

Puberty Game⁵

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 Student Specific Learning Outcomes:

Family Studies

- 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 GLOs under Personal/Social Component.



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.

Card Placement

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

⁵Adapted from puberty activity in Our Whole Lives curriculum by deFur, K., and Johnson, A. *Our Whole Lives, Grades 4-6, Second Edition*. UUA. 2017.

- Testicles - Begins to make sperm
- Voice - Sounds deeper
- Penis - More erections (boners) & ejaculations (cum) & wet dreams
- Uterus - Begins menstruating (period)
- Clitoris - Becomes erect (hard); pleasure center
- Skin - More sweaty, oily & pimples may appear
- Hips - Grow wider
- Shoulders - Grow wider
- Brain - Sexual feelings (horny) & moodiness
- Breasts/Chest - 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 a period (also referred to as Moon Time by many Indigenous cultures) signals that ovulation (releasing an egg) has started. Note: a person can get pregnant even before getting their first period.
- Some people/cultures may also have special traditions/rituals or rites of passage when it comes to beginning menstruation such as the Berry Fast for example. Vision Quests can also be a rite of passage that some young men engage in as they transition into the

next life stage, see the Youth Sexuality chapter of the Teen Talk Service Provider Manual for more information.

- Explain that changes in our bodies and emotions are caused by hormones, which unless we are on medication, are beyond our control.
- Emotional changes (in particular, feeling attraction or horny) may contradict with the other factors (e.g. a youth or other's values about sex), so it can be a confusing time.
- Acknowledge the mixed feelings 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 some might feel happy and proud.

Brain

Skin

Voice

Hair

Uterus

Ovaries

Testicles

**Breasts/
Chest**

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)
& wet dreams**

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

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

**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

Begins menstruating (period)

