



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:  
[www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

When it comes to puberty, change is the name of the game! Thanks to the release of hormones, your students experience many physical and emotional changes during puberty. These activities can help students figure out their changing bodies.

## Related KidsHealth Links

### Articles for Kids:

#### All About Puberty

[KidsHealth.org/en/kids/puberty.html](http://KidsHealth.org/en/kids/puberty.html)

#### Boys and Puberty

[KidsHealth.org/en/kids/boys-puberty.html](http://KidsHealth.org/en/kids/boys-puberty.html)

#### Girls and Puberty

[KidsHealth.org/en/kids/center/girls-puberty-center.html](http://KidsHealth.org/en/kids/center/girls-puberty-center.html)

### Articles for Teens:

#### Everything You Wanted to Know About Puberty

[TeensHealth.org/en/teens/puberty.html](http://TeensHealth.org/en/teens/puberty.html)

#### Sexual Health (dozens of articles)

[TeensHealth.org/en/teens/sexual-health](http://TeensHealth.org/en/teens/sexual-health)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. Hair growing in unexpected places? Smelling a little worse after gym class? Sounds like puberty! Let's list the changes that occur during puberty. What causes these changes? Which changes are the most difficult to deal with?
2. Entering puberty means that your body is ready to function like an adult's. What new responsibilities come with this development? How can you prepare yourself for these responsibilities?
3. Not all the changes of puberty are physical. Some changes are in your head! Puberty hormones can make you feel overly emotional. Discuss strategies for dealing with your emotions when they get out of hand.



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Hormone Olympics

#### Objectives:

Students will:

- Learn about the role of hormones in puberty

#### Materials:

- Computer with Internet access
- Word processing program, or pen or pencil and paper

#### Class Time:

90 minutes

#### Activity:

“This is a live report from the Human Body Olympics! The esophagus just placed first in Swallowing, and the quadriceps scored a bronze medal for the leg muscle team in Flexing. Up next ... the Puberty events! Stay tuned to find out which hormone is favored to win the gold!”

As a reporter for Human Body Radio, you’ve been selected to cover the world-famous Human Body Olympics. In your next news report, your boss wants you to speculate about which hormone might take the gold medal for the Puberty games, which include events like Voice Change and Growth Spurt. Before you get started, check out the KidsHealth.org articles to find out about the role of hormones in causing the changes of puberty. Then select one hormone that you feel deserves to win the gold medal for contributing the most to the body’s development during puberty. Finally, write your news report about your prediction for the gold medal winner, including this information:

- The hormone you selected
- How the hormone is released
- What the hormone does
- Why you think this hormone should win the gold



## You Can't Embarrass Emily!

### Objectives:

Students will:

- Explore the physical changes of puberty

### Materials:

- Computer with Internet access
- "You Can't Embarrass Emily!" handout

### Class Time:

1 hour

### Activity:

Let's face it, puberty can be pretty embarrassing, from strange bodily fluids to stinky smells! That's why you're going to write an advice column called "You Can't Embarrass Emily." Kids and teens can write to Emily to ask all of their awkward questions about puberty, and she refuses to be embarrassed! Before you start writing this week's column, you need to open the mailbag! Check out the letters sent to Emily on the "You Can't Embarrass Emily!" handout, and select which letter you'll answer. Then do some research about that topic at KidsHealth.org. Now you're ready to answer as Emily! Your letter should include:

- An explanation of the changes the writer is experiencing
- What the writer can do about the changes

Remember, each letter written by Emily is supposed to help kids and teens understand that the changes they're experiencing are normal, so make sure to be reassuring!

## Reproducible Materials

### Handout: You Can't Embarrass Emily!

[KidsHealth.org/classroom/6to8/personal/growing/puberty\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/personal/growing/puberty_handout1.pdf)

### Quiz: Puberty

[KidsHealth.org/classroom/6to8/personal/growing/puberty\\_quiz.pdf](http://KidsHealth.org/classroom/6to8/personal/growing/puberty_quiz.pdf)

### Answer Key: Puberty

[KidsHealth.org/classroom/6to8/personal/growing/puberty\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/6to8/personal/growing/puberty_quiz_answers.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## You Can't Embarrass Emily!

