

Session  12

PUBERTY AND GROWING UP: PART 1

Objectives

At the completion of Sessions #12 and #13, youth will:

1. Describe the basic physical changes that occur on the outside of the body during puberty,
2. Describe the basic physical changes that occur in the inside of the body during puberty,
3. Describe the basic emotional changes that occur during puberty, and
4. Identify ways to manage or handle these changes.



Time

One hour

Materials

- | | |
|--|---|
| <input type="checkbox"/> sign-in sheet | <input type="checkbox"/> snacks |
| <input type="checkbox"/> flipchart paper | <input type="checkbox"/> markers |
| <input type="checkbox"/> tape | <input type="checkbox"/> pencils or pens |
| <input type="checkbox"/> girl and boy body outlines on flipchart paper | <input type="checkbox"/> “Find Someone Who” handout |
| <input type="checkbox"/> sanitary napkin and tampon | <input type="checkbox"/> puberty pamphlets |
| <input type="checkbox"/> “Background Information for the Facilitator” | <input type="checkbox"/> Family Activity worksheet |



Preparation

1. Gather the materials listed for this session including an appropriate number of puberty pamphlets.
2. Write session learning objectives on flipchart paper. The learning objectives for Session #12 will be the same as the objectives for Session #13.
3. Make a copy of the “Find Someone Who” handout for each youth.
4. Draw an outline of a boy’s body and a girl’s body on two separate pieces of flipchart paper.
5. Study the “Background Information for the Facilitator” at the end of this session.
6. Make a copy of the Family Activity worksheet for each youth.



Procedure

Introduction (5 minutes)

1. Welcome the youth. Ask them to tell you what they remember about gender from last week’s session. Take a few responses.
2. Tell the youth that today and next week we are going to talk about puberty and all the changes that people their age go through.
3. Review the learning objectives (written on flipchart paper) for this session and next week’s session with the youth.

Find Someone Who ... Energizer (10 minutes)

1. Tell the youth that you want to give them an opportunity to get to know each other even better. Distribute the “Find Someone Who ...” handout and a pencil to each youth. Tell the youth that they have three minutes to get signatures from others in the room. In order to get a signature, a person has to find another person who has the characteristic or qualities represented in one of the nine squares on the handout. For example, if you find someone who knows how to ride a bicycle, ask him or her to sign in that box. Each youth can only sign another person’s handout once. Encourage youth to get as many signatures as they can. The facilitator may want to quickly explain what each picture represents before starting the activity.

*Do you...?
Were you...?*

2. After three minutes, ask youth to find their seats. Call out each of the characteristics/qualities in each of the boxes and find out how many youth received signatures by a show of hands. Make sure to end on the last box representing children talking with their parents about sexuality/puberty.
3. Acknowledge that some youth may have already spoken with their parents about puberty and sexuality, and congratulate them for doing so. Tell the youth that they will learn a lot of new information today and next week and encourage them to share what they have learned with their parents. Remind youth that their parents will be invited to an evening workshop to also learn more about puberty.

Defining Puberty (5 minutes)

1. Write the word “puberty” on flipchart paper. Ask youth to tell you what comes to mind when they hear or see the word “puberty.” Record their responses on flipchart paper. Be sure that the group has a good definition of puberty before moving on to the next step of this activity.

PUBERTY is the time in a human being’s life when he or she changes from boyhood or girlhood to manhood or womanhood. This is the period of time in a person’s life when it becomes physiologically possible to reproduce. Puberty usually begins between the ages of 9 and 16 years. Your body will know when it’s the right time for you to begin puberty. Generally, boys begin puberty about two years after girls. Puberty is not a month-long process; it actually takes several years to complete all the changes.

2. Tell the youth that puberty can be an exciting time; it can also be confusing, awkward and scary for young people. Asking questions about puberty during today’s session and talking with your parents are two ways to better understand the changes your body is making. Learning more about your body can help you feel more comfortable about growing up.

