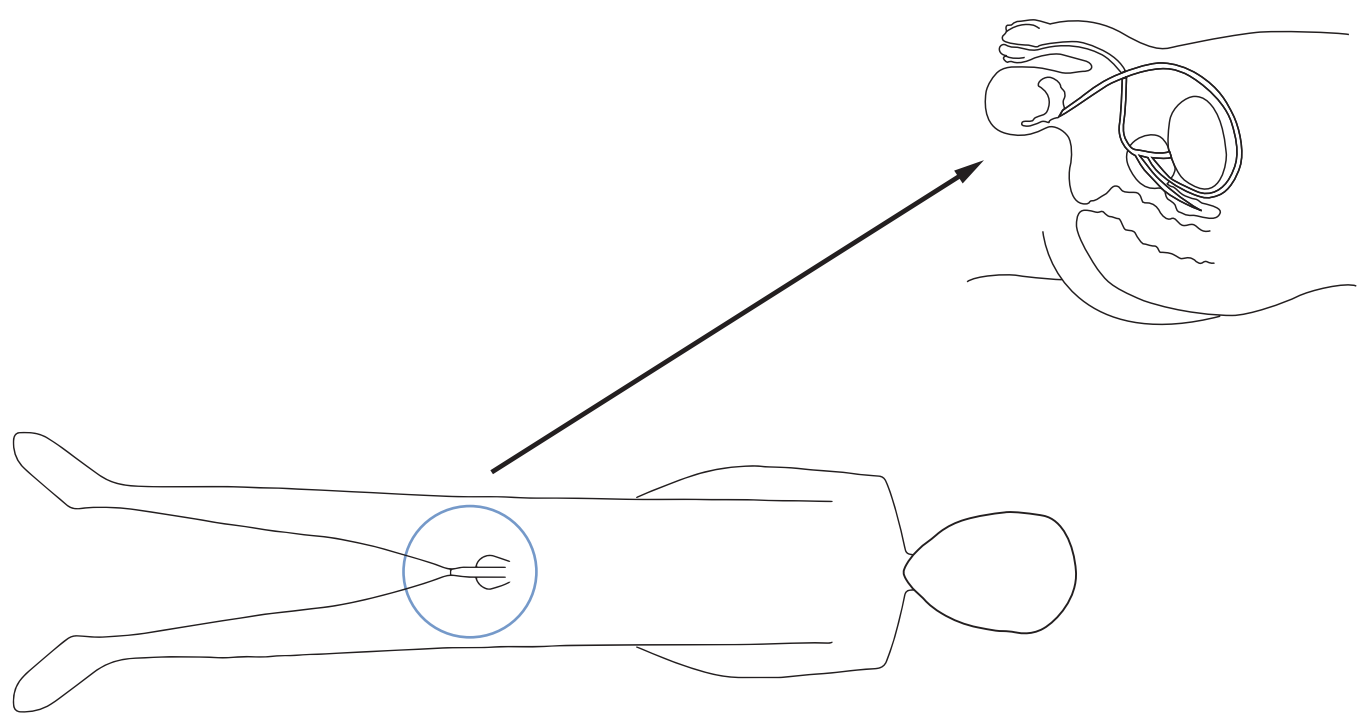
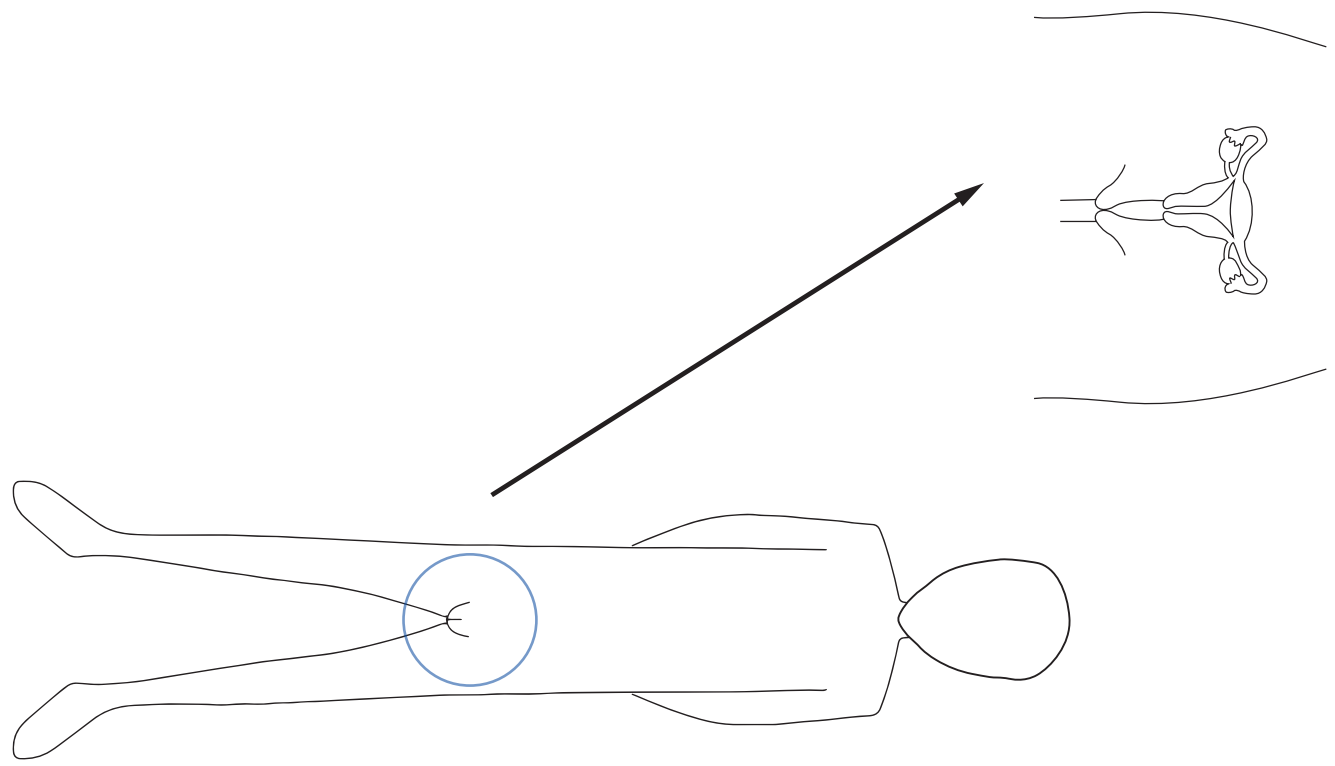


