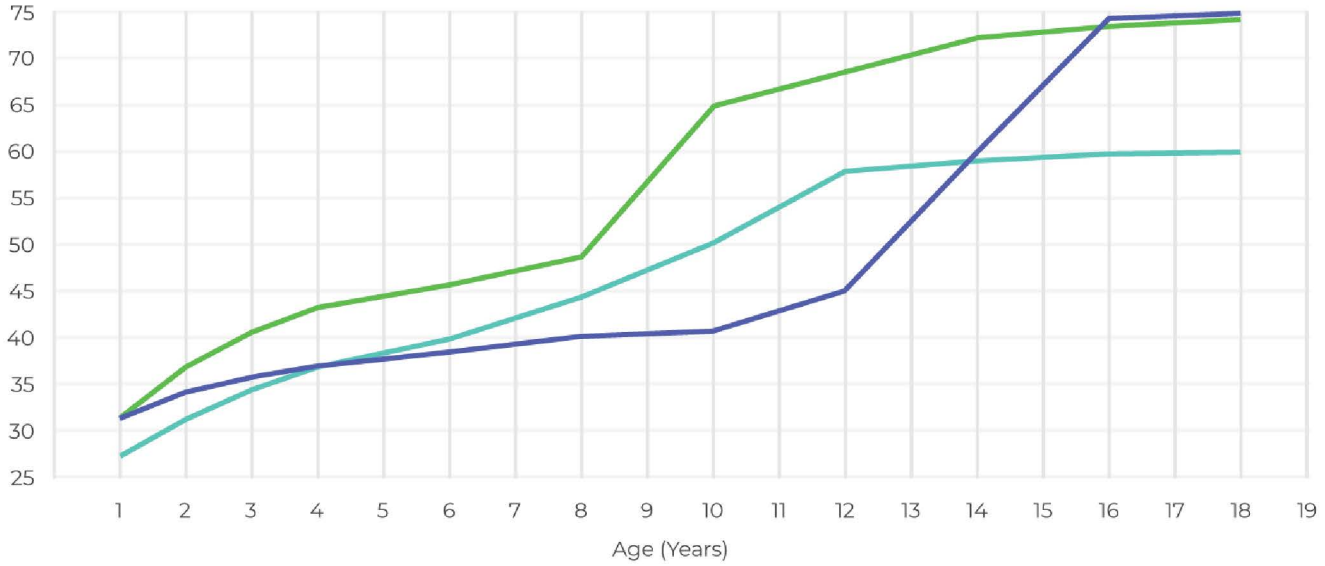
Female bodies tend to have more **estrogen** and **progesterone** hormones.

Male bodies tend to have more **testosterone** hormone.

Growth

Comparing Growth Patterns of Three People

Height (inches)



