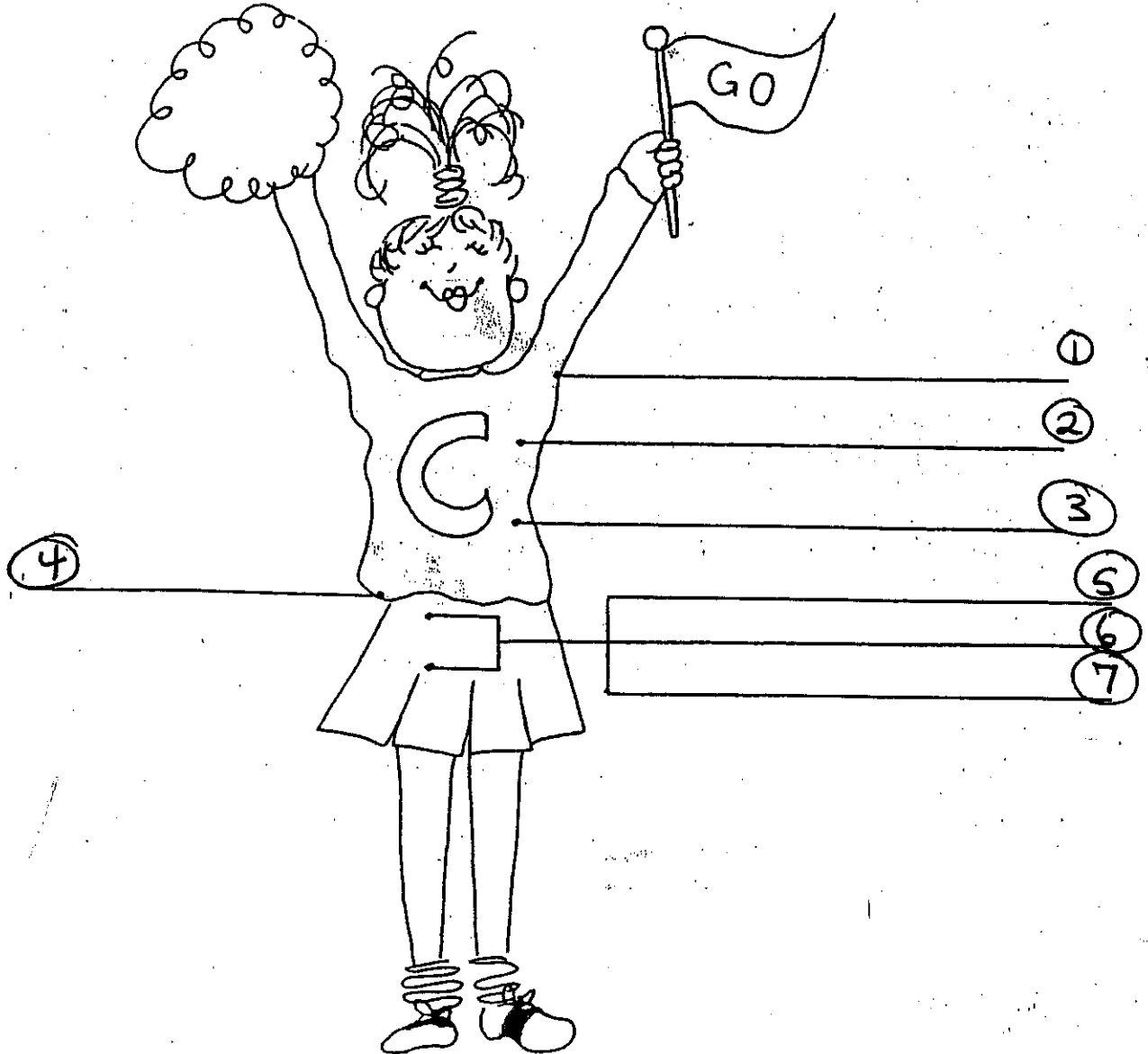


Name \_\_\_\_\_ Date \_\_\_\_\_

# PUBERTY IN FEMALES (SE-1)

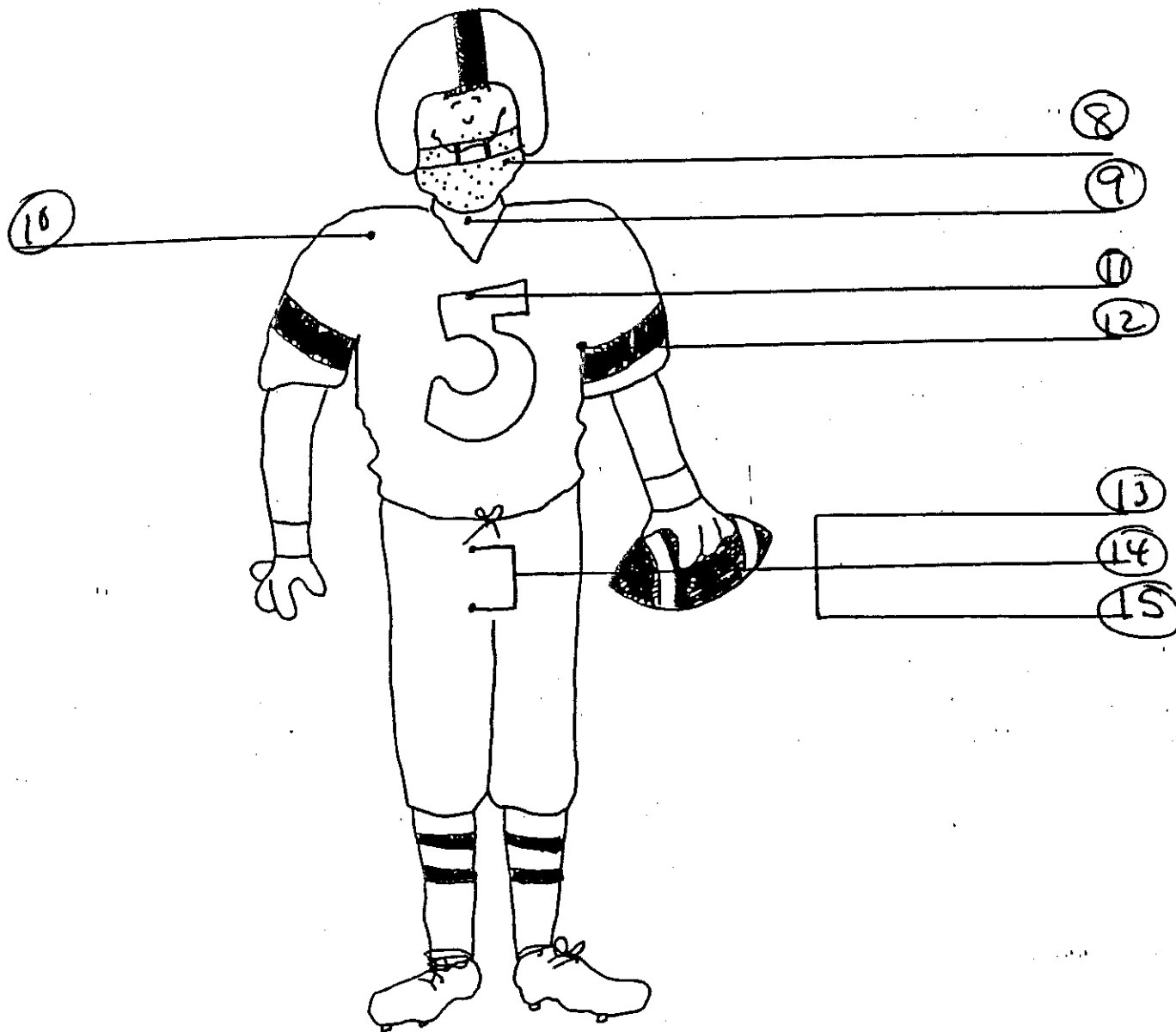


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Understanding puberty worksheet

Name \_\_\_\_\_ Date \_\_\_\_\_

# PUBERTY IN MALES (SE-2)



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## Understanding puberty worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Teacher: \_\_\_\_\_

## Adolescence

### Changes in your body

- During adolescence the reproductive system matures, adult features appear, and height and muscle mass increase.

\* Adolescence is \_\_\_\_\_  
\_\_\_\_\_

### Reproductive System

- \_\_\_\_\_ usually begins before you reach \_\_\_\_\_ and ends during \_\_\_\_\_.
- \_\_\_\_\_ refers to the changes that happen to your reproductive system.
- Between the ages of \_\_\_\_\_ and \_\_\_\_\_, the \_\_\_\_\_ in the brain signals girls ovaries and boys testes to start producing sex hormones.
- The ovaries produce \_\_\_\_\_ and \_\_\_\_\_ while the testes produce \_\_\_\_\_.
- Ovulation in girls and sperm production in boys signal \_\_\_\_\_.

