Puberty and Personal Hygiene

Boys Only

Learning Target

I can recognize the physical changes that occur during puberty and relate these changes to the increased need for personal hygiene.
What physical/emotional changes occur during puberty that you know about?
My Changing Life: Physical Changes for Boys
1. Do all boys and girls begin to mature at the same age?

2. During puberty, the skin produces more _______________. This causes the skin to develop more _______________. The sweat glands under the _______________ can produce a strong odor. Showering and wearing clean clothes can help control the strong __________.

3. The pituitary gland produces the growth hormones that cause the reproductive organs to develop. The pituitary gland is located in the _________________.

4. List at least two (2) changes that occur in the male body with the beginning of puberty.
   _______________________________________________________________________
   _______________________________________________________________________

5. When a boy reaches puberty, the tubes in his testicles begin to produce the ____________ or male sex cells.

6. If an egg is not fertilized, it passes out of the female body. The discharge is called ________________ or what girls call having their "period."
1. Do all boys and girls begin to mature at the same age? (NO)

2. During puberty, the skin produces more (OIL). This causes the skin to develop more (ACNE). The sweat glands under the (ARMS) can produce a strong odor. Showering and wearing clean clothes can help control the strong (ODOR).

3. The pituitary gland produces the growth hormones that cause the reproductive organs to develop. The pituitary gland is located in the (BRAIN).

4. List at least two (2) changes that occur in the male body with the beginning of puberty.
   1. A GROWTH SPURT OCCURS.
   2. BODY HAIR DEVELOPS.
   3. A BOY HAS WET DREAMS.
   4. BODY ODOR AND PERSPIRATION INCREASE.

5. When a boy reaches puberty, the tubes in his testicles begin to produce the (SPERM) or male sex cells.

6. If an egg is not fertilized, it passes out of the female body. The discharge is called (MENSTRUATION) or what girls call having their "period."
I HAVE A QUESTION ......

SIGNED _______________________

ROOM # ______________
3-2-1

3 new things you learned today
2 things that you connected to in this lesson
1 question you have about anything in this lesson
I HAVE A QUESTION.....

We strongly encourage you to discuss the information contained in this lesson with your parent/guardian or trusted adult.