



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

Your Changing Voice

KidsHealth.org/en/kids/changing-voice.html

Acne

KidsHealth.org/en/kids/acne.html

Acne Myths

KidsHealth.org/en/kids/acne-myths.html

I'm Growing Up - But Am I Normal?

KidsHealth.org/en/kids/growing-up-normal.html

Boys and Puberty

KidsHealth.org/en/kids/boys-puberty.html

For Boys: Trouble "Down There"

KidsHealth.org/en/kids/down-there.html

Girls and Puberty

KidsHealth.org/en/kids/center/girls-puberty-center.html

All About Menstruation

KidsHealth.org/en/kids/menstruation.html

Getting Your Period at School

KidsHealth.org/en/kids/period-school.html

Periods and Pads

KidsHealth.org/en/kids/pads-tampons.html

Breasts and Bras

KidsHealth.org/en/kids/breasts-bras.html

Discussion Questions

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

1. So what is puberty exactly? 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?



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)

Class Time:

1 hour

Activity:

Let's face it – the changes caused by puberty can be embarrassing, confusing, and downright smelly. 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 address on your bookmark. To find out more about this puberty change, take a look at the articles at KidsHealth. Then, using the Puberty Pete handout, design a bookmark that includes the following:

- A drawing of Puberty Pete
- At least three facts that Puberty Pete can provide about the change of puberty you selected

Extension:

1. Everyone develops differently during puberty. It can be hard to be the kid who develops before or after friends. Discuss how it might feel to be the first boy in class to have to shave or the last girl to get her period.

Reproducible Materials

Handout: Puberty Pete

KidsHealth.org/classroom/3to5/personal/growing/puberty_handout1.pdf

Quiz: Puberty

KidsHealth.org/classroom/3to5/personal/growing/puberty_quiz.pdf

Answer Key: Puberty

KidsHealth.org/classroom/3to5/personal/growing/puberty_quiz_answers.pdf



Personal Health Series
Puberty

Name:

Date:

Puberty Pete

Instructions: It's time to design a bookmark starring a character called Puberty Pete to help kids learn more about puberty. First, read the articles at KidsHealth and select one puberty change that you want to address. Then create a bookmark that includes the following: a drawing of Puberty Pete and at least three facts about the change of puberty you selected.

A large rectangular area defined by a dashed border, intended for drawing and writing. A small icon of 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.