



# PUBERTY

## Physical and Emotional Changes

### Male

1. Growth spurt
  - A. Occurs in Girls First
  - B. Pituitary Glands
2. Body hair
  - A. Shaving
  - B. The purpose of body hair
3. Emotional Development
  - A. Girls are ahead of boys
4. Sweat glands develop
  - A. Deodorant vs. Anti-perspirant
5. Muscular Development
  - A. The hazards of steroids
6. Sperm cell development
  - A. The importance of wearing an athletic supporter
  - B. Body temperature is important
7. Voice Change

### Female

1. Growth spurt
  - A. Occurs in Girls First
  - B. Pituitary Glands
2. Body hair
  - A. Shaving
  - B. The purpose of body hair
3. Emotional Development
  - A. Girls are ahead of boys
4. Sweat glands develop
  - A. Deodorant vs. Anti-perspirant
5. Hips Widen
  - A. Natural Childbirth
6. Breast Development
  - A. Size does not hamper breastfeeding
7. Egg cells mature
  - A. Woman are born with all they are ever going to have
8. Menstruation begins
  - A. Proper care of hygiene supplies

The session for the older students has an additional focus on respect for self and others and healthy relationships. Sixth grade students are invited to attend either session. It is up to your discretion as to which session would be appropriate for your child.

**MISSION:** AN ORGANIZED EFFORT TO ENHANCE STUDENT ACHIEVEMENT BY INVOLVING PARENTS AND COMMUNITY MEMBERS IN MEANINGFUL WAYS.