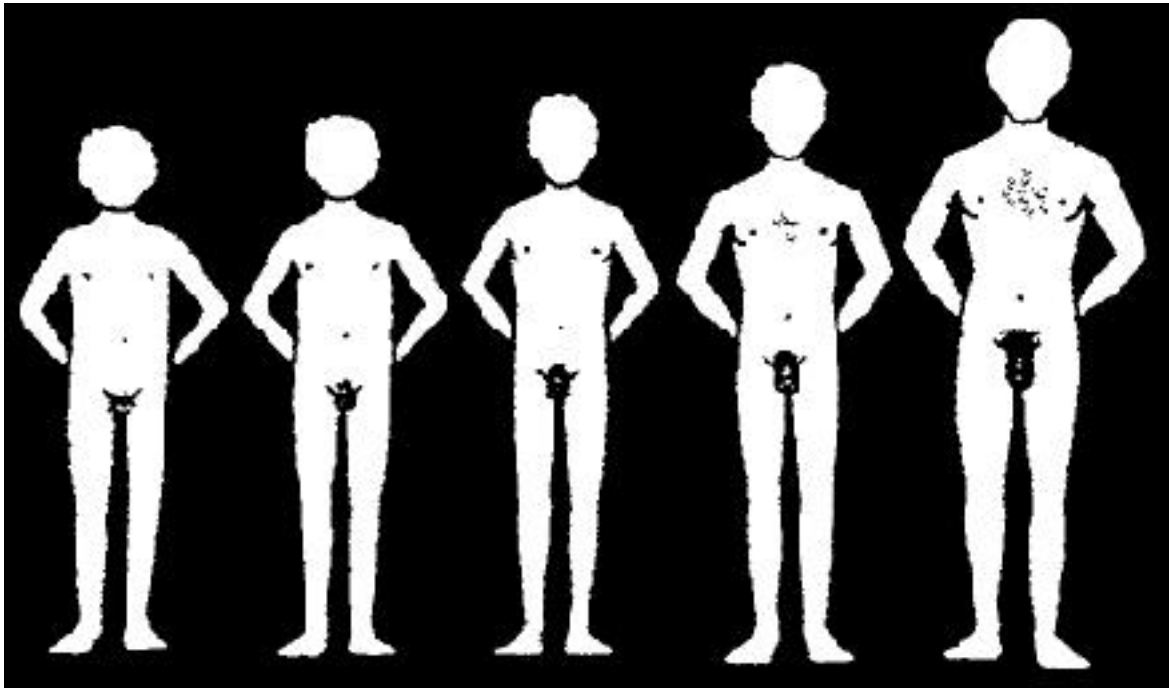


# Ground Rules for Puberty Classes

- G** Giggling is okay - this can be embarrassing for you.
- R** Respect what other's say; no put-downs.
- O** Okay to pass, i.e., not answer a question.
- U** Understand other's feelings - be sensitive and respect their differences.
- N** No personal questions or stories from student or teacher.
- D** Discuss puberty topics responsibly outside the classroom.
  
- R** Remember - there are no dumb questions only questions that need answers.
- U** Use correct names for body parts - ask if you can't remember.
- L** Let the teacher know if you want to speak to him/her privately.
- E** Expect the teacher to respect confidentiality except if she/he is required by law to disclose information, e.g., sexual abuse.
- S** Speak for yourself; use "I" statements and don't point at others.

# Changes at Puberty for Boys



**STAGE ONE:**

*Up to ages 9-15*

- Childhood stage -no visible signs of puberty development

**STAGE TWO:**

*May begin ages 9-15*

- Testicles and scrotum grow larger
- Fine, straight hairs start growing at the base of the penis

**STAGE THREE:**

*May begin ages 11-16*

- Testicles and scrotum continue to grow
- Penis grows larger
- Pubic hair becomes darker, thicker and curlier
- Vocal cords increase in size causing voice to deepen
- Height and weight may start to increase noticeably
- Increase in sweat
- Pimples

