

# New Me PUBERTY JOURNAL

Name

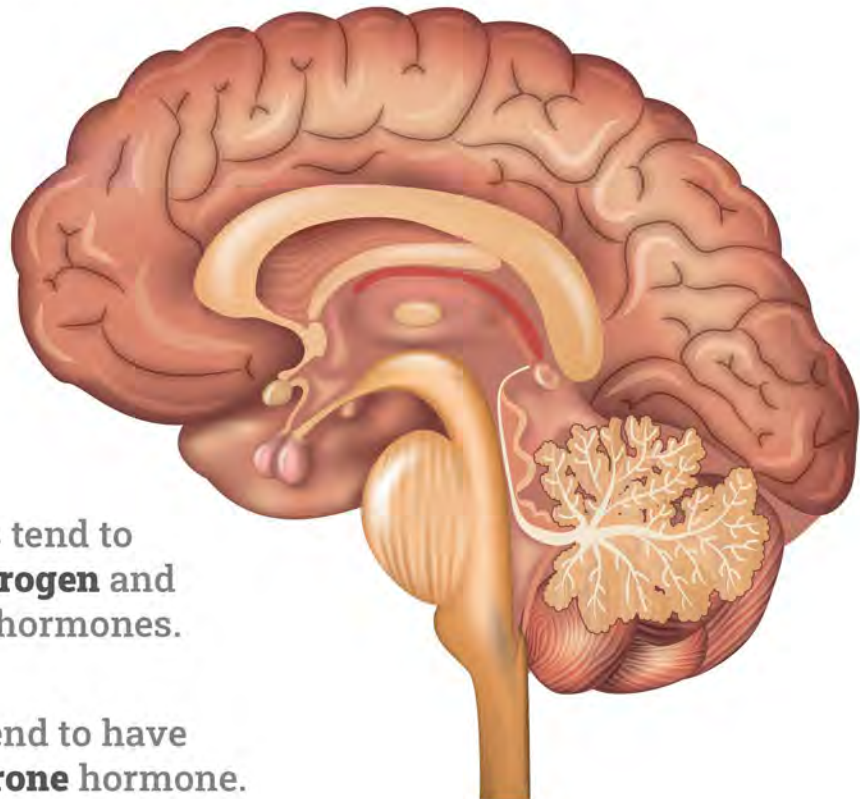


# Puberty: Quick Facts

Puberty is the bridge between childhood and adulthood.

- Puberty can start as early as \_\_\_\_\_ years old or as late as \_\_\_\_\_ years old.
- The average age to start puberty is \_\_\_\_\_ years old.
- Puberty lasts for about \_\_\_\_\_ years.

The \_\_\_\_\_ in the brain signals the production of new hormones or chemicals in the body.