Teacher Reference Sheet

Bodies with a penis / typical male bodies	Bodies with a vulva / typical female bodies
<ul style="list-style-type: none"> • Sperm develops in the testicles (millions of sperm every day) • Erections happen more frequently (erections happen at any age, likely more often during puberty) 	<ul style="list-style-type: none"> • Breast development (from breast buds to adult shape) • Periods start (ovulation & menstruation) • Vaginal discharge (might be noticed on underwear)
All bodies / everybody	
<ul style="list-style-type: none"> • Hair in new places (underarms, face, pubic area, body) • Shape change (hips widen for curvier shape or shoulders broaden as muscles develop) • Wet dreams (sperm comes out of penis or vagina lubricates while asleep) • Voice change (longer vocal chords mean deeper voice) • Growth spurt (a faster rate of growth) • Body odour (people sweat more) • Pimples (likely on face, chest & back) • Reproductive organs get bigger (penis, testicles, vagina, uterus) 	
Social & emotional changes	
<ul style="list-style-type: none"> • Crushes (friendship, romantic, sexual) • Mood changes (switching between moods quickly without much warning) • Becoming independent on and offline (wanting to do things for yourself, by yourself) • Need more privacy (possible interest in masturbation) • Exploring self-expression (masculinity, femininity, clothes, interests) • Increased responsibility (more schoolwork, chores & expectations) • Emerging ideas about sexual identity (for example heterosexual, gay, lesbian, bisexual, asexual) • Changing relationships (with self, adults, school and friends) • Interest in sexual things (sexy thoughts, ideas about future relationships) • Self-consciousness (awareness of own body and comparing to others) 	