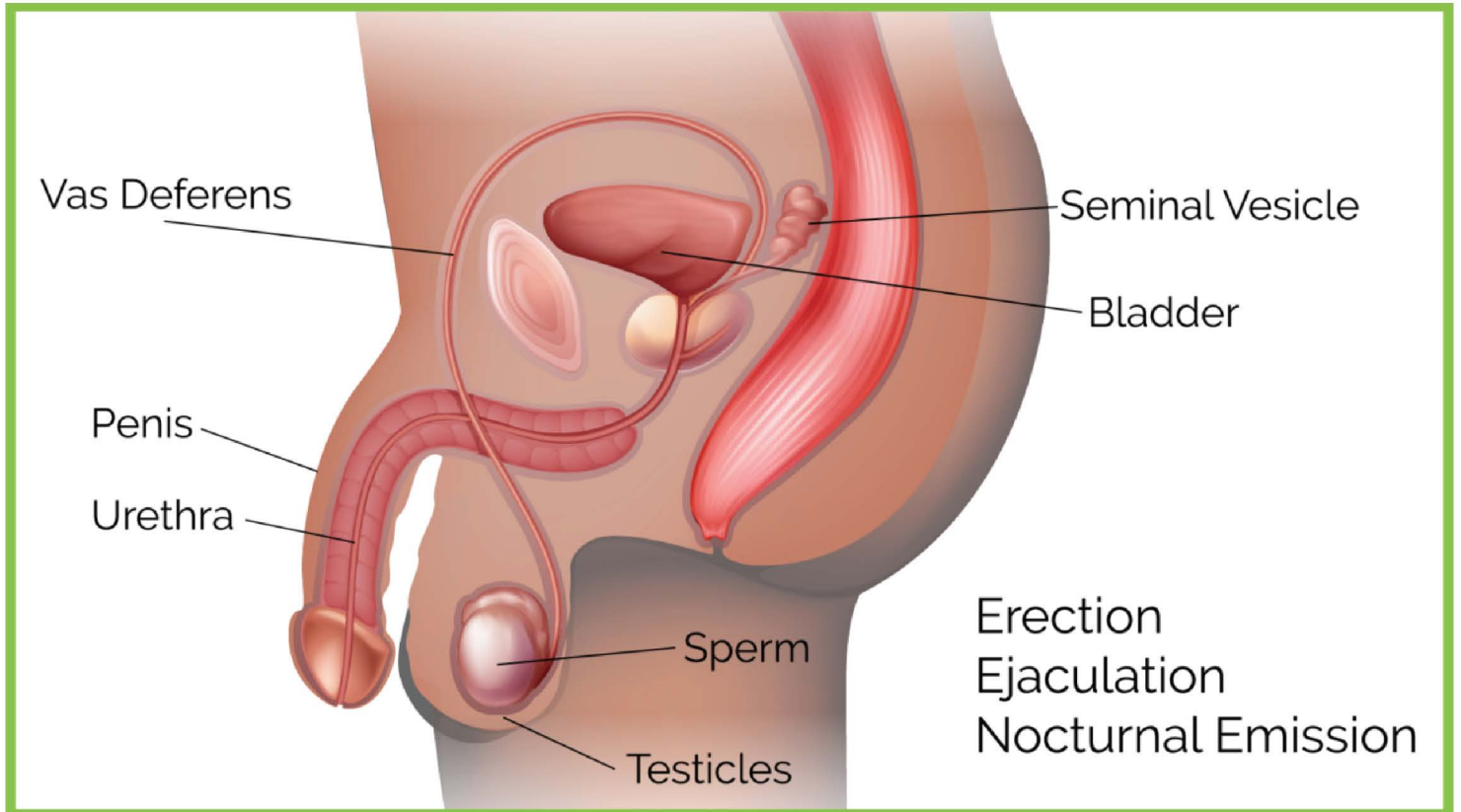
Person 1
Person 2
Person 3

Analyzing the data:

● What do you notice about these growth patterns?



