

# Acts of Friendship

Practice the friendship factor. Perform five acts of friendship this week; share, give a compliment, help, make someone laugh, say sorry...Do at least one act with a friend, a family member and a peer. Record what happened after you performed the act

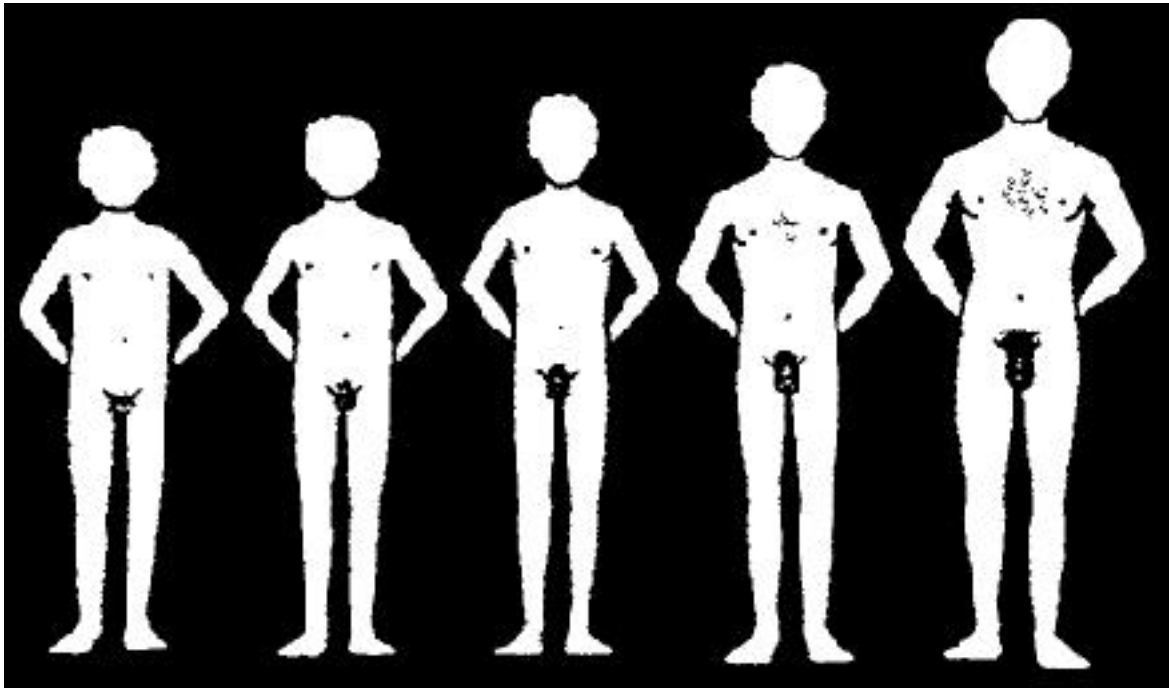
	<b>My Act of Friendship</b>	<b>What Happened</b>
1.	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
2.	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
3.	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
4.	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
5.	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>



# 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*

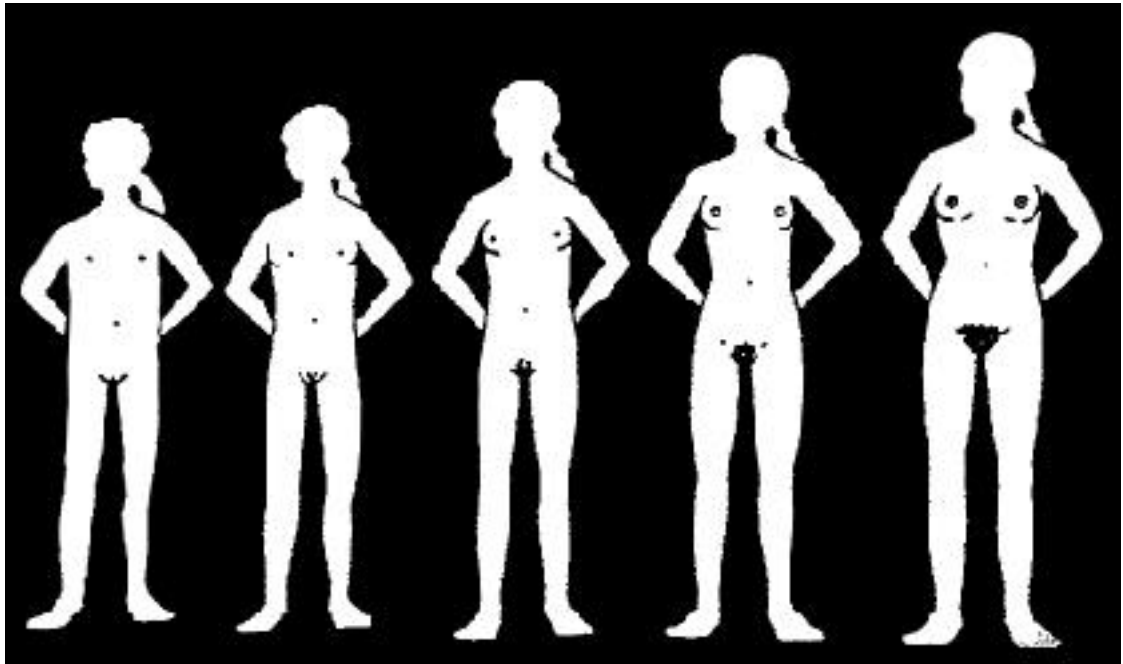
- Growth spurt continues
- Shoulders begin to broaden and physique becomes more muscular
- Penis grows in width as well as length
- Pubic hair coarsens and takes on a triangular shape
- Underarm hair appears
- Traces of hair may appear on upper lip and chin
- Testicles start to produce sperm; ejaculation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