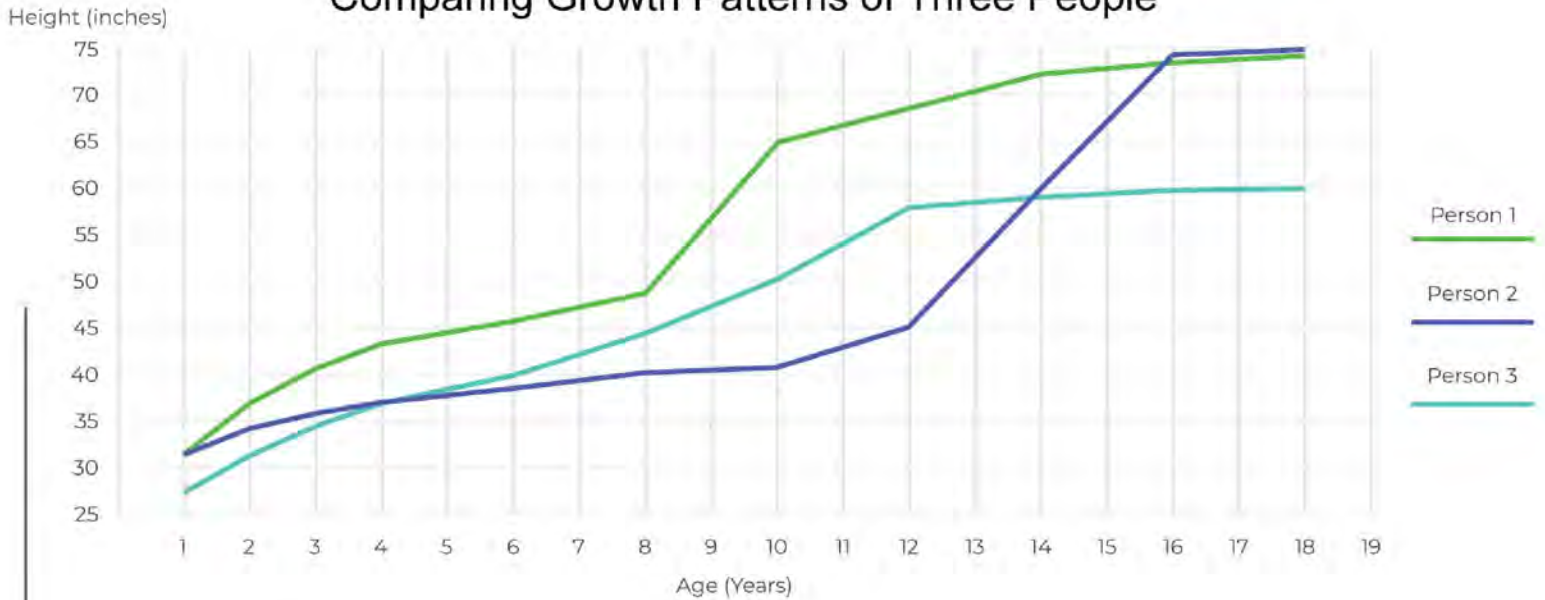


Female bodies tend to have more **estrogen** and **progesterone** hormones.

Male bodies tend to have more **testosterone** hormone.

# Growth

## Comparing Growth Patterns of Three People



### Analyzing the data:

● What do you notice about these growth patterns?