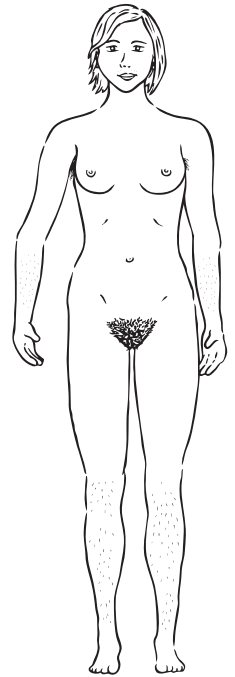
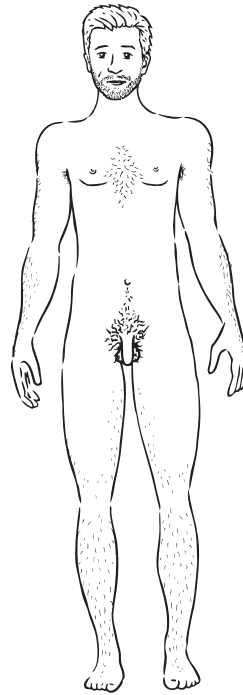
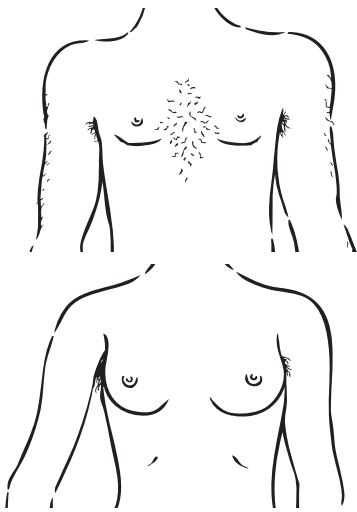
Puberty Changes



Puberty Changes

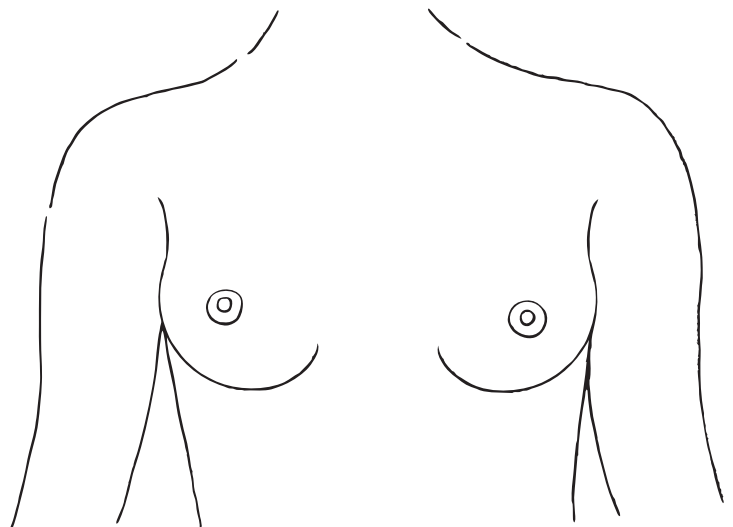


Hair in new places (underarms, face, pubic area, body)

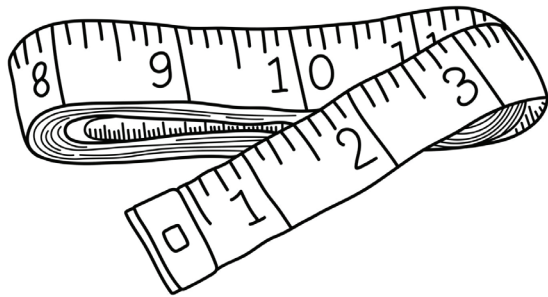


Breast development

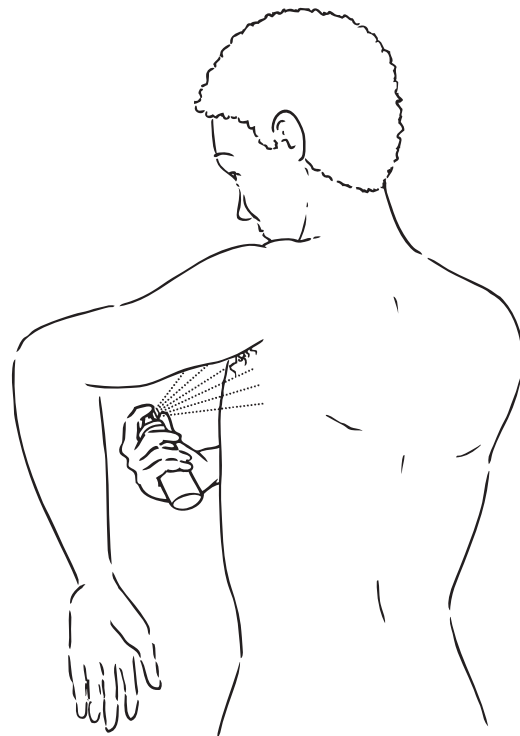
(from breast buds to adult shape)



