



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

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





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)	<u>Penis grows bigger</u>
<u>Breasts develop</u>	<u>Pubic hair grows on genitals</u>
<u>Erections (penis gets hard)</u>	Shoulders get wider
<u>Ejaculation (sperm released from penis)</u>	Skin gets oily
Grow taller	<u>Start making hormones for maturation</u>
Hair gets oily	<u>Start producing sperm</u>
Hair grows in armpits	<u>Sweat glands develop</u>
Hair grows on face	<u>Testicles grow bigger</u>
Hips get wider	<u>Vaginal discharge</u>
<u>Menstruation (period) begins</u>	<u>Voice changes</u>
<u>Nocturnal emissions (wet dreams)</u>	
<u>Ovulation (eggs released from ovaries)</u>	



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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	Good friendships help you build trust and learn about caring, respectful relationships.
	Taking on more responsibility at home or school	Teaches you to manage tasks and care for others, which prepares you for adult life.
	Looking for new experiences	Helps you learn about your likes, values and limits, which shapes who you are.
	Thinking about your identity	Helps you understand yourself so you can have healthy, respectful relationships.
	Wanting more independence	Helps you learn to make your own choices and take care of yourself. These are important skills for becoming an adult.
Emotional Changes	Mood swings	Caused by hormones that help your body mature for reproduction.
	Sometimes feel lonely and confused	Learning to manage your feelings helps you grow into a healthy adult who can deal with challenges.
	Stronger feelings of wanting to be liked	Helps you learn how to connect with others and build relationships.
	Stronger feelings of wanting to fit in	Helps you figure out where you feel safe and how to have healthy friendships and partnerships.
	Concerned about appearance (looks)	Helps you take care of your body as you grow into an adult.
Physical Changes	Acne (pimples)	Hormones that cause acne also help the body grow and develop for reproduction.
	Breasts develop	Breasts grow so the body can one day make milk to feed a baby.
	Erections (penis gets hard)	Erections show the penis can one day help release sperm to fertilize an egg.
	Grow taller	Growing taller helps the body prepare for adulthood.
	Hair gets oily	Oily hair is caused by hormones that help the body grow and develop for reproduction.
	Hair grows in armpits	Body hair is caused by hormones that help the body grow and develop for reproduction.
	Hair grows on face	Facial hair is caused by hormones that help the body grow and develop for reproduction.
	Hips get wider	Wider hips help prepare the body for possible pregnancy and childbirth.



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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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