



[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 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)

Thanks to the hormones swirling around in your students' bodies, they will experience all kinds of changes at varying rates. These activities will help students identify and understand the changes of puberty.

## Related KidsHealth Links

### Articles for Kids:

#### All About Puberty

[KidsHealth.org/en/kids/puberty.html](http://KidsHealth.org/en/kids/puberty.html)

#### Your Changing Voice

[KidsHealth.org/en/kids/changing-voice.html](http://KidsHealth.org/en/kids/changing-voice.html)

#### Acne

[KidsHealth.org/en/kids/acne.html](http://KidsHealth.org/en/kids/acne.html)

#### Acne Myths

[KidsHealth.org/en/kids/acne-myths.html](http://KidsHealth.org/en/kids/acne-myths.html)

#### I'm Growing Up - But Am I Normal?

[KidsHealth.org/en/kids/growing-up-normal.html](http://KidsHealth.org/en/kids/growing-up-normal.html)

#### Boys and Puberty

[KidsHealth.org/en/kids/boys-puberty.html](http://KidsHealth.org/en/kids/boys-puberty.html)

#### Getting Muscles

[KidsHealth.org/en/kids/getting-muscles.html](http://KidsHealth.org/en/kids/getting-muscles.html)

#### What's an Adam's Apple?

[KidsHealth.org/en/kids/adams-apple.html](http://KidsHealth.org/en/kids/adams-apple.html)

#### For Boys: Trouble "Down There"

[KidsHealth.org/en/kids/down-there.html](http://KidsHealth.org/en/kids/down-there.html)

#### Girls and Puberty

[KidsHealth.org/en/kids/center/girls-puberty-center.html](http://KidsHealth.org/en/kids/center/girls-puberty-center.html)

#### All About Menstruation

[KidsHealth.org/en/kids/menstruation.html](http://KidsHealth.org/en/kids/menstruation.html)

#### Getting Your Period at School

[KidsHealth.org/en/kids/period-school.html](http://KidsHealth.org/en/kids/period-school.html)

#### Periods and Pads

[KidsHealth.org/en/kids/pads-tampons.html](http://KidsHealth.org/en/kids/pads-tampons.html)

#### Breasts and Bras

[KidsHealth.org/en/kids/breasts-bras.html](http://KidsHealth.org/en/kids/breasts-bras.html)

## Discussion Questions

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

1. What changes happen during puberty? Why do we have to go through puberty?
2. When does puberty usually start? Does everyone experience puberty in the same way, at the same time?
3. Why are the changes that happen during puberty so hard to talk about? Why is it important to talk about them anyway? Where can you get information about puberty? Which sources are better than others?
4. With all of the changes happening during puberty, you need to take good care of yourself. What are some ways to handle the changes of puberty?



## Activities for Students

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

### Memo From the Pituitary Gland!

#### Objectives:

Students will:

- Learn about the role of the pituitary gland and hormones related to puberty
- Explore the changes of puberty

#### Materials:

- Computer with Internet access
- Word processing program, or pen or pencil and paper

#### Class Time:

1 hour

#### Activity:

Today you are a pituitary gland, and you've got an important job to do! You're about to release hormones that will start puberty, and you want to prepare the rest of your body for the changes that are on the way. What better way to get the message out than to send a memo to your body explaining the process! First, check out the KidsHealth.org articles to find out more about the pituitary gland, hormones, and puberty. Then decide if you're a pituitary gland in a girl's or boy's body. Now you're ready to write that memo! Be sure to include the following information:

- A description of yourself as a pituitary gland (where you are in the body, and what you do)
- An explanation of what will happen to the body when you release your hormones (focus on the parts of the body that your hormones will target, and what takes place in those parts)

All of this information might be upsetting to your body, so don't forget to offer reassurance and comfort in your memo!

#### Extensions:

1. Boys and girls go through lots of different changes during puberty, but they experience some of the same things as well. Research the changes that occur during puberty, and create a Venn diagram that records the changes experienced by boys, by girls, and by both boys and girls. Based on your diagram, do boys and girls have more similar or different changes? Are you surprised by your results?
2. With all of the changes going on in your own body, it's hard to understand what's going on in someone else's! Sometimes boys and girls just can't figure out what's happening to each others' bodies. If you're a girl, write a list of the top five things you'd like to tell boys about puberty. If you're a boy, write a list of the top five things you'd like girls to know about what boys are going through.



