

Puberty Game

Goals:

- To normalize puberty and highlight physical and emotional changes.
- To show how everyone experiences some of the same changes, and how some of the changes are unique.

Have Ready:

- Boy Bodies, Girl Bodies, Any Body signs
- Cut out puberty changes cards.
- Cut out blank puberty changes card to design your own.
- Tape

Instructions:

- Post the Boy Bodies, Girl Bodies, & Any Body signs around the room.
- Let youth know that the signs only refer to biology (having testicles or ovaries) and not to gender identity.
- Pass out the puberty changes cards and have the group tape their card(s) under the sign where they think it fits best. They can also post in between signs if they think it makes sense (i.e. voice changes can happen to anybody, but is often more noticeably in boy bodies).
- If they don't know where a card goes, encourage them to take their best guess.

Card Placement:

Girl Bodies	Any Body	Boy Bodies
Breasts grow Period Hips grow Nipples bigger Vaginal discharge Period cramps	Armpit hair Pimples Grow taller Sexual feelings Sweat more/body odor Masturbation Have a crush Muscles and strength Pubic hair Moodiness	Voice changes Adam’s apple Wet dreams Shoulders and chest broaden Penis and testicles get Facial hair grows Start to ejaculate (cum) Erection (boner)

Debrief:

- Puberty is the process we go through to grow from a child into a young adult.
- During puberty lots of physical and emotional changes happen. There may also be extra responsibilities and roles that come during puberty.
- Ask for volunteer to read out the cards and debrief any questions youth may have.
- Ask youth, **“Which are these changes are physical? Which are emotional?”**
- Some puberty changes happen to commonly to boy bodies or people who have testicles, others happen commonly to girl bodies or people who have ovaries, and many changes happen to almost everyone.
- Regardless of your biology, everyone’s body goes through changes and this is a normal part of growing up. Some people have a lot of changes, some may have less, and everyone takes their own amount of time to go through puberty.
- Explain that getting you period signals that ovulation (releasing an egg) has started.

- Note: people can get pregnant even before getting their first period.
- Explain that changes in our bodies and emotions are caused by hormones, which unless we are on medication, are beyond our control.
- Our emotional changes (in particular, feeling attraction or horny) may contradict with the other factors (e.g. our values about sex), so it can be a confusing time.
- Acknowledge the mixed feeling youth may have about puberty. Let youth know that although puberty can make people feel awkward or self-conscious at times, it can also be an exciting special time where people might feel happy and proud.
- Some people may also have special traditions or rituals when it comes to beginning menstruation.



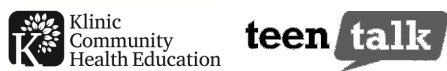
Klinik
Community
Health Education



Girl Bodies



Boy Bodies



Any body



**Begin to
Get
Pimples**

**Armpit
Hair**

**Grow
Taller**

**Voice
Changes**



<p>Masturbation (Touching your genitals to feel good)</p>	<p>Have Sexual Feelings</p>
<p>Menstruation (get your period)</p>	<p>Sweat More/ Body Odor</p>

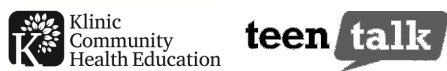


**Hips
Grow**

**Breasts
Grow**

**Adam's
Apple
Shows**

**Have a
Crush on
Someone**



**Muscles
Get
Bigger/
Stronger**

**Facial
Hair
Grows**

Erection
(a.k.a. “boner”)

**Start to
Ejaculate
/Cum**



Moodiness

**Pubic
Hair**

**Vaginal
Fluids**

**Nipples
get
Bigger**



Klinik
Community
Health Education



**Wet
Dreams**

**Period
Cramps**

**Shoulders
and Chest
Broaden**

**Penis/
Testicles
Get
Bigger**