

# Changes and Reproduction

## Learning Objective:

To know the changes that occur during puberty and how they differ for boys and girls.

What do you remember about the changes that occur inside and outside the body during puberty?

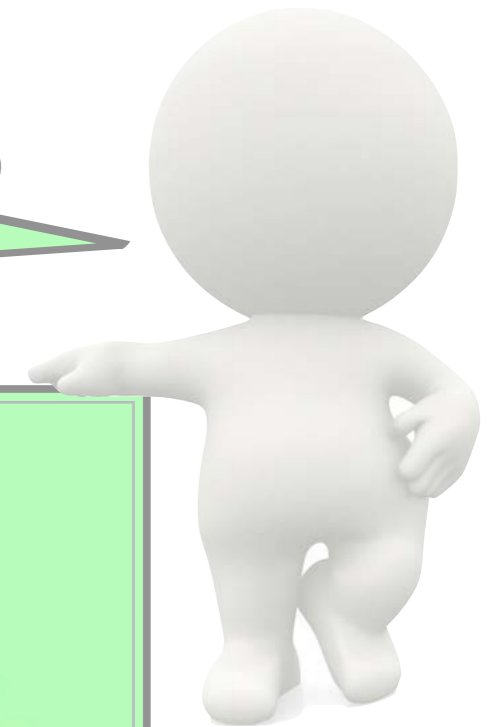


Discuss your ideas.

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Did you think of any of these?