## **STAGE ONE:**

*Up to ages 8-12*

- Childhood stage -no visible signs of pubertal development

## **STAGE TWO:**

*May begin ages 8-14*

- Height and weight increase rapidly
- Breast buds appear, nipples become raised and this area may be tender
- Fine straight hairs start growing close to the labia
- Emotional changes and mood swings

## **STAGE THREE:**

*May begin ages 9-15*

- Height continues to increase
- Pubic hair becomes darker, thicker and curlier
- Hips may start to widen in relation to waist, giving a softer, more rounded shape
- Vagina begins secreting clear whitish fluid called vaginal discharge
- For some girls ovulation and menstruation begin late in this stage

## **STAGE FOUR:**

*May begin ages 10-16*

- Underarm hair appears
- The nipple and the dark area around it (areola) may stick out from the rest of the breast
- Pubic hair starts to form a triangular patch in front and around sides of genital area
- For some girls ovulation and menstruation begin during this stage

## **STAGE FIVE:**

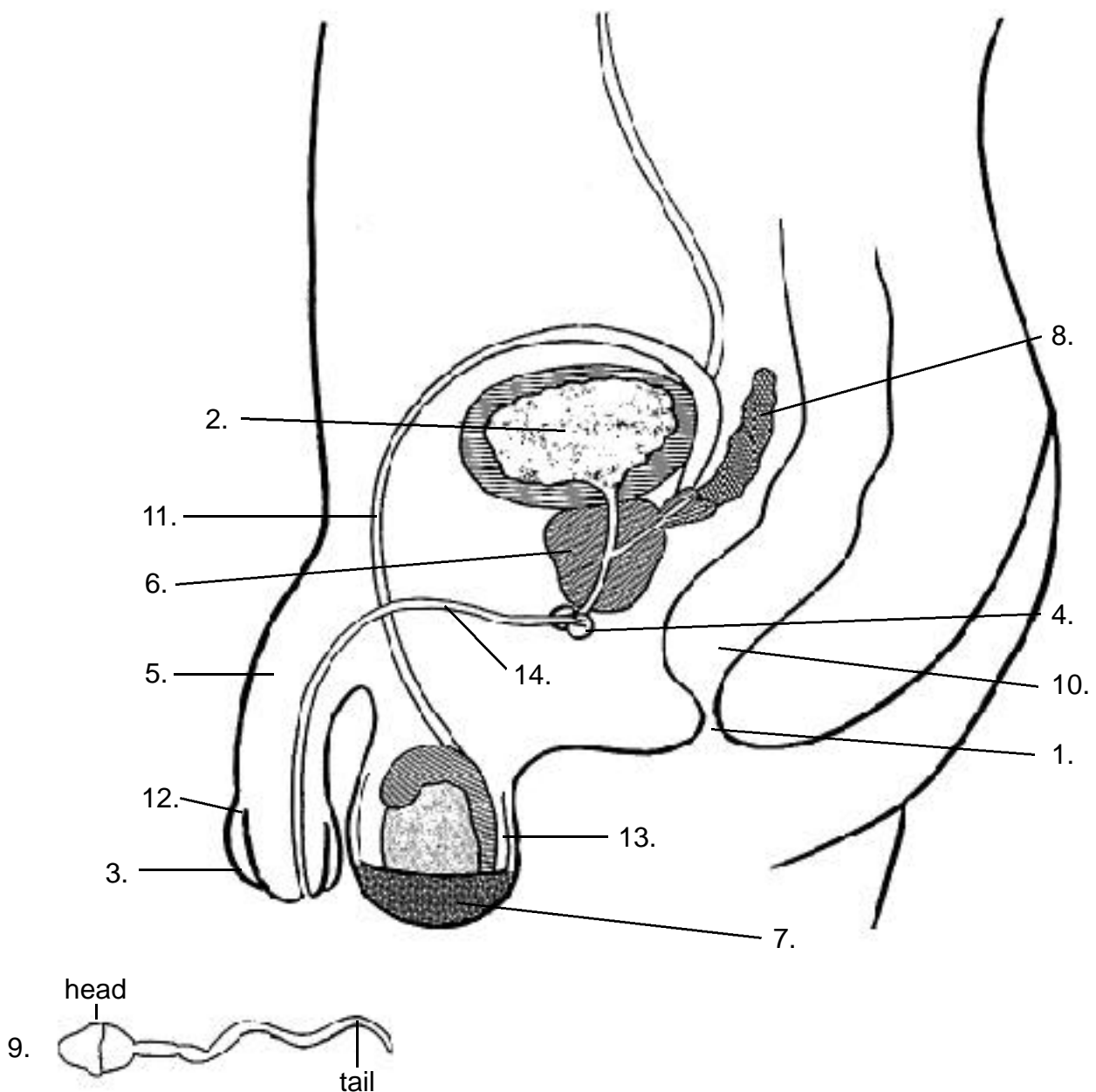
*May begin ages 12-19*

- Adult stage - overall look is that of a young woman
- Areola flattens, breast contour and breast development is complete
- Pubic hair forms a thick curly triangular patch
- Adult height is probably reached
- Ovulation and regular periods

# Me Then – Me Now

Topic	Me Then (Kindergarten/Grade 1)	Me Now
My favourite clothes		
My favourite sport or game		
My best friend		
My favourite TV shows		
How I felt about school		
My favourite subject in school		
Things that made me sad		
Things that made me happy		
My favourite song		
What I did in the summertime		
How I felt about the opposite sex		
a) When I grew up I wanted to be...  b) When I grow up I want to be...		

# Male Reproductive System



## About Sperm

9. A sperm is a male sex cell. It has one job: to join with a female sex cell, which is called an egg or ova to make a baby. A sperm has a head and a tail that lets it swim. Sperm don't go anywhere fast unless they are surrounded by semen. Semen is like Gatorade for sperm. It is full of sugar and nutrients that make sperm wiggle and move.

# Anatomy of Male Reproductive System

1. **Anus** – The opening from which solid waste leaves the body.
2. **Bladder** – An organ in the body where urine is collected.
