

Puberty Taboo Words

what the change was and if the change is usually for males / females or anyone.

As cards are guessed they can be displayed in groups of changes typically for males / changes typically for females / changes for anyone.

Discussion

When all cards have been guessed and displayed, students can

- Reflect that most of the changes are for anyone.
- Give students opportunity to ask questions.
- Discuss what would help manage each change of puberty.
- Identify the people to ask about these changes or problems that might arise during puberty.

Teacher Reference Sheet

Students who volunteer can come forward and select a card. They should attempt to describe the change of puberty without using the forbidden 'taboo' words. They may want to mime or act out the change.

Taboo words will be identified on the cards along with a short description of the change to help them.

Below is a list of each change and the taboo words for teacher reference.

Puberty Change	Taboo words
Sperm production	sperm, production, testicles, baby
Wet dreams	liquid, wet, dream, sperm, semen
Periods	period, blood, egg/s (ovum), month
Breast development	breast, development, bra, boobs
Pimples	skin, face, squeeze, pimple/s
Body odour	body odour, sweat, smell, deodorant
Growth spurt	growth spurt, grow, centimetres
Attraction	attraction, love, crush
Shoulders broaden	shoulders, muscle, stronger
Voice change	voice change, squeak, vocal cords, Adam's apple
Mood swings	mood, swings, hormones, emotions
Vaginal discharge	vaginal discharge, vagina, liquid
Erections	erection, penis, stiff
Pubic hair	pubic, hair, grows, curly

Sperm production

Taboo words: sperm, production, testicles, baby.

During puberty, a male's **testicles** get larger so they can start making **sperm**. Once the **testicles** start to make **sperm**, they make millions of **sperm** are made every day. A **sperm** is needed to join with an egg (from a female's body) in order to make a **baby**.

Wet dreams

Taboo words: liquid, wet, dream, sperm, semen

From puberty, males start to produce **sperm**. Their body may practice getting the **sperm** out when he is asleep at night. When he is asleep, his penis might become erect, and **semen** (the sticky white **liquid** containing **sperm**) might come out through the penis. This is called a **wet dream**. This might happen from a sexy **dream**. If a female has a sexy **dream**. Her vagina may become lubricated, but she might not even notice.

Periods

Taboo words: period, blood, egg/s (ovum), month.

Female bodies are born with **eggs(ovum)** in their ovaries. During puberty **eggs(ovum)** begin to mature. Usually one **egg/(ovum)** and is released into the fallopian tubes. If the **egg/ovum** doesn't meet a sperm the **egg(ovum)** dissolves. Around the same time the uterus develops a lining of **blood** and nutrients ready for a pregnancy. If a pregnancy doesn't occur the lining comes out through the vagina. This is called a **period**. This is called a **period**. It is a sign a woman CAN grow a baby, but she hasn't that **month**.

Breast development

Taboo words: breast, development, bra, boobs

As a female goes through puberty, they will usually notice that their body becomes curvier. The hips get wider. **Breast development** starts with **breast** budding. It might take a couple of years for **breasts** to reach their grown-up shape and size. Her **breast** size will probably change through her life. It is normal for one **breast** to be slightly larger than the other. Lots of women use a **bra** to support their **breasts**.

Pimples

Taboo words: skin, face, squeeze, pimple/s

Lots of people, as they go through puberty, notice **pimples**. This occurs because hormones in the body cause the skin to produce more oil. Dirt or oil can block the pores of the **skin** and a **pimple** can occur. Common places for **pimples** are the **face**, chest and back. It's a good idea to make sure **skin** is washed once or twice a day to remove some of the oil and old **skin** cells that can lead to pimples. It is a good idea to try not to **squeeze** or pick at **pimples**.

Body odour

Taboo words: body odour, sweat, smell, deodorant.

More **sweat** glands start to work as a person goes through puberty. **Sweat** reacts with bacteria on the skin and causes a **smell**. Showering (with soap) and changing and washing clothes more often is important to remove the **sweat**. Lots of people start to use **deodorant** during puberty. This can help with **body odour**.

Growth spurt

Taboo words: growth spurt, grow, centimetres.

Babies **grow** very fast in the first year of their lives. So do people going through puberty. Some people notice that they have a year or two where they **grow** faster than they did when they were a child. It could be as much as 12 **centimetres** in a year. Hands and feet tend to get bigger first. This **growth spurt** is a sign puberty has started.

Attraction

Taboo words: attraction, love, crush.

Sometimes during puberty, people might start to notice they are **attracted** to another person. Someone might develop a **crush** on another person they know, or someone they don't know. It could be someone famous. People may notice they are **attracted** to someone of the opposite gender or the same gender. Not everyone will have a **crush** or notice they are **attracted** to others.

Shoulders broaden

Taboo words: shoulders, muscle, stronger

Male bodies might notice more **muscle** bulk and becoming **stronger** as they go through puberty. Often males notice that their **shoulders** become broader or wider.

Voice change

Taboo words: voice change, squeak, vocal cords, Adam's apple.

Everyone is likely to notice a **change** in their **voice** as they go through puberty. It happens because the **vocal cords** get longer and thicker. Females might notice their **voice** becomes a little deeper. Males might notice a big drop in pitch. Sometimes a person's **voice** might **squeak** or crack as their **vocal cords** grow. Males often have deeper **voices** and longer **vocal cords**. Males with deep **voices** might also have a noticeable **Adam's apple** on the front of their throat.

Mood swings

Taboo words: mood, swings, hormones, emotions

Puberty changes are controlled by **hormones**. The sudden release of **hormones** into a young person's body can bring about extreme **emotions** and **mood swings**, but this will settle after a while. It's usual to feel angry, happy, like crying, like laughing, sad, worried some of the time. It's not usual to feel sad, unhappy or depressed all the time. These **emotions** can be a little difficult to deal with. It's a good idea to take some time out or talk to a trusted adult.

Vaginal discharge

Taboo words: vaginal discharge, vagina, liquid.

A couple of years before someone's first period starts, they might notice some **vaginal discharge**. It's a small amount of **liquid** that comes out through the **vagina**. It might dry to a creamy/ white colour and might be seen in underwear. This is the **vagina** cleaning itself and all someone needs to do is shower regularly and change underwear once a day.

Erections

Taboo words: erection, penis, stiff.

An **erection** is when the **penis** become **stiff**, larger and points away from the body. This happens for lots of reasons. It could be from hormones, the body practicing, a feeling in their body or sexy thought. During puberty **erections** are likely to happen frequently. **Erections** are likely to happen overnight while asleep.

Pubic hair

Taboo words: Pubic, hair, grows, curly.

Everyone has **hair** on all parts of their bodies and during puberty this **hair** gets thicker and darker. **Pubic hair** is the **hair** that **grows** around the vulva or the base of the penis and testicles. Someone might get a little **hair** on their tummy and the top of their legs also. **Pubic hair** is often **curly** and can be a different colour to the **hair** on someone's head. During puberty underarm and facial **hair** can also start to grow.