Boys

Testicles mature and  
grow larger

Voice gets deeper

Pubic hair grows

Body grows

Girls

Ovaries grow

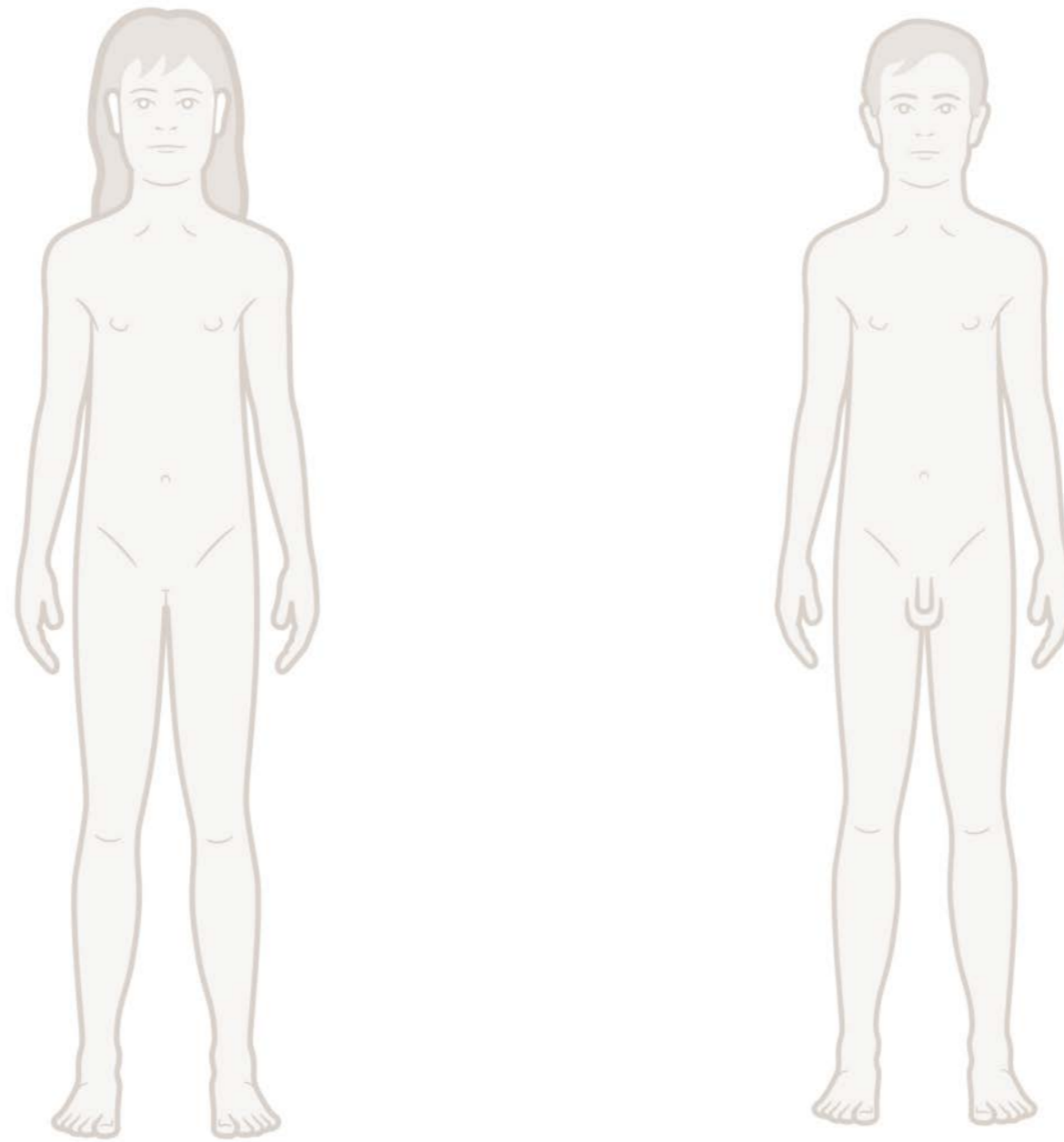
Breasts start to grow

Pubic hair grows

Hips grow wider

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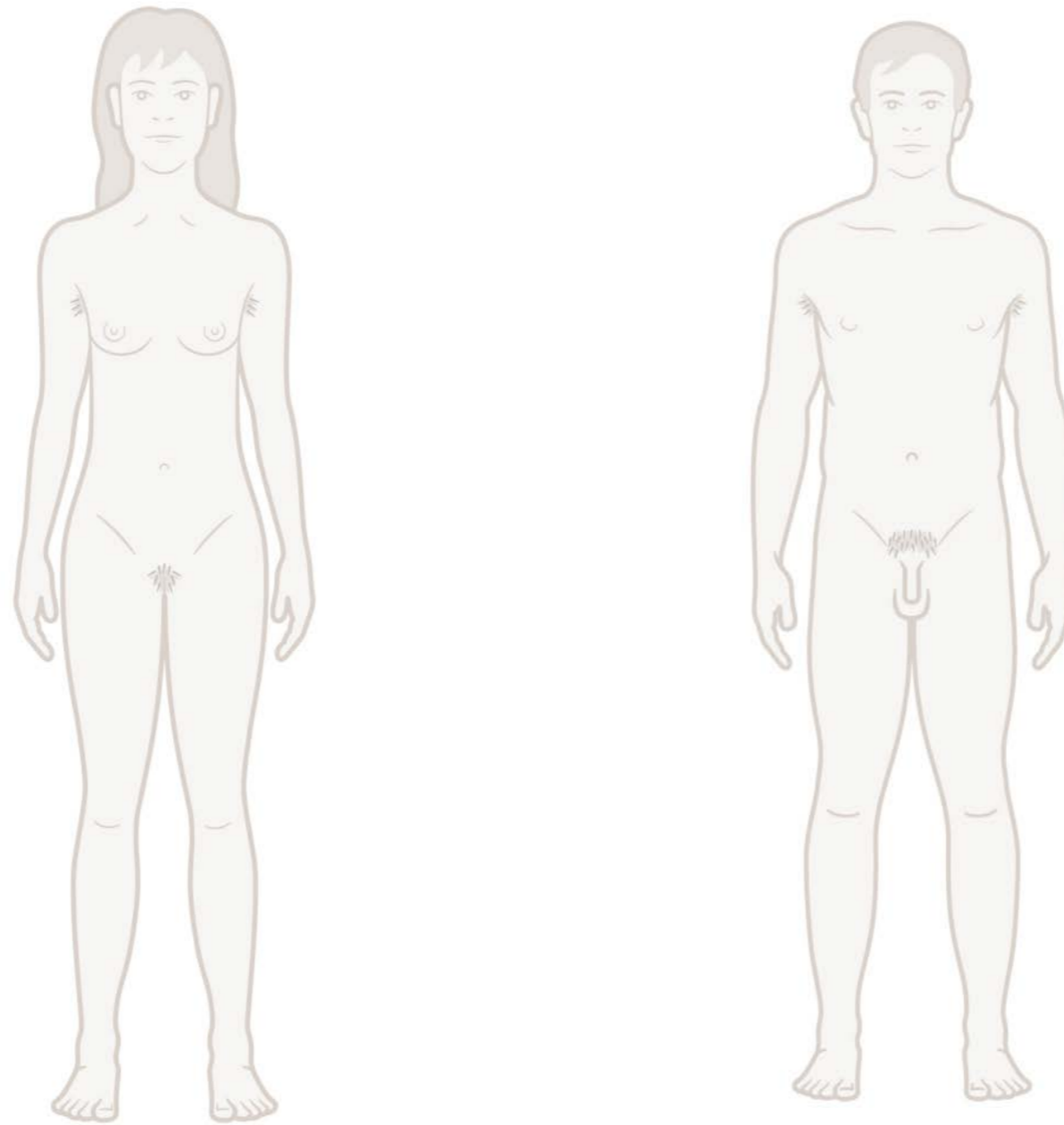
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Before puberty begins, girls' and boys' bodies are very similar. Their bodies are a similar shape and size and the way hormones control everything happening inside the body is very similar too.

