

# Growing and Glowing



## Worksheets Part 1

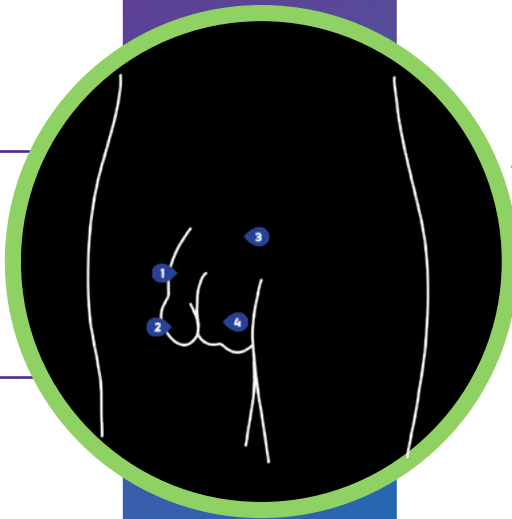
# CHANGES TO YOUR BODY

Boy's Body

## External

1

2



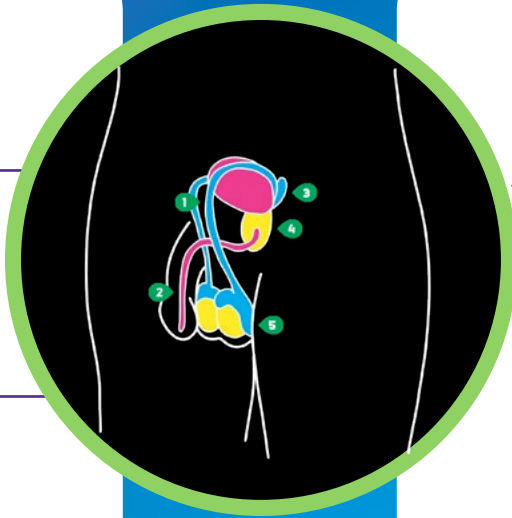
3

4

## Internal

1

2



3

4

# CHANGES TO YOUR BODY

Girl's Body

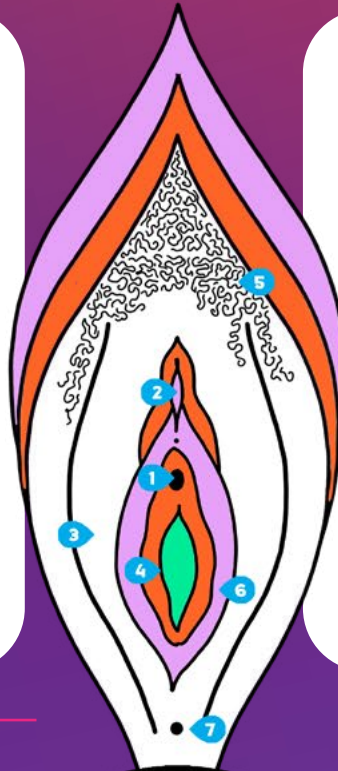
## External

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_



5 \_\_\_\_\_

6 \_\_\_\_\_

7 \_\_\_\_\_

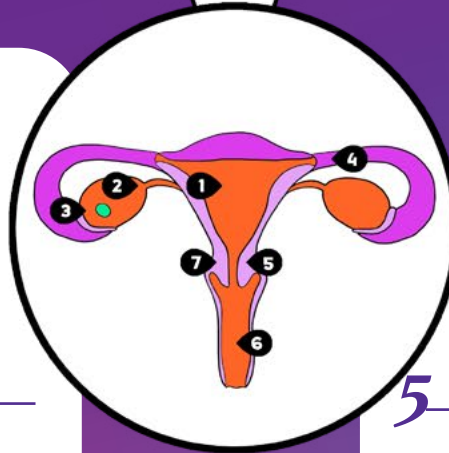
## Internal

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_



5 \_\_\_\_\_

6 \_\_\_\_\_

7 \_\_\_\_\_



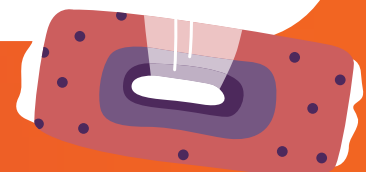


# GOOD PERSONAL HYGIENE



## Boys and Girls

- **Shower** once a day minimum
- Jock itch may need anti-fungal cream
- **Wash clothes & sheets regularly** due to extra sweat, grease and oils
- **Wash your face before bed** & after you wake up (pimples and oils on face)
- **Brush your teeth** twice a day
- Change tampons, pads & liners regularly
- **Drink plenty of water**
- **Eat food from the five food groups** for a diet high in vitamins & minerals
- **Wear cotton underwear** instead of synthetic



# FOR BOYS



Although boys change at a different rate and often a little later than girls, the changes are just as extreme in their own way.

It's a myth that only girls are emotional at this time – boys become just as emotional in response to their powerful hormonal changes and often have difficulty dealing with them.

## Boys (and girls) commonly experience:

- Moodiness due to changes in oestrogen\* and testosterone^
- Concerns about how your body looks
- Worry about how other people look and how they compare to you
- Feeling awkward or embarrassed, especially in times of change
- Sexual curiosity and attraction
- A need for independence from your parents
- Boys, in particular, often stress out when they appear different from their peer group.

Source: \*A small proportion of the testosterone made by men is usually converted into oestrogen by aromatase - a type of enzyme. The higher the testosterone level in a man, the more testosterone is converted into oestrogen. Gonadal Steroids and Body Composition, Strength, and Sexual Function in Men, published in The New England Journal of Medicine, 12 September 2013.

^Testosterone is secreted by the adrenal glands in both boys and girls, as well as by the ovaries in girls.

## How to deal with changes:

- Ask lots of questions
- Respect your body
- Accept your body
- Talk to somebody
- Give your parents/guardians a chance





# HOW YOU MAY BE FEELING



During puberty your body is changing in more ways than you realise.

It starts to produce reproductive hormones, which can result in mood swings and emotional changes you don't always feel in control of.

You may also feel more sensitive and self-conscious about your body, which usually coincides with the onset of increased body odour and pimples. Growing into a man or a woman can feel like you're having a tough time, but it's only a phase and puberty is a great sign that your body is healthy, functioning and maturing as normal.

