



HUMAN GROWTH & DEVELOPMENT

Learning about puberty & hygiene!

What is puberty?



Why is puberty important to learn about?



GROUP AGREEMENTS



Listen- Make sure you're muted when you're not speaking!

Be Respectful- No hurtful comments.

Ask questions- Be curious! Ask aloud, in the chatbox, or in the anonymous questions box!

What did you learn? What surprised you?





Assigned Female

Assigned Male

Everybody

Erection

Having a period

Menstruation

The penis or clitoris filling with blood and getting harder

Nocturnal Emission

The cell from testicles that can start a pregnancy

Ovum


Sperm coming out of the penis during sleep

Puberty

The “egg” cell from an ovary that can start a pregnancy


Sperm

A child’s body beginning to change into an adult’s body




Usually, males start
puberty a little younger
than females.

False




Starting at puberty
underarm sweat starts
to smell.

True




Erections only happen if
the person is thinking
about something sexual

False



You can tell if someone
is on their period just by
looking at them

False

A decorative border of various flowers and leaves in shades of red, blue, orange, and teal surrounds the central text. The flowers include tulips, daisies, and smaller blossoms, with some green leaves and stems interspersed.

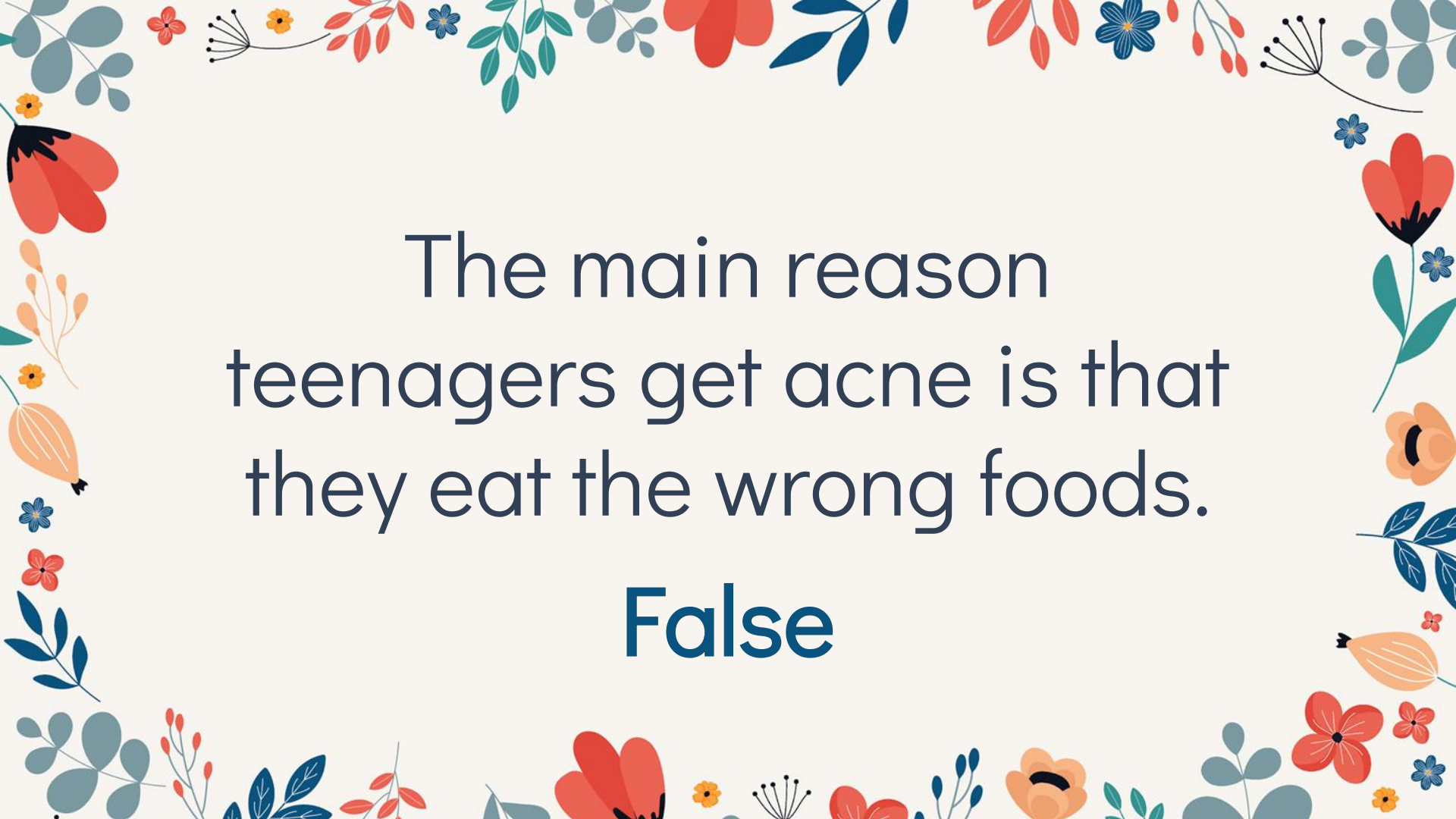
A person's feelings may
change from moment to
moment, especially during
puberty