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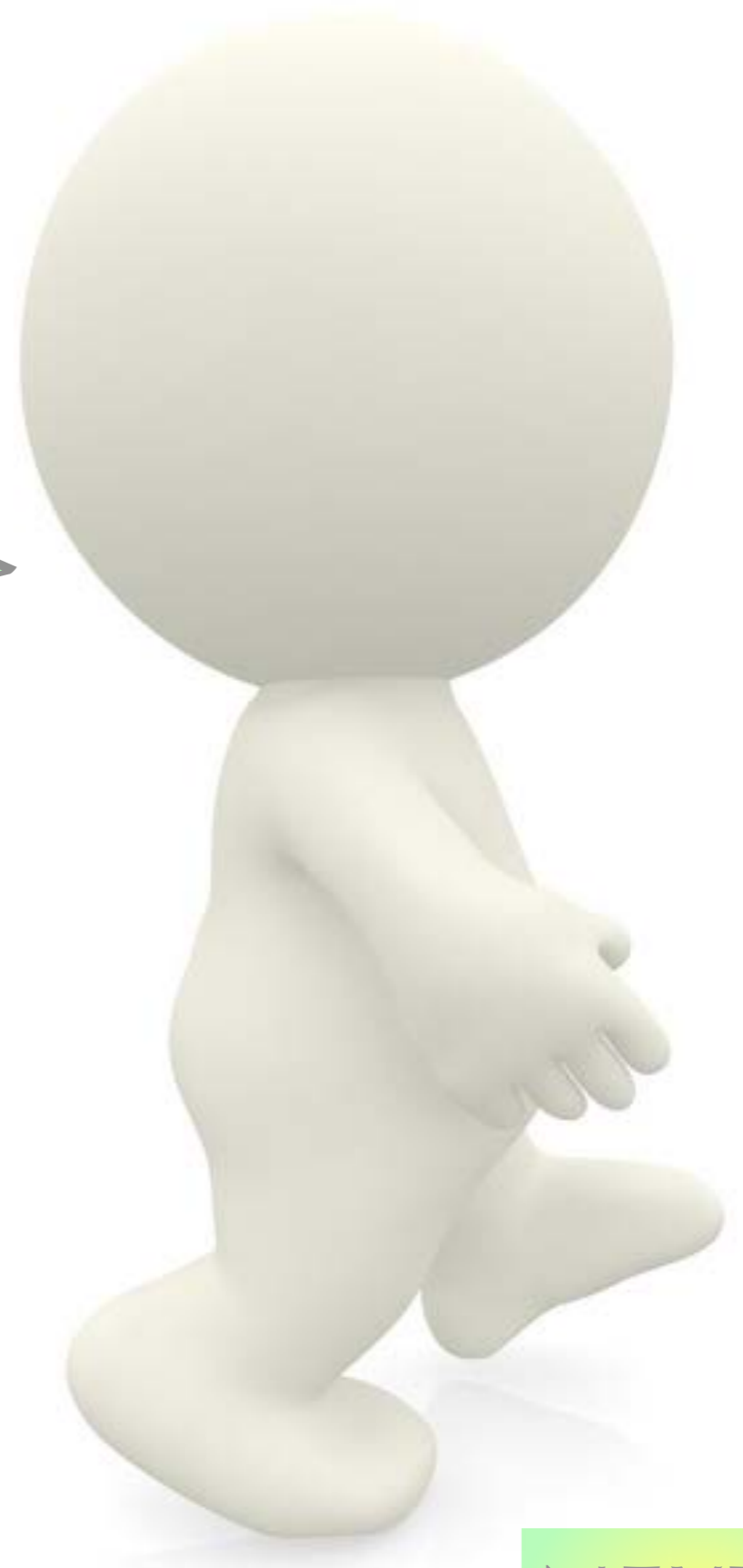
Once puberty begins, their bodies start to grow and develop in different ways. Can you see some of the different changes that have happened outside the body in these pictures?

