



STAGE 4 PDHPE – 2021

TERM 3 REMOTE LEARNING

Miss Wrightson

Dear students and parents,

This term, students will be learning about the body and the changes that occur during puberty. This work booklet will assist students in understanding the physical, social and emotional changes that they may face during this time.

If you require any assistance, please email Miss Wrightson
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From birth to adolescence

Find more information in subtopic 1.4.

If you think about it, the changes that you have gone through over the past 12 or so years are incredible. In such a short time you have gone from a tiny baby to a young person. In this subtopic you will explore the first part of the human life cycle: from conception to adolescence.

The cycle of life

Choose the correct words to complete the paragraph.

survival	slow	sperm	divides	fast	combines	egg
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We begin our life journey when a _____ from a male unites with an _____ from a female. This cell then rapidly _____ into more and more cells and eventually forms a human foetus. After birth, babies grow at a very _____ rate. They need to be cared for and nurtured, and are totally dependent on someone else for their _____.

A rapid rate of change

List the physical developments of the infancy, preschool and lower primary school stages in the human life cycle.



Infancy (0–3 years)



**Preschool
(4–5 years)**



**Lower primary
school (6–8 years)**

Growth and development milestones

It is not until puberty that some male and female characteristics become evident. This is a time of rapid growth — physically, emotionally, intellectually and socially.

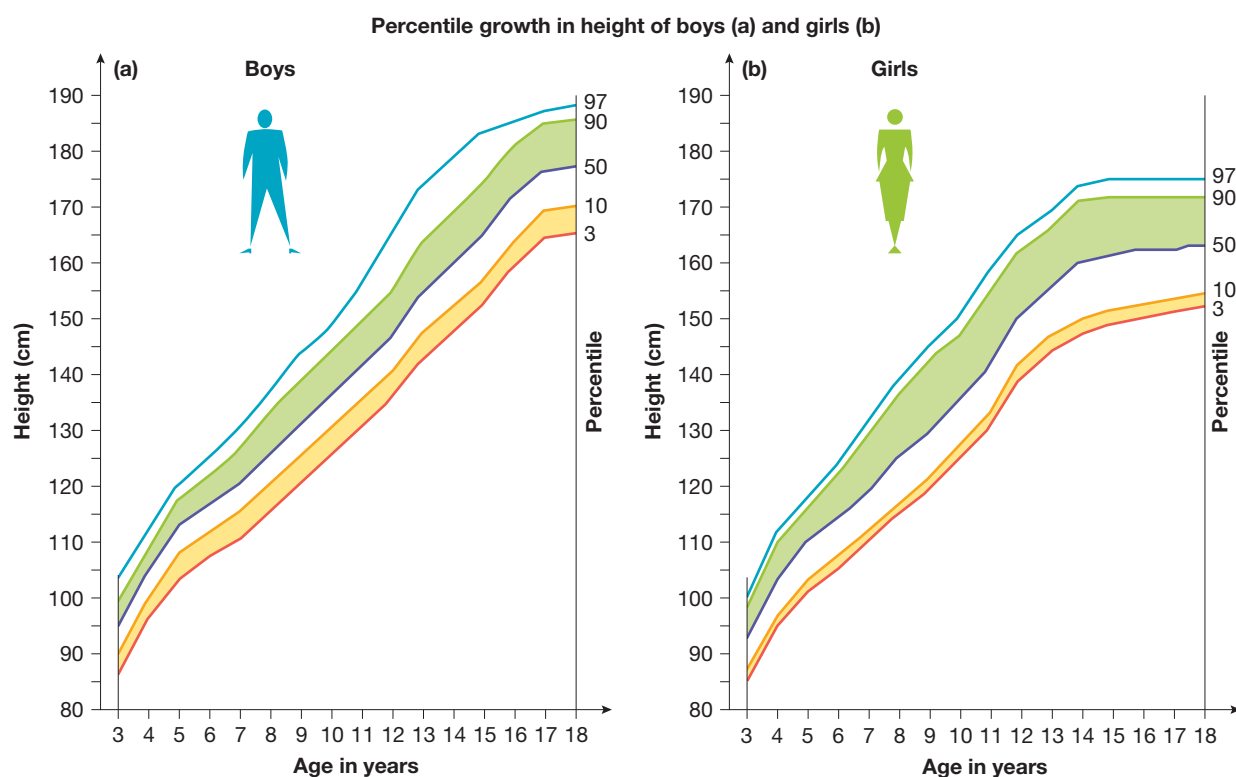
What changes have occurred in *your* development from infancy to adolescence? Categorise them into the following table.

