

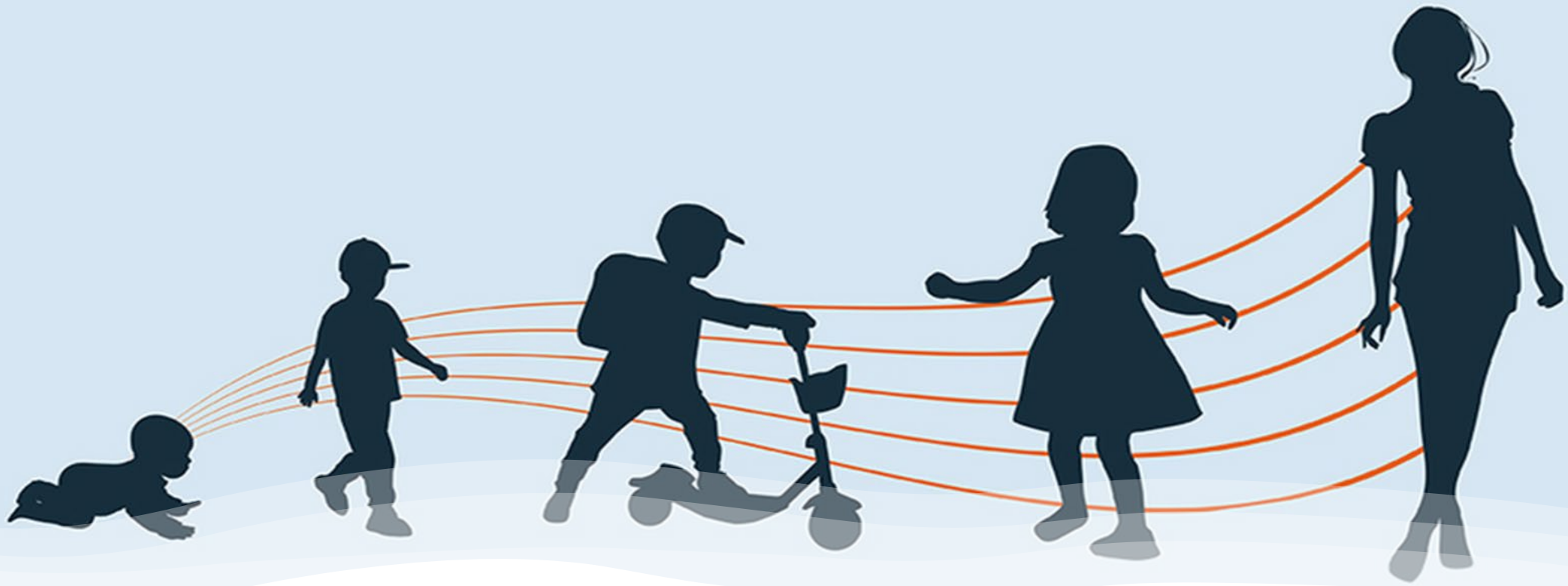


Puberty and Hygiene

6th Grade Sexual Health Education

Learning Objectives

- Define the word: puberty
- Identify the physical, emotional, mental, and social changes of puberty
- Recognize that puberty happens differently for everyone
- Understand how you can take care of yourself during puberty



What is puberty?

The time when you develop and change from child to adult

- The body matures sexually and becomes capable of reproduction
- Is a process, not a single event
- Happens in the body, but also in the heart/mind and socially



When will it happen?

Puberty can start at any time between age 8 and age 16, but usually starts sometime between age 10 and age 14

