

WALT describe and explain the main changes that occur during puberty.

WILF:

- I can describe the main changes that occur during puberty.
- I can give reasons why changes occur during puberty.
- I can analyse the similarities and differences between how boys and girls experience puberty.

Human Development

Label the pictures with the name of the stage of development they represent:



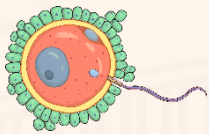
Which stages of development have you undergone?

Which ones will you undergo?

What is your next stage of development?

Human Development

Label the pictures with the name of the stage of development they represent:



Gestation



Infancy



Childhood



Puberty



Early
Adulthood



Middle
Adulthood



Old age

Human Development

Puberty

Puberty is the stage of development between childhood and adulthood. It occurs at the beginning of adolescence – becoming a teenager.

Physical growth occurs so that the body changes to that of an adult, which enables the reproduction part of the lifecycle.

Two parts of the brain – the hypothalamus and the pituitary gland – start to make more of some hormones.

LH is the hormone for growth and FSH is the hormone for hair.



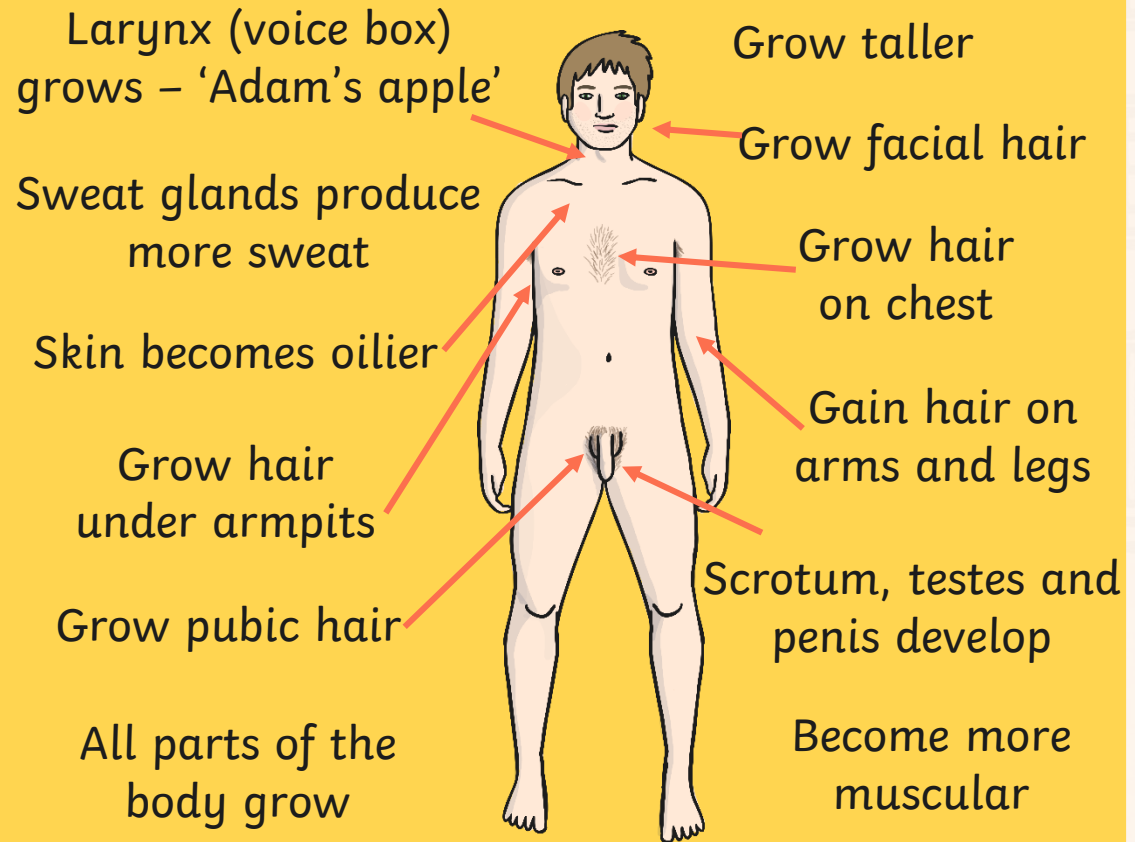
Puberty occurs at any time between 8 and 14.
It is different for each person and this is perfectly normal.

The process can take up to 4 years.



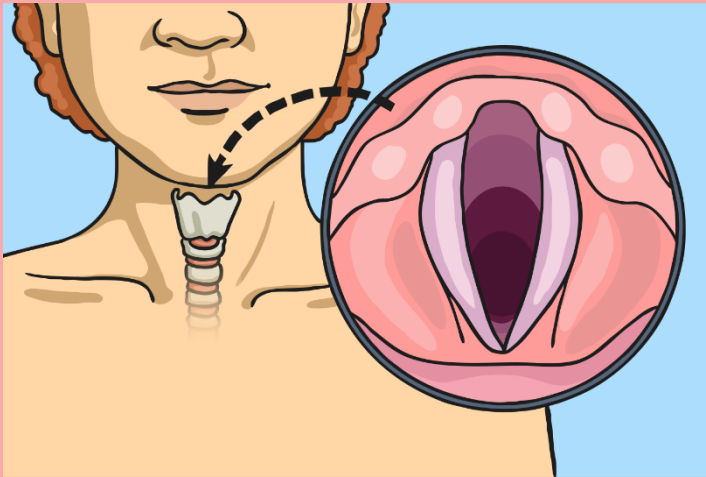
The Facts

Puberty for Males



The Facts

What's Going on Inside Males?



