

Puberty

Puberty is the period of time when children begin to mature biologically, psychologically, socially and cognitively. Girls start to grow into women and boys into men. The changes happen due to the release of chemicals called hormones.

The statements below describe changes which happen to girls, boys or both during puberty. Copy the table below into your book and list the statements under the correct headings.

Changes to females during puberty	Changes which happen in both males and females	Changes to males during puberty

1. Production of oestrogen and progesterone by the ovaries
2. Production of testosterone by the testes
3. Growth hormones released causing growth of body (height and weight increase) and reproductive organs
4. Muscles develop and shoulders widen
5. Ovaries begin to release ova (singular: Ovum)
6. Voice becomes deeper
7. Hips widen (often but not always) and breasts develop
8. Menstrual cycle starts
9. Growth of pubic hair
10. Testes begin to produce sperm cells
11. Increased body odour from sweat glands (many found in armpits) and genitals
12. Increase in erections
13. Increased interest in the opposite sex