

Puberty

Discuss in your pairs...

What is puberty?

When does puberty start?

How long does it last?

What causes puberty?

Is it the same for boys and girls?

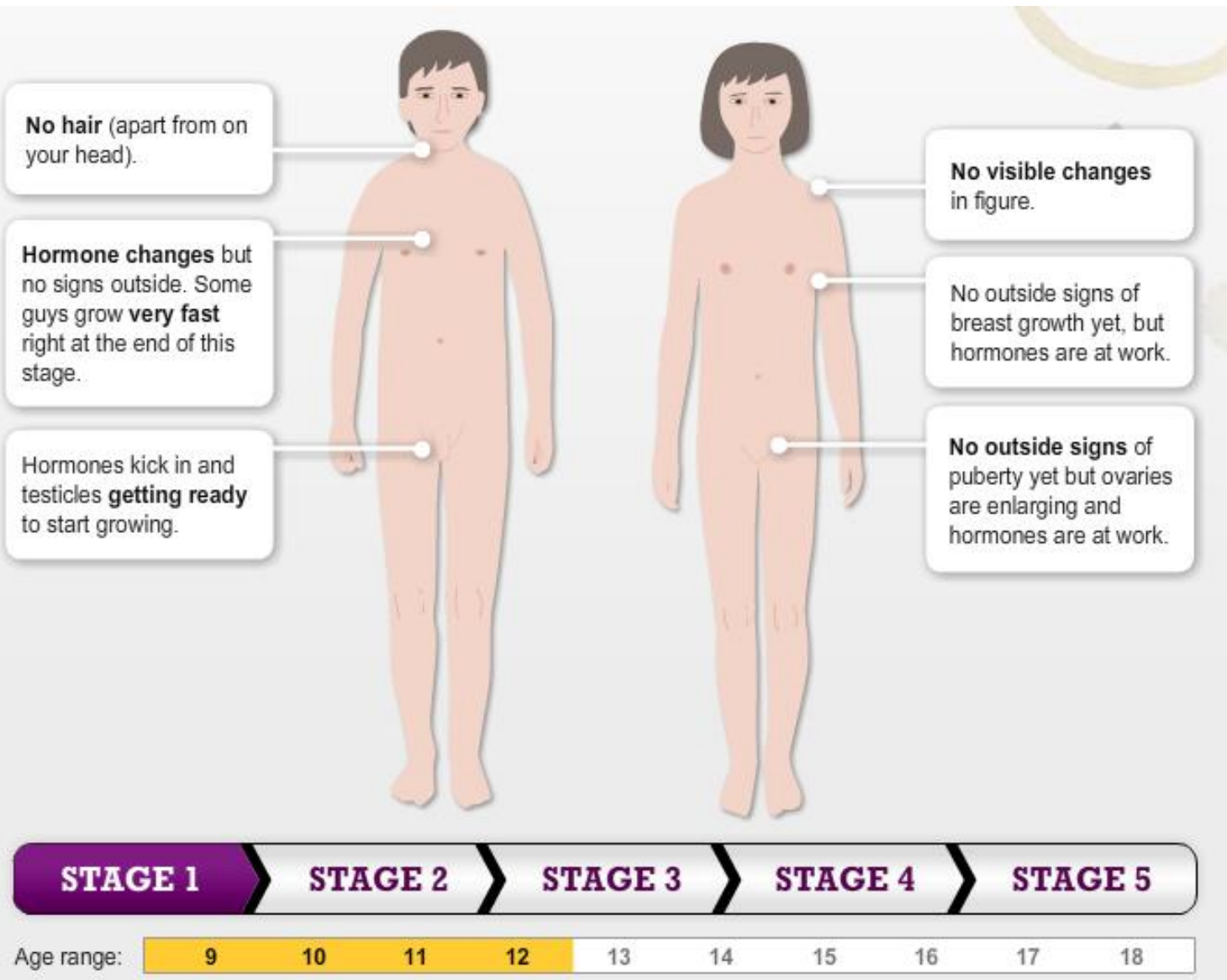
What questions do you want answering about puberty?