False



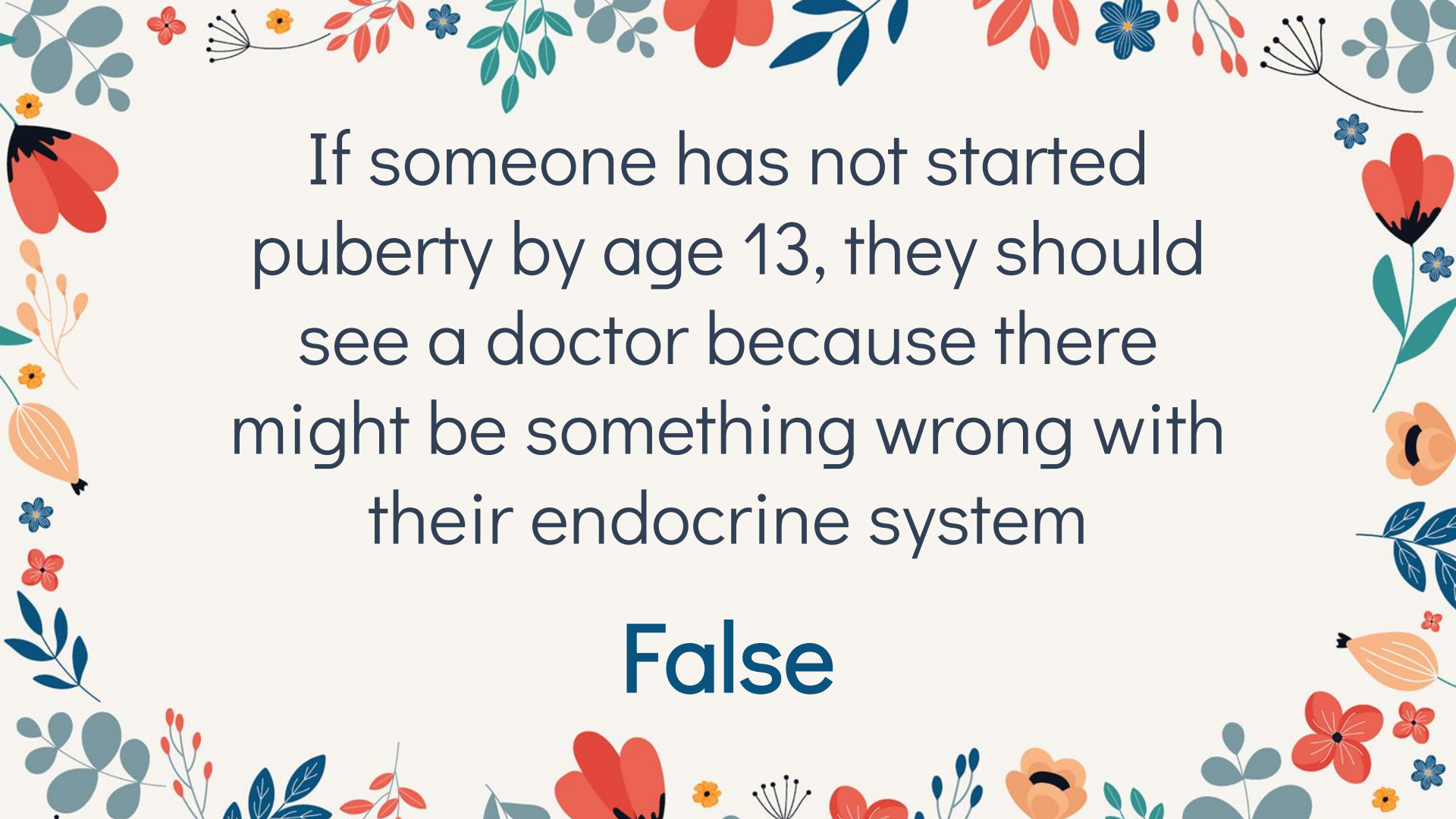
Young people should
not use tampons

False




The main reason teenagers get acne is that they eat the wrong foods.

