



Changing Adolescent Bodies

JULY 2024

Lesson objectives

- ▶ 1. To understand what puberty is and how the body changes as a result of it
- ▶ 2. To understand that puberty is part of the human life cycle
- ▶ 3. To understand the physical and emotional changes that will occur during puberty

What is adolescence? What is puberty?

- ▶ - Puberty means the physical change from child to young adult when human bodies are capable of reproduction (having babies).
- ▶ - Adolescence means the period of time during your teen years when you transition from child to young adult and covers more than just the physical changes.

The human life cycle



Hormones - what are they & what do they do?

- ▶ Puberty can start any time after the age of about 8 or 9 years old. It happens to everyone at different times, so don't worry if you are earlier or later than your friends.
- ▶ A tiny gland at the bottom of the brain called the pituitary gland starts releasing chemicals called hormones into your blood to change your body into an adult.
- ▶ This takes years and does not happen overnight!
- ▶ The changes in your body will include getting hairier, taller and your reproductive organs (used for having babies) will develop. These changes may seem strange at first, and you might feel different, but it is all perfectly normal.

Hormones

Male hormones

Testosterone is the hormone that make male bodies:

- ▶ -hairier
- ▶ -more muscular
- ▶ -with deeper voices
- ▶ -and the penis and testicles will get larger

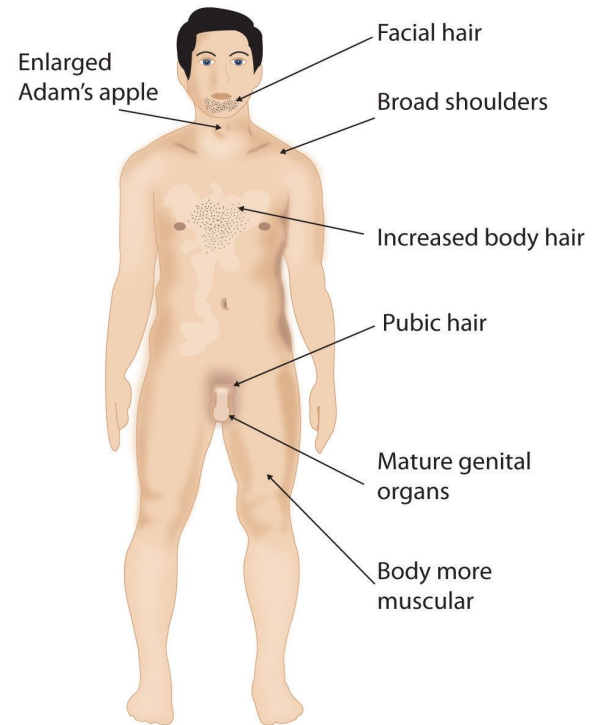
Female hormones

Oestrogen and progesterone are the hormones that make female bodies:

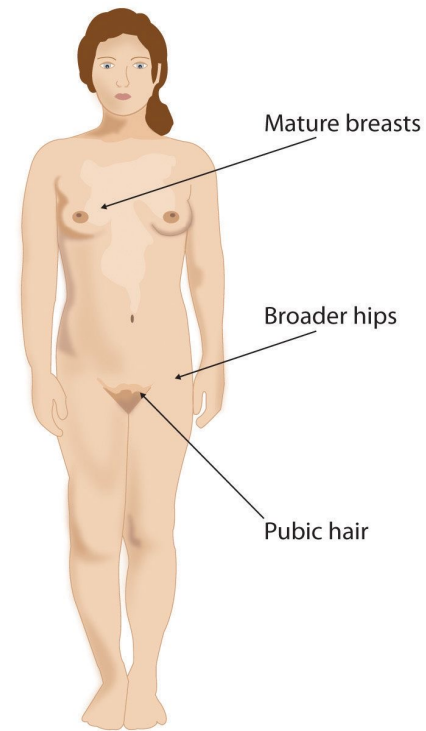
- ▶ -hairier
- ▶ -hips become wider
- ▶ -develop breasts
- ▶ -start menstruating, which means the ovaries and womb are maturing