Group Properties

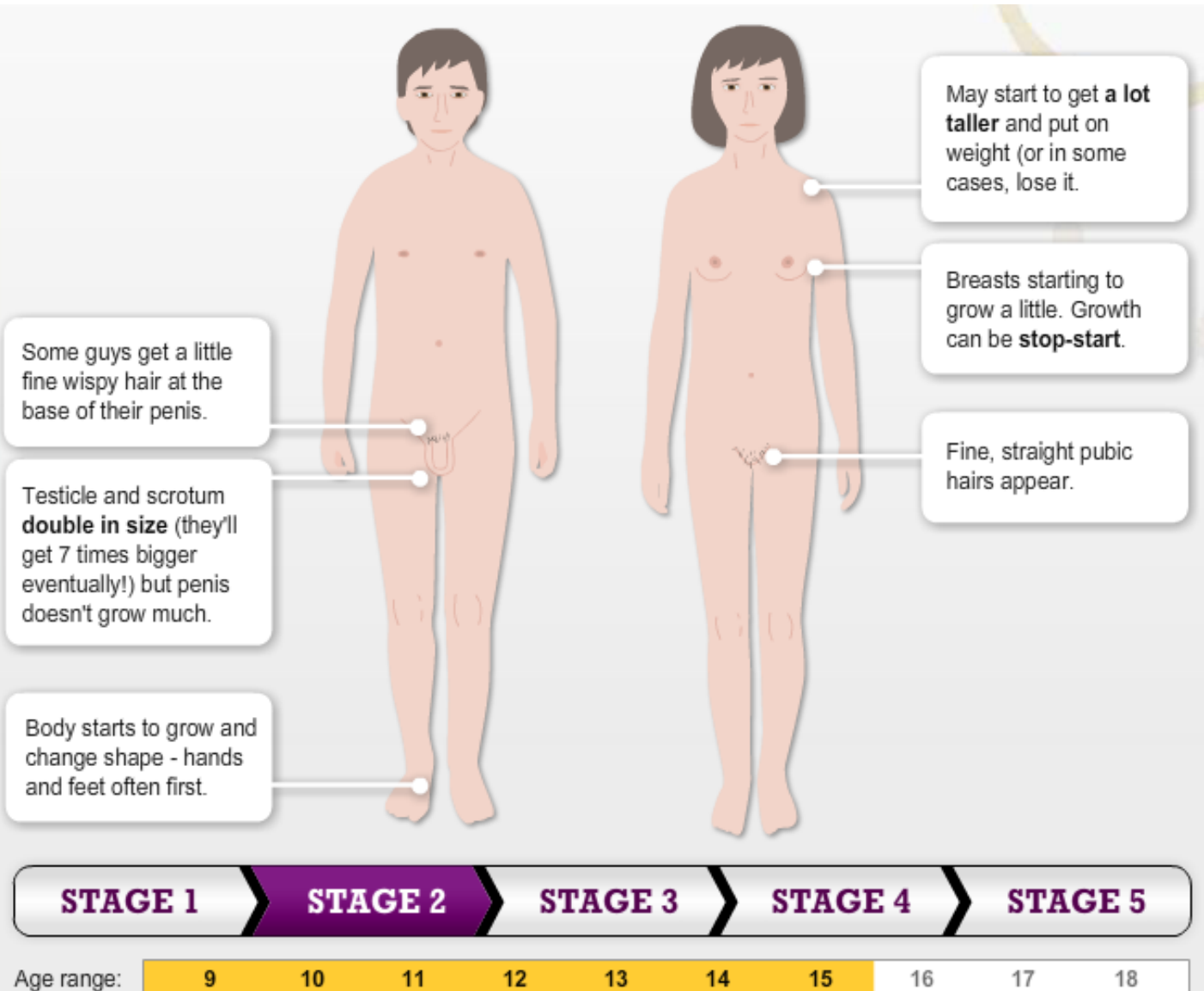
Aims

- To understand the different changes experienced during puberty, both physical and non-physical, for both males and females
- To appreciate why certain changes occur and how changes might differ from person to person

Puberty



Puberty



Puberty

Growing fast - up to a quarter of your final height happens during this time! Face shape grows firmer and more adult, shoulders get wider and bigger muscles. Voice begins to slide down, and then crack.

Pubic hair **starts growing**, gets darker and coarser. Some hair around the anus.

Testicles get **bigger**. Penis gets **longer** but not much wider.

Breasts continue to grow but shapes can **vary enormously**.

Body still growing and shape changes can be **dramatic**.