### Appearance

\* Secondary sex characteristics are \_\_\_\_\_  
\_\_\_\_\_

IN GIRLS ONLY	IN BOYS ONLY	IN BOTH GIRLS AND BOYS
1)	1)	1)
2)	2)	2)
3)		3)
		4)
		5)

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Teacher: \_\_\_\_\_

### Height and Muscle Mass

- \_\_\_\_\_ is a chemical messenger that activates growth.
- First your \_\_\_\_\_ and \_\_\_\_\_ grow, then your \_\_\_\_\_ and \_\_\_\_\_.
- Growth does not occur in a regular fashion, but in \_\_\_\_\_.
- In the beginning of adolescents \_\_\_\_\_ are taller than \_\_\_\_\_ because they begin their growth spurt earlier.

### Growing Pains

- Rapid lengthening of the bones in your arms and legs can cause \_\_\_\_\_ and \_\_\_\_\_.
- Challenging your growing body with a variety of physical activities, you will adjust more rapidly to your new \_\_\_\_\_ and \_\_\_\_\_.
- Physical activity will also help to develop your \_\_\_\_\_ and your \_\_\_\_\_.

### Energy Demands

- "Bottomless Pit" - a remark that your family may say, because adolescents are very hungry due to their body's growth.
- Eat \_\_\_\_\_ meals and snacks to supply your body with the \_\_\_\_\_ it needs.
- You should \_\_\_\_\_ gain excessive weight.

### Early Bloomers and Late Bloomers

- Adolescents who develop at an early age, before most other adolescents, are sometimes called \_\_\_\_\_.
- Those who develop at a late age, after most adolescents, are called \_\_\_\_\_.
- The ages at which people mature sexually and grow to their adult height are determined in large part by heredity. You are probably maturing at about the same age and speed as your parents did.

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Teacher: \_\_\_\_\_

### Mental Changes

- "pruned back" means \_\_\_\_\_  
\_\_\_\_\_
- Mental changes during adolescence include \_\_\_\_\_,  
\_\_\_\_\_, and \_\_\_\_\_

### Abstract Thinking

- What is abstract thinking? Give an example.

### Reasoning Skills

- What are reasoning skills?
- What types of situations will you be in that you will have to use reasoning skills?

### Impulse Control

- What is impulse control?
- True or False: Your impulse control will improve as you mature.

### Emotional Changes

- During adolescence, individuals start to define meaning in \_\_\_\_\_,  
\_\_\_\_\_, and \_\_\_\_\_

## Reteaching Activity 17-3

### Male and Female Physical Changes During Puberty

M = Males only  
F = Females only  
B = Both males and females

**Directions:** Using the space at the left, write the letter of the choice that corresponds to each statement.

- \_\_\_\_\_ 1. Body fat increases.
- \_\_\_\_\_ 2. Acne may appear.
- \_\_\_\_\_ 3. Growth spurts occur.
- \_\_\_\_\_ 4. Perspiration increases.
- \_\_\_\_\_ 5. Most permanent teeth are in.
- \_\_\_\_\_ 6. Breasts can become tender and enlarged temporarily.
- \_\_\_\_\_ 7. Muscles develop.
- \_\_\_\_\_ 8. Hair begins to appear on the face.
- \_\_\_\_\_ 9. Production of female hormones increases.
- \_\_\_\_\_ 10. Menstruation begins.
- \_\_\_\_\_ 11. Production of male hormones increases.
- \_\_\_\_\_ 12. Uterus and ovaries enlarge.
- \_\_\_\_\_ 13. Hips get wider.
- \_\_\_\_\_ 14. External genitalia enlarge.
- \_\_\_\_\_ 15. The larynx enlarges and the voice gets deeper.
- \_\_\_\_\_ 16. Production of sperm begins.
- \_\_\_\_\_ 17. Underarm hair appears.
- \_\_\_\_\_ 18. Ovulation occurs.
- \_\_\_\_\_ 19. Breasts develop.
- \_\_\_\_\_ 20. Pubic hair appears.
- \_\_\_\_\_ 21. Shoulders become broader.

**Lesson 3**