

# Understanding Puberty

**SOL 6.3** The student will continue to identify physical and emotional changes that occur during puberty and their effects on growth and development.

**Learning Target:** I can identify the physical and emotional changes that occur during puberty.

**(Girls' Version)**



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# ***Bell Ringer***

What are some of the changes you think occur during puberty?

# **VIDEO: *ALWAYS CHANGING***



## **VIDEO DIRECTIONS:**

Click on the following link:

**[Always Changing Girl's Video](#) (click on link for video)**



# ***TIMELINE: Birth to Adulthood***



## **Infancy (birth to age 1)**

During this period, infants develop trust and are dependent on others.

## **Early Childhood (ages 1–3)**

In the toddler years, children learn that they can do simple tasks without help.

## **Middle Childhood (ages 3–5)**

Increased mental skills during the preschool period give children the ability to play make-believe and imitate real-life situations.

## **Late Childhood (ages 6–11)**

In this stage, children begin to interact more with their peers. They gain mastery over objects and activities.

# ***TIMELINE: Birth to Adulthood (cont'd.)***



## **Adolescence (ages 12–18)**

During this period, teens take on greater responsibility and begin to develop their adult personalities.

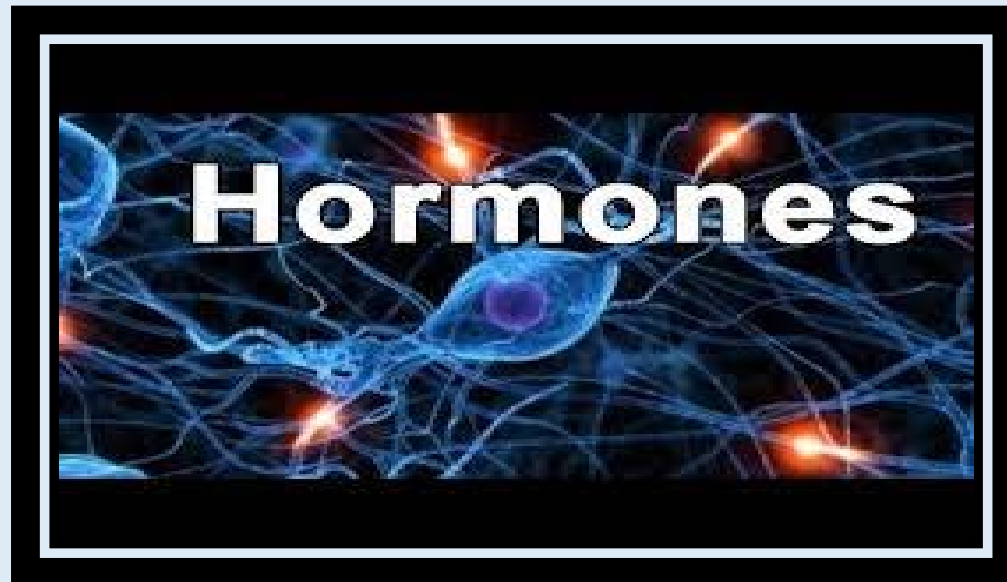
## **Adulthood (age 19 and onward)**

During adulthood, people work to develop relationships, to achieve goals and to understand the meaning of their lives.

# ***Hormones and The Endocrine System***

The hormones that cause the physical and emotional changes of adolescence are produced by your endocrine system.

- The endocrine system produces hormones that go directly into your bloodstream.
- The hormones are then carried to different parts of the body to control various functions.



# ***The Endocrine System (cont'd.)***

## **Pituitary gland**

The pituitary gland produces several hormones that control the work of other glands and organs.

## **Thyroid gland**

The hormone produced by the thyroid gland regulates body growth and the rate of metabolism.

