

Puberty Game¹

Goals:

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

Senior 1-4 Education Curriculum Connections

This activity contributes to the following Specific Learning Outcomes:

Family Studies

Human Development

- *S1 2.1.1 Identify and describe the stages of physiological growth and development in adolescents and how each stage can be nurtured.*
- *S1 2.1.2 Distinguish between puberty and adolescence.*

Guidance Education

Personal and Social Component

Human Dynamics

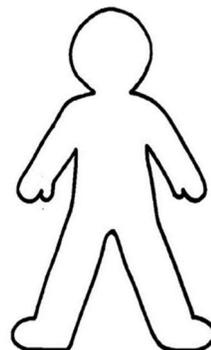
- *youth issues (emotional maturation)*
- *Self-Concept/ psychology of youth (Who am I?)*

Social Skills

- *Relationships (peer pressure, realistic expectations, responsibility, abusive relationships, dating violence)*

Have Ready:

- Flipchart paper
- Cut out body part signs
- Cut out puberty changes cards
- Tape



Instructions:

- Draw a large outline of the body on a flipchart paper. (See example.)
- Post the outline of the body with the body part signs taped on.
- Pass out the puberty changes cards and have the youth tape their card(s) beside the sign where they think it fits best. If they don't know where a card goes, encourage them to take their best guess.
- Let youth know that the signs only refer to biology (having testicles or ovaries) and not to gender identity.

Card Placement:

Hair - Begins to grow on some faces, in armpits & pubic areas

Testicles - Begins to make sperm

Voice - Sounds deeper

Penis - More erections (boners) & ejaculations (cum)

Uterus - Begins menstruating (period)

Clitoris - Becomes erect (hard); pleasure center

Skin - Becomes more sweaty, oily & pimples may appear

Hips - Grow wider

Shoulders - Grow wider

Brain - Sexual feelings (horny) & moodiness

Breasts - Can grow bigger & be used to feed a baby

Vagina - Makes more fluid when aroused (horny)

Ovaries - Begins to release eggs

Vulva - Includes two sets of labia (skin folds or lips) that grow larger

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.

- 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 your period signals that ovulation (releasing an egg) has started. Some people may also have special traditions or rituals when it comes to beginning menstruation.
- 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.



Brain

Skin

Voice

Hair



Uterus

Ovaries

Testicles

Breasts



Shoulders

Hips

Penis

Vagina



Clitoris

Vulva

**Begins to grow on
some faces, in armpits
& pubic areas**



Grow wider

Begins to make sperm

Sounds deeper

**More erections
(boners) &
ejaculations (cum)**



**Begins menstruating
(period)**

**Makes more fluid
when aroused (horny)**

**Becomes erect (hard);
pleasure center**



**Becomes more
sweaty, oily & pimples
may appear**

Grow wider

**Sexual feelings (horny)
& moodiness**



Can grow bigger & be used to feed a baby

Begins to release eggs

Includes two sets of labia (skin folds or lips) that grow larger

¹Adapted from puberty activity in Our Whole Lives curriculum by deFur, K., and Johnson, A. *Our Whole Lives, Grades 4-6, Second Edition*. UUA. 2017.

