



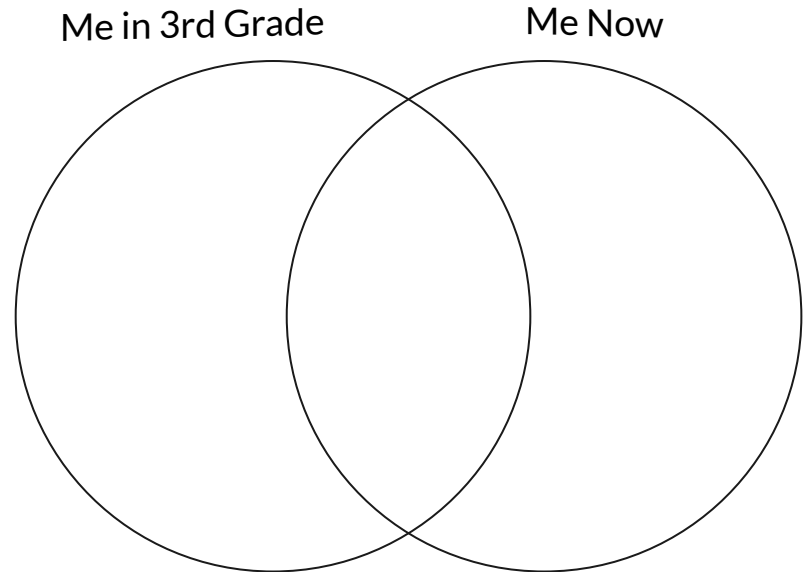
Changing Bodies and Relationships

Physical, Emotional, and Social Changes during Adolescence & Puberty



Then and Now

1. In each circle, add details about yourself. These can include:
 - a. Your height
 - b. Your shoe size
 - c. The things you enjoy doing
 - d. The things you enjoy eating
 - e. Or anything else that describes who you are
2. And details about how you are the same in the middle



Essential Questions



- How do I change during puberty?
- What are some challenges of being an adolescent?

If you need resources or support for your sexual health...

- **Talk to a parent/guardian or other trusted adult**
- **Call 2-1-1**
- **Visit 211sandiego.org**



Learning Intentions

- I can describe the emotional, social, and physical changes that people experience during puberty
- I understand that everyone grows and develops at different rates and times

Teaching Agreement

It's important to know that...

1. I am a mandated reporter, which means I'm required to report suspected abuse or neglect.
2. We will be examining sexual health through research, evidence, and scientific facts.
3. We will be learning and using accurate scientific terms for systems, processes, and anatomy that comes directly from the California Health Standards for 7th and 8th grade.
4. We will not be discussing our personal values or opinions about any of the topics.
5. **We will ensure a safe environment that is inclusive for all students**
6. We will focus on questions that relate to the science we are learning and encourage you to talk to your parent/guardian at home about your values and opinions when it comes to making choices.

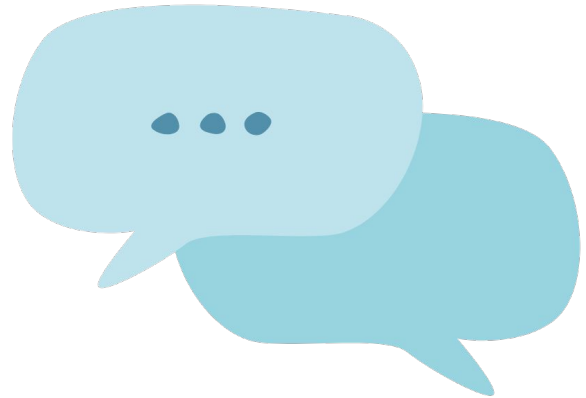
Questions to Discuss

What could be the impact of comparing myself to others?

What makes people feel good about themselves?

What can people do to feel better about themselves?

What can people do to help others feel better about themselves?



What are some changes kids go through during puberty?

Know Your Terms: Puberty and Adolescence



Puberty

- is a time of rapid growth and development.
- includes social changes, emotional changes, and physical changes.
- is experienced by every individual at a unique rate.

Adolescence

- is the phase of life starting at the beginning of puberty .
- is the time between childhood and adulthood.

A person going through puberty is called an **adolescent**.



What Changes do Adolescents Experience in Puberty?

Physical Changes How does the body change?	Social Changes How do relationships change?	Emotional Changes How do our feelings change?

