

twinkl

Aim

- I can describe and explain the main changes that occur during puberty.

Success Criteria

- I can describe the main changes that occur during puberty.
- I can give reasons why changes occur during puberty.
- I can analyse the similarities and differences between how boys and girls experience puberty.

Fact or Fiction?

Do you know
your facts about
puberty?

Are you getting
your information
from a reliable
source?

Or are you
starting to believe
in fiction?

Human Development

Puberty

Puberty is the stage of development between childhood and adulthood.

Physical growth occurs so that the body changes to that of an adult which enables reproduction.

Two parts of the brain – the hypothalamus and the pituitary gland start to make more of some hormones.

LH is the hormone for growth and FSH is the hormone for hair.



Fact or Fiction?

1

If you haven't started puberty by the age of 11 there is something wrong.

Fact!

Fiction!

Fact or Fiction?

You're correct - it's Fiction!

Puberty occurs at any time between 11 and 17. It is different for each person and this is perfectly normal.

[Next Question](#)

Fact or Fiction?

You're incorrect - it's Fiction!

Puberty occurs at any time between 11 and 17. It is different for each person and this is perfectly normal.

Next Question

Fact or Fiction?

2

Both boys and girls grow more hair on their bodies.

Fact!

Fiction!

Fact or Fiction?

You're correct - it's a Fact!

Both boys and girls develop pubic hair and start to grow hair under their armpits.

Overall boys grow more hair and grow it on more body parts than girls (including the face and chest). However, how 'hairy' a person becomes is based the genes you inherit from your parents.

[Next Question](#)

Fact or Fiction?

You're incorrect - it's a Fact!

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[Next Question](#)

Fact or Fiction?

3

During puberty it is normal to start getting spots.

Fact!

Fiction!

Fact or Fiction?

You're correct - it's a Fact!

Everyone gets some spots during puberty however it varies from person to person.

Acne is when you have a severe breakout of spots and can be painful. Doctors can help to treat this.

[Next Question](#)

Fact or Fiction?

You're incorrect - it's a Fact!

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Acne is when you have severe breakout of spots and can be painful. Doctors can help to treat this.

[Next Question](#)

Fact or Fiction?

4

When you go through puberty your sweat smells.

Fact!

Fiction!

Fact or Fiction?

You're correct - it's Fiction!

Sweat does not smell! Sweat is mostly just water after all. What people refer to as a 'sweaty' smell is actually caused by bacteria on your body mixing with the sweat.

[Next Question](#)

Fact or Fiction?

You're incorrect - it's Fiction!

Sweat does not smell! Sweat is mostly just water after all.

What people refer to as a 'sweaty' smell is actually caused by bacteria on your body mixing with the sweat.

Next Question

Fact or Fiction?

5

All parts of the body grow at the same rate during puberty.

Fact!

Fiction!

Fact or Fiction?

You're correct - it's Fiction!

All parts of the body grow during puberty but it is not true that they grow at the same rate and the same time.

For example, you may notice that you get taller before your feet grow or that you start growing pubic hair before you start getting spots. It's normal for growth to be uneven during puberty.

[Next Question](#)

Fact or Fiction?

You're incorrect - it's Fiction!

All parts of the body grow during puberty but it is not true that they grow at the same rate and the same time.

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[Next Question](#)

Fact or Fiction?

6

There is a normal size that breasts (girls) or the penis (boys) have to grow to, otherwise there is a problem.

Fact!

Fiction!

Fact or Fiction?

You're correct - it's Fiction!

There is a wide range of shapes and sizes for breasts and penises which are all normal.

One of the problems that many teenagers going through puberty face today is coping with the images and messages they get about what is 'normal'. Often this does not match reality.

As long as you are developing during this period of your life then there is nothing to worry about.

End of quiz!

Fact or Fiction?

You're incorrect - it's Fiction!

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One of the problems that many teenagers going through puberty face today is coping with the images and messages they get about what is 'normal'. Often this does not match reality.