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Remember,  
puberty is your body's  
way of getting ready for  
being an adult and being able  
to have babies. Some of the  
biggest changes happen  
inside the body, in the  
sex organs.

Let's find out about what  
happens with boys...



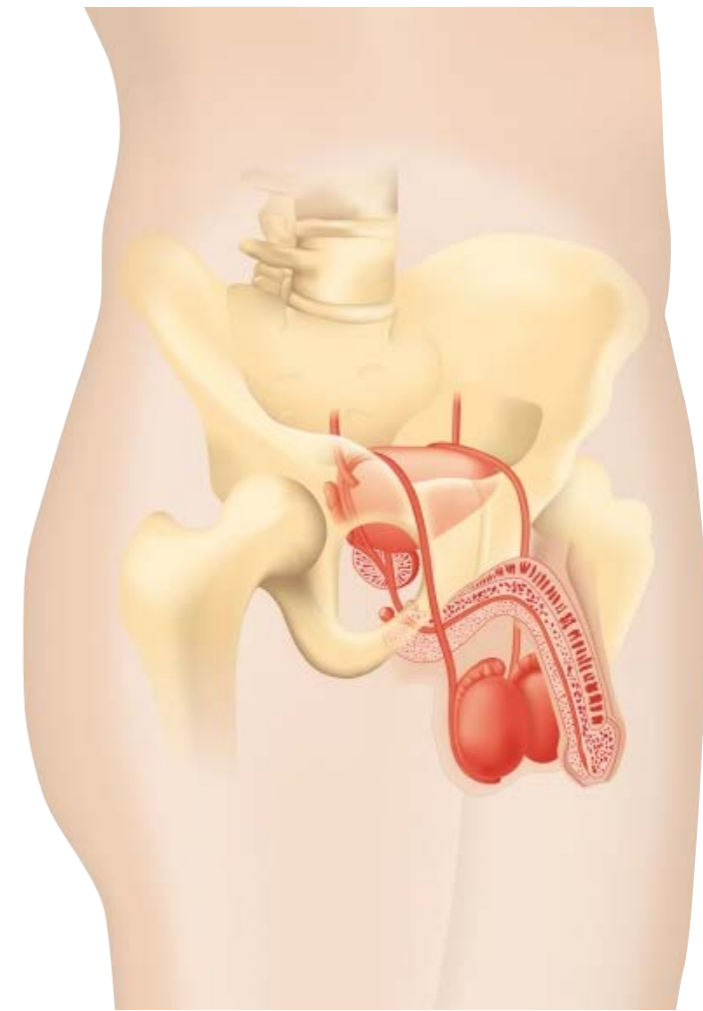
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During puberty, the testicles start to grow and mature. They are getting ready to produce sperm cells. Once they have grown enough, the testicles will produce and store millions of sperm cells every day!

During sexual intercourse, the sperm cells mix with a special fluid called semen, then travel out of the penis and into the vagina. This is called **ejaculating**.

If sperm cells are not ejaculated, they dissolve and the body absorbs them.



This picture shows the male sex organs. Can you see the tubes going from the testicles to the penis? Sperm travels along these during sexual intercourse.

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When puberty begins for girls, one of the first things to happen is the growth of the ovaries inside the body.

Let's find out more about what happens with girls...

