

Coping with change

# Puberty card sort

Topic cards



periods

pubic hair

wet dream

facial hair

body odour

hips widening

emotions

puberty

deeper voice

hormones

sperm

breasts

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Information cards (for matching)



happens so the body can carry a baby more easily if and when a woman gets pregnant	starts in boys and girls between the ages of 7 and 14	it has happened to all grown-ups	you feel one thing one minute and something else the next	mood swings	it can help to talk about feelings as they change	get bigger on girls
caused by stale sweat on body or clothes	use deodorant and wash your body every day	grows under the arms and between the legs	hair grows to collect sweat	some people might choose to shave this hair when they are older	body changes to give space to grow a baby	also cause hair to get greasier and spots to form
another word is menstruation	an egg leaves a girl's body through the vagina with some blood	use sanitary pads to stay clean	happens when a boy is asleep	when sperm leaves the body through the tip of the penis	stored in the testicles	chemicals in the body that cause puberty to start