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a quick reminder and look at a
Cross section of male and female
reproductive organs

Large intestine

Bladder

Pelvic bone

Prostate gland

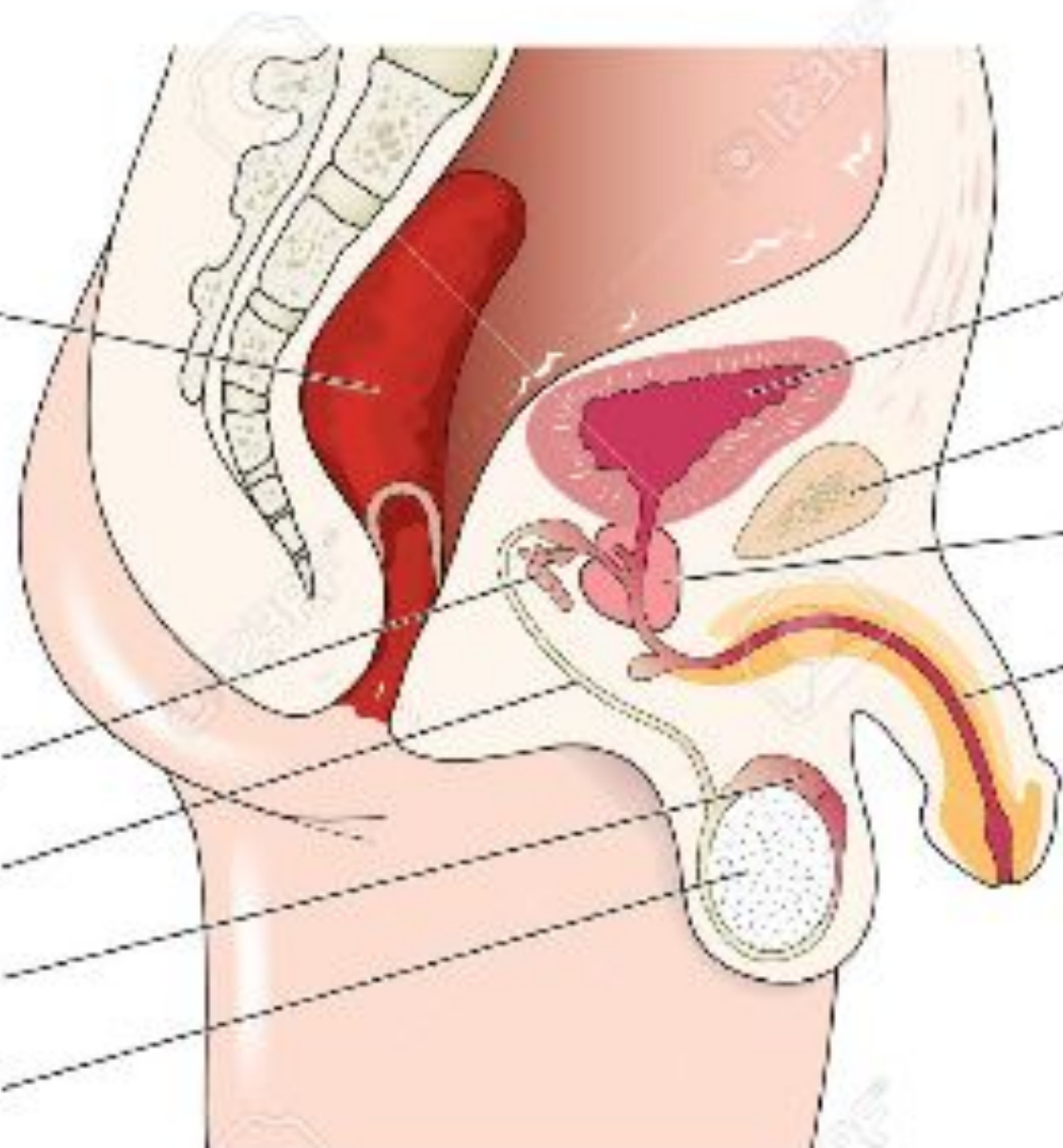
Urethra

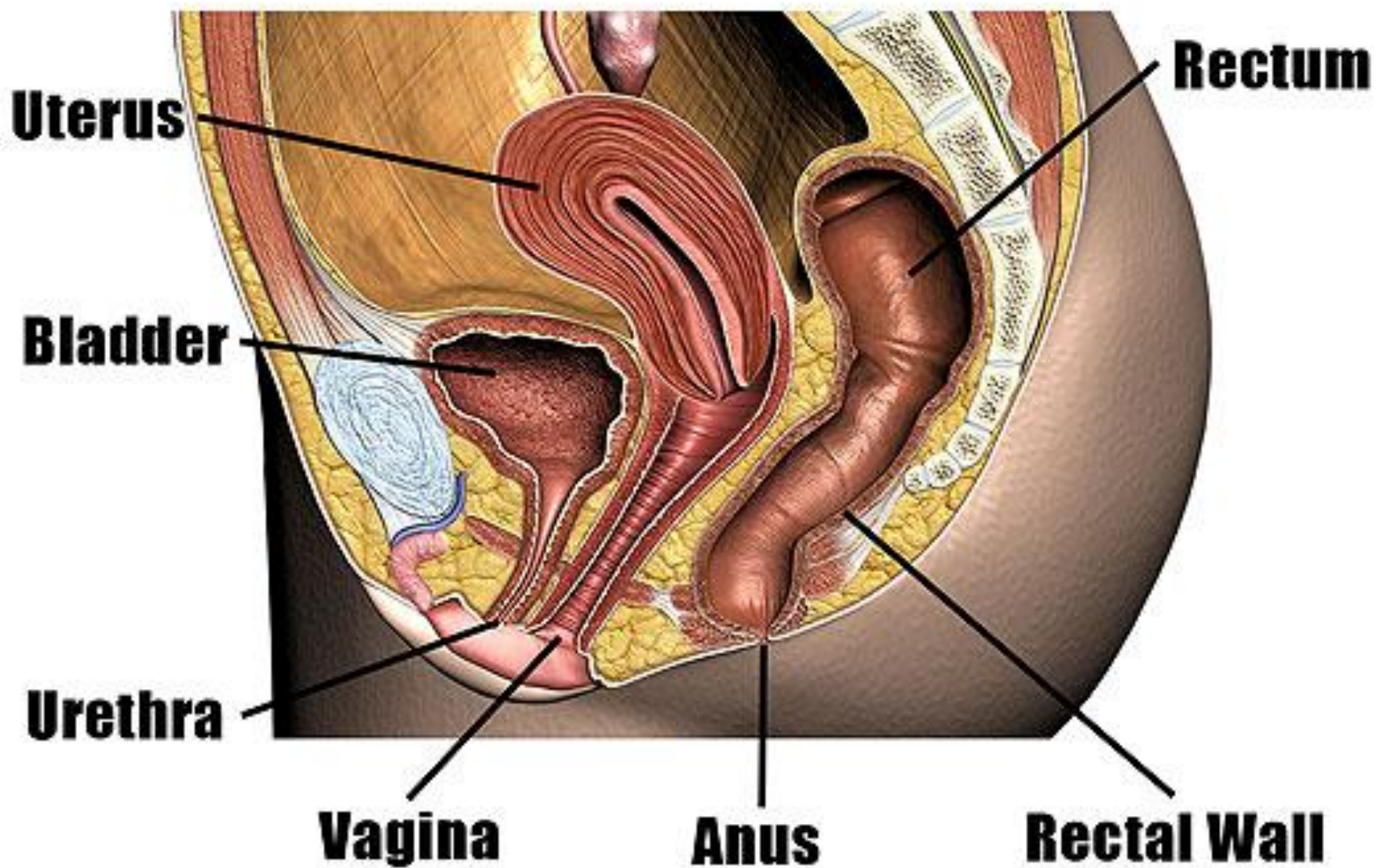
Seminal vesicle

