

# Puberty

Body Changes

True or False?

# True

- Chemicals called sex hormones start the changes
- Girls begin to get curves and develop breasts
- Boys begin to get broader shoulders and bigger muscles
- Girls start their period during puberty
- Sperm can leave the penis during sleep, this is called a wet-dream
- Not only our body changes but also our feelings

# False

- Testes and ovaries do not make sex hormones
- Boys and girls start puberty at the same time
- All boys end with very deep voices
- All girls start puberty at the same age
- All boys start puberty at the same age
- Only boys end up with hair on their bodies

# Puberty

All **children** eventually grow up to be men and women. The time when the body is changing is called **puberty**. Changes happen all over the **body**.







# Puberty

Emotional changes also happen at puberty and we feel **attracted** to the opposite sex

# Puberty

A **hormone** called testosterone is made by the testes in a boy and this causes some of the **changes** in the body.

In a girl the ovaries make a hormone called **oestrogen** which causes many of the **changes** in her body.

<b>Changes at Puberty</b>	<b>Boys</b>	<b>Girls</b>
The breasts grow larger		
The shoulders grow broader		
The hips grow broader		
Hair grows under the arms		
The body becomes more muscular		
The monthly periods start		
Voice breaks and becomes deeper		
Hair grows around the sex organs		
Hair and skin become more greasy		
Sperm are produced		
Ova (eggs) are produced		
Feel attracted to opposite sex		



# Outcomes

Can you describe some physical body changes?

Can you recognise which changes occur in males, females or in both?

Can you relate these changes to the sex hormones?