



## Lesson 7

### Journal entry



**Think about how you are different now than you were 3 years ago.**

**How has your **body** changed?**

**How have your **thoughts** or **feelings** changed?**

**How have your **relationships** changed?**

**Describe at least 1 way you've changed in each of these areas.**



**How do you  
think young  
people your age  
feel about these  
changes?**



**Slide 7B**

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# Healthy behavior

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Progressing  
through puberty  
in a healthy way.

Slide 7C

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**By the end of this lesson, you will be able to...**

- 1. Describe the physical, social, mental and emotional changes associated with puberty.**
- 2. Summarize the benefits of talking with parents and other trusted adults about sexuality.**

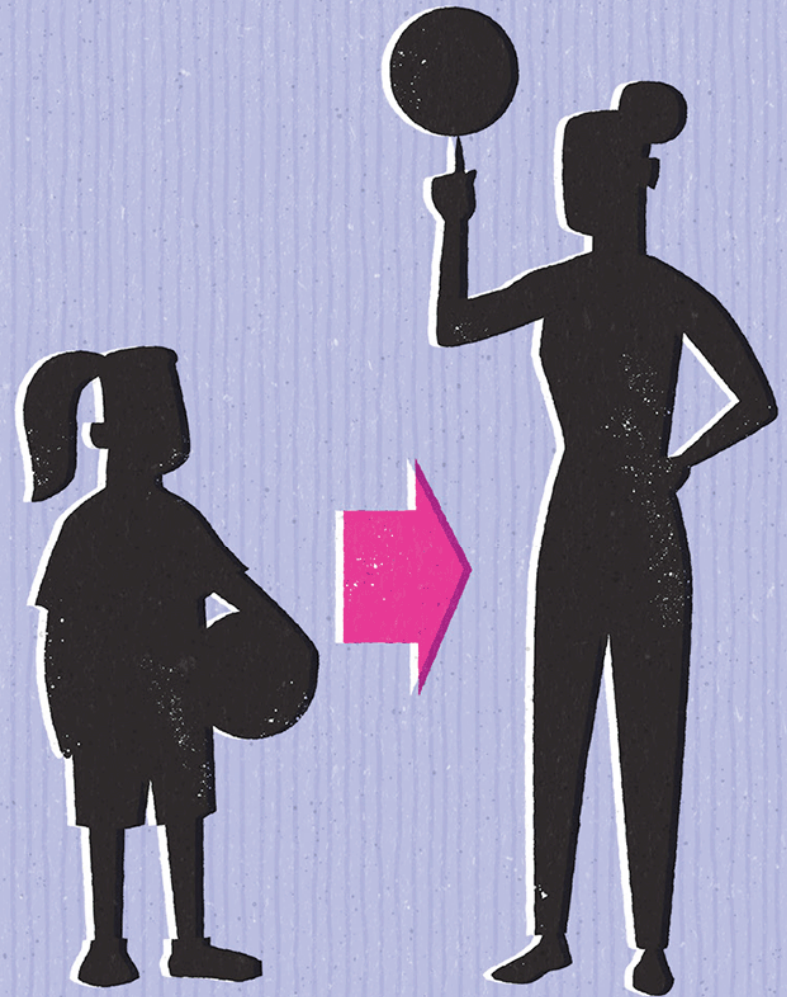




## What Is Puberty?

Puberty is the stage of life when your body changes from a child's body to an adult body.

Your brain, feelings and relationships change too.





People often stereotype others they perceive as “different” from themselves.

Sometimes people tease or bully someone based on stereotypes.

All people deserve to be treated with courtesy and respect.





# A Time of Change

## ► What Is Puberty?

Puberty is the time when your body changes from a child's body to an adult body. Puberty can begin any time between ages 9 and 16. Puberty happens to everybody. And each person goes through puberty at their own pace.

During puberty, *glands* in your body begin to produce *hormones*. Hormones are chemicals that signal parts of the body to grow and change.

The body's *reproductive* or sex organs are the parts that allow people to reproduce, or have children. During puberty, hormones cause these organs to *mature*. After puberty, young people can get pregnant or cause a pregnancy. But even though their bodies can reproduce, most young people aren't ready to raise or support a child until many years after puberty.

## ► Physical Changes

Hormones cause bodies to grow and change.

These are some of the main changes that can happen during puberty:

- Body shape changes. For example, hips may get wider, waist may get smaller, shoulders may get broader, breasts may develop.
- Voice may get deeper.
- Sweat more and may have body odor.
- Get oilier skin and can have pimples.
- Hair grows under arms.
- Hair grows around *genitals* (*pubic* area).
- The *vagina* makes a white, sticky substance called *discharge*. This is normal. It's how the vagina cleans itself.

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## What I Learned About Puberty

**Directions:** Complete the statements to describe the different changes of puberty.

This is 1 **social change** that happens during puberty:

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This is 1 **mental or emotional change** that happens during puberty:

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These are 5 **physical changes** that happen during puberty:

1. 

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2. 

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3. 

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4. 

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5. 

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These are 2 **things I can do to help** make puberty easier:

1. 

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## What I Learned About Puberty

**Directions:** Complete the statements to describe the different changes of puberty.

This is 1 **social change** that happens during puberty:

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This is 1 **mental or emotional change** that happens during puberty:

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These are 5 **physical changes** that happen during puberty:

1. 

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2. 

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3. 

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4. 

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5. 

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These are 2 **things I can do to help** make puberty easier:

1. 

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