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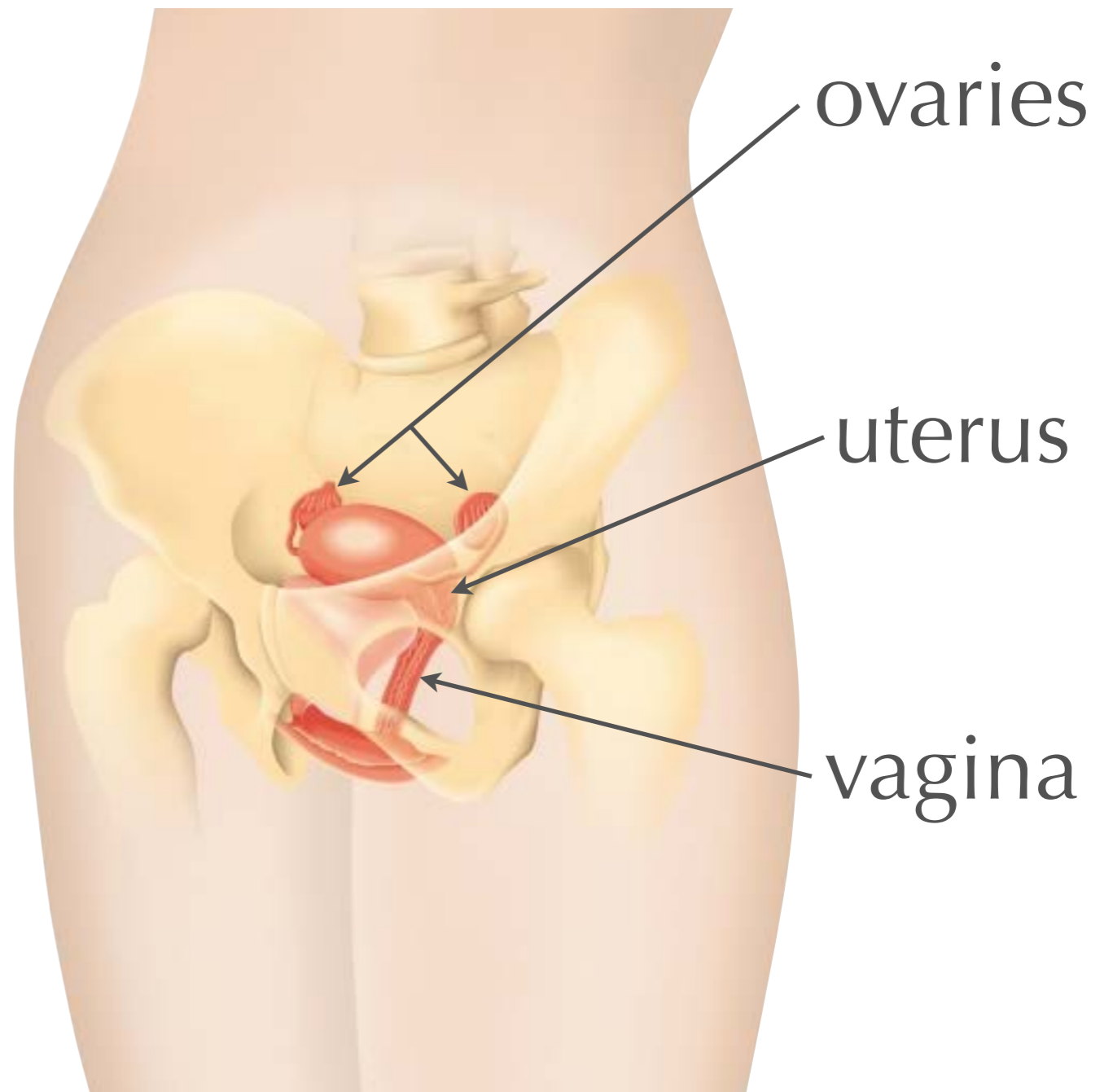




When the ovaries have grown enough, they start to release egg cells. This can happen in girls at any time after the ages of 8 or 9 once puberty has begun.

Once started, the ovaries release an egg cell once a month. It travels from the ovaries to the uterus, and eventually out of the body through the vagina.

