

# Changes and Transitions

Everyone goes through puberty.

Every adult has already experienced it and every young person will get there soon, and yet...  
...we still get embarrassed and don't like talking about it!

Yet it is important to understand what changes will happen and that they may occur at different times, with differing levels of intensity and with different responses for each of us.

**Categorise the following changes under the headings of physical, sexual or emotional change. An example has been given for you.**

Sweaty and smelly	Voice deepens	Menstruation	Oily skin and pimples
Mood swings	Penis becomes longer and wider	Curvier body	Adam's apple
Hair growth – leg, chest, pubic, underarm, facial	Wet dreams	Testes get larger	Energy levels vary
Weight gain	Hair growth – underarm, pubic and leg	Muscles become bigger and stronger	Erections
		Mixed feelings	Growth spurt
			Breasts develop

Physical Change	Sexual Change	Emotional Change
		e.g. mood swings

**Extension:** Highlight the male and female changes in a different colour.

# Changes and Transitions - Answers

Answers in bold appear in more than one category.

Physical Changes	Sexual Changes	Emotional Changes
Sweaty and smelly Voice deepens <b>Menstruation</b> Oily skin and pimples <b>Penis becomes longer and wider</b> Curvier body Adam's apple Hair growth – leg, chest, pubic, underarm, facial Weight gain <b>Testes get larger</b> Muscles become bigger and stronger Energy levels vary Growth spurt <b>Erections</b> <b>Breasts develop</b>	<b>Menstruation</b> <b>Penis becomes longer and wider</b> Wet dreams <b>Testes get larger</b> <b>Erections</b> <b>Breasts develop</b>	Mood swings Mixed feelings