**Everything You Wanted to Know About Puberty**

**Pubert**y is the time all young people pass through as their bodies mature from that of a child to a teen to an adult which prepares the body for human reproduction – creating babies**!**

**Most of you are likely at a stage where you are already capable of reproduction!**

1. **Time to Change**  Puberty begins when the body reaches a certain age which sets of several hormones in your body.

Describe how each of the following hormones effect your body.

1. Gonadotropin- releasing hormorn (GnRH)
2. Lutenizing Hormone (LH)
3. Testosterone effects on guys
4. Estrogen effects on girls
5. What are the common ages that puberty begins

for girls for guys

1. **It Doesn’t Hurt …It’s Just a Growth Spurt**
2. Why is it called a Growth Spurt?
3. How long does it last and what is the end result?
4. What physical changes occur for your sex (do one) at this time?

Guys/Girls

1. Female Menstrual Cycle occurs approximately once a month and signals that the female is able to reproduce. It is important that both girls and guys recognize this life producing cycle.

List the steps that occur.

1. **Hair, Hair, Everywhere**

What parts of the body begin to grow hair?

1. **About Face – Acne commonly appears at this time**

What is the best way to control acne?

1. **Putting the PU in Puberty**
2. Why do adolescents develop body oder?
3. What is the best way to control it?
4. **There’s More**

What other body changes occur at this time for your sex?

1. **Change Can Feel Kind of Strange**

What effects can these hormones have on a person’s feelings and emotions?

1. **Developing Differently**

Explain this title.