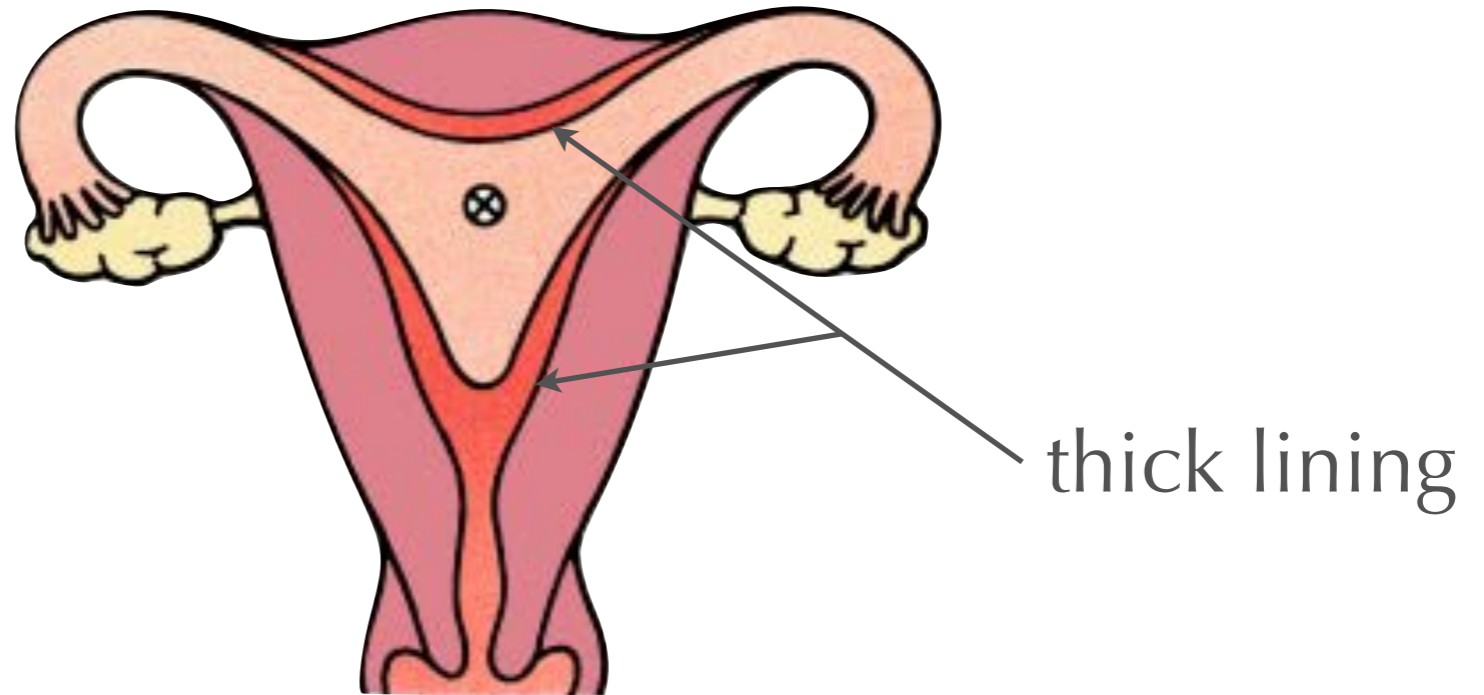
This process is called **menstruation** or 'having a period'.



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What happens during a period?



This drawing shows an egg cell inside the uterus. During a period, the walls of the uterus get thicker. If the egg cell is **fertilised** (by combining with a sperm cell) during sexual intercourse, it attaches to the soft, thick lining and grows into a baby.

If the egg cell is not fertilised, the egg and the thick lining disintegrate. They mix with some blood and pass out of the vagina.

This process can last a couple of days or more than a week. It's different for everyone!

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Those are some big changes! Here's what else you need to know about sperm production in boys and menstruation in girls....

Sometimes, boys can ejaculate sperm in their sleep. This is called a wet dream.

Girls wear sanitary pads or tampons to soak up the blood released during menstruation.

These are natural, normal processes that occur to everyone during puberty.

All this change can be stressful or worrying, but there are lots of people who can offer help and advice. Who do you think boys and girls could talk to about all these changes?