Physical and Emotional Changes (30 minutes)

1. Tell the youth that they will learn about the physical and emotional changes that occur during puberty. Draw and post outlines of boy’s and girl’s bodies, each on its own flipchart paper. Each drawing should be large enough to fill the length of a piece of flipchart paper. (See sample body outlines at the end of this lesson plan.)

2. Ask the youth to give you some examples of the physical and emotional changes that occur during puberty. As each youth mentions a change, ask him or her to choose a marker and come to the front of the room to draw that change in the diagrams. If the change is something that occurs in both boys and girls (i.e. underarm hair), ask them to draw the change on both diagrams.



Facilitator Note:

The facilitator may want to help the volunteer youth who is uncomfortable drawing genitals or other body parts.

Remind the youth that the physical changes that occur during puberty can occur inside and outside the body. Emotional changes such as wanting to “be more independent” may more easily be written as a short phrase as opposed to being drawn.



Facilitator Note:

Youth may find it difficult to find the words to express emotional changes occurring during puberty. The facilitator may want to write some of these changes (see “Background Information for the Facilitator”) on laminated index cards and give these cards to a few youth to post on or near the body outlines.

3. As youth mention and draw changes, the facilitator should take the opportunity to explain why these changes occur (refer to “Background Information for the Facilitator”). In some cases, the facilitator may want to explain what should be done to handle or manage these changes. For example, to deal with an increase in perspiration, take regular showers or use a mild deodorant. Youth may especially want to know how to cope with emotional changes. For example, to deal with an increased need to be independent, youth may want to initiate a conversation with their parents to talk about their wish to take on more responsibility and be more independent.

Refer to “Background Information for the Facilitator” for a list of physical and emotional changes occurring during puberty.

Show youth a tampon and a sanitary pad when the topic of menstruation is discussed.

Pamphlets (5 minutes)

1. Distribute puberty pamphlets to the youth. Ask youth to read these pamphlets when they get home.
2. Distribute Family Activity worksheet to the youth. Ask them to talk with their parents about the questions on the worksheet and then record some notes on what they talked about with their parents. Ask the youth to bring the worksheet to the next session.



Facilitator Note:

Depending on your budget, you may want to offer a small incentive to those youth who complete the Family Activity worksheet.



Summary (5 minutes)

1. Ask the youth to think about one advantage of going through puberty and one new responsibility they will have as they grow into adulthood. Ask them to write their thoughts on paper. Ask a few youth to share their thoughts.
2. Summarize by saying that puberty can be an exciting time in a young adult's life. It's the time when your body makes many changes — both physical and emotional — to prepare for adulthood. There is a lot to know about your body and how it works. Today we had the opportunity to start learning about all those changes. Your parents can teach you even more.
3. Tell the youth that next week we are going to play “Puberty Jeopardy” and watch a video about puberty. We are also going to look at some diagrams that show us what the insides of women's and men's bodies look like. We will have time for all of their questions.
4. Thank the youth for their participation.

◆ Background Information for the Facilitator ◆

The Pituitary Gland and Hormones

In both boys and girls, puberty starts with the release of hormones from the **pituitary gland** — a pea-shaped gland located in the brain. **Hormones** are chemical messengers that allow different parts of the body to communicate with each other. In girls, the pituitary gland sends a message to the ovaries to start releasing another hormone called **estrogen**. In boys, the pituitary gland sends a message to the testicles to start producing the hormone called **testosterone**. These hormones are responsible for many of the changes associated with puberty.

Ovulation and Menstruation

In girls, hormones released from the pituitary send a message to the **ovaries** — two grape-sized organs located in the lower pelvic region of the woman. The ovaries in turn begin to release estrogen, which in turn leads to the release of **ova or eggs** — the female reproductive cell. This process is called **ovulation** and occurs about once a month. Baby girls are actually born with all the eggs they will need in a lifetime. However, it is not until puberty that these eggs become mature and are released from the ovary.

Once ovulation occurs, the egg is caught by the **fallopian tube** which helps to move the egg down to the uterus. The **uterus or womb** is a pear-shaped muscular organ where a fertilized egg can develop into a **fetus**. (The fetus actually grows in a mother's uterus, not her stomach!)

