

VIRTUAL NEW ME: PUBERTY

JOURNAL

TEACHER COPY



NAME:



DENVER MUSEUM OF

NATURE & SCIENCE

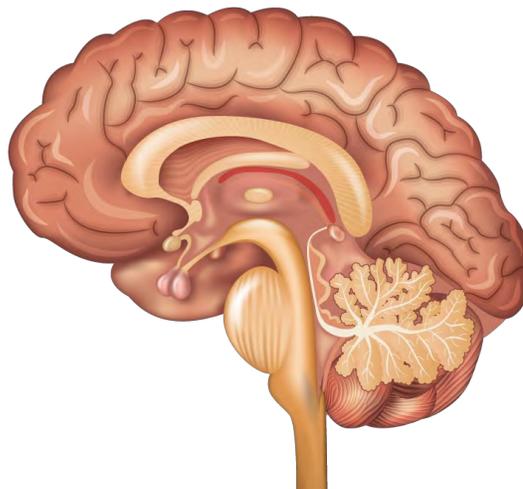
PUBERTY: QUICK FACTS

Puberty is the bridge between childhood and adulthood.

- Puberty can start as early as 8 or 9 years old or as late as 18 or 19 years old.
- The average age for **female bodies** is 10.5 years old.
- The average age for **male bodies** is 11.5 years old.
- Puberty lasts for about 3 to 5 years.

The pituitary gland 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.

VOCABULARY ACTIVITY

Set up your board/wall/floor/etc. so that you have three columns for the vocabulary words provided from DMNS:

MALE BODIES

ALL BODIES

FEMALE BODIES

The DMNS educator will instruct your students to take the vocabulary cards and arrange them into the appropriate column. **You should have these cards cut prior to the program.** If the students get wrong answers, that is okay and part of the learning process. Once your students see the correct list from the DMNS educator's presentation, have your students correct their list. It should look as follows after the corrections:

MALE BODIES

ALL BODIES

FEMALE BODIES

Sperm Production

Growth

Egg Maturation

Erection

Voice Changes Body

Menstruation Breast

Ejaculation

Shape Changes

Development

Nocturnal Emission

Interest Changes

Emotional Changes

Acne

Body Hair

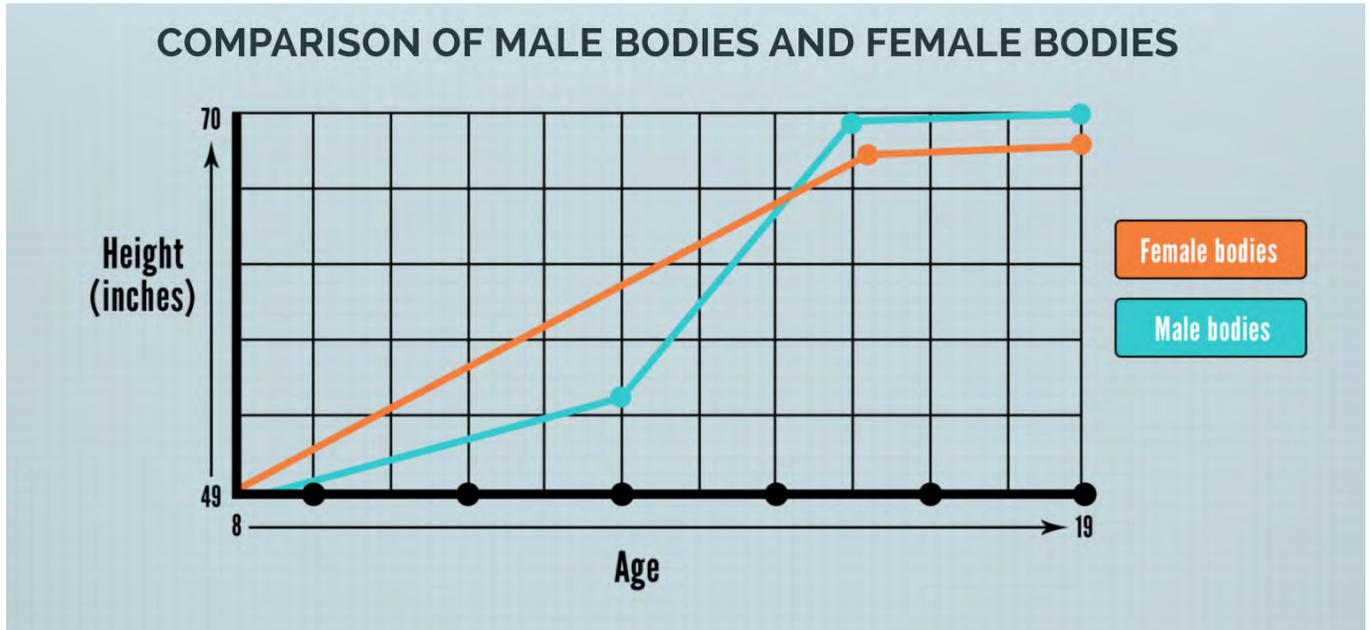
Body Odor

Please keep the list up during the program as the DMNS instructor will be referencing it during the class.