Pubic hair coarsens and becomes darker, but doesn't spread. Vagina may begin to produce a clear or whitish discharge, and means a girl can expect periods within a year. Some get their **first periods** - others have to wait a while.

STAGE 1

STAGE 2

STAGE 3

STAGE 4

STAGE 5

Age range:

9

10

11

12

13

14

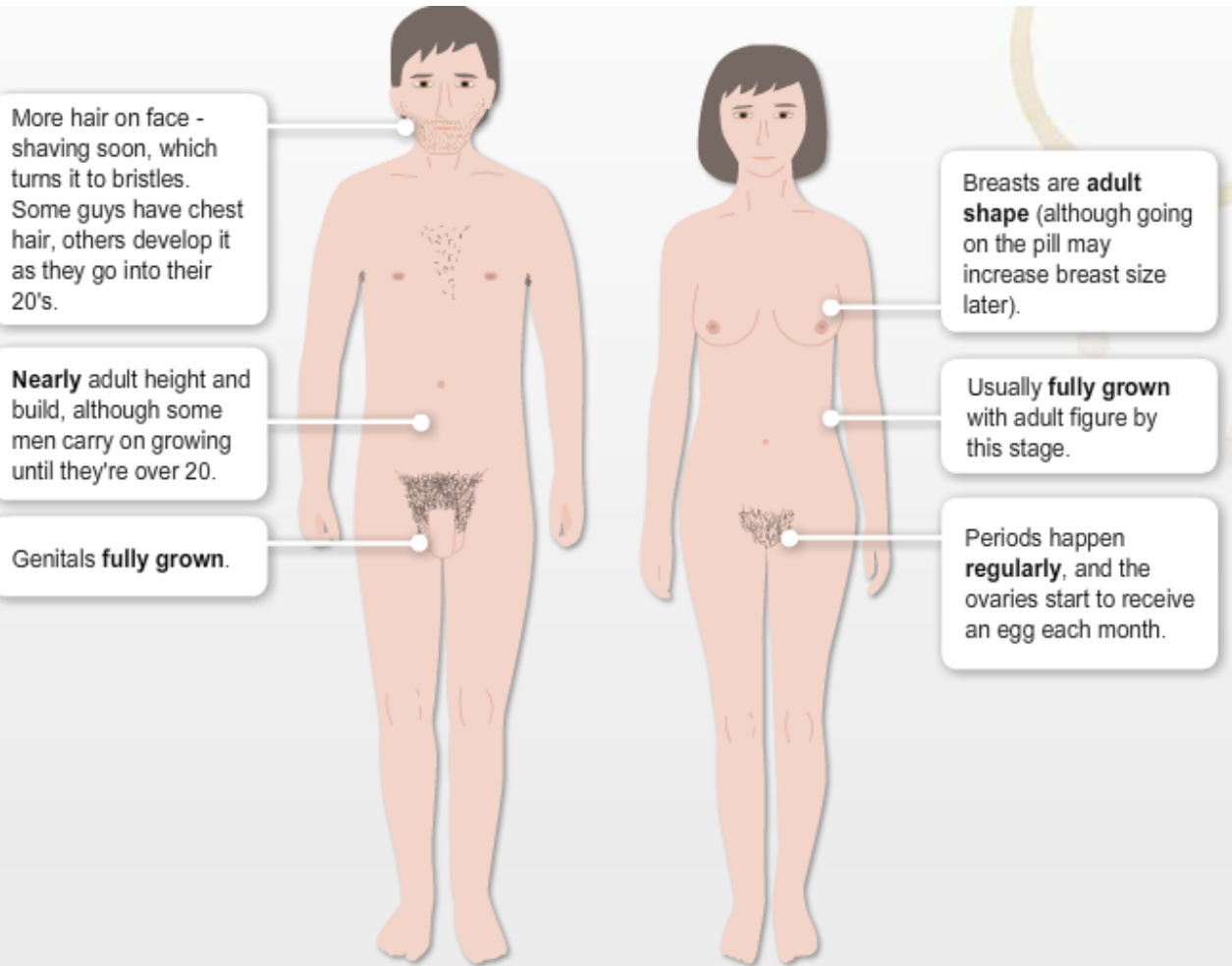
15

16

17

18

Puberty



STAGE 1

STAGE 2

STAGE 3

STAGE 4

STAGE 5

Age range:

9

10

11

12

13

14

15

16

17

18

Puberty

Hot topics:

- Boys' bits
- Erections
- Foreskin

What is a circumcision?