Physical	Emotional	Intellectual	Social

Percentile growth charts

Percentile growth charts are used by health professionals to monitor the rate of growth in height, weight and head circumference from birth.

Measure your height in centimetres and mark it on the chart. Which percentile are you are in? How do you compare to the rest of the class?



Resources

For more activities using percentile growth charts complete **Worksheet 1.4 Percentile growth charts** (doc-29178).

Hormones and puberty

Adolescence is the time during which we mature from childhood to adulthood. This is a time of significant physical, emotional and social change. The beginning of adolescence is signalled by the onset of puberty.

Match the questions to the correct answers. The first one is done for you.

Puberty is triggered by what change in our bodies?	Around 12 to 13 years of age
What organs mature in our bodies during puberty?	Hormone levels
At what age does puberty begin for boys?	Oestrogen
What is the male reproductive hormone called?	Around 9 to 11 years of age
What is the female reproductive hormone called?	Testosterone
At what age does puberty begin for girls?	Reproductive

Secondary sex characteristics

The visible and more noticeable changes that occur during puberty are known as the secondary sex characteristics. They are considered secondary because they occur only after the release of hormones.

Write the appropriate secondary sex characteristics for males and females.

Male	Female

Growing up

Changes that will happen to you during puberty happen to everyone. The timing of these changes is different for each individual so it is important not to be concerned if the onset of puberty for you occurs later or earlier than it does for your friends.

Complete the following sentences.

- The best things about growing up have been ...

- The hardest things about growing up have been ...

- It is important not to compare yourself to others in relation to your growth and development during puberty because ...

Puberty — the physical changes

Find more information in subtopic 1.5.

During puberty, our bodies change a lot. We need to understand what these changes are and why they occur so we can deal with them positively. Although everyone goes through puberty, it's important to remember we each do so in our own time.

Puberty and girls

Choose the correct words to complete the paragraph.

knees	menstruation	hair	breast	hips	ovaries
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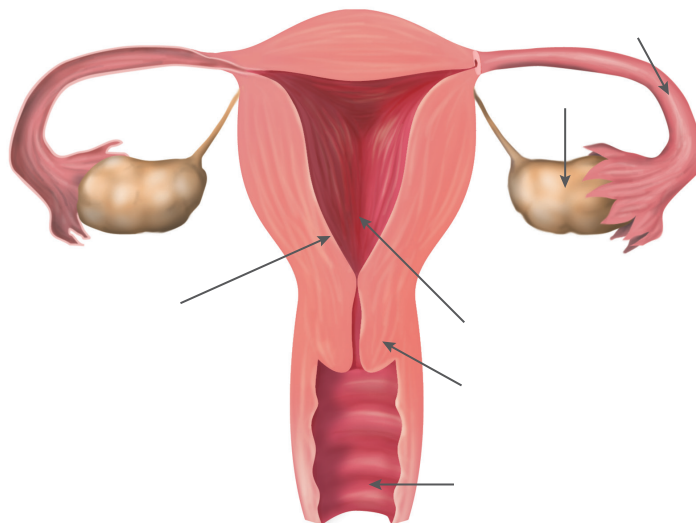
Puberty usually occurs in girls between the ages of 10 and 14, but may occur as early as 8 years of age. _____ development will start with small, firm and relatively tender lumps under one or both nipples and then the whole breast will start to get bigger. Underarm _____ will grow and pubic hair will start to grow on the vulva. A girl's body will start to become curvier as her _____ start to widen. Usually within one to four years of the commencement of breast development, _____ will begin.

The female reproductive system

The female body has sexual organs both inside and outside the body. The internal organs include the fallopian tubes, ovaries, uterus and cervix. The external organs include the vagina, vulva and the clitoris (part of the vulva).

Select the correct words to label the diagram of the reproductive system.

Cervix	Ovary	Vaginal canal	Endometrium (lining of uterus)	Fallopian tube	Uterus
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Research and describe each part of the female reproductive system.

Term	Description
Fallopian tube	
Ovary	
Uterus	
Cervix	
Vaginal canal	
Endometrium (lining of uterus)	

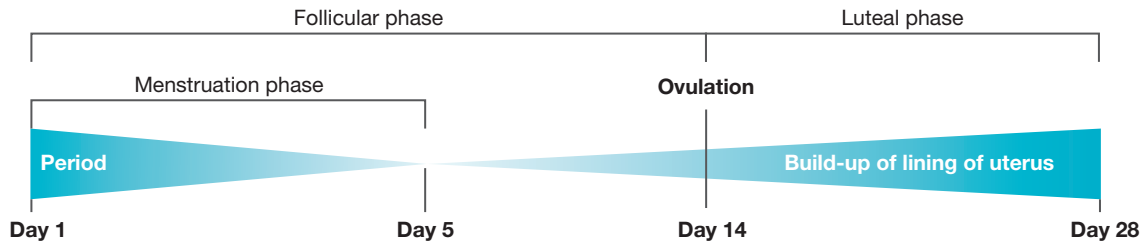
Menstruation

Match the questions to the correct answers. The first one is done for you.

