

Puberty

Change is Good



Essential Question

What does puberty mean?
What are the physical,
social, and emotional
changes that occur during
puberty?



SWBAT: Identify physical, emotional, and social changes that occur during puberty and determine ways to manage some of these changes.



Puberty

Puberty is something everyone goes through starting at around your age and over the teen years. It has to do with all the ways our bodies change to prepare us for becoming adults. This includes how we change emotionally-and socially-as well as physically.



What is the difference between physical, emotional, and social changes?



Physical changes of puberty-
what are bodies go through.

Emotional changes are the
ways in which we change
that has to do with our
feelings.

Social changes are ways in
which we change based on
the people we spend the
most time with.

CHANGES AHEAD



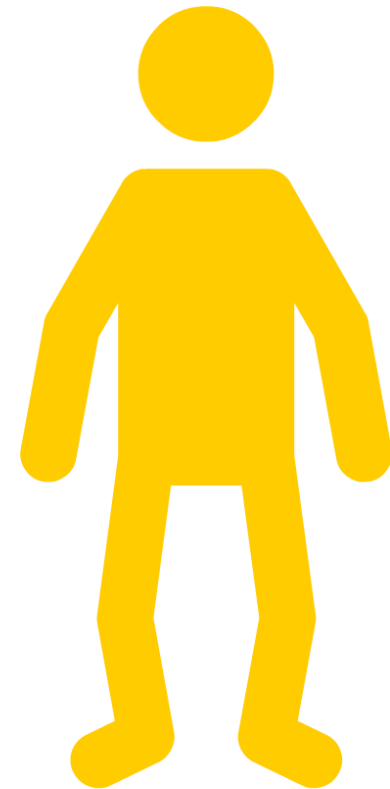
The Change Game

- I will divide you into groups.
- Each group will be given the “Changes of Puberty” cards.
- Examine the cards.
- Decide whether each statement is a physical, emotional, or social change.

See how many you can get correct

Physical Changes

- **Grow taller**
- **Voice deepens/Cracks**
- **Grow hair under arms, on legs, around genitals**
- **Get acne**
- **Hair texture may change**
- **Hips widen**
- **Muscle growth**
- **Sweat starts to smell**
- **Hormones surges can make your moods go up and down**
- **Weight gain**
- **Feel kind of clumsy/trip over your own feet**



Emotional Changes

- Anxiety and stress can increase
- Feel self-conscious about how your body looks
- Experience more intense feelings-happy one minute, upset the next
- Feel "paranoid"- "Everyone is looking at/talking about me!"



Social Changes

- Peer pressure increases
- More interested in being with friends
- Start become interested in others as more than friends/finding a boyfriend or girlfriend
- May have more conflict with parents
- May want to try different, sometimes riskier things

**SOCIAL
CHANGE
IS GOOD**

How do we manage these changes?

- I will assign your group a social or emotional change.
- Read the card and determine three suggestions for how kids going through puberty can manage that change.



Thumbs Up, Thumbs Down

- Everyone goes through puberty at the same time.
- Feeling happy one minute and sad the other is an emotional change that can occur during puberty.
- Getting taller is an example of a physical change that can occur during puberty.
- Everyone experiences all the changes we discussed today.
- Wanting to spend more time with friends is an example of a social change that can occur during puberty.
- Acne occurs if you eat too much junk food.

