Everything You Wanted to Know About Puberty

Puberty 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!

| ost of you are likely at a stage where you are already capable of reproduction! | | | | |
|---|----|--|-------------------------------|--|
| 1. | wł | me to Change Puberty begins which sets of several hormones in your Describe how each of the following Gonadotropin-releasing hormore | ng hormones effect your body. | |
| | b. | Lutenizing Hormone (LH) | | |
| | c. | Testosterone effects on guys | | |
| | d. | Estrogen effects on girls | | |
| | e. | What are the common ages that for girls | puberty begins for guys | |

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 oder? |
| | 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.