## **Parathyroid glands**

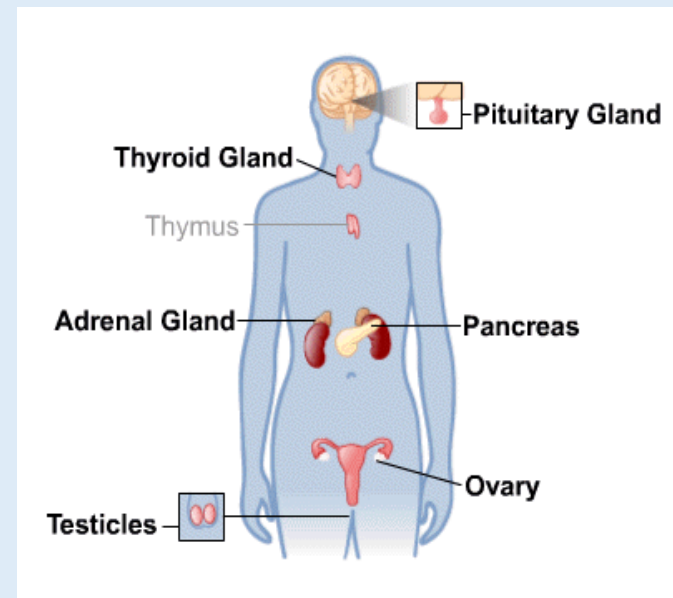
These glands regulate the levels of calcium and phosphorous in the blood.

## **Adrenal glands**

The adrenal glands produce hormones that help regulate the balance of salt and water in the body.

## **Pancreas**

The pancreas controls the level of sugar in the blood and provides the small intestine with enzymes.



## **Ovaries (in female)**

Hormones produced in the ovaries control sexual development and the maturation of eggs.

## **Testes (in male)**

The hormone produced in the testes controls sexual development and the production of sperm.

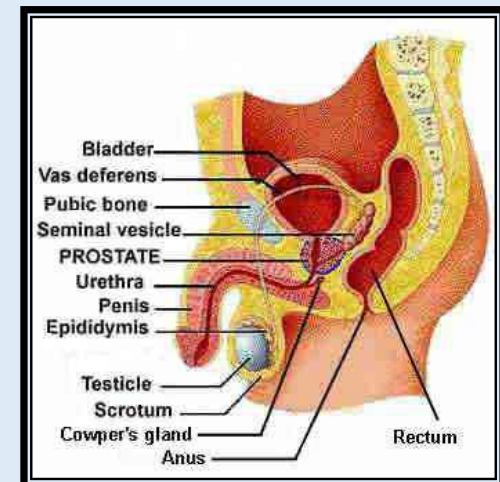
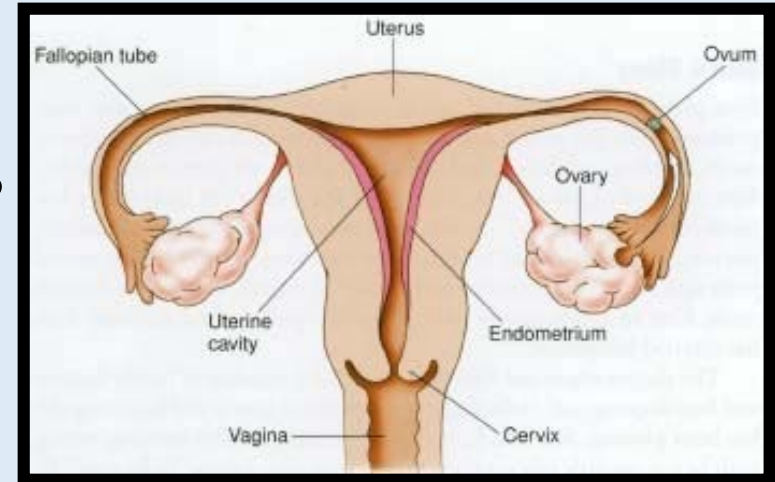


# ***Hormones Responsible for Puberty***

The female hormone responsible for puberty changes is **estrogen**.

The male hormone responsible for puberty is **testosterone**.

The hormones are made in the ovaries (females) and testicles (males).