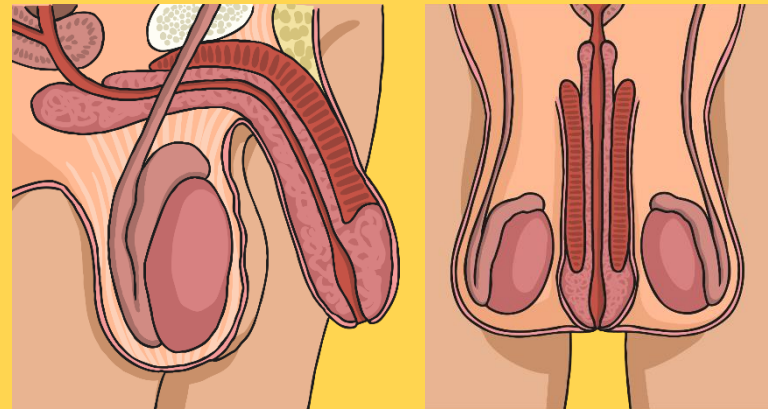
This is the development of the **larynx**.

This happens to both boys and girls but boys' develop more so have deeper voices.

More laryngeal cartilage is needed to make a deeper voice. This is why boys develop visible 'Adam's apples'.

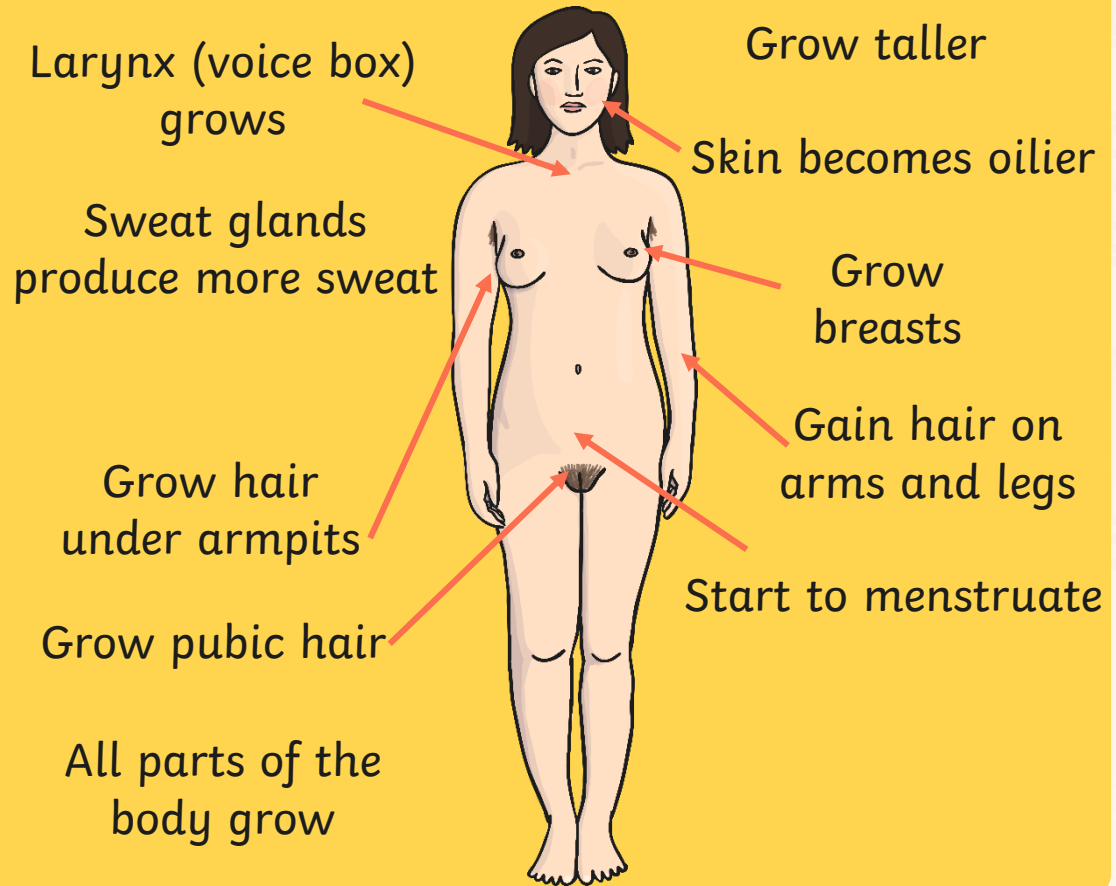
During puberty, the male sexual organs develop. This includes the testicles, scrotum and penis.

