



**teaching
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Grade 5
Learning Activity

Puberty Changes and Reproduction

Learning Outcome
Students connect puberty to the capacity for human reproduction

Puberty Changes and Reproduction

Grade 5



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In the list of puberty changes below:

1. Underline the changes that prepare the body for reproduction.
2. Circle the changes that are signs of development of secondary sex characteristics.

Changes of Puberty		
Social Changes	Friendships become more important Taking on more responsibility at home or school	Looking for new experiences Thinking about your identity Wanting more independence
Emotional Changes	Mood swings Sometimes feel lonely and confused Stronger feelings of wanting to fit in	Concerned about appearance (looks) Stronger feelings of wanting to be liked
Physical Changes	Acne (pimples) Breasts develop Erections (penis gets hard) Ejaculation (sperm released from penis) Grow taller Hair gets oily Hair grows in armpits Hair grows on face Hips get wider Menstruation (period) begins Nocturnal emissions (wet dreams) Ovulation (eggs released from ovaries)	Penis grows bigger Pubic hair grows on genitals Shoulders get wider Skin gets oily Start making hormones for maturation Start producing sperm Sweat glands develop Testicles grow bigger Vaginal discharge Voice changes

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Answer Key

Changes of Puberty

Social Changes Friendships become more important

Wanting more independence

Taking on more responsibility at home or school

Looking for new experiences

Thinking about your identity

Emotional Changes Mood swings

Sometimes feel lonely and confused

Stronger feelings of wanting to be liked

Stronger feelings of wanting to fit in

Concerned about appearance (looks)

Physical Changes

Acne (pimples)

Breasts develop

Erections (penis gets hard)

Ejaculation (sperm released from penis)

Grow taller

Hair gets oily

Hair grows in armpits

Hair grows on face

Hips get wider

Menstruation (period) begins

Nocturnal emissions (wet dreams)

Ovulation (eggs released from ovaries)

Penis grows bigger

Pubic hair grows on genitals

Shoulders get wider

Skin gets oily

Start making hormones for maturation

Start producing sperm

Sweat glands develop

Testicles grow bigger

Vaginal discharge

Voice changes

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Name 3 changes that happen during puberty and explain how they prepare the body for reproduction.

Change 1:

Change 2:

Change 3:

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Answer Key: Puberty changes and how they prepare the body for reproduction

Puberty Change	How it prepares your body for reproduction
Social Changes	Friendships become more important
	Taking on more responsibility at home or school
	Looking for new experiences
	Thinking about your identity
	Wanting more independence
Emotional Changes	Mood swings
	Sometimes feel lonely and confused
	Stronger feelings of wanting to be liked
	Stronger feelings of wanting to fit in
	Concerned about appearance (looks)
Physical Changes	Acne (pimples)
	Breasts develop
	Erections (penis gets hard)
	Grow taller
	Hair gets oily
	Hair grows in armpits
	Hair grows on face
	Hips get wider

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Menstruation (period) begins	The body is able to release eggs and can become pregnant if fertilized by sperm.
Nocturnal emissions (wet dreams)	Nocturnal emissions show the body can release sperm that can fertilize an egg.
Ovulation (eggs released from ovaries)	Eggs released during ovulation can be fertilized by sperm, which can lead to pregnancy.
Penis grows bigger	The penis grows during puberty so it can release sperm into the vagina, which is needed to fertilize an egg for pregnancy.
Pubic hair grows on genitals	Pubic hair is caused by hormones that help the body grow and develop for reproduction.
Shoulders get wider	Wider shoulders show the body is developing adult features and is maturing.
Skin gets oily	Oily skin happens because of hormones, which also mature reproductive organs.
Start making hormones for maturation	The body makes hormones that signal it to grow and develop to be ready for reproduction.
Start producing sperm	Sperm is needed to fertilize an egg to make a baby.
Sweat glands develop	Hormones that activate sweat glands help the body grow and develop for reproduction.
Testicles grow bigger	Testicles get larger to make and store sperm.
Vaginal discharge	Discharge keeps the vagina healthy and clean and is a sign that ovulation may be happening.
Voice changes	A deeper voice is caused by hormones that also help the body grow and mature for reproduction.

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