During the month, the **endometrium lining** inside the uterus is thickening. If an egg cell is **fertilized** by a man's sperm cell, it implants itself in this nourishing lining in the uterus. The fertilized egg would take about 40 weeks to develop into a baby. However, most of the time the egg will not be fertilized, the thick lining will not be needed, and the lining will slough off the sides of the uterus and out of the body through the **cervix** (mouth of uterus leading to the vagina) and then the **vagina**. This process is called **menstruation**.

Menstruation lasts somewhere between 3-7 days. The blood that is lost during menstruation is caught with a **tampon** or a **sanitary napkin**. (The facilitator may want to have samples of these items to show youth (or parents) and explain exactly how they work.)

Some girls and women may experience **PMS** — **pre-menstrual syndrome**. Some of the symptoms of PMS include cramping, backache, and bloating. These symptoms can be relieved by limiting salt intake, drinking plenty of water, getting light exercise (stretching, yoga, brisk walk), applying heat through a hot water bottle or heating pad, or taking a pain reliever. (Youth should be encouraged to ask their parents before taking any medicine.)

Ejaculation

In boys, the pituitary gland sends a message to the **testicles** to start releasing more **testosterone**. In turn, the testicles begin to produce **sperm** — the male reproductive cell. The testicles, two walnut-sized glands, are protected by a sac called the **scrotum**. The scrotum helps to regulate the temperature of the testicles. Testicles need to be kept slightly cooler than the rest of the body. Sperm from the testicles move to the **epididymis** where they mature. In an **ejaculation**, sperm from the epididymis moves through the **vas deferens** to collect **semen** — a whitish-yellow fluid that nourishes the sperm. Semen is a combination of fluid produced from three glands — the **prostate**, the **seminal vesicles**, and the **Cowper's glands**. Sperm makes up about 1% of the ejaculatory fluid; the rest of the fluid is semen. In each ejaculation there are about 250 million sperm!

For ejaculation to occur, the **penis** must be **erect**. A penis can become erect in reaction to cold or urge to urinate, during sleep cycles, and from sexually arousing thoughts or images. During puberty, erections can occur for no particular reason and without warning. Inside the penis are three large vesicles that engorge with blood during sexual excitement. The penis becomes hard or erect because of the rush of blood that fills the penis. The semen is ejaculated through the **urethra** — the same tube that allows for **urination**. A male cannot ejaculate and urinate at the same time. Nature devised a special valve that shuts off the possibility of urination during ejaculation.

During puberty, it is not unusual for a boy to experience a **wet dream** — an involuntary release of semen that occurs while a boy is sleeping.

Fertilization

Fertilization occurs when the sperm meets the egg. Usually this occurs during **sexual intercourse** when the penis is inserted inside the vagina and an ejaculation occurs. This is called sexual intercourse. The consequences of sexual intercourse can be very big! An individual should not have sexual intercourse unless she/he is emotionally, physically, mentally, and financially ready.

Sperm swim through the vagina and uterus to find an egg in the fallopian tube. Sperm can live about 3-5 days inside a woman's reproductive system. So, if the egg is not present at that particular moment, the sperm may be able to fertilize an egg released in the following days.

An egg is fertilized in the fallopian tube. Within a few days, it attaches itself to the thickened lining of the uterus. It takes about 40 weeks for the fertilized egg to become a fully developed baby.

A Note on Circumcision

Circumcision is the name of the surgical procedure that removes the loose skin (**fore-skin**) that covers the tip of the penis. Circumcision is usually done at birth. Circumcision is done because of custom, religious reasons, or for the ease of cleaning. Boys with uncircumcised penises should clean the tip of the penis by pulling back the loose skin and washing while in the shower or taking a bath.