Anatomy of the male body

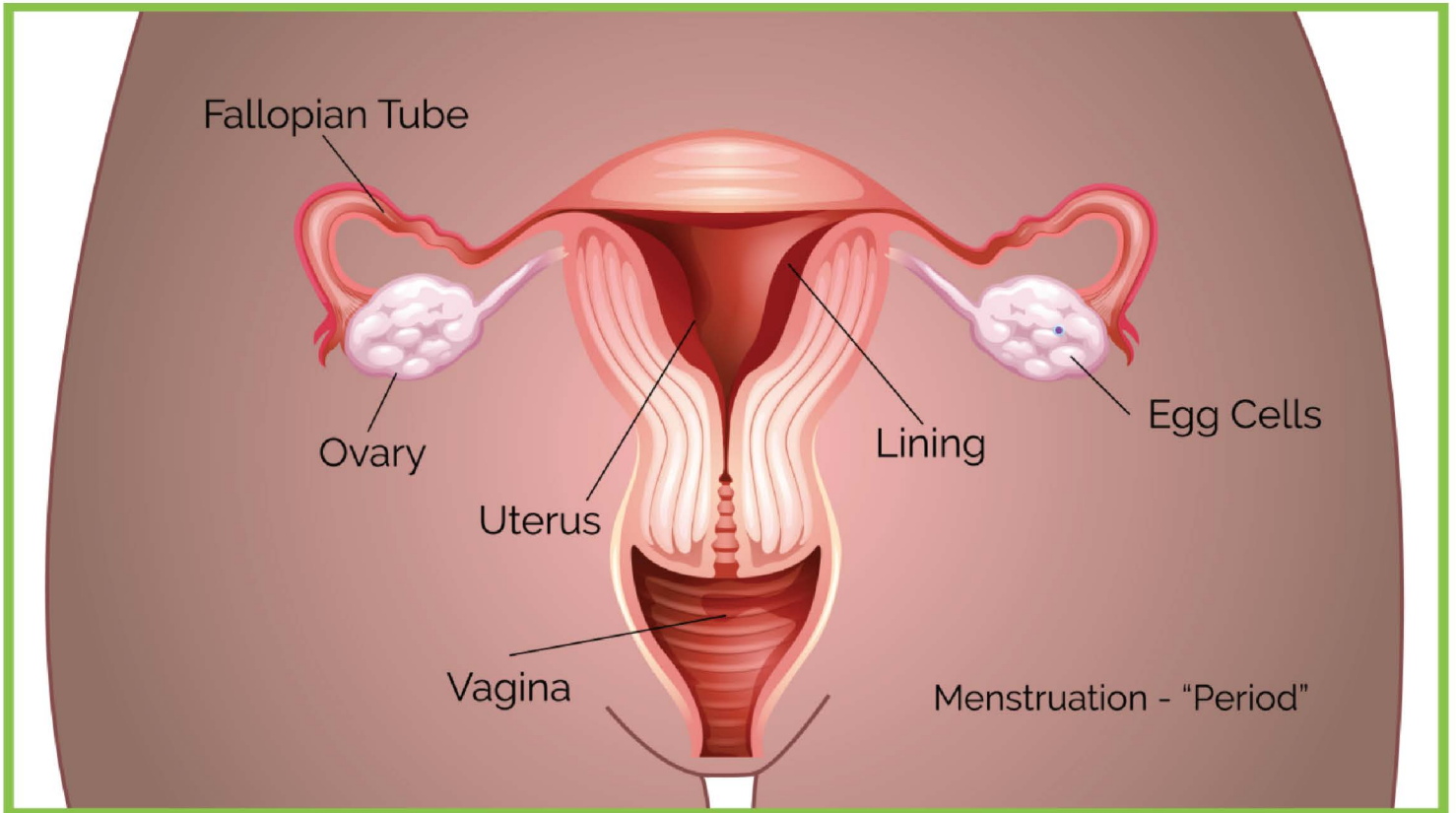


● The male body reproductive cell is called: _____

Notes/questions



Anatomy of the female body



Draw the actual size of a human egg in the box.



● The female body reproductive cell is called: _____

Notes/questions



Emotional and Interest changes

It's important to have supportive people to talk to, if needed.
Circle anyone on this list you would feel comfortable talking to.

- friend
- family member
- teacher
- school counselor
- school nurse
- doctor
- therapist
- youth organization leader (a coach, counselor, etc.)

Remember to never hurt yourself or someone else.
Talk with a trusted adult if you need help.

Interests change your entire life. What are three things about growing up you're looking forward to or would like to try?



Acne, Body odor and Body hair

● What causes acne and how can you manage it?

How do you manage acne: _____

Hormones make more oil on your skin which mixes with bacteria and dirt on your skin to form mini infections – zits.

● Body odor is because of bacteria, NOT sweat by itself.

To prevent body odor, wash your body everyday, wear deodorant or antiperspirant, and change all of your clothes everyday.

TIP: If you choose to wear cologne or perfume, only wear a small amount.

● Body hair: It grows everywhere and is normal!

Notes: _____



Vocabulary

Female Bodies

All Bodies

Male Bodies

Breast development

Growth

Sperm production

Ovulation

Voice changes

Erection

Menstruation

Body shape changes

Ejaculation

Interest & Emotional changes

Nocturnal emission

Acne

Body odor

Body hair

Additional resources:

<http://www.girlshealth.gov/body/puberty/index.html>

<http://kidshealth.org/teen/>