

## Puberty Changes that Males and Females Experience

Presented by: Shannon Jones (HP) and Nikki Krocker (Dept. of Ed)

### Topic

- Puberty changes that everyone experiences
- Puberty changes that are different for boys and girls

### Audience

- Grade 4-7

### Time

- 60 minutes

### Learning Standards

- **Students are expected to be able to do the following:**
  - ✓ Explore and describe strategies for managing physical, emotional and social changes during puberty.
  - ✓ Describe factors that positively influence mental well-being and self-identity.
- **Students are expected to know the following:**
  - ✓ Physical, emotional and social changes that occur during puberty including those involving sexuality and sexual identity.
  - ✓ Factors that influence self-identity including body image and social media

### Objective

1. Students will be able to describe what puberty is.
2. Students will be able to describe the physical and emotional puberty changes that everyone experiences.
3. Students will increase their comfort level with the language of human sexuality and sexual health.

### Intro (5 minutes) Shannon

- **Introduce presenters and organization:** Shannon (HP) and Nikki Krocker (Dept. of Ed)
- **Introduce question box:** Anonymous question box, everyone has to write something down (even if it's not a question), teacher will answer the question in the next class.
- **Introduce objectives:** Today we will talk about puberty and the changes you/everyone will experience and the changes that are different for boys and girls
- **Notes:** Write names on the board along with local resources (school counsellor, 1-800-668-6868 and <https://kidshealth.org/en/kids/>)

## Activities (40 minutes)

### Activity 1: What is Puberty? (10 minutes)

#### Explain: Shannon

- Our bodies are constantly changing throughout our lives. From the minute we are born until we pass on.
- Puberty is what we call the phase of our lives when our bodies change from being children to adults. As teenagers we are able to make a baby but are not emotionally ready to do so.
- Turtle analogy: mother lays eggs in the sand and leaves the babies to hatch and crawl to the ocean alone. They look for their own food and protection. They may get eaten by birds or other animals along the way.
- Humans are different: don't grow in eggs, we grow in the uterus (not tummy) and are born via live birth. Unlike the turtle babies, human babies need someone to take care of them for food, protection and nurturing.

#### Ask/Explain: Nikki

- How long does it take for a puppy to become an adult dog? *About 1 year*
- How long do you think it takes humans to get their adult body? What age does puberty start and finish? *(draw age chart on the board)*

- The process begins for females anywhere from age 8-13; for males, ages 10 to 13. Can take 4 years to complete.

Start	Finish
8	14
9	15
10	16
11	17
12	18
13	19

13.

- It helps to know about the changes that happen during puberty before they happen so you know what to expect.
- Different cultures around the world have different celebrations to celebrate puberty-does anyone have an example?

### Activity 2: Chris's Story – changes everyone experiences (15 minutes) Nikki (reads) Shannon (explain)

*Hi, I'm Chris and I'd like to tell you about what's happening to me. It seems that every day brings a new change. It's almost like I'm getting a new body! They tell me I'm going through puberty. **Stop and explain that puberty is when we develop from a child to an adult. The Pituitary gland signals the body to start puberty.***

*I don't mind some of the changes I'm seeing. In fact, some things I even like. My feet are getting bigger and I am growing taller. **Stop and explain that feet grow first and the 4 types of growth spurts.***

*Another thing that's happening is this new hair that's growing in places it's never been before. Like under my arms, on my legs, and genitals. I know this is normal and all, but it still takes getting used to. **Stop and explain that everyone grows body hair (pubic and arm pit specifically).***

*There are some changes that aren't so good. Like body odor. At first I thought something was wrong with me. Now it's not too bad if I wash and use deodorant. **Stop and explain body odor and the development of new sweat glands.***

*I remember this one time I was getting ready to go out for dinner, when I looked in the mirror and found I had a pimple and really greasy hair- I couldn't believe it! **Stop and explain oil glands/acne on body including scalp.***

*There's one thing I get a little embarrassed about. I'm starting to get special feelings for someone in my class. I am not mentioning any names because it feels strange, but also nice. They tell me it's normal. Is it? **Stop story and explain crushes, sad, mads, and glad's.***

#### Ask: Nikki

- Do you think Chris is a boy or a girl, or are you unsure? Explain that they may be unclear because this story is explaining changes that everyone goes through (both male and females)

**Activity 3: Different changes for Boys and Girls (10 minutes) Shannon**

**Explain (chart):**

<b>BOYS:</b>	<b>GIRLS:</b>
<ul style="list-style-type: none"> <li>Shoulders widen, voice deepens a lot, facial hair</li> </ul>	<ul style="list-style-type: none"> <li>Hips widen - voice deepens a little</li> </ul>
<ul style="list-style-type: none"> <li>Penis and testicles grow, which results in increased erections</li> <li>Erections: elastic band analogy.</li> <li>Blood fills penis-practicing for reproduction-it means your penis is working correctly</li> <li>Hiding an erection-keep sitting down, use a book or back pack</li> </ul>	<ul style="list-style-type: none"> <li>Breasts grow</li> <li>To hold milk for baby</li> <li>Wear a training bra when this starts</li> </ul>
<ul style="list-style-type: none"> <li>Wet dreams or nocturnal emissions – testicles make sperm cells which is the male sex cell that makes a baby (smallest cell in body)</li> </ul>	<ul style="list-style-type: none"> <li>Release an egg (ovum) – once a month</li> <li>Menstruation: Draw a uterus/vagina/vulva/fallopian tubes/ovary on the board and describe menstruation. Explain the ovum or egg leaves the ovary and travels down the fallopian tube through the cervix and into the uterus. During this time, if there are no sperm that join with the egg, the ovum and lining of the uterus shed and leave the body through the vagina approximately once a month, which is called menstrual period.</li> <li>Only a small amount of fluid leaves the body over the 5-7 days</li> </ul>

**Activity 4: Puberty Kit (10 minutes) Shannon and Nikki**

**Explain:**

- That all of the changes that you experience during puberty can be difficult (body odor, hair, acne, menstruation), but there are tools that you can use to help manage the changes **Shannon**
  - Menstruation hygiene. **Shannon**
  - Body odor - use soap to wash body and use deodorant daily. **Nikki**
  - Acne - wash with an unscented liquid soap, use warm water, and wash twice a day. **Nikki**  
 Note- sometimes you need help from a doctor to manage acne **Nikki**
  - Shampoo and conditioner. **Nikki**
  - Body hair - razor - if you want to - your choice. **Nikki**
  - Remind students: Eating healthy foods, exercising and keeping fit, keeping clean, and getting enough sleep can help everyone in puberty and throughout life feel healthy and good about all the growing and changing that is happening. **Nikki**

## Closing (10 minutes)

### Explain:

Today we talked about: **Nikki**

- What puberty is
- The changes that everyone/males/females experience
- The tools we can use to manage changes

### Ask: **Shannon**

1. Students to call out some of the changes that we talked about today (grow taller, grow hair, skin gets oily, etc.)
2. Students to call out some of the tools they can use to manage changes (soap, deodorant, face wash, acne cream)

**Remind** students that there are local resources they can use if they have more questions (school counsellor, 1-800-668-6868 and <https://kidshealth.org/en/kids/>) **Nikki**

## Materials

- Gender neutral body outline
- Puberty changes pictures to place on body outline (body odor, body hair, acne, big feet, growth spurt)
- Tape
- Puberty kit (pads, tampons, deodorant, razors, face wash, soap)
- Questions box
- Evaluation forms (teacher and student)