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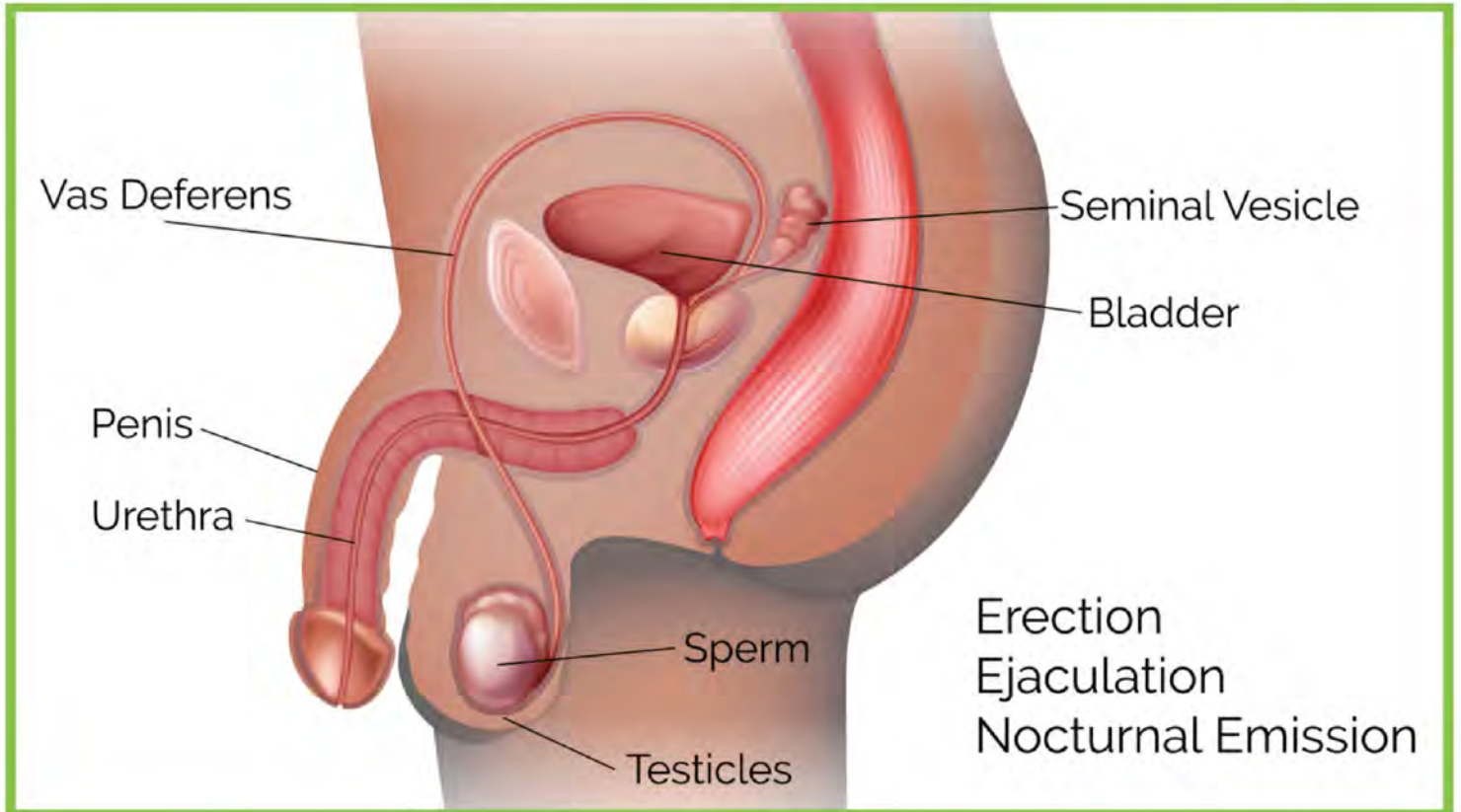
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# Anatomy of the male body