False

A decorative border of various colorful flowers and leaves in shades of red, blue, orange, and teal surrounds the central text.


If someone has not started puberty by age 13, they should see a doctor because there might be something wrong with their endocrine system

False

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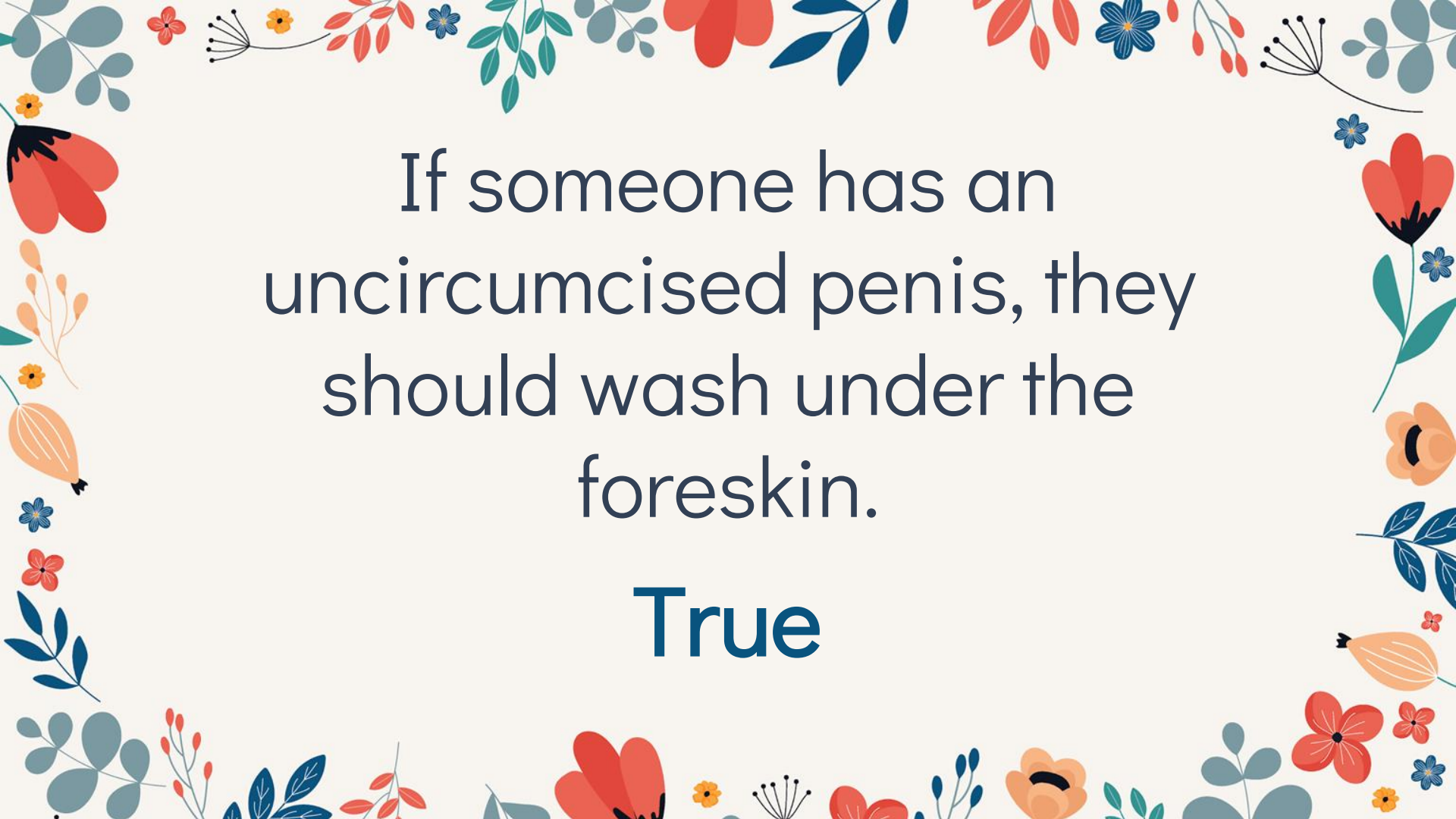
Someone with a penis should
start wearing an athletic
supporter or cup when they play
sports to protect their genitals

