



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:  
[www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

When it comes to puberty, change is the name of the game! Thanks to the release of hormones, your students experience many physical and emotional changes during puberty. The following discussion questions and activities can help students figure out their changing bodies.

## Related KidsHealth Links

### Articles for Kids:

#### All About Puberty

[KidsHealth.org/kid/grow/body\\_stuff/puberty.html](http://KidsHealth.org/kid/grow/body_stuff/puberty.html)

#### Boys and Puberty

[KidsHealth.org/kid/grow/boy/boys\\_puberty.html](http://KidsHealth.org/kid/grow/boy/boys_puberty.html)

#### All About Menstruation

[KidsHealth.org/kid/grow/girlstuff/menstruation.html](http://KidsHealth.org/kid/grow/girlstuff/menstruation.html)

### Articles for Teens:

#### Everything You Wanted to Know About Puberty

[KidsHealth.org/teen/sexual\\_health/changing\\_body/puberty.html](http://KidsHealth.org/teen/sexual_health/changing_body/puberty.html)

#### All About Menstruation

[KidsHealth.org/teen/sexual\\_health/girls/menstruation.html](http://KidsHealth.org/teen/sexual_health/girls/menstruation.html)

#### Is It Normal to Get Erections?

[KidsHealth.org/teen/sexual\\_health/guys/normal\\_erections.html](http://KidsHealth.org/teen/sexual_health/guys/normal_erections.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. Hair growing in unexpected places? Smelling a little worse after gym class? Yup, that sounds like puberty! Brainstorm a list of changes that occur during puberty. What causes these changes? Which changes are the most difficult to deal with? Why do you think so?
2. Entering puberty means that your body is ready to function like an adult's. What new responsibilities come with this development? How can you prepare yourself for these responsibilities?
3. Not all the changes of puberty are physical. Some of the changes are in your head! Puberty hormones can make you feel overly emotional. Discuss strategies for dealing with your emotions when they get out of hand.







Name: \_\_\_\_\_

Date: \_\_\_\_\_

## You Can't Embarrass Emily!

Instructions: Imagine you're "Dear Emily," the greatest advice columnist ever to hit the newspapers. You're witty, accurate, and you refuse to be embarrassed when kids write in with their awkward questions about puberty! Select one of the letters below, do some research at KidsHealth, and write a reassuring response. Be sure to include an explanation of the changes the writer is experiencing and what the writer can do about them!

# DEAR EMILY



Dear Emily,

I'm so mortified. As if it wasn't bad enough that my breasts have been sore for weeks, now they are two different sizes! I'm never going to be able to wear a bathing suit in the summer. What's going on, and what can I do about it?

Sincerely,  
Unbalanced Uma

Dear Emily,

I'm embarrassed to even leave the house these days. Not only do I have pimples all over my face, but they're on my back and chest, too. Yuck! What causes these nasty bumps, and how can I get rid of them?

Sincerely,  
Bumpy Bella

Dear Emily,

This puberty thing is so humiliating! I woke up the other night with my underwear and my bed all wet! What in the world is going on, and is this going to keep happening to me?

Sincerely,  
Wet Wayne

***"This puberty thing is so humiliating!"***

Dear Emily,

Wow, after I play basketball these days, I am stinking myself out! I've got a serious smell coming from my body. Why am I suddenly smelly, and what can I do to get rid of the odor?

Sincerely,  
Stinky Stan

Dear Emily,

I finally got my period for the first time about 6 months ago, but it's certainly NOT on a 28-day cycle! After I first got it, I missed a month and then I had two periods with hardly any time in between! Is something wrong with me? Will I ever be regular?

Sincerely,  
Irregular Irene



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

- When your body reaches a certain age, your brain releases a special hormone that starts the changes of puberty, called:
  - gonadotropin-releasing hormone
  - luteinizing hormone
  - follicle-stimulating hormone
- The \_\_\_\_\_ gland is a pea-shaped gland that sits just under the brain and releases puberty hormones.
- True or False: Estrogen is the hormone that causes most of the changes in a guy's body during puberty. T F
- \_\_\_\_\_ is a condition of the skin that shows up as different types of bumps.
- Why do teens develop body odor when they enter puberty?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- List four changes that occur during puberty:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- During the menstrual cycle, an egg comes out of an \_\_\_\_\_ and begins a trip through the fallopian tube to the uterus.
- An \_\_\_\_\_ is when the penis fills with blood and becomes hard.
- True or False: Growth during puberty is the last time your body grows taller. T F
- Which part of a guy's body produces sperm?
  - penis
  - testes
  - epididymis
  - vas deferens



## Answer Key

- When your body reaches a certain age, your brain releases a special hormone that starts the changes of puberty, called:
  - gonadotropin-releasing hormone
  - luteinizing hormone
  - follicle-stimulating hormone
- The pituitary gland is a pea-shaped gland that sits just under the brain and releases puberty hormones.
- True or False: Estrogen is the hormone that causes most of the changes in a guy's body during puberty. T  F
- Acne is a condition of the skin that shows up as different types of bumps.
- Why do teens develop body odor when they enter puberty?  
*As you enter puberty, the puberty hormones affect glands in your skin, and the glands make chemicals that smell bad.*
- List four changes that occur during puberty:  
*Any four of the following: production of testosterone and sperm, production of estrogen, growth spurt, weight gain, guys become more muscular, guys' voices get deeper, lengthening and widening of penis, enlargement of testes, girls become curvier, girls gain weight on hips, breasts develop, menstruation starts, hair growth, acne, body odor, vaginal discharge, erections, nocturnal emissions*
- During the menstrual cycle, an egg comes out of an ovary and begins a trip through the fallopian tube to the uterus.
- An erection is when the penis fills with blood and becomes hard.
- True or False: Growth during puberty is the last time your body grows taller.  T F
- Which part of a guy's body produces sperm?
  - penis
  - testes
  - epididymis
  - vas deferens