Puberty – myths and facts

Objectives
- To separate myths from facts.
- To compare your feelings about puberty and growing up.

1. Begin by doing the quiz below. Check your answers in class.

   **TRUE or FALSE?**
   1. A man with big feet will have a big penis.
   2. A girl cannot swim or wash her hair when she has a period.
   3. Periods are very painful.
   4. Girls lose about a bucketful of blood during a period.
   5. If a boy has a small penis he won’t be able to have proper sex.
   6. During puberty you sweat more than usual.
   7. Boys can get an erection at any time of the day or night.
   8. At puberty you become moody and emotional.
   9. Masturbation is harmful.
   10. Puberty means you are ready to have sex.

2. Where do you get information about puberty from? Which of these are reliable sources? (In other words – are likely to give you true facts.)

3. Look at Lisa and Daniel. Just by looking at them, how can you tell they are growing up and entering puberty? Think about their clothes and what they are doing, as well as how they look.

4. Now draw either Lisa or Daniel just getting out of the shower with no clothes on. What signs can you see now that tell you they are growing up?

5. Under your picture, write a comment from Lisa or Daniel saying how they feel about puberty and growing up. Remember – they may have mixed feelings.

6. Now write your own name and your own comment describing how you feel about puberty and growing up.

For girls, the physical changes of puberty can begin any time between the ages of nine and sixteen.
For boys, the physical changes of puberty can begin any time between the ages of ten and seventeen.

Keywords
- puberty
- adolescence
- emotional
- physical
- sex