Growth spurt (a faster rate of growth)

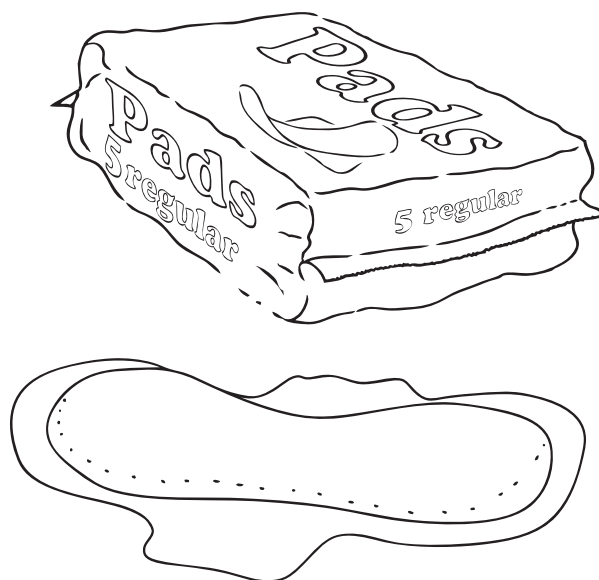
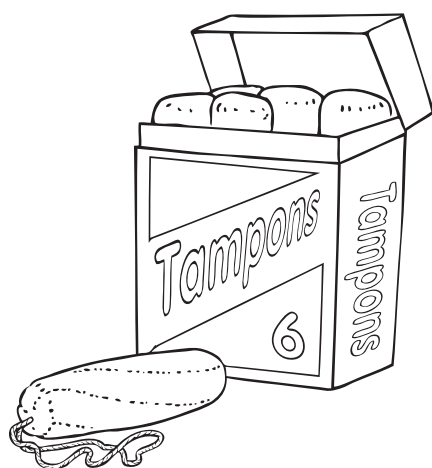


Body odour (people sweat more)



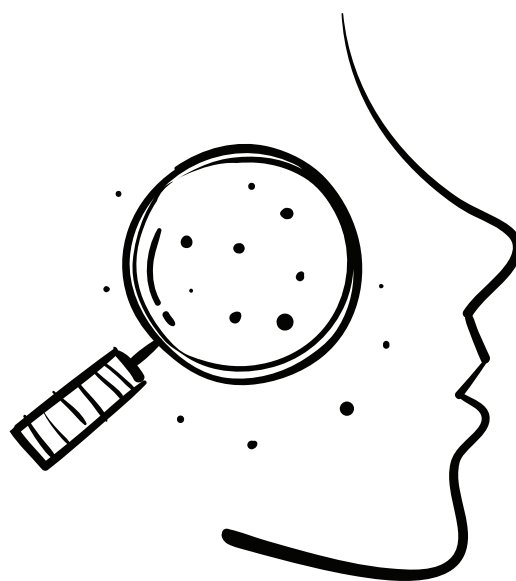
Periods start

(ovulation and menstruation)



