

Puberty - What is it? An Introductory Lesson to Successful Body Talk Activity Sheet

Name

Date

Circle ALL of the changes you think will happen to ALL bodies as they go through puberty.

All Bodies...

Have voice changes

Get periods

Get body odour

Grow hair

Grow taller

Experience wet dreams

Grow a bigger chest

Grow a bigger penis

Feel big emotions

Have mood swings

Grow facial hair

Gain weight

Get acne (pimples/zits)

Sleep in until 1pm

Have erections

Feel hungrier

Need more sleep

Get bigger feet

Have babies

Forget their homework

Use tampons