Physical Changes During Puberty Include:

Girls and Boys	Girls	Boys
<p>Reproductive hormones become more active Hormone production from pituitary gland in the brain starts the puberty process — estrogen produced by ovaries and testosterone produced by testicles).</p>	<p>Growth of breasts Preparing for child birth. Breasts may not be symmetrical; this is normal.</p>	<p>Growth of genitals Testicles, penis</p>
<p>Reproduction becomes possible Eggs are matured and released by ovaries; sperm is produced in testicles.</p>	<p>Darkening of nipples</p>	<p>Production of sperm (See Background Information for the Facilitator.)</p>
<p>Growth spurt Height and weight</p>	<p>Rounder and broader hips Preparing for child bearing.</p>	<p>Ejaculation becomes possible (See Background Information for the Facilitator.)</p>
<p>Increased growth of hair Pubic, legs, arms, armpits</p>	<p>Ovulation and Menstruation (See Background Information for the Facilitator.)</p>	<p>Wet dreams (See Background Information for the Facilitator.)</p>
<p>Change in underarm smell Increase in perspiration allows for a good bacteria growing environment, which causes an odor.</p>		<p>More Erections (See Background Information for the Facilitator.)</p>
<p>Acne Due to changes in hormones and increase in oil production from glands in skin; rarely due to diet.</p>		<p>Broadening of shoulders</p>
		<p>Deepening of voice (Girls' voices actually deepen too, but not as dramatically as boys.)</p>

Emotional Changes During Puberty Include:

- Increased attention to physical appearance
- Interest in romantic love; possibility of feeling a “crush” for someone
- Increased need for independence
- Curiosity about bodies and how they work
- Masturbation
- Unpredictable changes in mood
- Desire to be accepted, liked by peer group

Changes That Occur During Puberty & How to Deal with Them

Change	What You Can Do
Acne	<ul style="list-style-type: none"> • Eat a balanced diet. • Get some exercise every day. • Drink plenty of water (6-8 glasses a day). • Ask your parent to help you choose an over-the-counter acne soap or medication. • See your doctor for advice.
Underarm Odor	<ul style="list-style-type: none"> • Bathe regularly. • Change your clothes regularly. • Ask your doctor or parent to help you chose an antiperspirant deodorant
Growing Breasts	<ul style="list-style-type: none"> • Some girls find it more comfortable to wear a bra as their breasts get bigger. Ask your parent to help you choose one that is right for you.
Period	<ul style="list-style-type: none"> • Be prepared with a pad or tampon wherever you think you'll need one. Keep one in your backpack or purse if you think you may get your period while at school.
Pre-Menstrual Syndrome or PMS	<ul style="list-style-type: none"> • Do some gentle exercise like walking or stretching which helps to relieve muscle cramps. • Drink plenty of water (6-8 glasses a day). • Avoid salty foods (i.e., potato chips) and foods with caffeine (i.e., coffee, chocolate) before you get your period. • Use a hot water bottle or heating pad to help relieve muscle aches. • Take a warm bath. • Ask your parent for advice on taking a pain reliever.
Erections	<ul style="list-style-type: none"> • Sometimes erections can be unpredictable during puberty. Erections may or may not be connected to sexual thoughts. Remember, your body is getting used to all the new hormones in your body. This is all normal. • You may think everyone can notice, but it's more likely that they cannot. • Erections can go away pretty quickly on their own. • Most of your peers are experiencing the same thing. • Talking about your feelings to a friend, older brother, or parent may make you feel better.

