

2. It Doesn't Hurt ...It's Just a Growth Spurt

a. Why is it called a Growth Spurt?

b. How long does it last and what is the end result?

c. What physical changes occur for your sex (do one) at this time?

Guys/Girls

d. 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.

3. Hair, Hair, Everywhere

What parts of the body begin to grow hair?

4. About Face – Acne commonly appears at this time

What is the best way to control acne?

5. Putting the PU in Puberty

a. Why do adolescents develop body odor?

b. What is the best way to control it?

6. There's More

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

7. Change Can Feel Kind of Strange

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

8. Developing Differently

Explain this title.