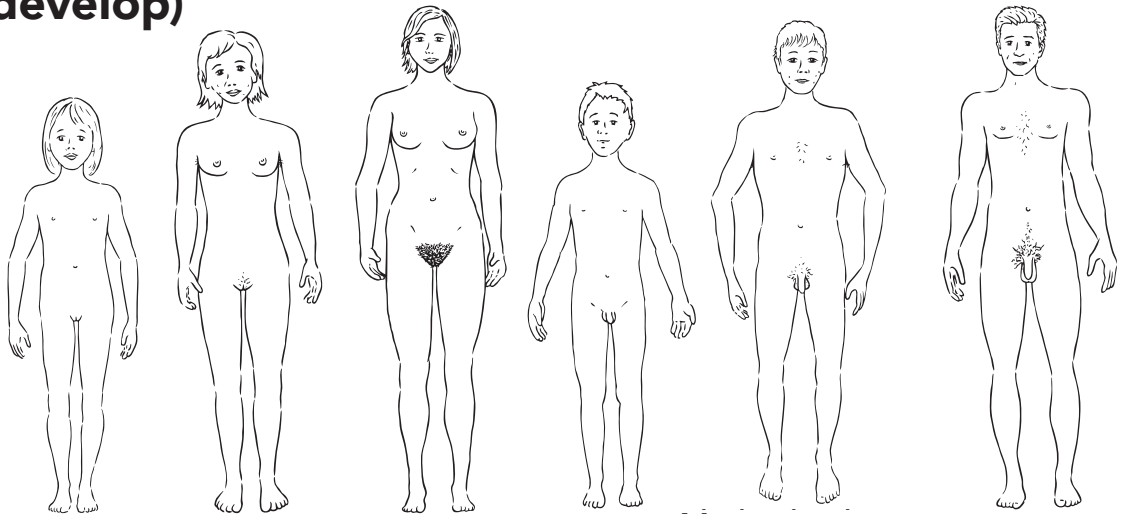
Pimples

(likely on face, chest and back)



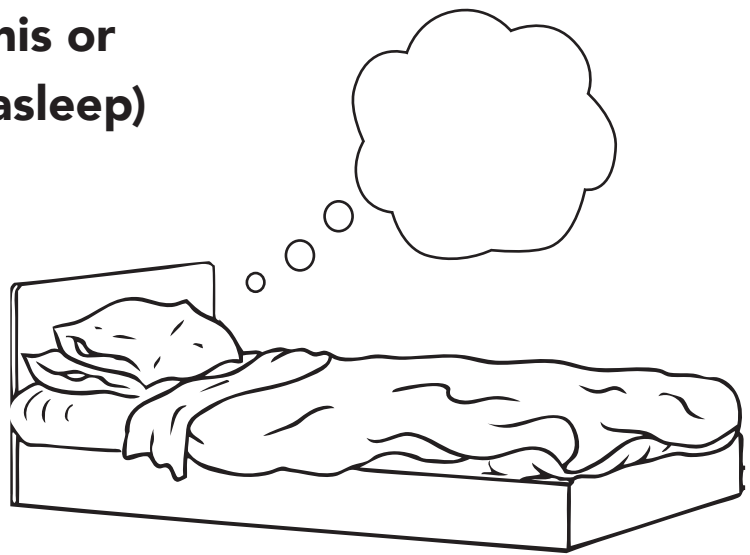
Shape change

(hips widen for curvier shape or shoulders broaden as muscles develop)



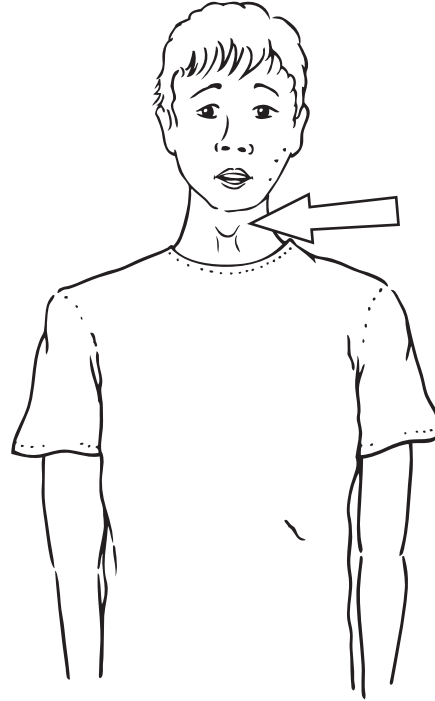
Wet dreams

(sperm comes out of penis or vagina lubricates while asleep)



