

Puberty Worksheet

Name _____ Date _____



A. List four changes that happen to both boys' and girls' bodies at puberty. Use complete sentences.

1. _____

2. _____

3. _____

4. _____

B. List three changes that happen to girls' bodies at puberty. Use complete sentences.

1. _____

2. _____

3. _____

4. _____





C. List three changes that happen to boys' bodies at puberty. Use complete sentences.

1. _____

2. _____

3. _____

4. _____

D. Describe two changes that happen to a person at puberty that are NOT in their body. (Like changes in feelings, relationships, how they behave.)

1. _____

2. _____

3. _____

4. _____



Puberty Reference Sheet

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PUBERTY: The time (usually between about 8 and 14) when your body, friendships and feelings begin changing from a child's into an adult's. This can be an exciting, challenging, fun, and sometimes scary time.

ADOLESCENCE: The time between puberty and adulthood.

Bodies

The most noticeable changes of puberty and adolescence are the physical (body) ones. They may take a while to get used to and people sometimes worry about them. What if a guy never gets much hair on his face or chest? That's fine. People are different from one another. What if he never has a nocturnal emission (a wet dream)? Is he normal? Yes, many guys never do. Should a girl worry about the clear or white discharge (liquid) that comes out of her vagina starting at puberty? No, it means she's healthy. It is her body's way of cleaning itself, just like the liquid in her eyes. What if one breast is bigger than the other? That happens to many people. It's perfectly healthy. How about if a boy notices breast growth? That's common, too. In fact it happens to most boys and usually disappears after a year or so. But if these people are worried, they can go to the doctor. He or she can give them a check-up and reassure them that everything is OK. Remember also, that people develop at their own rates. Each person is unique and special.

