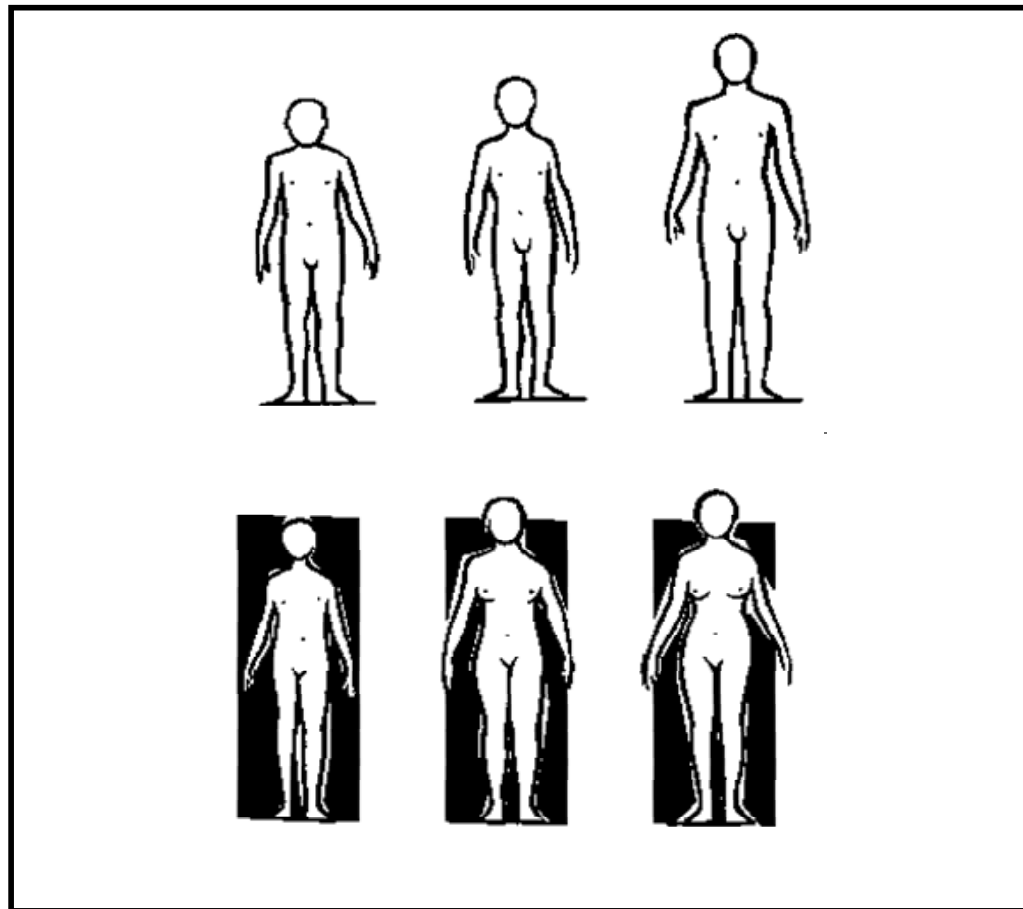


Science and Health

PUBERTY





To the Learner

Your body experiences changes as you grow and mature. Have you noticed any changes in your body? Some of these changes happen because you are entering a new stage in life called **puberty**.



Let's Learn This

When you finish this module, you will be able to:
Describe certain changes during puberty.



Let's Try This

Group the following changes that happen during puberty according to sexes.

-rounder hips-

-deeper voice-

-hair on face and chest-

-hair in armpit-

-menstruation-

-adam's apple-

-bigger breast

-increased muscle mass-

-broader shoulder-

-hair in genital area-

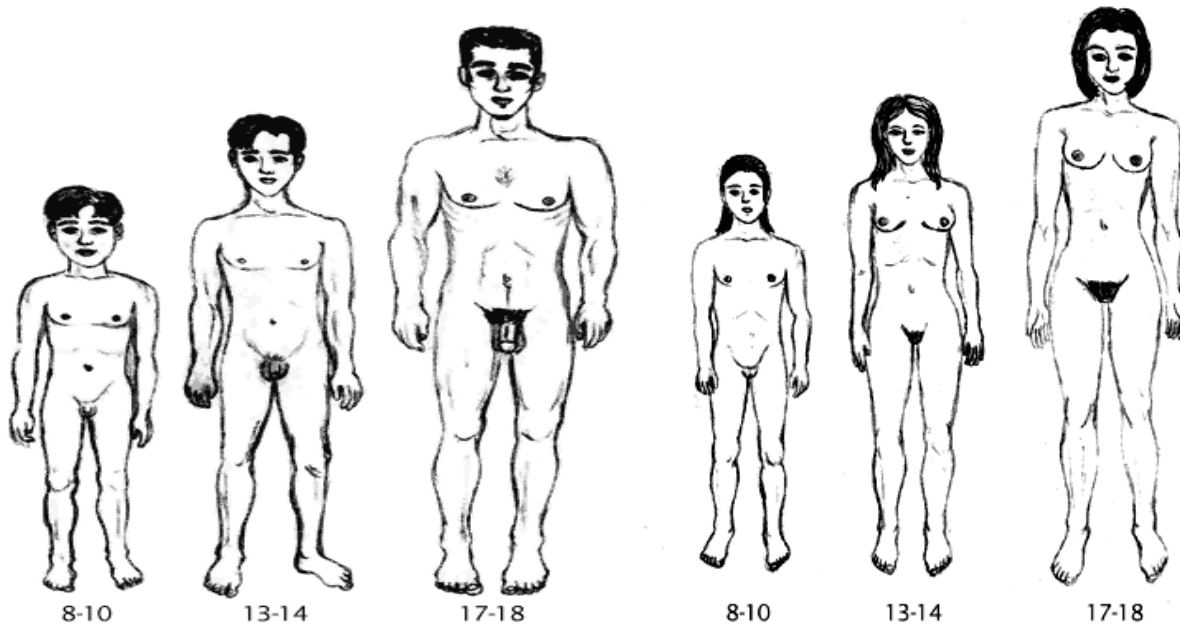
-reproductive organs develop-

-increased height-

GIRLS	BOY



Let's Study This



Puberty is a stage of life of rapid change. At this stage, boys and girls begin to grow and develop into adults. Their feelings also begin to change.