● The male body reproductive cell is called: \_\_\_\_\_

## Notes/questions

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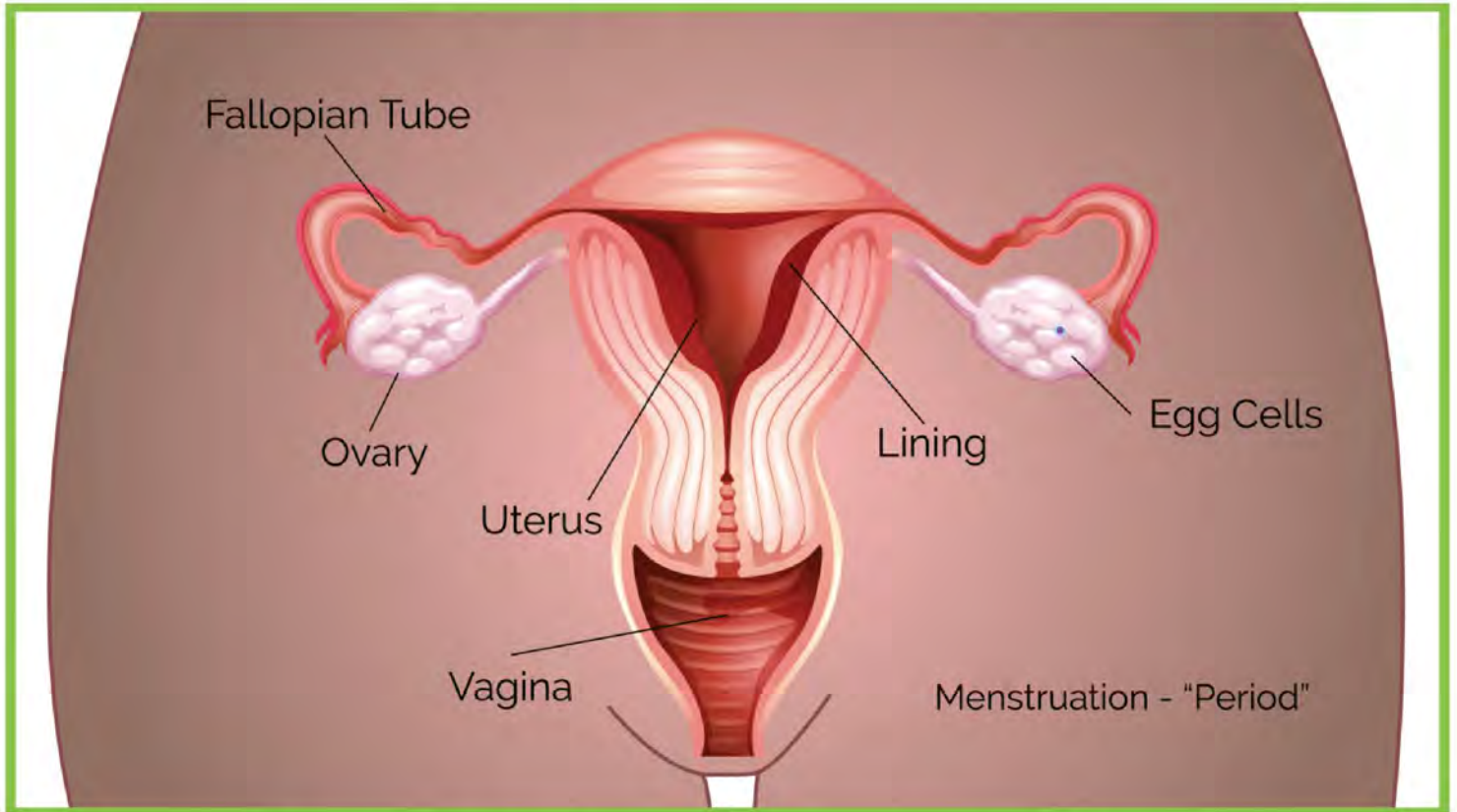
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# Anatomy of the female body



Draw the actual size of a human egg in the box.



● The female body reproductive cell is called: \_\_\_\_\_

**Notes/questions**

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# Emotional and Interest changes

It's important to have supportive people to talk to, if needed.  
Circle anyone on this list you would feel comfortable talking to.

- friend
- family member
- teacher
- school counselor
- school nurse
- doctor
- therapist
- youth organization leader (a coach, counselor, etc.)

Remember to never hurt yourself or someone else.  
Talk with a trusted adult if you need help.

Interests change your entire life. What are three things about growing up you're looking forward to or would like to try?



# Acne, Body odor and Body hair

## ● What causes acne and how can you manage it?

How do you manage acne: \_\_\_\_\_

Hormones make more oil on your skin which mixes with bacteria and dirt on your skin to form mini infections – zits.

## ● Body odor is because of bacteria, NOT sweat by itself.

To prevent body odor, wash your body everyday, wear deodorant or antiperspirant, and change all of your clothes everyday.

TIP: If you choose to wear cologne or perfume, only wear a small amount.

## ● Body hair: It grows everywhere and is normal!

Notes: \_\_\_\_\_

# Vocabulary

## Female Bodies

Breast development

Ovulation

Menstruation

## All Bodies

Growth

Voice changes

Body shape changes

Interest & Emotional changes

Acne

Body odor

Body hair

## Male Bodies

Sperm production

Erection

Ejaculation

Nocturnal emission

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### Additional resources:

<http://www.girlshealth.gov/body/puberty/index.html>

<http://kidshealth.org/teen/>