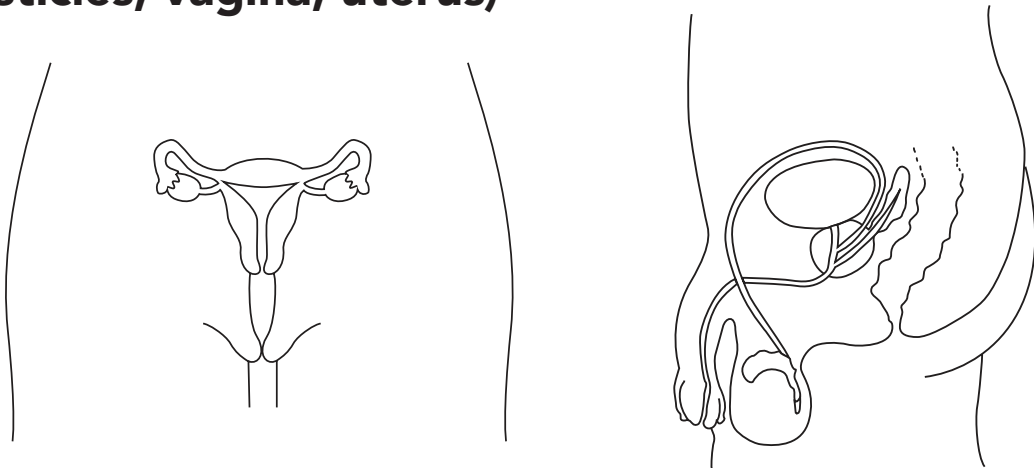
Voice changes

(longer vocal chords
mean deeper voice)



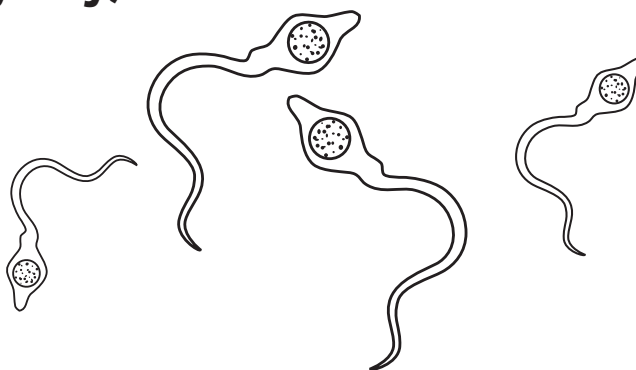
Reproductive organs get bigger

(penis, testicles, vagina, uterus)



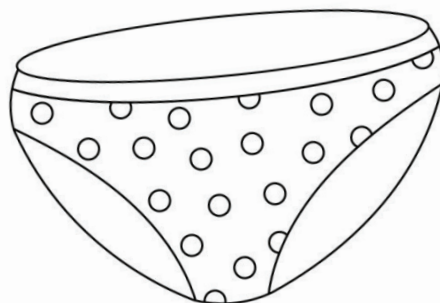
Sperm develops in the testicles

(millions of sperm every day)



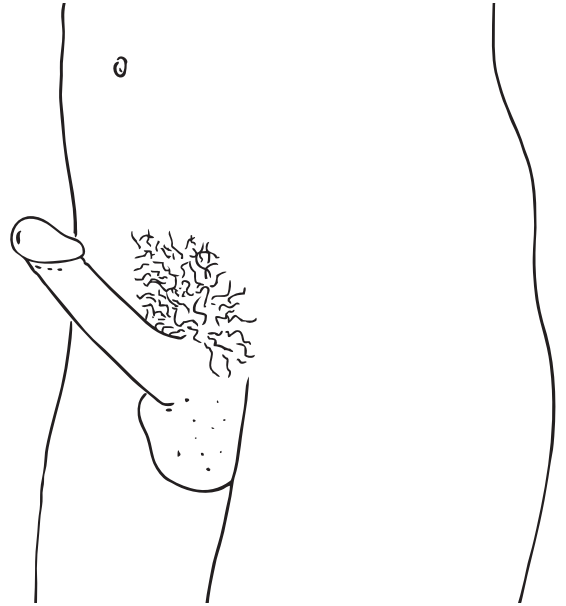
Vaginal discharge

(might be noticed on underwear)



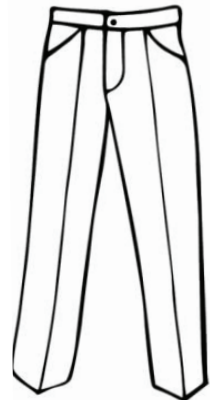
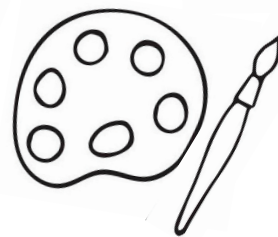
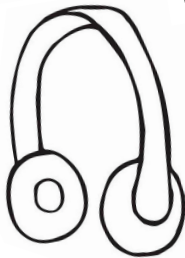
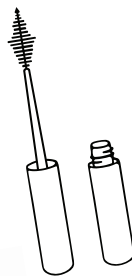
Erections happen more frequently

