

Puberty and Social Challenges

6.ICR.3.1

Adolescence



Adolescence- The timeframe of growth and development beginning with puberty and continuing until about 19-22 years of age. The period in life where the body becomes physically mature.

- Physical
- Mental
- Emotional
- Social

❖ Adolescence is NOT completed until these are completed

When does puberty occur?

- Most begin between ages 9 and 13
 - Boys- early as 10, late as 18
 - Girls- early as 8, late as 16
- ** Girls average puberty TWO years before boys

What happens physically to biological males during puberty? (Secondary Sexual Characteristics)

Physical Changes

- Full genital development (penis and testicles get bigger)
- Shoulders widen
- Weight increases
- Growth of pubic hair
- Growth of body hair (underarms, face, chest, back)
- Production of testosterone (male sex hormone)
- Produces sperm
- Nocturnal ejaculations (wet dreams)
- Enlargement of the larynx (causing a deepening of the voice)
- Skin get oily (acne)-due to hormones being produced
- Sweat glands develop

What happens physically to females during puberty? (Secondary Sexual Characteristics)

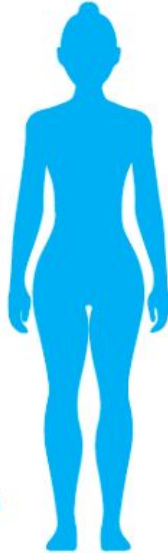
Physical Changes

- Full development of internal and external reproductive organs
- Breast development
- Wider hips
- Increased level of body fat
- Growth of pubic hair
- Growth of body hair (armpits, legs)
- Sweat glands develop
- Skin gets oily (acne)-due to hormones being produced
- Produce estrogen and progesterone (female sex hormones)
- Ova begin maturing
- Menstrual cycle/menstruation
- Growth increase

Puberty Changes You'll Notice

Girls

- Breasts begin to develop and grow
- Vaginal discharge begins
- Body becomes curvy as hips widen



Girls & Boys

- Emotions and feelings may seem stronger
- Brain development improves the way you think and understand
- New feelings of attraction may begin
- You grow taller and heavier as bones increase in size
- Hair and skin become oily, spots may develop
- Sweating increases
- Body hair grows – e.g. legs, pubic, facial

Boys

- Adam's apple enlarges
- Voice deepens
- Penis and testicles grow



Mental Changes

- Intellectual Development
- Identify Development
- Think Abstractly
- Self Motivation
- Determine Right from Wrong
- Reasoning Ability
- Focuses on Self and Limit Possibilities
- Thinks more about the future

Emotional Changes

- Sometimes feel lonely and confused
- Increased Maturity
- Changing and new attitudes
- Formation of new values
- Increased feeling of stress may occur
- Anxiety due to new threats of self- esteem
- Love Relationships (sexual feelings and thoughts)



Social Changes

- Friendships become more important
- Wanting to fit in
- Wanting to be liked
- Interested in dating
- Learning new social behaviors
- Self conscious about appearance and behavior
- Love interests

Hormones

Hormones are regulated by the Endocrine system

- Pituitary Gland
 - Regulates growth
 - Initiates the beginning of Puberty

Males: Testes produce testosterone

- Maintain secondary sexual characteristics
- Stimulate sperm production

Female: Ovaries produce Estrogen & Progesterone

- Maintain secondary sexual characteristics
- Regulate reproductive cycle
- Menstruation



Do NOT Worry!

- Puberty is a NATURAL part of the life cycle
- This can be an exciting time of your life and lead to taking on more responsibilities as a maturing young adult.