

Puberty Changes

Colour code or label the changes that might occur during puberty into those which are:

**Biologically
male
changes**

**Changes that
can happen to
anyone during
puberty**

**Biologically
female
changes**

Spots might start appearing	Moods seem to change a lot	Voice changes to get deeper	The body starts to change shape and size
Sexual feelings may begin	Some people begin to masturbate	Hair starts to grow under arms	Breasts begin to grow
Hair starts to grow on face	Start to sweat more and smell differently	Period starts	Hair may become greasy
Can feel teary or angry for no reason	Feeling intense emotions	The penis and testes grow	Sperm starts being produced
A white liquid (discharge) starts coming out of the vagina	Hips grow wider	Hair starts to grow around the genitals	Confusion about maturity
May have spontaneous erections and wet dreams	Eggs start to mature	Shoulders become wider	Sometimes nipples become fuller or darker

Extension:

Identify and group together the changes described here which are likely to affect the relationships young people have with others