Instructions: Imagine you're "Dear Emily," the greatest advice columnist ever. You're accurate, funny, and you refuse to be embarrassed when kids and teens write in with their awkward questions about puberty! Select one of the letters below, do some research at KidsHealth.org, and write a reassuring response. Be sure to include an explanation of the changes the writer is experiencing and what the writer can do about them.

# DEAR EMILY



Dear Emily,

I'm so mortified. As if it wasn't bad enough that my breasts have been sore for weeks, now they are two different sizes! I'm never going to be able to wear a bathing suit in the summer. What's going on, and what can I do about it?

Sincerely,  
Unbalanced Uma

Dear Emily,

I'm embarrassed to even leave the house these days. Not only do I have pimples all over my face, but they're on my back and chest, too. Yuck! What causes these nasty bumps, and how can I get rid of them?

Sincerely,  
Bumpy Bella

Dear Emily,

This puberty thing is so humiliating! I woke up the other night with my underwear and my bed all wet! What's going on, and is this going to keep happening to me?

Sincerely,  
Wet Wayne

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***"This puberty thing is so humiliating!"***

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Dear Emily,

Wow, after I play basketball these days, I am stinking myself out! I've got a serious smell coming from my body. Why am I suddenly smelly, and what can I do to get rid of the odor?

Sincerely,  
Stinky Stan

Dear Emily,

I finally got my period for the first time about 6 months ago, but it's certainly NOT on a 28-day cycle! After I first got it, I missed a month and then I had two periods with hardly any time in between! Is something wrong with me? Will I ever be regular?

Sincerely,  
Irregular Irene



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

- When your body reaches a certain age, your brain releases a special hormone that starts the changes of puberty, called:
  - gonadotropin-releasing hormone
  - luteinizing hormone
  - follicle-stimulating hormone
- The \_\_\_\_\_ gland is a pea-shaped gland that sits just under the brain and releases puberty hormones.
- True or false: Estrogen is the hormone that causes most of the changes in a guy's body during puberty. T F
- \_\_\_\_\_ is a condition of the skin that shows up as different types of bumps.
- Why do teens develop body odor when they enter puberty?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- List four changes that occur during puberty:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- During the menstrual cycle, an egg comes out of an \_\_\_\_\_ and begins a trip through the fallopian tube to the uterus.
- An \_\_\_\_\_ is when the penis fills with blood and becomes hard.
- True or false: Growth during puberty is the last time your body grows taller. T F
- Which part of a guy's body produces sperm?
  - penis
  - testes
  - epididymis
  - vas deferens



## Answer Key

- When your body reaches a certain age, your brain releases a special hormone that starts the changes of puberty, called:
  - gonadotropin-releasing hormone
  - luteinizing hormone
  - follicle-stimulating hormone
- The pituitary gland is a pea-shaped gland that sits just under the brain and releases puberty hormones.
- True or false: Estrogen is the hormone that causes most of the changes in a guy's body during puberty. T  F
- Acne is a condition of the skin that shows up as different types of bumps.
- Why do teens develop body odor when they enter puberty?  
*As you enter puberty, the puberty hormones affect glands in your skin, and the glands make chemicals that smell bad.*
- List four changes that occur during puberty:  
*Any four of the following: production of testosterone and sperm, production of estrogen, growth spurt, weight gain, guys become more muscular, guys' voices get deeper, lengthening and widening of penis, enlargement of testes, girls become curvier, girls gain weight on hips, breasts develop, menstruation starts, hair growth, acne, body odor, vaginal discharge, erections, nocturnal emissions*
- During the menstrual cycle, an egg comes out of an ovary and begins a trip through the fallopian tube to the uterus.
- An erection is when the penis fills with blood and becomes hard.
- True or false: Growth during puberty is the last time your body grows taller.  T  F
- Which part of a guy's body produces sperm?
  - penis
  - testes
  - epididymis
  - vas deferens