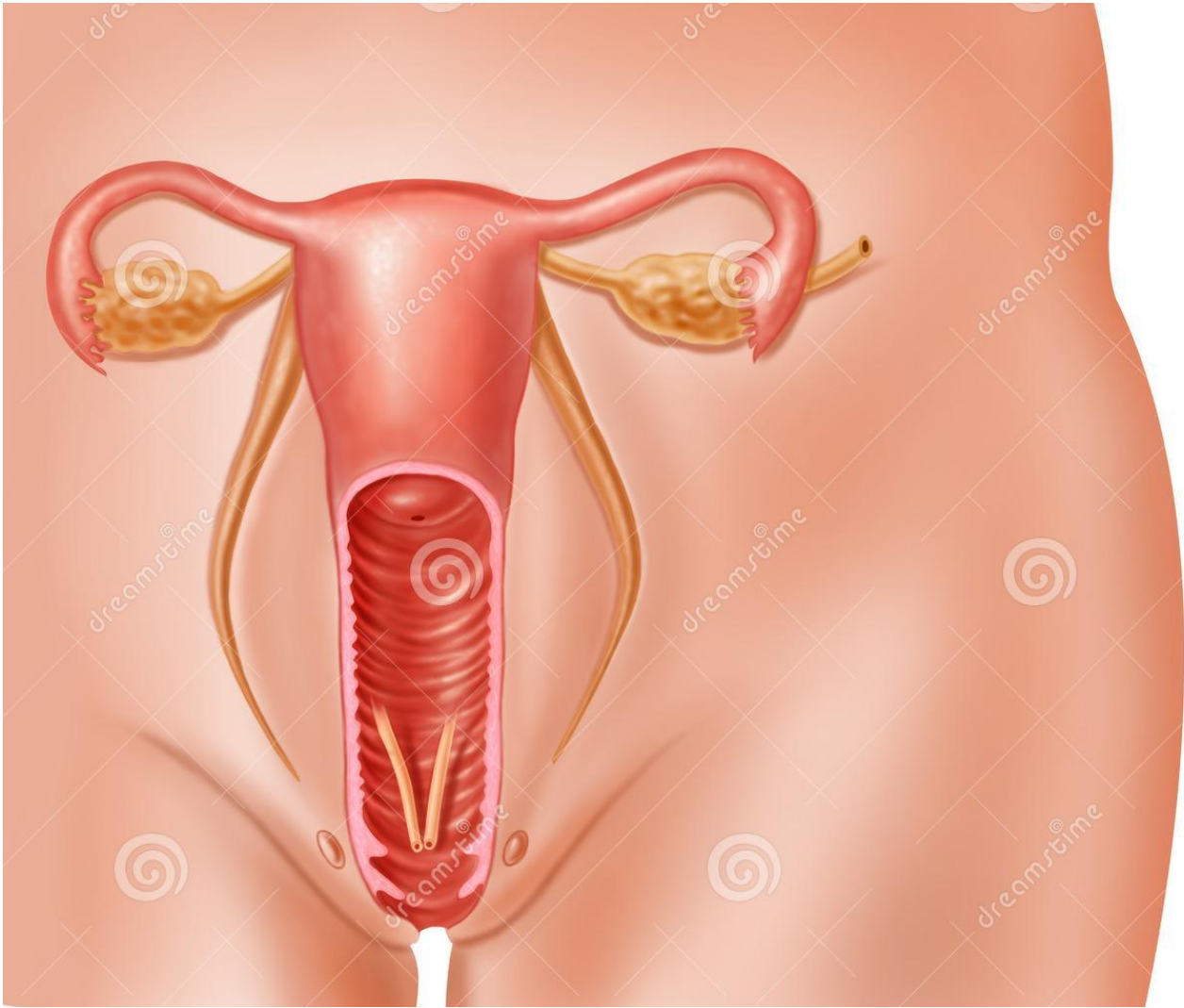
Vaa deferens

Head of epididymis

Testis







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