## Puberty Pete

### Objectives:

Students will:

- Learn about changes resulting from puberty

### Materials:

- Computer with Internet access
- Puberty Pete handout (available at: [KidsHealth.org/classroom/3to5/personal/growing/puberty\\_handout1.pdf](http://KidsHealth.org/classroom/3to5/personal/growing/puberty_handout1.pdf))

### Class Time:

1 hour

### Activity:

Let's face it – the changes caused by puberty can sometimes be confusing and embarrassing. But, adolescents, never fear – Puberty Pete is here! A local doctor wants you to design a character called Puberty Pete to help her young patients learn more about puberty. She wants to put Puberty Pete on a bookmark to give each of her patients when they come in for their next doctor's visit. Before you get started on your design, select one change of puberty that you want to focus on for your bookmark. To learn about this puberty change, check out the KidsHealth.org articles related to puberty. Then, using the Puberty Pete handout, design a bookmark that includes:

- A drawing of Puberty Pete
- One or two facts that Puberty Pete can provide about the change of puberty you selected

## Reproducible Materials

### Handout: Puberty Pete

[KidsHealth.org/classroom/3to5/personal/growing/puberty\\_handout1.pdf](http://KidsHealth.org/classroom/3to5/personal/growing/puberty_handout1.pdf)

### Quiz: Puberty

[KidsHealth.org/classroom/3to5/personal/growing/puberty\\_quiz.pdf](http://KidsHealth.org/classroom/3to5/personal/growing/puberty_quiz.pdf)

### Answer Key: Puberty

[KidsHealth.org/classroom/3to5/personal/growing/puberty\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/3to5/personal/growing/puberty_quiz_answers.pdf)



Personal Health Series  
**Puberty**

Name:

Date:

## Puberty Pete

Instructions: Design a bookmark starring a character called Puberty Pete to help kids learn more about puberty. First, read the KidsHealth.org articles and select one puberty change that you want to focus on. Then create a bookmark that includes a drawing of Puberty Pete and one or two facts about the change of puberty you selected.

A large rectangular area defined by a dashed border, intended for students to draw their character Puberty Pete and include facts about puberty. A pair of scissors is positioned at the top right corner of the dashed box, indicating where to cut out the bookmark.



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

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

## Quiz

Instructions: Answer each question.

1. \_\_\_\_\_ is the time when you begin developing into an adult.
2. List three changes that happen to boys in puberty:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. List three changes that happen to girls in puberty:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. Which gland in your body releases the hormones that begin puberty?
  - a. pineal
  - b. adrenal
  - c. pituitary
  - d. thyroid
5. True or false: Estrogen is the hormone that causes most of the changes in a boy's body during puberty. T F
6. During the menstrual cycle, what is released from a girl's ovaries?
  - a. an egg
  - b. a fallopian tube
  - c. a sperm cell
  - d. blood and tissue
7. What's an Adam's apple?  
\_\_\_\_\_  
\_\_\_\_\_
8. \_\_\_\_\_ is the name for those red bumps called pimples that a lot of kids and teenagers get on their skin.
9. Name two ways you can reduce body odor:  
\_\_\_\_\_  
\_\_\_\_\_
10. A girl can wear a \_\_\_\_\_ to protect her breast tissue and keep her breasts supported.



## Quiz Answer Key

1. Puberty is the time when you begin developing into an adult.
2. List three changes that happen to boys in puberty:  
any three of the following: body grows bigger, voice changes, body hair grows, muscles develop, testosterone increases, body odor, acne, erections, wet dreams, penis grows longer, testes get bigger, sexual thoughts, strong emotions
3. List three changes that happen to girls in puberty:  
any of the following: breasts develop, menstruation begins, body grows taller, body hair grows, body odor, estrogen increases, weight gain, body fat increases, vaginal discharge, sexual thoughts, strong emotions
4. Which gland in your body releases the hormones that begin puberty?
  - a. pineal
  - b. adrenal
  - c. pituitary
  - d. thyroid
5. True or false: Estrogen is the hormone that causes most of the changes in a boy's body during puberty.  T  F Estrogen causes changes in a girl's body during puberty. Testosterone is the hormone that causes changes in a boy's body
6. During the menstrual cycle, what is released from a girl's ovaries?
  - a. an egg
  - b. a fallopian tube
  - c. a sperm cell
  - d. blood and tissue
7. What's an Adam's apple?  
The Adam's apple is the place on the front of the throat where the larynx sticks out.
8. Acne is the name for those red bumps called pimples that a lot of kids and teenagers get on their skin.
9. Name two ways you can reduce body odor:  
You can reduce body odor by taking a shower or bath regularly and using deodorant.
10. A girl can wear a bra to protect her breast tissue and keep her breasts supported.