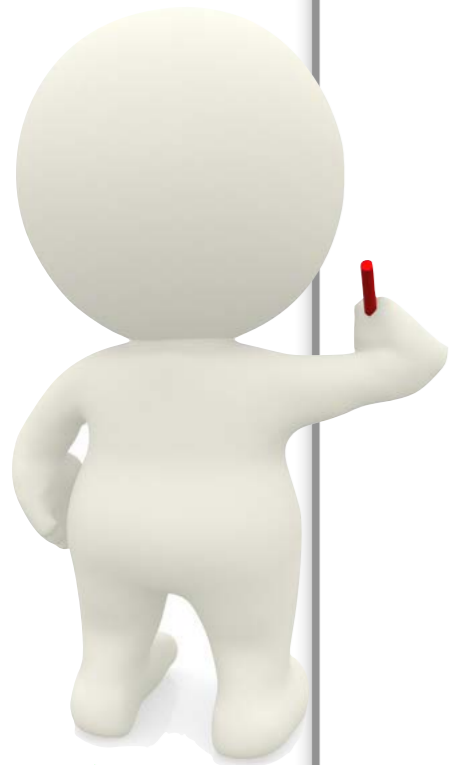
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What a lot of information! How much have you remembered and understood so far? Discuss and share your ideas.

Changes in girls

Changes in boys



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With all these changes occurring, what can teenagers do to stay fit, healthy and happy?



Discuss your ideas.

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During puberty, the body starts to produce more sweat. Tiny pores in the skin release sweat and oil. Sweat gets smelly, and greasy skin causes spots! Because of this, good hygiene becomes increasingly important.



Washing your whole body every day, including around the outside of the genitals, is important.

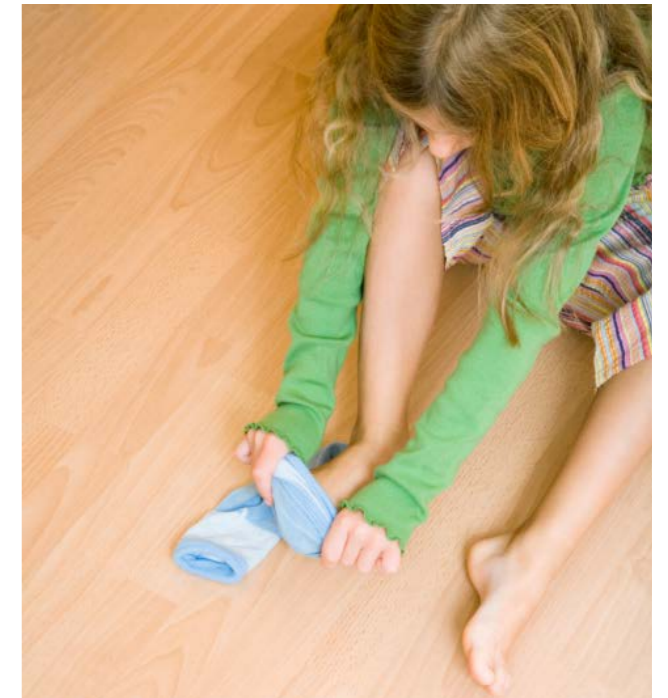


Wearing clean clothes and using deodorant or anti-perspirant keeps you smelling fresh!

## Hygiene



Girls can wear sanitary pads or tampons during their period.



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Did you know your body needs lots of rest and sleep to grow properly during puberty? Getting enough rest is just as important as exercising.



A healthy, balanced diet with lots of fruit and vegetables is important.

Regular exercise keeps you fit and strong.



Staying healthy



You also need to rest, relax and sleep for your body to repair itself and grow.

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All those changes mean that puberty can be a difficult time for girls and boys. Doing some of these things can help you to stay happy and healthy too.



Spending time with friends.

Feeling good

Did you know there are lots of books with help and advice about puberty written especially for teenagers?



If you are worried or have questions about puberty, talking to an adult can help a lot. Talking to parents is a good place to start, but teachers or doctors and nurses can help too.

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Today we will be considering the ways in which boys and girls can look after themselves and stay fit, healthy and happy during puberty.



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# Plenary

Can you think of some statements to describe puberty? Try using and linking two or more of these words in a statement.

testicles

ovaries

grow

rest

exercise

period

hygiene

uterus

egg cell

sperm cell

menstruation

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