What is menstruation also known as?	That the girl is physically able to reproduce
What does the arrival of a girl's first period signify?	A period
How long is the average menstrual cycle?	The shedding of the uterus lining, which comes out as a fluid
When does menstruation usually begin?	Through the vagina
What happens during a period?	Around 3–7 days
How long does a period usually last?	Around 2 years after puberty begins, but it is different for everyone
How does the menstruation fluid exit the body?	Uterus wall, blood and the unfertilised egg
What is in the menstruation fluid?	About 28 days

Hormones and the menstrual cycle

The menstrual cycle is controlled by the release of different types of hormones. Each hormone has a specific role to play. The menstrual cycle has four phases, shown below.



Identify which phase is being described and the time it occurs.

Description	Phase	Day/s



Resources

For more activities about the menstrual cycle complete **Worksheet 1.6 Menstruation** (doc-29180).

Puberty and boys

Puberty usually occurs in boys between 12 and 17 years of age and an average of about one to two years later than when girls start puberty.

Choose the correct words to complete the sentences.

shoulders erections deeper slower throat testicles body hair faster growth

The physical changes for males during puberty include:

- enlargement of the _____ and penis and also the growth of pubic _____
- growth of limbs, hands and feet will grow, often _____ than the torso and other parts of the body
- broadening of the _____

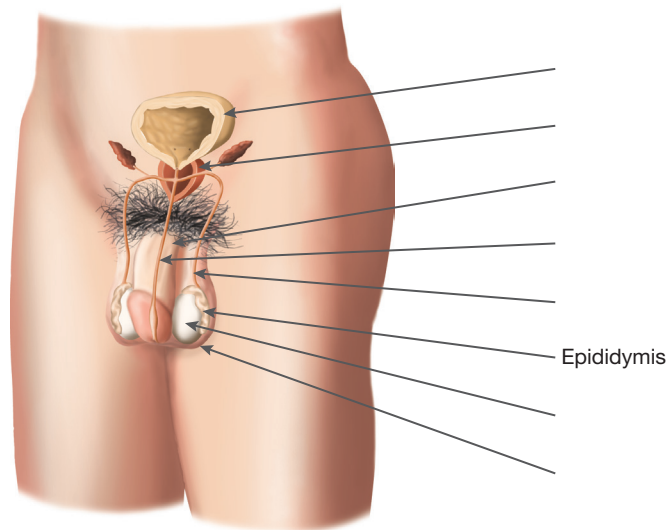
- significant _____ spurts (including increases in weight and muscle)
- development of an 'Adam's apple' at the front of their _____
- voice may be a little unpredictable (by the end of puberty a boy's voice will be _____)
- growth of hair on the face and more hair on the _____
- _____ occurring when boys become nervous or excited, but also sometimes for no particular reason.

The male reproductive system

The male body has sexual organs both inside and outside the body. The internal organs include the epididymis, vas deferens, seminal vesicles and prostate, and the external organs include the penis and testicles.

Select the correct words to label the diagram of the reproductive system.

Urethra	Scrotum	Prostate gland	Testes	Bladder	Penis	Vas deferens
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Research and describe each part of the male reproductive system.

Term	Description
Bladder	
Urethra	
Scrotum	
Testes	
Epididymis	
Penis	
Prostate gland	
Vas deferens	

Ejaculation

Match the questions to the correct answers. The first one is done for you.

What is ejaculation?	When a male masturbates, has a nocturnal emission or during sex
How does the semen exit the body?	Sperm
What is another name for a nocturnal emission?	The vas deferens
What could semen contain?	Through the penis
When can ejaculation occur?	A release of semen
When sperm mature, what tube are they released into?	A wet dream

Conception/reproduction

Conception is the union of a female's egg and a male's sperm and it's how we all began life.

Choose the correct words to complete the paragraph.

penis reproduction ovum sperm sexual uterus vagina conception

The most common way the _____ from a male's body enters a female's body is through ejaculation during _____ intercourse.