True



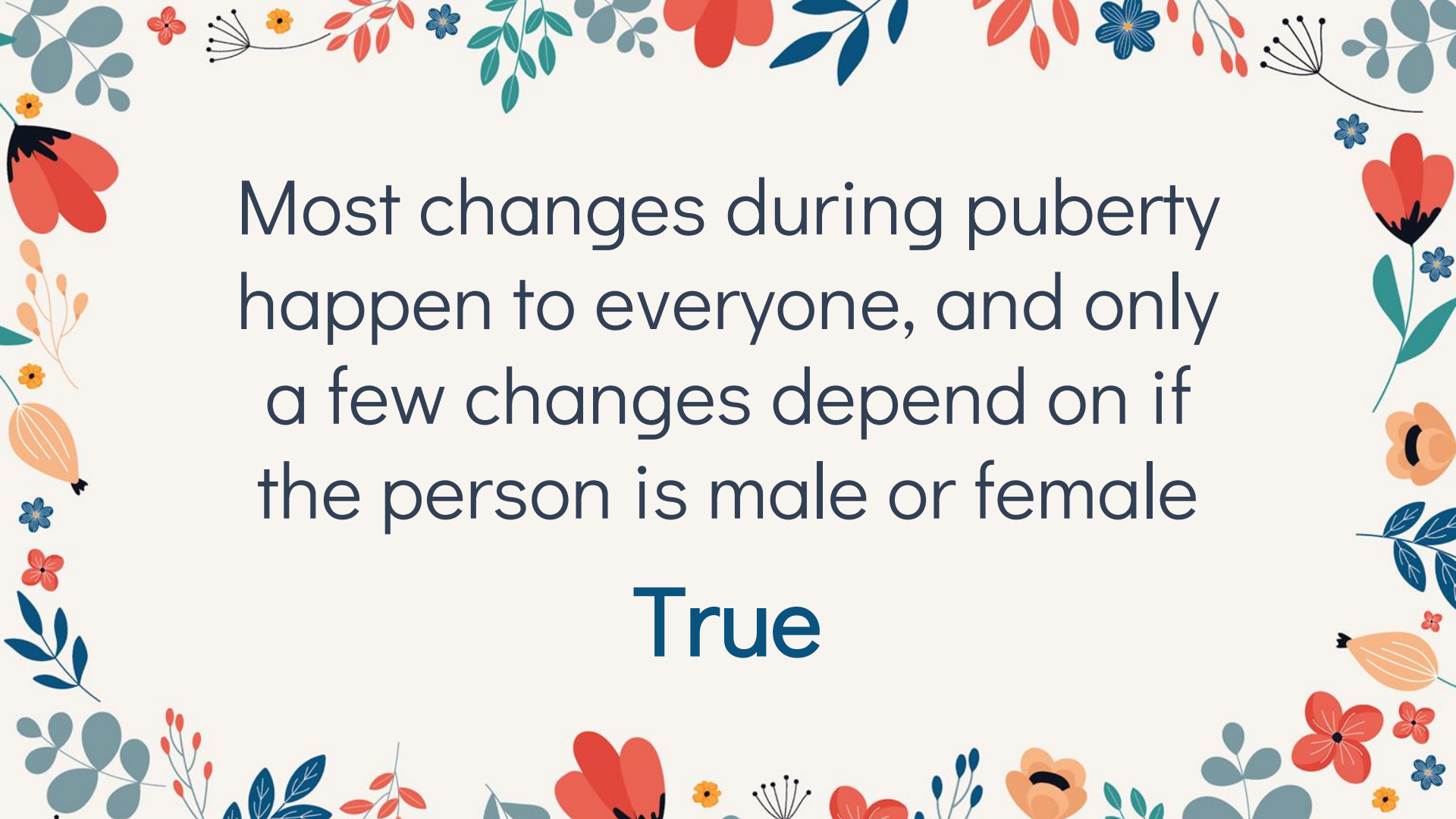
It is okay for someone to
play sports while they are
menstruating

True



If someone has an
uncircumcised penis, they
should wash under the
foreskin.

True

A decorative border of various flowers and leaves in shades of red, blue, orange, and teal surrounds the central text. The border includes large red tulips, smaller blue and orange flowers, and green foliage.

Most changes during puberty
happen to everyone, and only
a few changes depend on if
the person is male or female

True