Puberty starts when your body begins to produce hormones. The hormones change your body and develop your reproductive organs. You are no longer a child but instead an adolescent.

Puberty usually happens between the ages of 10-16 in girls, and 10-17 in boys.

If you are a girl, you start to grow taller, your breast begin to develop. Your body shape likewise changes. Your waist is more noticeable and your hips are wider. A whitish discharge from your vagina begins to come out. This is a sign that you are going to have your first period or menstruation.

If you are a boy, you start to increase in height. Your shoulder starts to grow broader faster than your hips. Your muscle size increases. Your voice begins to be deeper and your Adam's apple noticeable. Your penis, and testes begin to enlarge.

The changes you have observed and experienced during puberty are all completely normal. However, these changes all happen at different ages for different people.



Let's Remember This

- **Puberty** is the age at which bodily changes occur in both males and females.
- **Puberty** is the period or age at which the female and male reproductive systems are ready to function.
- At **puberty**, a boy's height increases rapidly, his voice changes, adam's apple appears, his reproductive organs increase in size, her reproductive organs increase in size, pubic hair and underarm hair grow and menstrual flow starts.
- The **menstrual flow** indicates that a girl is already capable of reproductive.



Let's Test Ourselves

Read each questions carefully , write the letter of the correct answer on the space provided for.

- _____ 1. Which of the following changes is not part of puberty?
- | | |
|-----------------|---------------------------|
| a. menstruation | c. enlargement of breast |
| b. menopause | d. hair on face and chest |
- _____ 2. How old is a boy when he experiences bodily changes?
- | |
|------------------------------|
| a. between 5 to 10 yrs. Old |
| b. between 9 to 10 yrs. Old |
| c. between 10 to 17 yrs. Old |
| d. between 7 to 17 yrs. old |

- _____ 3. Which of the following changes is experienced by a girl during puberty?
- a. enlargement of breast c. muscle develop
b. voice deepens d. broader shoulder
- _____ 4. How will you describe a boy of 11 or 12?
- a. broader shoulder c. menstrual flow starts
b. enlargement of breast d. rounder hips
- _____ 5. When do changes in the sex organs occur in boys and girls?
- a. during babyhood c. during adulthood
b. during puberty d. during pregnancy



Let's Do This

Write **BOY** or **GIRL** or **BOTH** to indicate who experiences the bodily changes described below.

- | | |
|---------------------------|---------------------------------|
| _____ 1. menstrual flow | _____ 6. hair in genital area |
| _____ 2. broader shoulder | _____ 7. hair on face and chest |
| _____ 3. adam's apple | _____ 8. increased height |
| _____ 4. bigger breast | _____ 9. rounder hips |
| _____ 5. hair in armpit | _____ 10. deeper voice |



Let's Do More

Draw a line to match the word being described.

- | | |
|--|------------------------|
| 1. periodic discharge of blood, tissue fluid, mucus, and surface cells from the uterus. | a. body odor |
| 2. appears as a projection in front of the throat, more prominent among males. | b. hair grow |
| 3. seen on both male and female during puberty especially in the pubic region and armpits. | c. breast |
| 4. an adolescent becomes more prone to having this condition when he/she does not take a bath everyday. | d. menstruation |
| 5. in females, these receive hormones during puberty, surrounding them with fat and developing the mammary glands. | e. adam's apple |

Science Fact File



We know that beautiful hair in a women can be very attractive, but we must assume that hair on human beings formerly played a more practical role than it does now. When a baby is born he is covered with a fine down. This is soon replaced by the delicate hair which we notice in all children. Then comes the age of **puberty**, and this coat which the person will have as an adult.

The development of this adult hair is regulated by the sex glands. The male sex hormone works in such a way that the beard and body hair are developed, while the growth of the hair on the head is inhibited, or slowed down in development.

The action of the female sex hormone is exactly the opposite! The growth of the hair on the head is developed, while the growth of the beard and body hair is inhibited, so women don't have beards because various glands and hormones in their bodies deliberately act to prevent this growth.

*The custom of shaving was introduced to England by the Saxons. Barbers first appeared in Roman times in 300BC. Nowadays, there is a great variety of facial hair-styles from **beards** and **moustaches** to the clean-shaven effect.*



Answer Key

Let's Try This:

GIRLS	BOYS
rounder hips	increased muscle mass
increased height	adam's apple
hair in genital area	increased height
hair in armpit	hair in genital area
bigger breast	deeper voice
reproductive organs develop	hair in armpit
menstruation	broader shoulder
	reproductive organs develop
	hair on face and chest

Let's Do This

1. GIRL
2. BOY
3. BOY
4. GIRL
5. BOTH

6. BOTH
7. BOY
8. BOTH
9. GIRL
10. BOY

Let's Do More

1. d
2. e
3. b
4. a
5. c

Let's Test Ourselves

1. b
2. c
3. a
4. a
5. b