Changes in the body

Male



Female

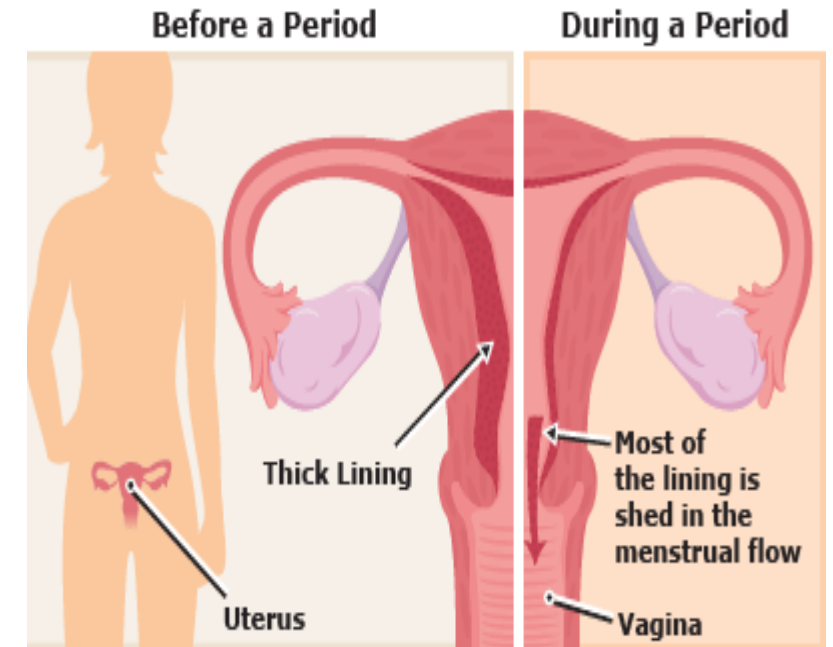


Voice breaking & erections

- ▶ As boys get older and the hormones start to change your body into a man, your voice will begin to get deeper. There is a stage where your voice will be sometimes deep and sometimes squeaky, and this can happen even in the space of one sentence. This is called your 'voice breaking'. It isn't actually breaking it is just changing and getting deeper. It is normal and happens to most boys at some point.
- ▶ An erection can happen even when boys are very little. An erection is when the penis has an extra flow of blood into it and it gets bigger, harder and more noticeable. It might feel different. It is completely normal and just means your body is working properly. If you feel embarrassed because it is in public just sit or stand quietly and it will pass.
- ▶ If you are worried about any of this, talk to a trusted grown up.

Menstruation (periods)

- ▶ Menstruation, often called 'periods' because they happen roughly every 28 days, happens to females.
- ▶ The ovaries in the female body start producing eggs so that the body can have babies later on in life.
- ▶ If the female is not pregnant the lining of the womb, which has been ready for the egg, slips away and leaves the body through the vagina.
- ▶ Females who are menstruating will notice blood in their underwear, which is the lining of the womb. You will need to wear a sanitary towel when this happens.
- ▶ If you are worried about any of this, talk to a trusted grown up.



Sanitary products

- ▶ Sanitary towel
- ▶ Tampons
- ▶ Menstrual cup
- ▶ Menstrual underwear which absorbs the blood like a sanitary towel does.



Hygiene

- ▶ As males and females go through puberty they will get hairier and sweat more.
- ▶ It is important to wash regularly so that you do not smell.
- ▶ Some people use deodorants to help with this.
- ▶ Your skin gets greasier too and some people get spots or acne. This is to do with hormones and nothing to do with how clean someone is. Most people stop getting spots once they have finished puberty.
- ▶ Some people choose to shave their body hair but this is a personal choice and you DO NOT have to do this.

Emotions

- ▶ As well as changing your body, hormones will also affect your emotions. This is true for males and females.
- ▶ Sometimes you may feel more grumpy, angry, tired, tearful or frustrated than normal. Females especially notice this before their period, and it is often called PMT (pre menstrual tension).
- ▶ Just remember feelings pass, look after yourself and talk to a trusted adult or friend when you need to.
- ▶ Remember the 5 Ways to Wellbeing -



Body - Mind - Emotions



- ▶ Remember that your body and mind are not separate, but work together.
- ▶ Looking after both will help you to feel well.
- ▶ As you journey through adolescence remember that you are a unique and important person and you matter to the world.

Questions

- ▶ Please do not be embarrassed. Ask any questions you like. I will either:
- ▶ Tell you the answer;
- ▶ Find out the answer for you if I don't know it;
- ▶ Explain that the question you have asked should be answered by Mum and/or Dad at this point.

Quiz

Puberty always happens at the same age.

True or false?

False

Males and females get hairier.

True or false?

True

As soon as you have reached puberty you should have children.

True or false?

False

Quiz

Hormones turn us from children into adults.

True or false

True

Females have to shave their body hair.

True or false

False

Males have to hide their emotions.

True or false

False