**STAGE FOUR:**

*May begin ages 12-17*

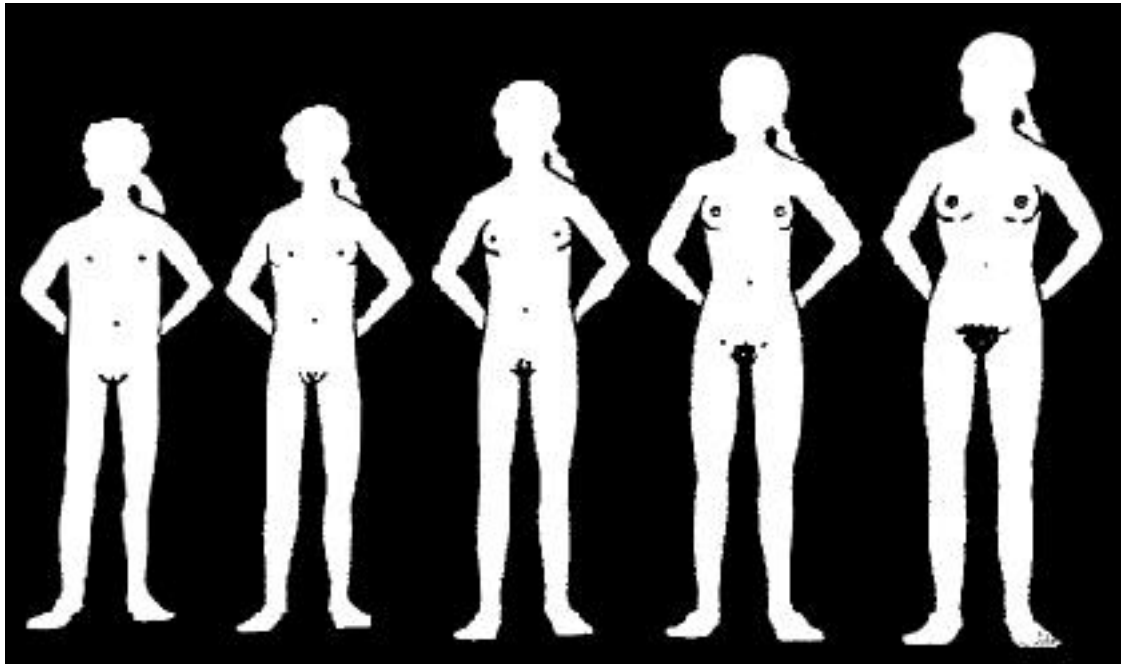
- Growth spurt continues
- Shoulders begin to broaden and physique becomes more muscular
- Penis grows in width as well as length
- Pubic hair coarsens and takes on a triangular shape
- Underarm hair appears
- Traces of hair may appear on upper lip and chin
- Testicles start to produce sperm; ejaculation occurs for the first time

**STAGE FIVE:**

*May begin ages 14-18*

- Adult stage - overall look is that of a young man
- Genitals and pubic hair have an adult appearance
- Growth spurt slows down
- Facial hair growth becomes heavier
- Body hair growth, especially on the chest, may continue into the twenties

# Changes at Puberty for Girls



<b>STAGE ONE:</b> <i>Up to ages 8-12</i>	<b>STAGE TWO:</b> <i>May begin ages 8-14</i>	<b>STAGE THREE:</b> <i>May begin ages 9-15</i>	<b>STAGE FOUR:</b> <i>May begin ages 10-16</i>	<b>STAGE FIVE:</b> <i>May begin ages 12-19</i>
<ul style="list-style-type: none"> <li>• Childhood stage -no visible signs of pubertal development</li> </ul>	<ul style="list-style-type: none"> <li>• Height and weight increase rapidly</li> <li>• Breast buds appear, nipples become raised and this area may be tender</li> <li>• Fine straight hairs start growing close to the labia</li> <li>• Emotional changes and mood swings</li> </ul>	<ul style="list-style-type: none"> <li>• Height continues to increase</li> <li>• Pubic hair becomes darker, thicker and curlier</li> <li>• Hips may start to widen in relation to waist, giving a softer, more rounded shape</li> <li>• Vagina begins secreting clear whitish fluid called vaginal discharge</li> <li>• For some girls ovulation and menstruation begin late in this stage</li> </ul>	<ul style="list-style-type: none"> <li>• Underarm hair appears</li> <li>• The nipple and the dark area around it (areola) may stick out from the rest of the breast</li> <li>• Pubic hair starts to form a triangular patch in front and around sides of genital area</li> <li>• For some girls ovulation and menstruation begin during this stage</li> </ul>	<ul style="list-style-type: none"> <li>• Adult stage - overall look is that of a young woman</li> <li>• Areola flattens, breast contour and breast development is complete</li> <li>• Pubic hair forms a thick curly triangular patch</li> <li>• Adult height is probably reached</li> <li>• Ovulation and regular periods</li> </ul>