

# Puberty Changes Drawing

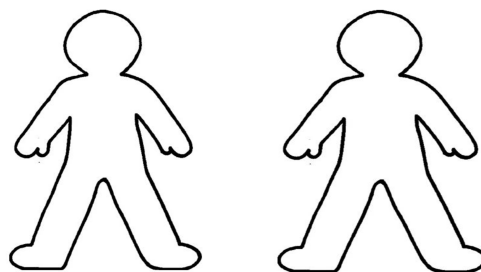
**Recommended Age: 10-13**

## Goals

- To examine the physical and emotional changes of puberty.
- To normalize the changes that happen in different body types.

## Have Ready

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



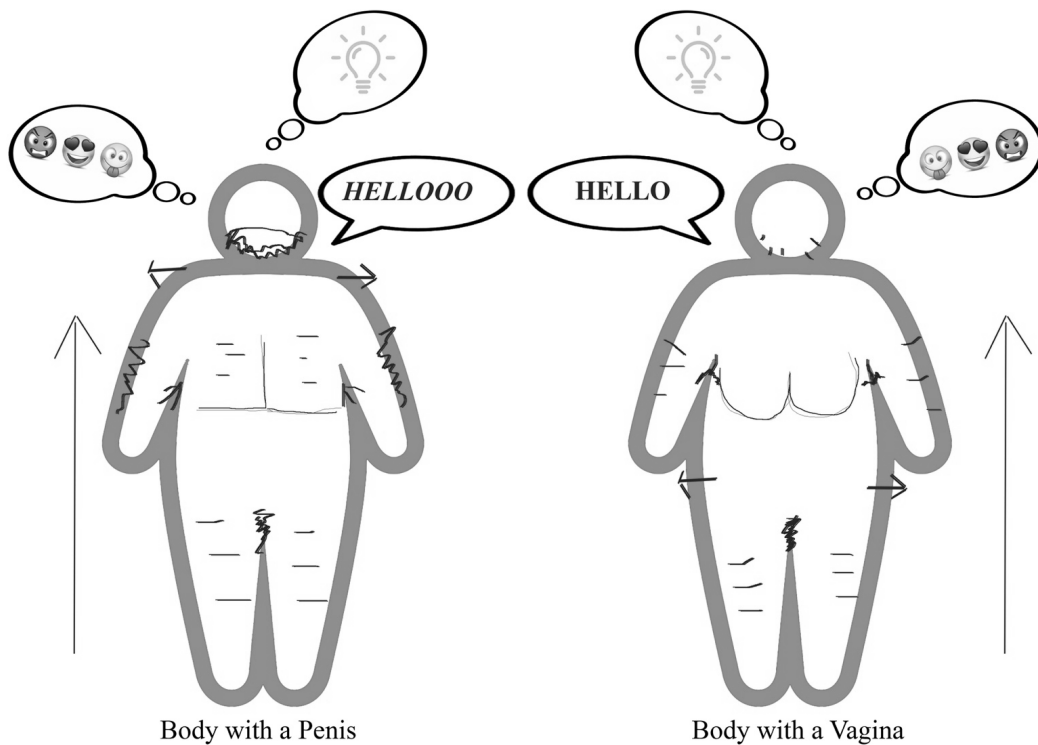
## Instructions

- Note: This activity works well after the Puberty Changes Relay, as it builds a list of possible body changes that can be used while creating the drawings.
- Draw a large outline of two bodies on a flipchart paper. (See example.) Beside one, write 'Body with a Vagina' and beside the other, write 'Body with a Penis'.
- Post the outline of the body.
- Ask the group about what changes happen to the body during puberty. Do these changes happen to both bodies, a body with a vagina or a body with a penis?
- Add doodles to each body as answers come up. This adds a visual element to the explanation. See the example below of a completed drawing.
- **Grow Taller (Both).** Some folks grow a lot, some folks only a little. Sometimes this happens quickly, and you may get cramps (sore muscles) because of how quick your body is changing.
- **Deeper Voice (Both).** The larynx, also known as our voice box, grows larger during puberty, which makes our voices deeper. On some bodies, when the larynx grows larger, it sticks out at the front of the throat. This is what's called an Adam's apple. An Adam's apple is often more noticeable on bodies with a penis

because their larynx usually grows larger than on bodies with a vagina. This is also why often, but not always, bodies with a penis get noticeably deeper voices. There may be an awkward in-between time where your voice feels screechy or cracks as it moves from being higher to lower. This is totally normal and will pass over time.

- **Hips Widen (Body with a vagina).** Both bodies go through muscle and bone changes, but bodies with a vagina usually get wider hips during puberty. This is all part of the body getting ready to be physically able to give birth, should someone choose to in the future.
- **Shoulders Broaden (Body with a penis).** Both bodies go through muscle and bone changes, but bodies with a penis usually have their shoulders broaden.
- **New Emotions (Both).** Puberty is a time of many changes, including having new and more complex emotions. Some of this is about the changes that happen as we grow into adults, and some of this has to do with all the extra hormones helping our body change. We might start getting crushes on people or find our emotions change a lot from moment to moment.
- **New Thoughts (Both).** Puberty is a time of growing from a kid into an adult. Part of this means starting to have new and more complex thoughts. We might start to understand things in a way we didn't before, or maybe we think of things in a totally different way than we used to.
- **New Body Hair (Both).** Both bodies grow new and more hair, including in the armpits, on the arms, legs, chest, face, back, and genitals. Some folks end up with a lot of hair, and some folks barely any at all. Often, bodies with a penis get more hair than bodies with a vagina do, especially on the face, but not always. Some bodies with a penis barely get any hair, and some bodies with a vagina get a bunch.
- **Chest Changes (Both).** Both bodies change and grow in the chest, although it is often a bit more noticeable in a body with a vagina. Bodies with a vagina grow breasts, while bodies with a penis have changes in chest muscles.

- **Erections (Body with a penis).** Erections can happen from sexy touching, sexy thoughts, but also in the middle of math homework! These random erections are a natural part of puberty and will go away on their own.
- **Ejaculation/Discharge (Both).** Around this time, bodies may start having ejaculation and/or wet dreams. This is fluid or discharge that happens during arousal, including masturbation or sexy dreams.
- **Menstruation/Moon Time Starts (Body with a vagina).** Also known as a period, puberty is usually the beginning of someone's menstruation cycle. Cycles can vary in length from month to month, especially when you are younger. Many cultures have special teachings about periods. Connecting with Elders and knowledge keepers can be a great place to learn about them.



## 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.
- 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's 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.