(erections happen at any age, likely more often during puberty)

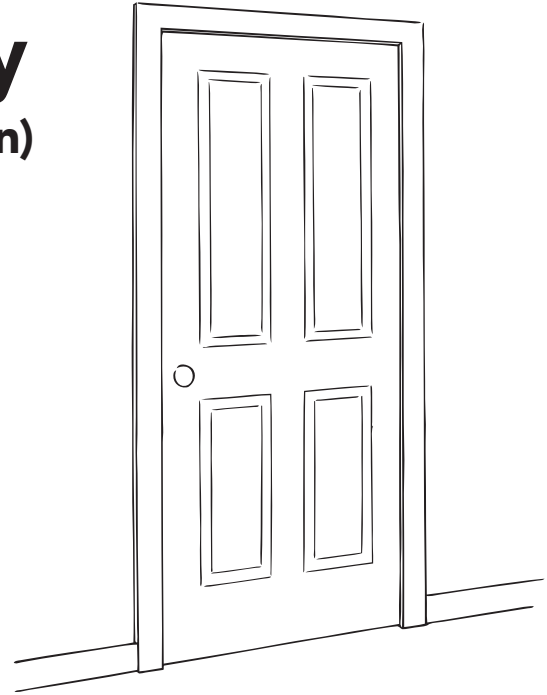


Exploring self-expression

(masculinity, femininity, clothes, interests)



Need more privacy
(possible interest in masturbation)



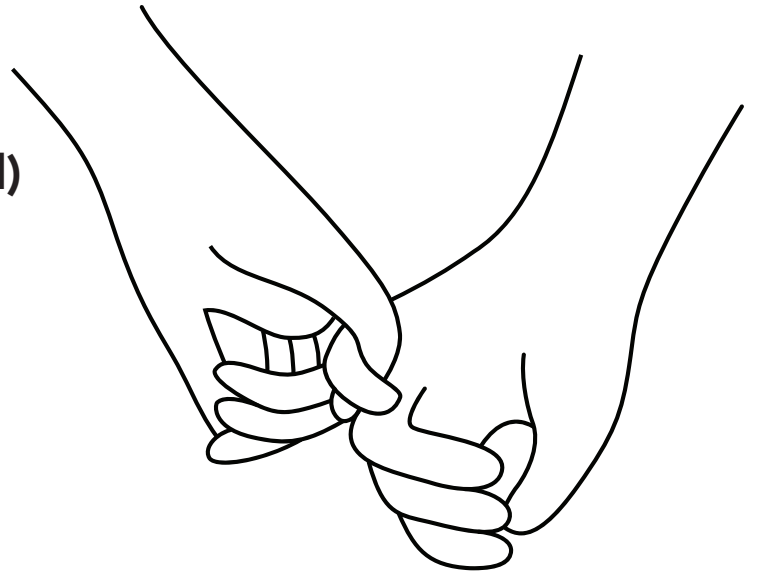
Increased responsibility

(more schoolwork,
chores and expectations)



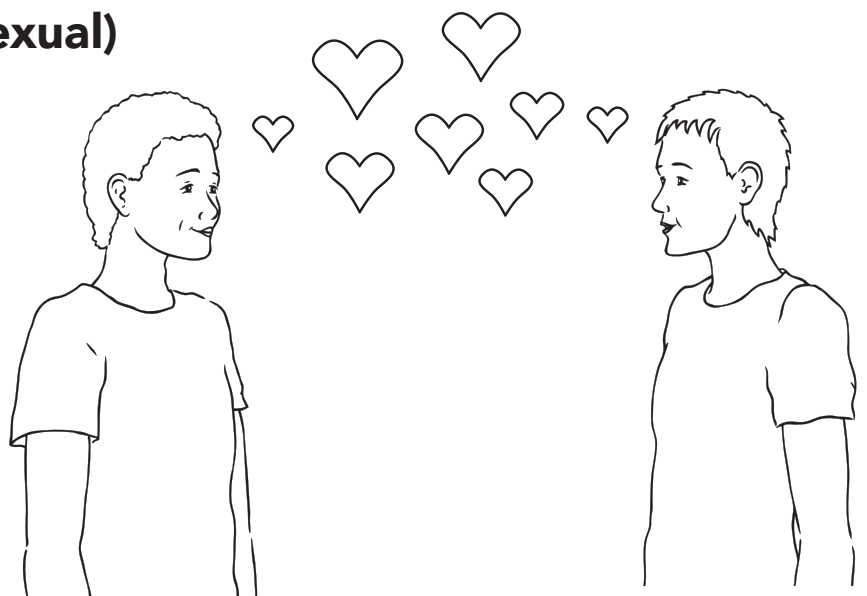
Emerging ideas about sexual identity

(for example: heterosexual, gay, lesbian, bisexual, asexual)



