

100% Sheet Puberty

Key Terms

Puberty-is the name for the time when your body begins to develop and change as you move from kid to adult. These changes are both emotional and physical.

Menstrual cycle- this is the cycle that a female's body goes through in preparation for pregnancy. It involves an egg being released from ovary and into the uterus. If it is not fertilised then the egg becomes a period.

Period- This happens roughly once a month and it is when an unfertilised egg leaves the body through vaginal bleeding.

Hormones-Hormones are special chemicals your body makes to help it do certain things. It is hormones that cause growth in puberty and acne.

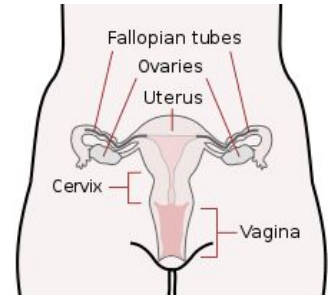
Sanitary products- Products such as pads and tampons are used while on your period so that you remain clean.

Acne- Spots that are caused by the hormones that are produced by the body during puberty.

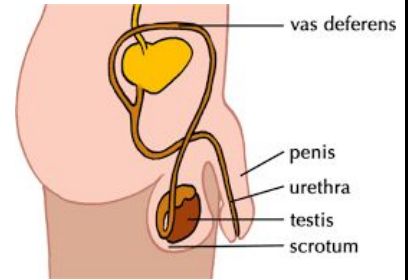
Reproduction- The process of producing offspring. In humans this process is started with sexual intercourse and ends with the birth of a child.

Reproductive Organs

The Female Reproductive Organs



The Male Reproductive Organs



Why do people go through puberty?

Puberty is the process of your body changing from a child's body to an adult body.

Your body has to go through puberty in order to become sexually mature which allows you to have children in the future.

Girls begin growing breasts and have **periods** which allow their bodies to carry children and to breastfeed them in the future.

Boys begin to produce sperm which allows them to create children with a woman through sexual intercourse.

The changes that happen during puberty

Changes in boys	Changes in girls
Voice gets deeper and begins to sound manly.	Begin to grow breasts as a sign of sexual maturity. The purpose of breasts is to feed a baby.
Body begins to produce sperm as a sign of sexual maturity.	Will start period. Girls need to have period in order to have children.
Begin to grow hair on your chest and hair.	Hips will widen as a sign of sexual maturity. Having wider hips helps women to give birth.



Changes that happen to girls and boys

- breasts develop
- ovaries start to release egg cells
- periods start
- hips get wider.

- Get taller
- Underarm hair grows
- Pubic hair grows
- Emotions change

- voice breaks
- shoulders get wider
- hair grows on face and chest
- testes and penis get bigger
- testes start to produce sperm cells

