

# Puberty and Personal Hygiene

**Boys Only**

## Learning Target

I can recognize the physical changes that occur during puberty and relate these changes to the increased need for personal hygiene.



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What  
physical/emotional  
changes occur during  
puberty that you know  
about?

***My Changing Life:  
Physical Changes for  
Boys***

## ***BOY TO MAN***

1. Do all boys and girls begin to mature at the same age? \_\_\_\_\_
2. During puberty, the skin produces more \_\_\_\_\_. This causes the skin to develop more \_\_\_\_\_. The sweat glands under the \_\_\_\_\_ can produce a strong odor. Showering and wearing clean clothes can help control the strong \_\_\_\_\_.
3. The pituitary gland produces the growth hormones that cause the reproductive organs to develop. The pituitary gland is located in the \_\_\_\_\_.
4. List at least two (2) changes that occur in the male body with the beginning of puberty.  
\_\_\_\_\_  
\_\_\_\_\_
5. When a boy reaches puberty, the tubes in his testicles begin to produce the \_\_\_\_\_ or male sex cells.
6. If an egg is not fertilized, it passes out of the female body. The discharge is called \_\_\_\_\_ or what girls call having their "period."

***BOY TO MAN***  
**(ANSWER SHEET)**

1. Do all boys and girls begin to mature at the same age? (***NO***)
2. During puberty, the skin produces more (***OIL***). This causes the skin to develop more (***ACNE***). The sweat glands under the (***ARMS***) can produce a strong odor. Showering and wearing clean clothes can help control the strong (***ODOR***).
3. The pituitary gland produces the growth hormones that cause the reproductive organs to develop. The pituitary gland is located in the (***BRAIN***).
4. List at least two (2) changes that occur in the male body with the beginning of puberty.
  1. ***A GROWTH SPURT OCCURS.***
  2. ***BODY HAIR DEVELOPS.***
  3. ***A BOY HAS WET DREAMS.***
  4. ***BODY ODOR AND PERSPIRATION INCREASE.***
5. When a boy reaches puberty, the tubes in his testicles begin to produce the (***SPERM***) or male sex cells.
6. If an egg is not fertilized, it passes out of the female body. The discharge is called (***MENSTRUATION***) or what girls call having their "period."

*I HAVE A QUESTION . . . . .*



*SIGNED* \_\_\_\_\_

*ROOM #* \_\_\_\_\_

# **3-2-1**

3 new things you learned today

2 things that you connected to in this lesson

1 question you have about anything in this lesson



## **I HAVE A QUESTION.....**

We strongly encourage you to discuss the information contained in this lesson with your parent/guardian or trusted adult.



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