GROWTH



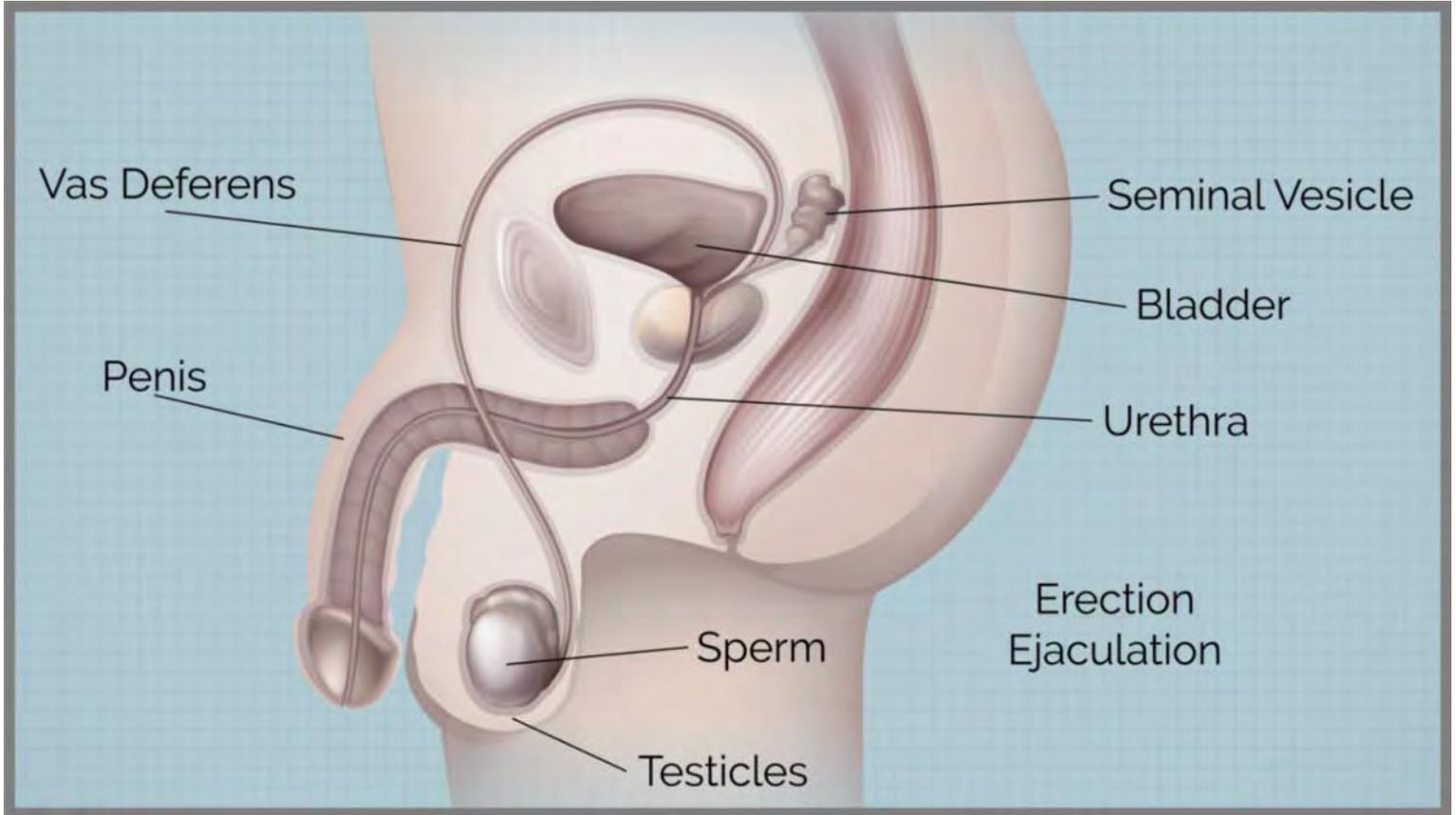
Graph the Growth.



