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 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.
Growth

Graph the growth.

Comparing Growth Patterns of Three People

Analyzing the data:

- What do you notice about these growth patterns?
Anatomy of the male body

The male body reproductive cell is called: **sperm**

Notes/questions

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Anatomy of the female body

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

- The female body reproductive cell is called: egg

Notes/questions

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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: stay clean

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

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<tr>
<th>Female Bodies</th>
<th>All Bodies</th>
<th>Male Bodies</th>
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<td>Growth</td>
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<td>Ovulation</td>
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<tr>
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**Additional resources:**

- [http://www.girlshealth.gov/body/puberty/index.html](http://www.girlshealth.gov/body/puberty/index.html)
- [http://kidshealth.org/teen/](http://kidshealth.org/teen/)