

Grade Four: Puberty Changes (Answer Key 2C/E)

Puberty Changes Answer Key	Boy	Girl	Both
Grow taller			X
Skin gets oily			X
Acne (pimples)			X
Voice changes			X
Hair grows on face	X		
Hair gets oily			X
Hair grows in underarms			X
Hair grows on genitals (pubic hair)			X
Sweat glands develop			X
Breasts develop*			X
Hips get bigger		X	
Shoulders get wider	X		
Start producing sperm	X		
Penis grows bigger	X		
Testicles get bigger	X		
Body starts producing sex hormones			X
Wet dreams	X		
Erections happen out of the blue (penis gets hard)	X		
Sperm can be released through penis (Ejaculation)	X		
Start releasing eggs (Ovulation)		X	
Periods (Menstruation)		X	
Mood swings			X
Start having sexual thoughts			X
Start having sexual feelings			X
Start producing vaginal discharge		X	
Can become interested in having a boyfriend or girlfriend			X
Friendship becomes more important			X
Sometimes feel lonely and confused			X
Stronger feelings of wanting to be liked and to “fit in”			X
Want more independence			X
Thinking about the future			X
Concerned about looks (appearance)			X

*Breast development is related to an increase in the estrogen hormone. Males normally produce some estrogen in the adrenal glands and testes. Nearly one in two boys experiences temporary enlargement of the breasts during puberty.

Adapted from: Planned Parenthood Federation of Canada. (2001). *Beyond the Basics: A Sourcebook on Sexuality and Reproductive Health Education*, p.69-70. Available online at: www.cfsh.ca