Changes That Occur During Puberty & How to Deal with Them

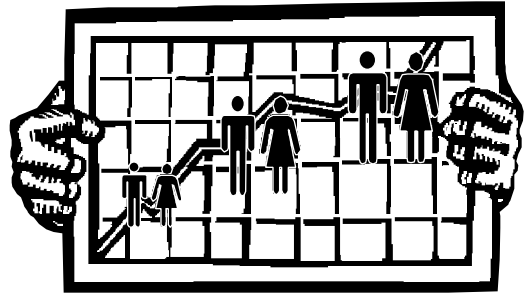
Change	What You Can Do
Wet Dreams	<ul style="list-style-type: none"> • Wet dreams are normal during puberty and even during adulthood. • If it makes you feel better, you can tell your parents that you prefer to change and wash your own bed sheets. • Most of your peers are experiencing the same thing. • Talking about your feelings to a friend, older brother, or parent may make you feel better.
Increased Attention to Physical Appearance	<ul style="list-style-type: none"> • Part of looking good is being healthy and clean and feeling strong. Eat a balanced diet, get regular exercise and bathe (and wash your hair) regularly. • Ask your parent to help you buy some fashionable clothing that you will feel comfortable wearing.
Interest in Romantic Love	<ul style="list-style-type: none"> • Romantic interest in the opposite or same sex is normal. These feelings are new for young adults going through puberty and can sometimes feel exciting, but also confusing. This is all normal. • Most of your peers are experiencing the same thing. • Talking about your feelings to a friend, older brother, or parent may make you feel better.
Increased Need for Independence	<ul style="list-style-type: none"> • Parents or teachers may be nervous about your new independent role because they care about you and want to protect you. • You can gain their trust by taking small steps towards independence. • Demonstrating responsibility and honesty will help to establish trust, and your parents will be more likely to let you have more independence. • Having sex, using drugs and/or smoking DO NOT mean you are more independent or an adult.
Masturbation	<ul style="list-style-type: none"> • It's normal to masturbate; it's also normal not to masturbate. • Masturbation should be done in a private place.
Unpredictable Changes in Mood	<ul style="list-style-type: none"> • Unpredictable changes in mood are normal during puberty. • Talking about your feelings to a friend, older brother, or parent may make you feel better. • Find some ways that help you relax such as listening to music, spending some time alone, exercising, drawing, etc.

Changes That Occur During Puberty & How to Deal with Them

Change	What You Can Do
Desire to be Accepted and Liked by Your Peer Group	<ul style="list-style-type: none">• Self-respect and self-esteem come from being true to your values and beliefs.• Be clear about what values are important to you.• Don't do something that feels uncomfortable just to fit in with a group.• Use assertive communication to tell your peers what you are willing and not willing to do.• Ask your parents for support.

◆ Family Activity ◆

Puberty



My name is _____

Today's date is _____

1. Tell your parent that you learned about puberty today. Ask your parent to tell you what puberty was like for him or her when he or she was your age. Write what your parent says here:

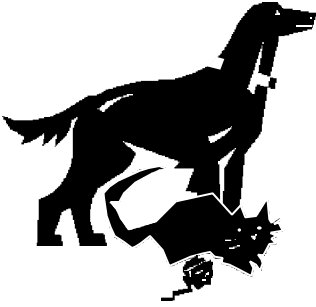
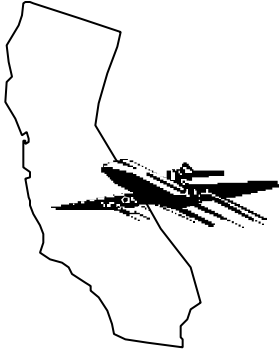
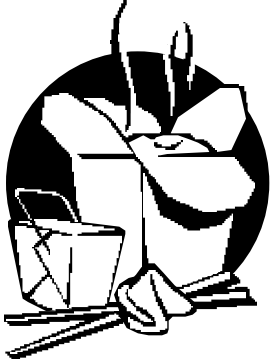
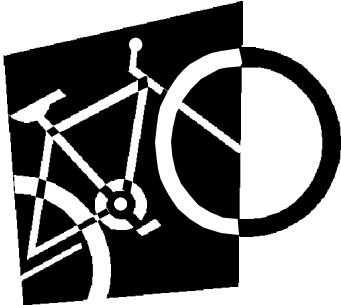
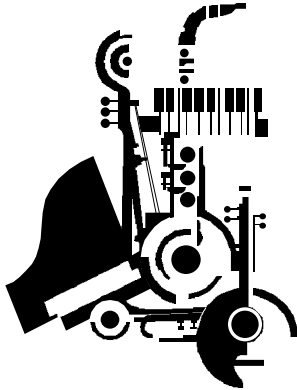