What are the two main functions of a penis?

Give three causes of an erection

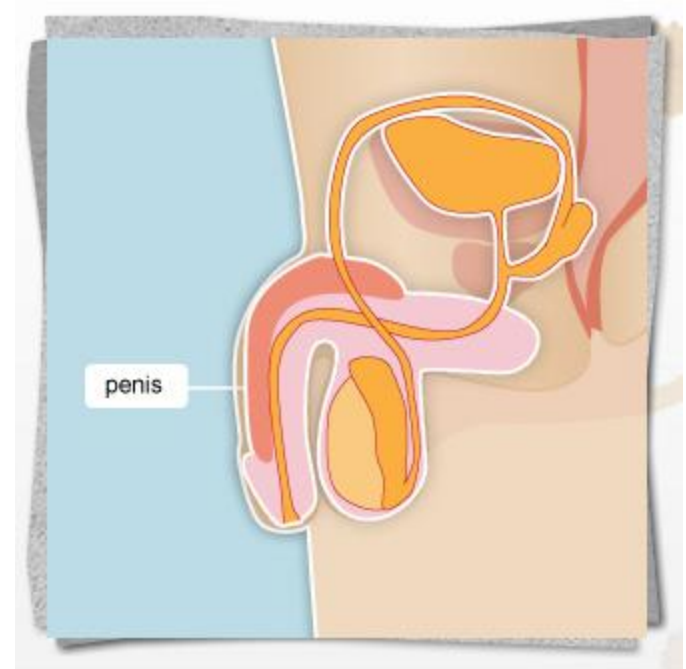
What makes a penis go hard?

Why do people have circumcisions?

Puberty

Boys' bits

- The jobs of the penis is for weeing **and** to provide sexual pleasure
- This pleasure can be from sexual intercourse or masturbation
- 90% of men grow to around 14-18cm when erect but floppy sizes can vary greatly



Puberty

Erections

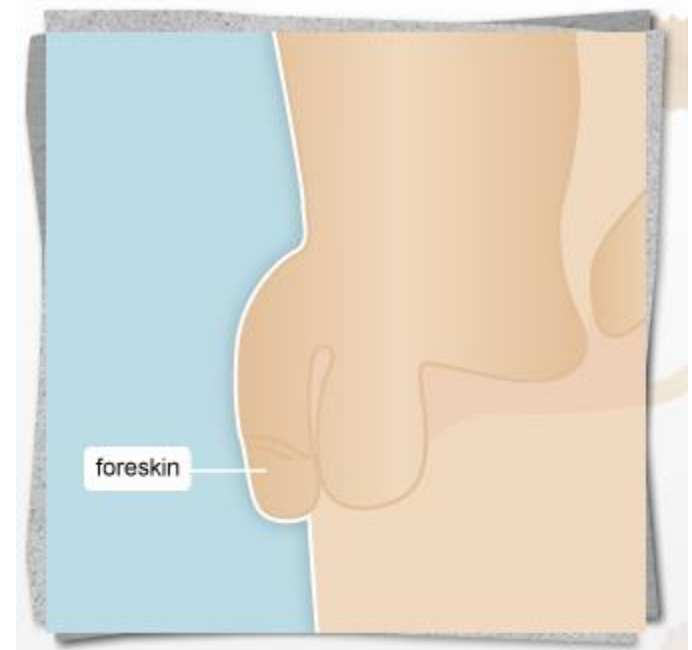
- Can happen at a variety of times: When you are aroused, when a penis is stroked or stimulated, when your bladder is full and you need to pee and at completely random times!
- There are 3 tubes running through your penis. When an erection happens, the muscles at the base of the penis allow blood into these tubes, stiffening the penis and drawing the scrotum upwards
- Lots of boys and men wake up with an erection each morning



Puberty

Foreskin

- The foreskin is a 'hood' of skin that covers the end of the penis
- This 'hood' has a hole so you can pee and is thought to protect the end of the penis from chaffing
- Usually, the foreskin can draw back when erect
- Some people choose to have their foreskin removed. This is called **circumcision**
- This can be done for religious reasons or if the foreskin does not draw back to reveal the head of the penis when erect



- You should clean under your foreskin regularly
- If you don't, dead cells accumulate leaving a smelly white grease called **smegma**