Puberty Worksheet

Name ______________________________ Date ______________________________

A. List four changes that happen to both boys’ and girls’ bodies at puberty. Use complete sentences.

1. ______________________________________
2. ______________________________________
3. ______________________________________
4. ______________________________________

B. List three changes that happen to girls’ bodies at puberty. Use complete sentences.

1. ______________________________________
2. ______________________________________
3. ______________________________________
4. ______________________________________
C. List three changes that happen to boys’ bodies at puberty. Use complete sentences.

1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________

D. Describe two changes that happen to a person at puberty that are NOT in their body. (Like changes in feelings, relationships, how they behave.)

1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________
Puberty Reference Sheet

Name________________________________ Date___________________

PUBERTY: The time (usually between about 8 and 14) when your body, friendships and feelings begin changing from a child’s into an adult’s. This can be an exciting, challenging, fun, and sometimes scary time.

ADOLESCENCE: The time between puberty and adulthood.

Bodies

The most noticeable changes of puberty and adolescence are the physical (body) ones. They may take a while to get used to and people sometimes worry about them. What if a guy never gets much hair on his face or chest? That’s fine. People are different from one another. What if he never has a nocturnal emission (a wet dream)? Is he normal? Yes, many guys never do. Should a girl worry about the clear or white discharge (liquid) that comes out of her vagina starting at puberty? No, it means she’s healthy. It is her body’s way of cleaning itself, just like the liquid in her eyes. What if one breast is bigger than the other? That happens to many people. It’s perfectly healthy. How about if a boy notices breast growth? That’s common, too. In fact it happens to most boys and usually disappears after a year or so. But if these people are worried, they can go to the doctor. He or she can give them a check-up and reassure them that everything is OK. Remember also, that people develop at their own rates. Each person is unique and special.
Menstrual cycle

A typical 28 day menstrual cycle

The average cycle lasts around 28 to 30 days, but every body is different. It can range from 21 to 35 days.

Days: 1-7
Your period is considered the beginning of your menstrual cycle.

Days: 8-14
One of your ovaries releases an egg and the uterus begins to rebuild its lining.

Days: 15-28
In the case of pregnancy, the egg is fertilised and the uterus lining remains, which is why most pregnant women do not have their periods.

The information in these materials is general in nature and is not necessarily exactly what everyone will experience. If you have any concerns relating to the changes in your body please consult your health care professional.  

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