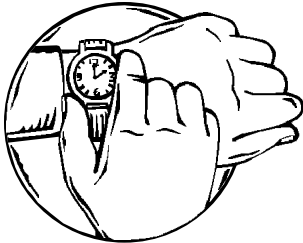

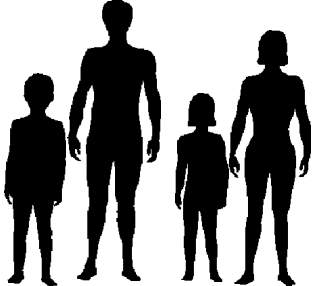
2. Ask your parent what she/he thinks you should know about puberty and growing up. Write what your parent says here:

3. Show your parent the pamphlet you got at the *Wait for Sex* session. Read the pamphlet together. What did **you** like best about the pamphlet? Write your answer here:

What did **your parent** like best about the pamphlet? Write his or her answer here:

Find Someone Who....

Instructions: Find someone who has one of the characteristics described in each of the nine boxes below. Once you find that person, ask him or her to sign the box. How many signatures can you get?

 <p>Has a pet at home (dog, cat, bird, fish...)</p>	 <p>Was born outside of California</p>	 <p>Likes Chinese Food</p>
 <p>Knows how to ride a bicycle</p>	 <p>Plays a musical instrument</p>	 <p>Likes to dance</p>
 <p>Is wearing a wristwatch</p>	 <p>Has a trophy or award at home</p>	 <p>Has talked to his/her parent about puberty</p>

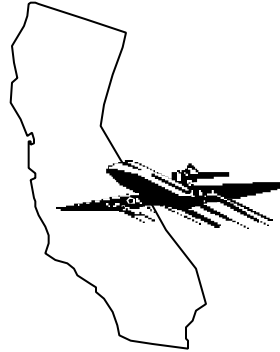
La Búsqueda

Las Instrucciones: Para cada cuadro, busque a una persona quien tiene la característica escrito. Obtenga la firma de una persona diferente para cada cuadro. ¿Cuántas firmas pueda obtener?

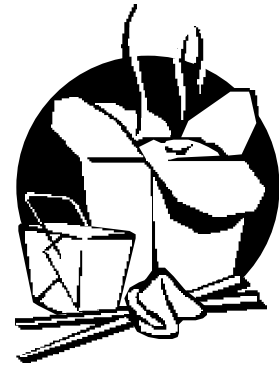
Busque a alguien que...



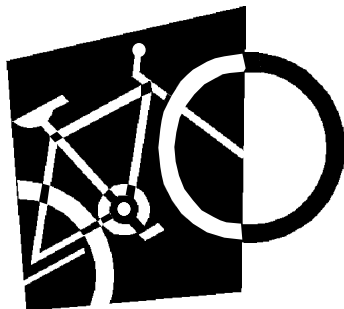
Tiene un animal en casa
(perro, gato, ave, pez ...)



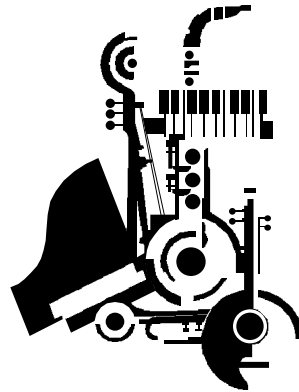
Nació fuera de California



Le gusta la comida china



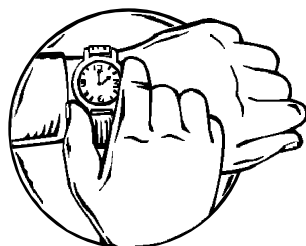
Sabe manejar en bicicleta



Toque un instrumento musical



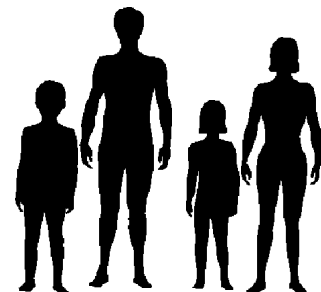
Que gusta bailar



Tiene un reloj puesto
en el brazo



Tiene una trofea o
certificado en casa



Ha hablado con sus padres
sobre la pubertad