3. **Foreskin** – Also called the prepuce which covers the glans. It is sometimes removed at birth for religious or health reasons.
4. **Cowpers Gland** – The small glands on either side of the urethra which produce a clear fluid.
5. **Penis** – The external male reproductive organ. Deposits sperm into the vagina during sexual intercourse. Also used to pass urine out of the body.
6. **Prostate** – A gland which lies beneath the bladder. It produces a liquid which help sperm move along more easily.
7. **Scrotum** – A sac located behind the penis. It contains the testicles and controls the temperature of the testes for sperm production.
8. **Seminal Vesicles** – Two small glands located on each side of the bladder  
– Produces a fluid that combines with sperm. This is semen.
9. **Sperm** – A male sex cell.
10. **Large Intestine (Bowel)** – The internal organ which carries solid waste out of the body.
11. **Vas Deferens** – A passageway for sperm as well as where most sperm are stored.
12. **Glans** – The head of the penis that has many nerve endings that make it sensitive to the touch.
13. **Testicle (Testes)** – There are two round organs inside the scrotum which produce sperm and the hormone, testosterone  
– Before puberty it is the size of a marble. At puberty, they grow to size of a walnut.
14. **Urethra** – The tube in the penis which is a passageway for urine and sperm.

# Boys at Puberty

Fill in the blanks from the words in the box below.

Sperm are made in the \_\_\_\_\_.

Sperm look like \_\_\_\_\_.

Men make \_\_\_\_\_ of sperm each day.

Men begin making sperm during \_\_\_\_\_ and continue to make sperm into \_\_\_\_\_.

Sperm and stuff from glands make the white fluid called \_\_\_\_\_.

If semen is going to come out, the penis must be \_\_\_\_\_.

The penis gets hard because it gets filled with \_\_\_\_\_.

Boys can get an erection if they think about or get \_\_\_\_\_.

Semen can come out when a boy is sleeping. This is called \_\_\_\_\_.

Sperm are needed to make a \_\_\_\_\_.

## Choose the right word!

<i>blood</i>	<i>wet dreams</i>	<i>dead</i>	<i>tadpoles</i>
<i>baby</i>	<i>testicles</i>	<i>semen</i>	<i>erect</i>
<i>sexy things</i>	<i>millions</i>	<i>nervous or anxious</i>	<i>old age</i>
<i>puberty</i>			