Analyzing the Data:

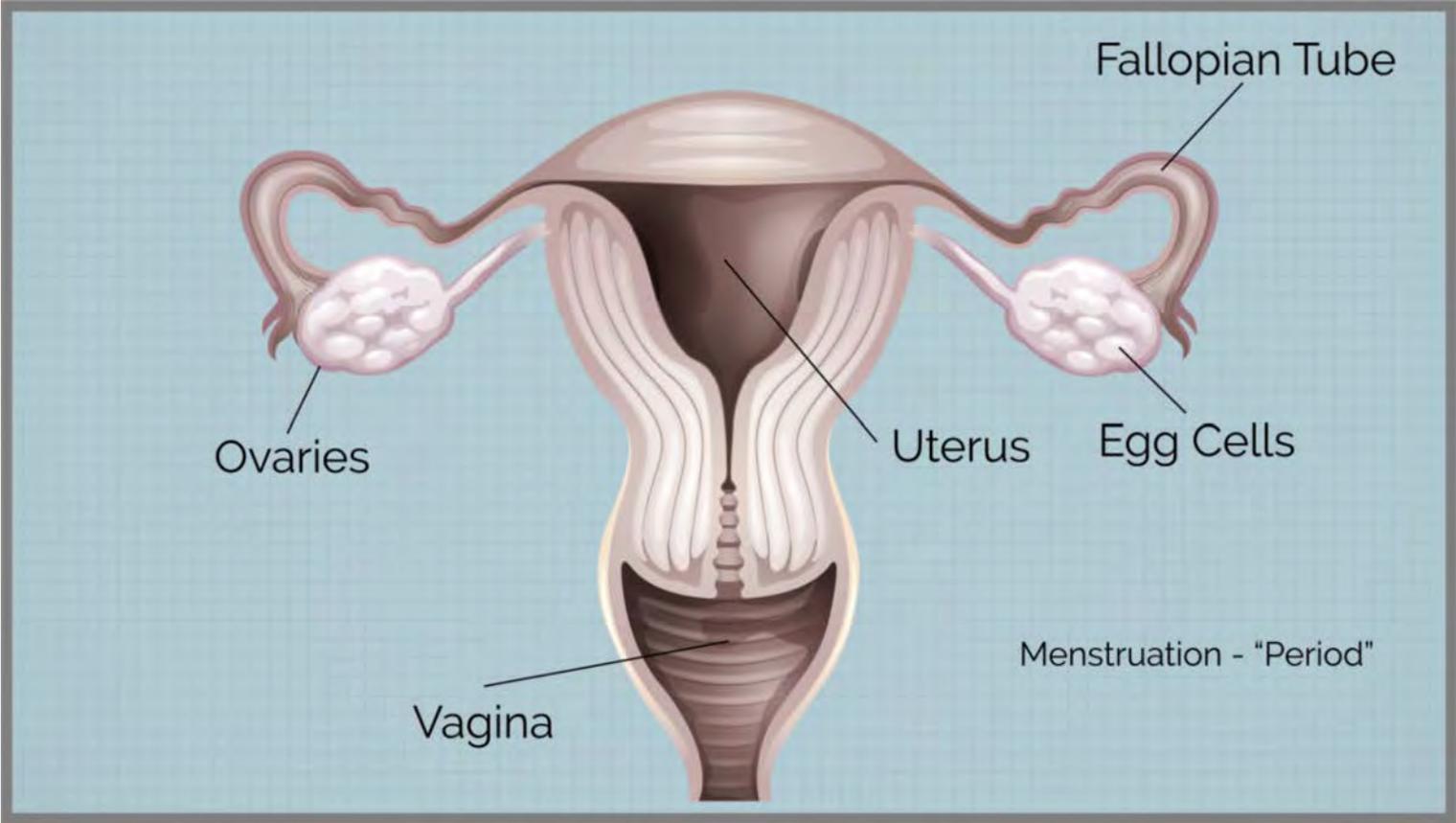
What do you notice about these growth patterns?

ANATOMY OF THE MALE BODY



NOTES:

ANATOMY OF THE FEMALE BODY



Draw the actual size of a human egg in the box below:

NOTES:

EMOTIONAL AND INTEREST CHANGES



Everyone has **emotions**. List 3 ways you calm down or cheer yourself up.

1.

2.

3.



Interests change your entire life. List 3 of your favorite things to eat, do or play:

1.

2.

3.



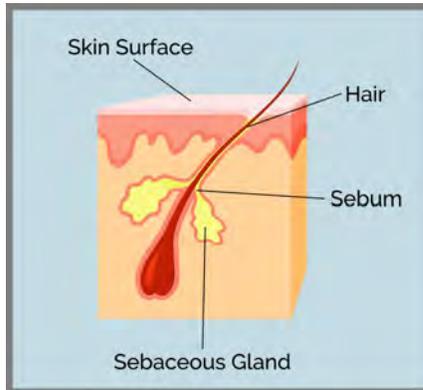
Remember to never hurt yourself or someone else. Talk with a trusted adult if you need help.

ACNE, BODY ODOR, BODY HAIR



Acne, pimples, zits, etc... What causes it and how can you manage it?

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/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!

Talk with an adult about it.

NOTES:



VOCABULARY

MALE BODIES

ALL BODIES

FEMALE BODIES

Sperm production

Growth

Breast development

Erection

Body shape changes

Egg maturation

Ejaculation

Voice changes

Menstruation

Nocturnal emission

Acne

Body odor

Body hair

Emotional changes

Interests changes

Additional resources:

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

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