Puberty usually takes 3 or 4 years to complete

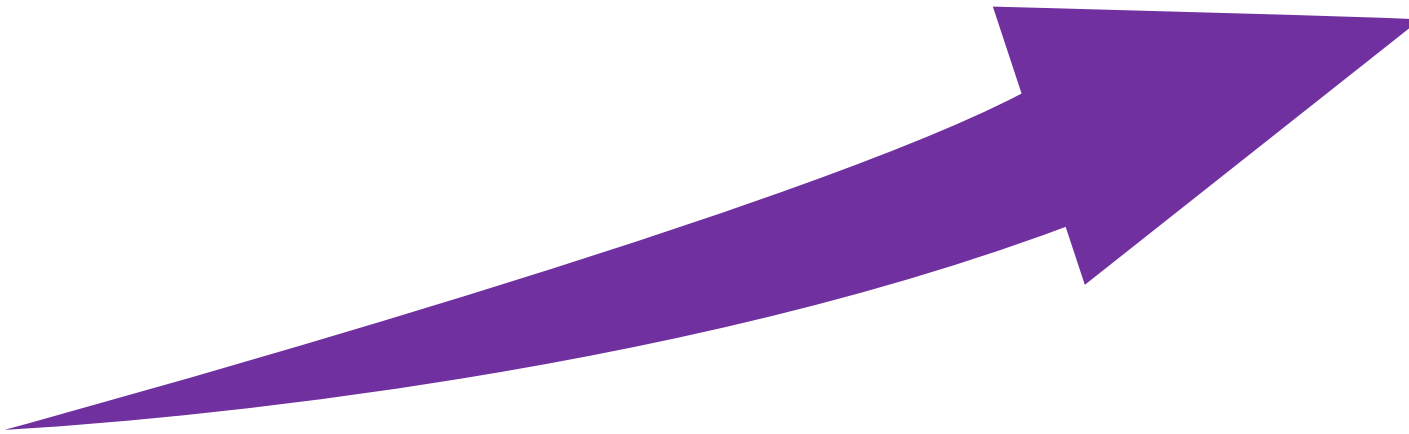


Group Activity

Let's Review!

Remember: A person might experience any of the changes we discuss

- Some people experience more changes than others.
- Some changes you can see, and others you cannot.



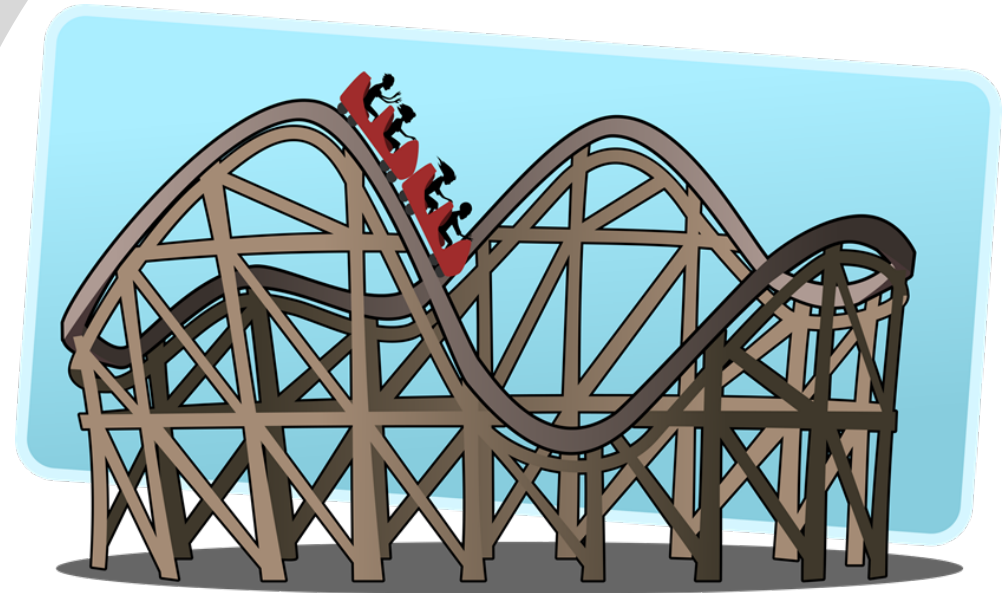
Physical Changes of Puberty

- acne
- body odor
- breast development
- broader hips
- broader shoulders
- darker, thicker hair - pubic, underarm, legs, chest, face, etc.
- deeper voice
- different kind of sweat (smelly)
- ejaculation
- erections (penis or clitoris)
- increased height
- larger reproductive system
- longer arms/legs
- menstruation (periods)
- nocturnal emissions (wet dreams)
- oilier skin and hair
- ovulation
- sperm production