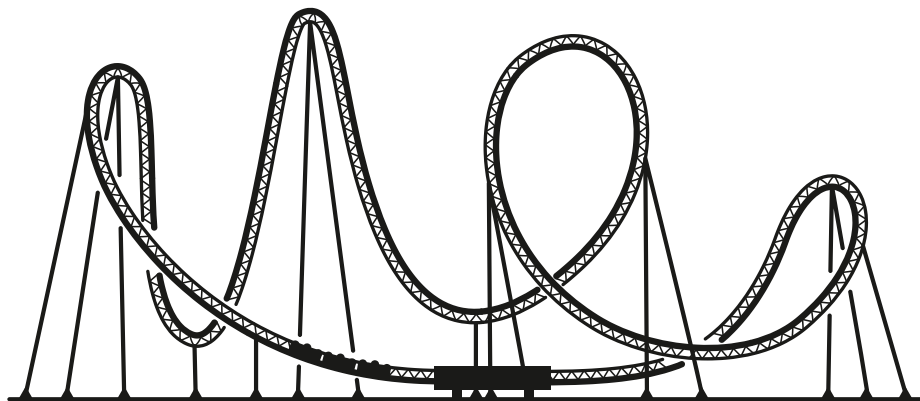
Crushes

(friendship, romantic, sexual)



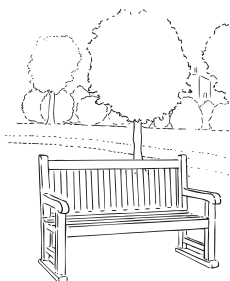
Mood changes

(switching between moods without much warning)

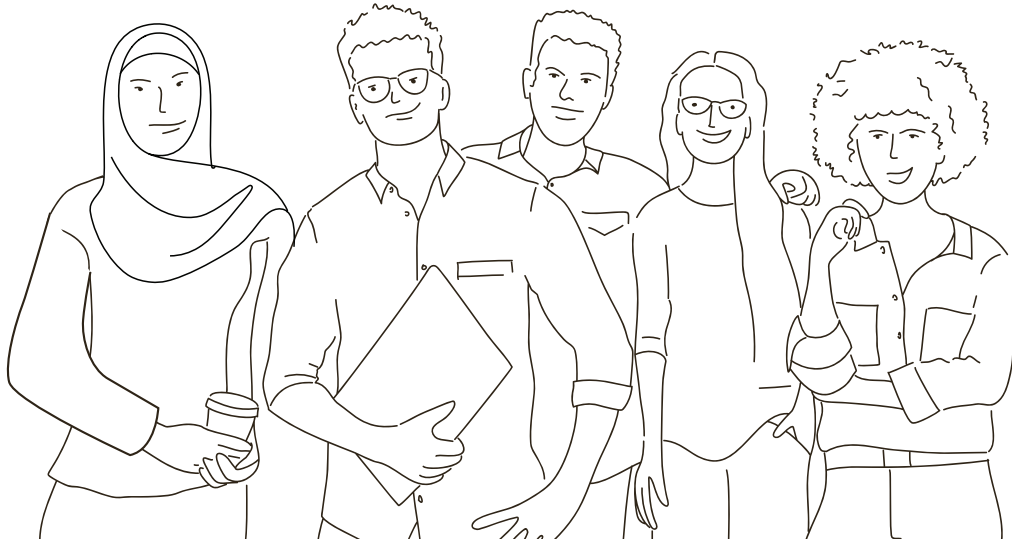


Becoming independent

on and offline (wanting to do things for yourself, by yourself)



Changing relationships (with self, adults, school and friends)



Interest in sexual things (sexy thoughts, ideas about future relationships)



Self-consciousness

(awareness of own body
and comparing to others)