# ***PHYSICAL CHANGES DURING PUBERTY***

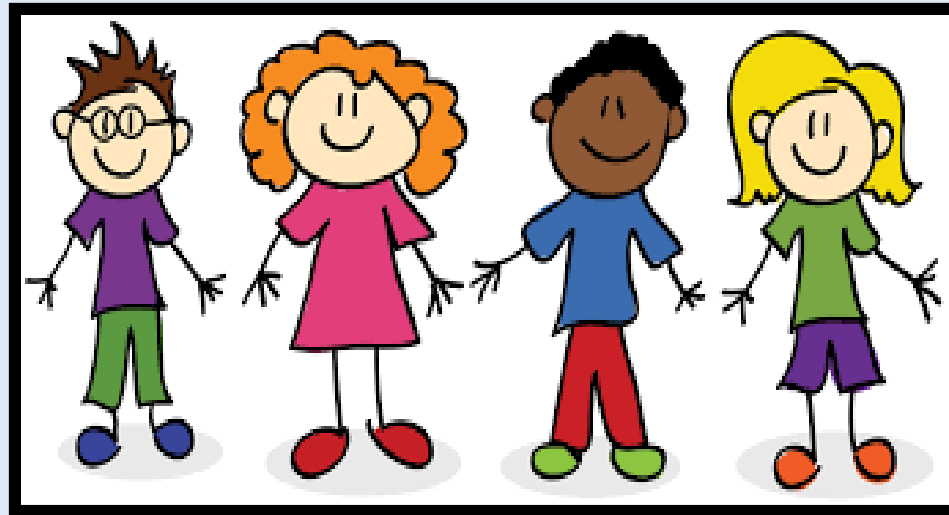
## ***Both Boys and Girls***

- Body sweats more
- Oily skin and hair
- Sudden growth spurt
- Increased weight
- Longer arms and legs
- Bigger hands and feet
- Hair growth (arms, arm pits, pubic area)
- Face looks less childlike
- Emotional/personality changes including: mood swings, depression, boredom, rudeness, aggression, etc.
- Fantasies and thoughts/curiosity
- Increased self-consciousness

## ***Girls***

- Estrogen levels increase
- Ovaries begin to work
- Menstruation begins
- Breasts grow
- Labia darken
- Round shoulders and curvy body develop
- Hips widen

***IDENTIFYING SOCIAL, EMOTIONAL  
AND MENTAL HEALTH AND  
KNOWING WHAT TO DO!***



# ***Emotional Changes***



- Puberty may bring on powerful emotions. You may even experience mood swings.
- Mood swings are a natural part of being a teen. They are caused by the release of hormones as well as the changes that you are going through.
- The fluctuations in your emotions are signs that you are maturing emotionally.

# *Expressing Your Emotions*

**No matter what you are feeling, it is important to express your emotions in constructive and appropriate ways.**

- **Try to face feelings of anger, sadness or frustration instead of hiding them.**
- **Tell someone if a problem is bothering you or if you often feel sad.**
- **If you are angry or upset with someone, take time to consider the other person's point of view.**



# ***Mental Changes***

Throughout puberty, your brain begins to be able to solve more complex problems. However, teens must be very careful because the part of their brain responsible for decision-making is one of the last parts of the body to mature.

Thus, teenagers often make decisions with their emotions rather than logic.



# ***Social Development***

- **As you progress through your teen years, your sense of identity is likely to undergo major changes.**
- **As a result of these changes, you will become part of new social groups and be involved in interests and activities that are important to you.**
- **The interests and activities that you pursue in adolescence, as well as your influences around you that develop your attitudes, beliefs and values, will help shape the type of person you will become as an adult.**

# ***SEXUALITY***

- Sexuality is deeply personal. Understanding our sexuality is about feelings and the attraction we feel towards other people.
- If someone is giving you a hard time about your sexuality, find someone who you can talk to (parent, guardian or other trusted adult).



The word "Reflection" is rendered in a 3D, gold-colored font. It is positioned on a dark blue, glossy floor that features a perspective grid. The floor's surface is highly reflective, creating a clear mirror image of the word below it. The background is a gradient of blue, transitioning from a lighter shade at the top to a darker shade at the bottom. The entire scene is enclosed within a thick black border.

# Reflection

REVISIT YOUR BELL RINGER QUESTION.  
MAKE ANY CHANGES NECESSARY TO  
UPDATE YOUR ANSWER.



## **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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# ***WORK CITED***

- Glencoe Teen Health, 2014
- Video: Always changing-For Girls (18:45 mins)  
<https://www.youtube.com/watch?v=OR1XJZ0xRSo&list=PLRyQfUYbMgkcDFrBlHVmTuLSut-MykU&index=2>
- [www.corabi.net](http://www.corabi.net)
- [www.healthychildren.org](http://www.healthychildren.org)



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