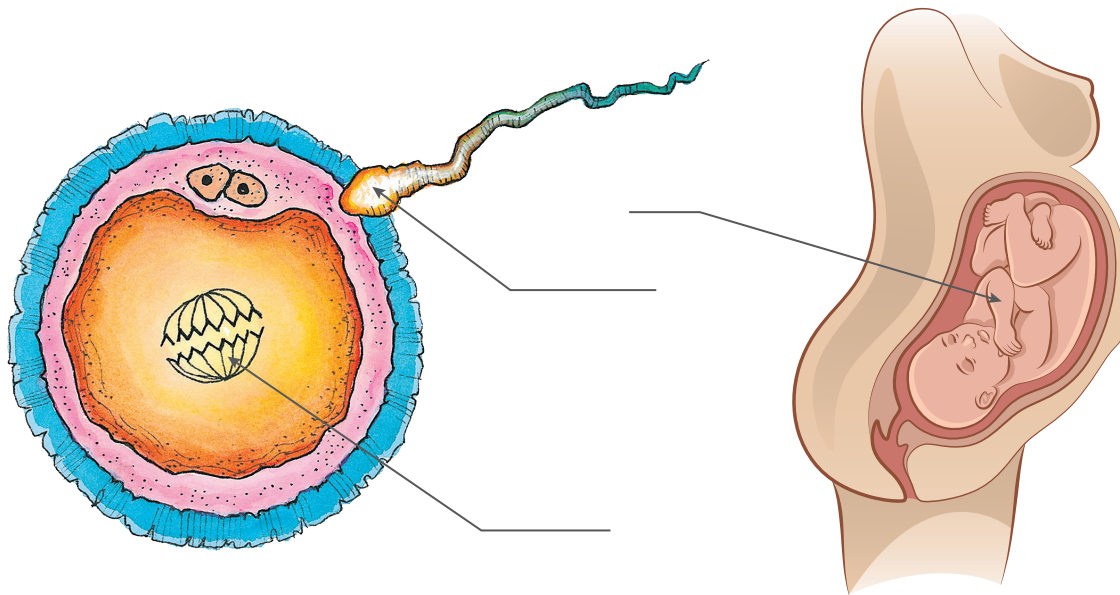
Sexual intercourse is when a male's erect _____ is inserted into a female's _____.

When an _____ (egg) and sperm unite, _____ occurs, which is the start of a new life through the process of _____.

The lining of the _____ provides nourishment to the foetus in the first stage of its life.

Select the correct words to label the diagram of the reproductive system.

Urethra	Egg nucleus	Foetus	Sperm nucleus	Erection	Menstruation
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Puberty — the social and emotional changes

Find more information in subtopic 1.6.

During puberty, as well as physical changes, we also experience social and emotional changes. It is helpful to understand what these changes may be and why they occur so we can deal with them positively.

Feelings and emotions associated with puberty

For some young people, the rapid growth of their body can be embarrassing. They may become self-conscious, particularly if their body is growing and changing ahead of the bodies of their friends. It is common for adolescents to feel extremes in their emotions that may sometimes seem difficult to manage. It can be useful to develop strategies that help you calm yourself before you react in an emotion-arousing situation.

Define the following words.

Self-conscious	
Embarrassing	
Emotions	
Identity	
Strategies	

Understanding your feelings and emotions

Choose the correct words to complete the paragraph.

emotions	negative	behaviours	recognising	puberty	understand	positive
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Developing an understanding of _____ and feelings is part of the emotional change that happens during _____. Children often may not _____ their feelings and can act out in _____ ways, such as by starting arguments or fights. As we grow and mature emotionally, we become better at _____ and managing our feelings and thus our _____.

List 3 support persons or networks that could be useful to you during puberty. Justify why you have listed that person or network.

Person/network	Reason

Social changes

During adolescence, having a close friend or group of friends is a protective factor for young people.

What does 'social change' mean?

Why is it important to have close friends and family you can trust through puberty?

Your developing brain

During puberty, not only is your body physically and emotionally maturing but so is your brain.

The brain does not fully mature until we are in our early to mid-20s. In what ways can this affect us during puberty?

Dealing with puberty

Think, Pair, Share! First think by yourself, and then conduct your own research to list as many physical, social and emotional changes that occur throughout puberty. You may need to use more paper. After you have attempted this by yourself, pair with a friend to share your responses, then as a class share your responses.

Physical change – males	Physical change – females	Emotional change
		Social change

Pick one ‘change’ from each column in the table above and list coping mechanisms or strategies you could use to deal with this change.

Change	Strategy
Physical change:	
Emotional change:	
Social change:	