Physical Changes

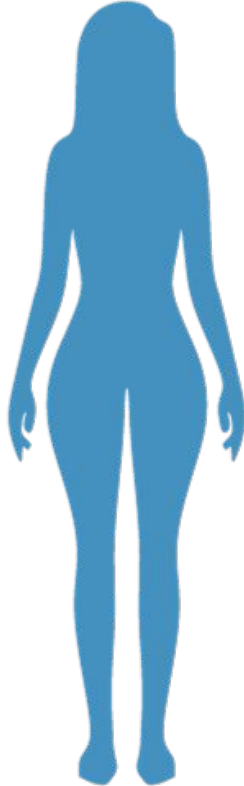
Breasts develop

Hips get wider

Menstruation
begins (periods)

Ovulation (eggs
released from
ovaries)

Vaginal
discharge



Voice changes

Acne (pimples)

Hair and skin get oily

Sweat glands develop,
more sweat and body odor

Grow taller

Hair grows in armpits,
groin, and other areas

Shoulders get wider

Start making sex hormones
(estrogen and
testosterone)



Hair grows on face

Penis and testicles
grow bigger

Erections (penis gets
hard)

Start producing
sperm

Ejaculation (sperm
released from penis)

Social Changes



Friendships become more important

Interested in dating

Wanting more independence

Taking on more responsibility at home or school

Looking for new experiences

Thinking about your identity

Emotional Changes



Shifts in mood

Sometimes feeling lonely and confused


Stronger feelings of wanting to be liked

Stronger feelings of wanting to fit in

Concerned about appearance

Sexual thoughts and feelings





Identifying Changes

In small groups:

1. Discuss the scenario on your card
2. Use the 3-column chart you created to describe the changes this student is experiencing
3. Be ready to share and discuss your answers

Michelle



Michelle started puberty in 4th grade and very quickly was the tallest girl in class. She would often slouch so that she didn't look as tall. Michelle would also wear loose sweatshirts to hide her growing breasts. Michelle felt angry some days, and felt weird and different from everyone else.

Now that she's an 8th grader, Michelle is still the tallest girl in class, but she's noticed that there are a lot of other kids who are almost as tall as her. Because of her height and size, Michelle has always been good at sports. She has always liked participating in sports, but now she's realized that her height is a good thing, and she is planning on trying out for the volleyball team.

Marcus



Marcus is a 7th grader who is friends with a girl in his class. Marcus has realized that he's interested in being more than just friends with this girl. He isn't sure what to do though, because he hasn't felt these feelings before about someone else.

Marcus finds himself taking much longer than he used to get ready each morning before school – he showers thoroughly because he always feels sweaty, makes sure his hair looks just right, spends time carefully selecting the right clothes and shoes, and even started shaving. Marcus wants to tell his friend that he likes her, but doesn't know what to say. He's embarrassed, feels like he doesn't know who to talk to about it, and is afraid if he does tell her, that she will say she doesn't feel the same way.

Alondra



Alondra is an 8th grader. Recently, she's noticed that she wants to spend more time than she used to with her friends after school. She likes spending time talking with her two best friends online, but also hanging out at one of their houses together. They talk about all sorts of subjects, like people they're interested in and why, and what it's going to be like going to high school next year.

This is causing a problem for Alondra. Her parents want her to spend more time at home. They expect her to help clean the house and watch her younger siblings. Alondra is frustrated and angry about this. She doesn't think it's fair, and is sure that none of her friends are going through this. They all just seem to have more fun than she does.

Exit Slip

Exit Slip

What are some of the changes that adolescents experience during puberty that you think are the most challenging?

Why is it important to understand that everyone grows and develops at different rates and times?



At Home Connection





At Home

Interview a parent or guardian, an older sibling, or other trusted adult about some of the experiences they had when they were your age. Ask them questions like:

- What year were you in 8th grade?
- What age do you remember being worried about what your friends thought of you?
- What was your most embarrassing moment in school?
- What do you feel pressured you in school?
- What made you feel good about yourself?
- Does our culture or family have any traditions that celebrate adolescence, or becoming an adult?

Think about other questions you have about adolescence and puberty that weren't answered today to share with your parents/guardians or other trusted adults

Sources



[WHO: Adolescent health](#)

[The Growing Child: Adolescent 13 to 18 Years | Johns Hopkins Medicine](#)

[Puberty, Developmental Processes, and Health Interventions - Child and Adolescent Health and Development - NCBI Bookshelf](#)