Primary 7 Lesson 3 – Growing Up, How do I feel?
Parents Lesson Content Information Sheet on physical and emotional changes at puberty and taking care of the body.

Boys	Girls	Both
Production of sperm	production of ova/eggs	increase in size of nipples
broadening of shoulders	periods begin	increase in sweating and change of smell
increase in muscular development	development of breasts	growth of hair around the genitals and armpits and on the body generally
growth of hair on face	widening of hips	changes in skin - becomes coarser and possibility of spots and acne
deepening of voice	rounding of hips and thighs	growth spurt - increase in height and weight
more keenly developed male stereotypical behaviours		need to wash all over body regularly
increase in size of penis and testes		need to use deodorant
experiences of erections and wet dreams		need to keep hair clean
		mood swings
		growing sense of independence
		feelings of confusion and frustration which can lead to conflict with family members.
		strong feelings of attraction for another person
		boys and girls start to model their appearance and dress on images from the media.