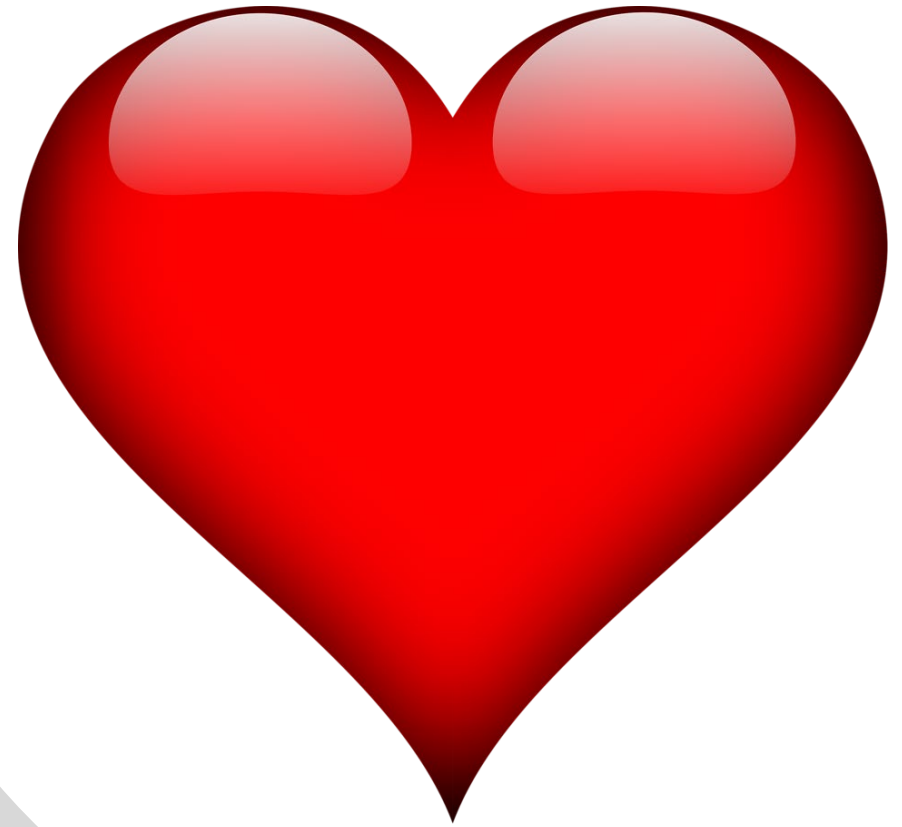
Emotional/Mental Changes of Puberty

- mood swings
- excitement
- joy
- easily upset
- anger or aggression
- anxiety
- attracted to others (crushes, love)
- more concern for others
- periods of loneliness
- self-confident
- self-conscious
- sexual thoughts or urges
- stress
- depressive feelings