The testicles produce the hormone testosterone which stimulates the production of sperm, develops a deeper voice and bigger muscles as well as causing body and facial hair to grow.



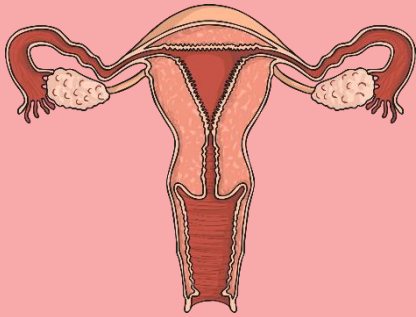
The Facts

Puberty for Females



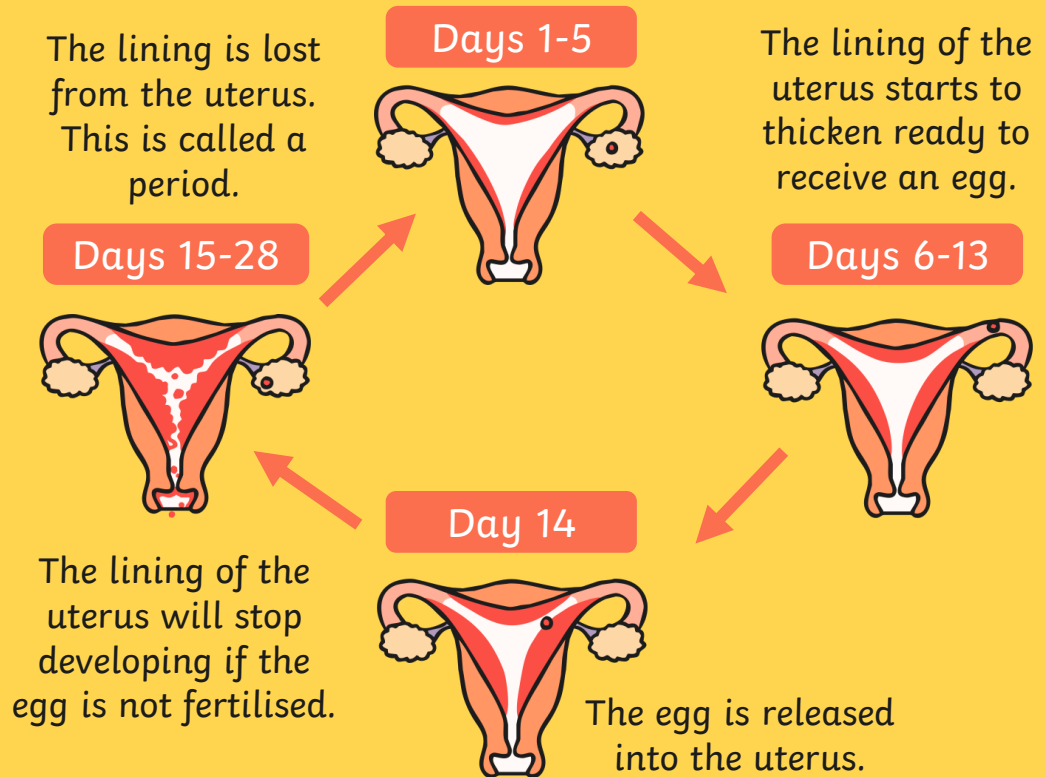
The Facts

What's Going on Inside Girls?

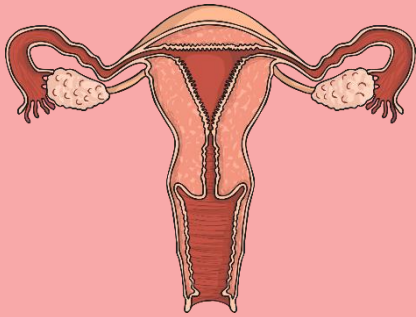


Ovaries produce the hormones oestrogen and progesterone. They also produce eggs. All girls going through puberty start their periods – this means they have started to produce eggs.

Menstrual Cycle (Period)



The Facts



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Emotion

The hormones in your body that cause changes to occur during puberty may also affect your mood. You may have highs and lows and feel a bit more emotional especially near the time of your period.

Boys also experience emotional mood swings.

This is because of the new hormones.

Always talk to an adult you trust if you feel stressed or confused.

Puberty for Other Animals

It's not just you, other animals experience their own form of puberty, too!



Gains colourful feathers



Bottom part of shell
changes shape



Develops thick cheek
pads



Metamorphosis -
changes from larvae to
an adult



Grows a mane



Changes in fur



Develops a crest



Changes colour

Your Activity:

Today I would like you to do two things for your non fiction human life book.

- 1) Create a Venn Diagram of the changes humans experience during puberty. One side should be males, the other should be females, the middle should be both.

Use this website to help you:

<https://www.dkfindout.com/uk/human-body/life-cycle/adolescence/>

Please do not go on other websites, ask an adult for help.

- 2) Write a question and answer page about Puberty, for adolescents who are about to go through it.

Try to use the scientific vocabulary.