Positive Puberty Plus Programme

Fill in the blanks:

Puberty means there are changes ahead! and your ‘child’ body is growing into an ‘adult’ body capable of reproduction

Your body changes because of the effects of hormones.

The main hormones causing changes in girls are oestrogen and   
progesterone. The female reproductive cell, contained in the ovary, is called the egg or ova.

The main hormone causing changes in boys is called testosterone.  
The male reproductive cell, produced in the testicles, is called sperm.

As well as making physical changes such as: sweating more, skin getting oily, voice deepening, hairs growing, body shape changing, getting taller ,hormones also affect the way we feel and think.

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I think going through puberty is

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Because …………………………………………………………………………………………………………………………………..

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A good thing about puberty is

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In what ways could you and your friends support each other as you go through puberty?

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