Social Changes of Puberty

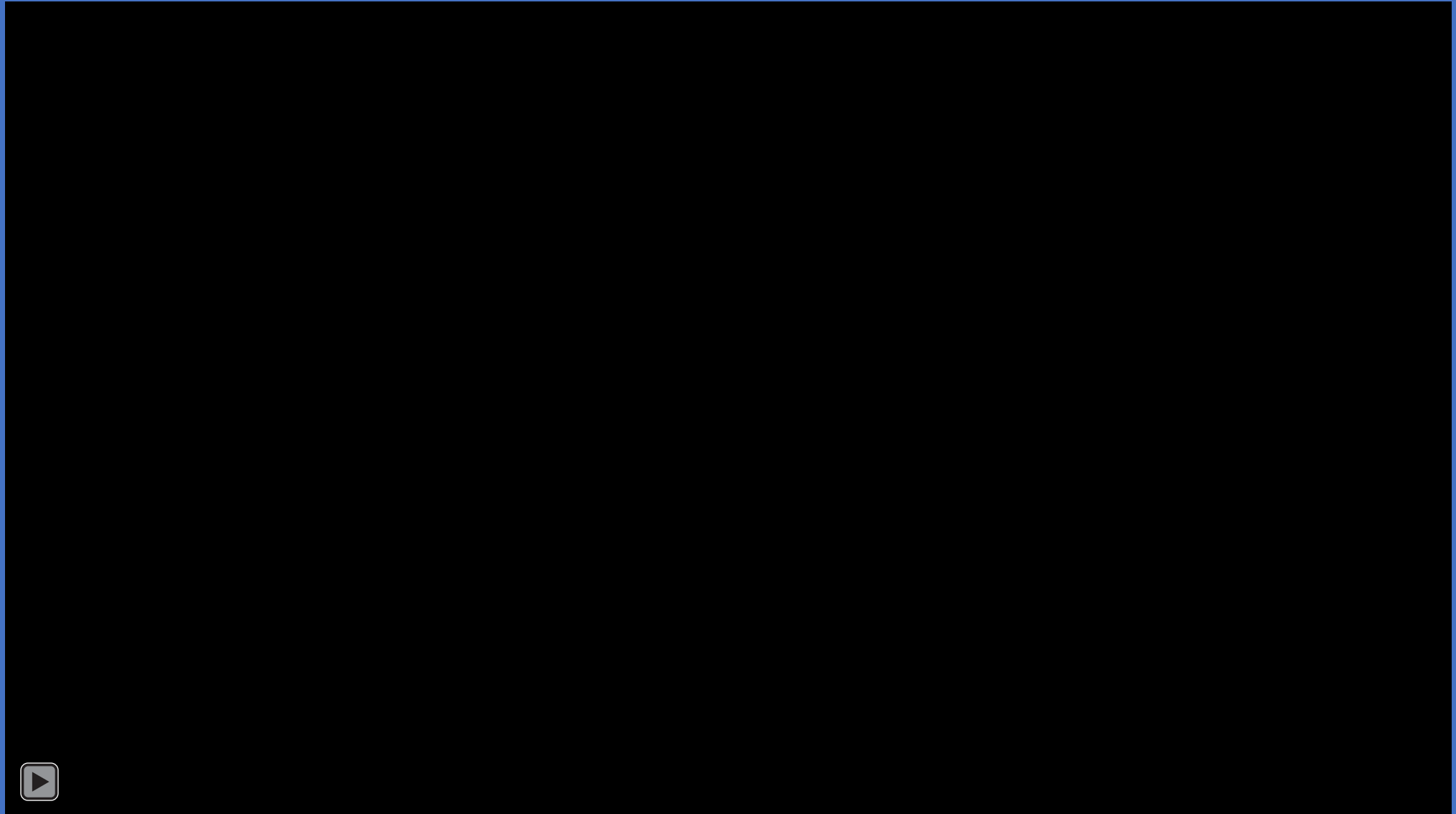
- deeper friendships
- disagreements with family
- identify with new social group
- increased responsibilities
- independence
- interested in dating
- more freedom
- new friendships
- new hobbies
- value privacy



As your body
changes, the way
you take care of it
needs to change
as well



Video – Taking Care of Your Body During Puberty



<https://www.youtube.com/watch?v=00BYyDr8Xdg>

What are things people can choose to do to keep their body clean?



