



PUBERTY

DEFINITION– Puberty is the time when you begin to change and develop from a child into an adult.

Activity 1

PUBERTY 101 As a guide, puberty will begin, for most people, between 9 and 12 years of age. All bodies are different, and Puberty changes will start when your body is ready to release the hormones that will kick start your journey.

Use the answers below to fill in the following questions:

1. Puberty changes can start as early as _____ years of age or as late as _____ years of age.
2. _____ usually begin Puberty changes before _____.
3. _____ are common during Puberty. Make sure you are talking to trusted _____ about how you are feeling.
4. Females will start to experience _____ during Puberty which is where the lining of the _____ is shed. They will also develop _____.
5. Males will develop a _____ voice and more frequent _____.
6. Both males and females will develop adult _____ which causes an _____ It is important to practice good hygiene by having regular _____ and using _____.
7. Body _____ will increase during Puberty. The hair on your _____ a legs will become thicker and darker. _____ hair and pubic hair will also start to _____. Males will develop chest hair and _____ hair.

Answers

males	periods	odour	facial	mood swings
sweat	underarm	8	arms	showers
16	breasts	deeper	females	uterus
hair	grow	deodorant	adults	erections



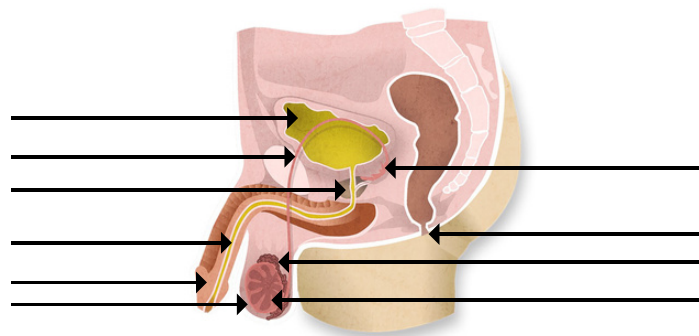
Activity 2

REPRODUCTIVE SYSTEMS

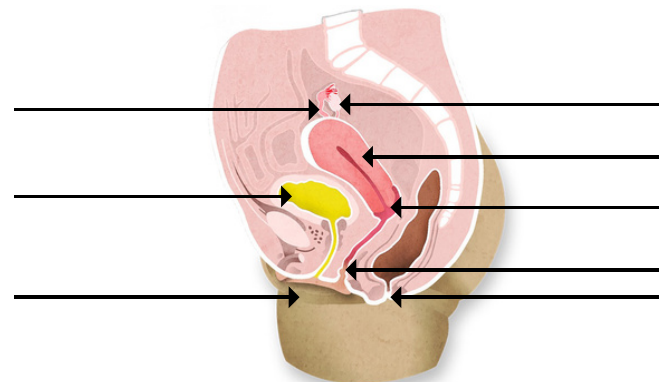
What is a Reproductive System? The reproductive system is the system of organs and body parts which function in reproduction. The reproductive organs for males include the testes, penis, seminal vesicles, prostate and urethra. The reproductive organs for females include the ovaries, fallopian tubes, uterus, vagina and vulva.

Both the female and male reproductive systems* will develop during puberty. Label the male and female reproductive systems below.

MALE REPRODUCTIVE SYSTEM



FEMALE REPRODUCTIVE SYSTEM



Answers

bladder	vulva	anus	testicle	vas deferens
ovary	anus	urethra	bladder	prostate gland
vagina	seminal vesicle	uterus	penis	epididymis
fallopian tube	cervix	scrotum		

* Bladder and anus are included for reference and are not part of the reproductive system.