Shower/bathe



Use soap



Wash their hair

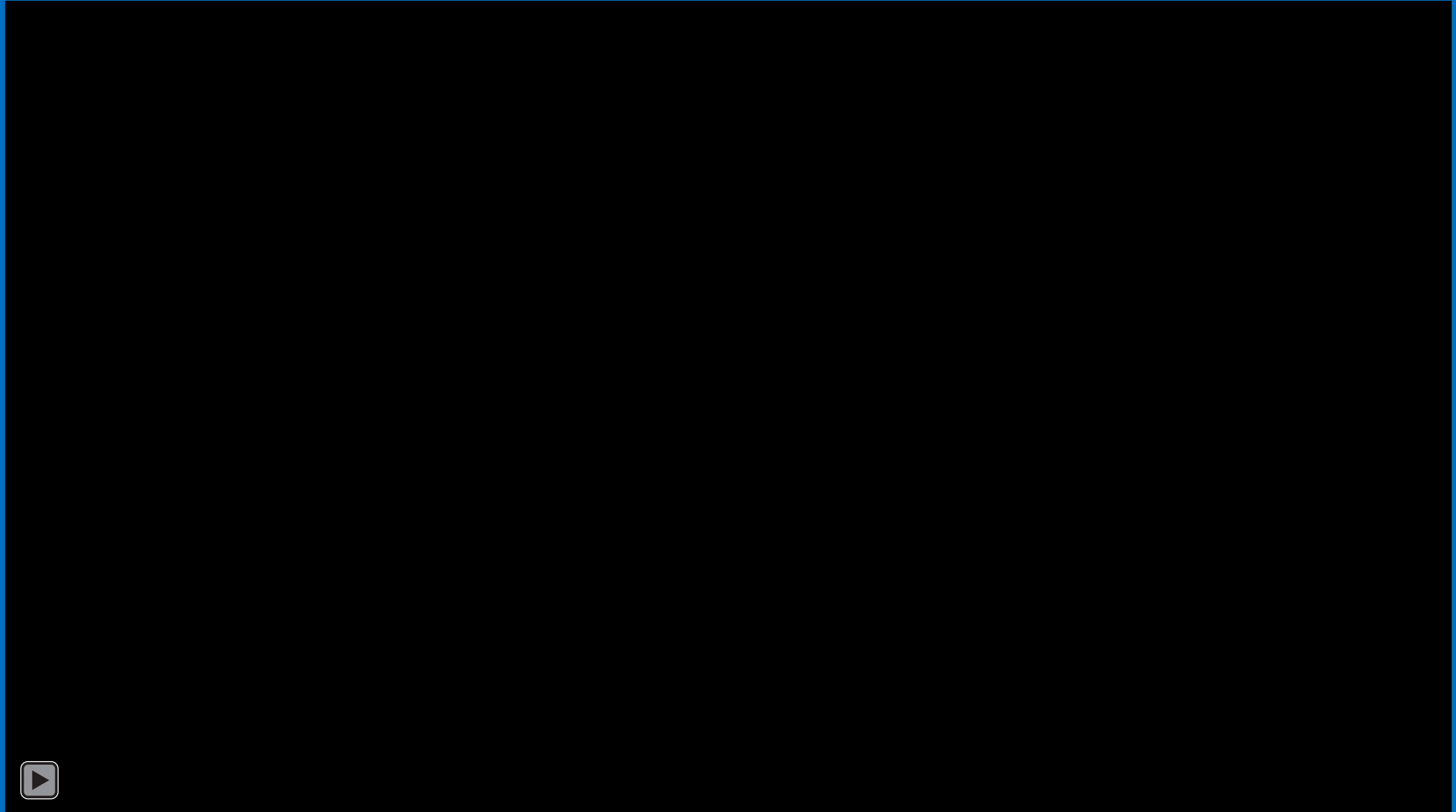


Apply deodorant or antiperspirant



Change their clothes

Video - Sad and Happy: Feelings Happen



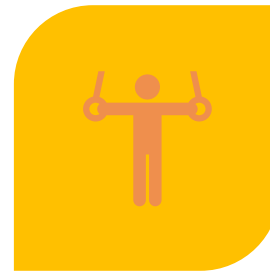
<https://www.youtube.com/watch?v=Ocj0gyZwL5Y>



SLEEP



DRINK WATER



EXERCISE



EAT HEALTHY



Find a trusted adult if you feel
like talking about this.

It can help!

Things to Remember

Everyone changes as they grow into adults – physically, emotionally, and socially

Puberty is different for everyone

There are lots of ways to take care of yourself during puberty

1. List 6 changes of puberty and indicate if it is a physical, emotional/mental, or social change
2. Name 3 things you could do if you thought you might have a reproductive health or puberty problem
3. T/F: People may need to wash their body more frequently during puberty





Credits:

- Content created by Seattle Public Schools
- Videos by Amaze.org, created by Advocates for Youth

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