

CHANGES OF PUBERTY

Ask someone at home who is older than you to share what it was like to go through puberty. You can use the following questions in your conversation:

- What did they look forward to?
- What were they nervous about?
- What was the best thing about puberty?

Word Bank Words for Workshop 4

MENSTRUATION: Normal discharge of blood and tissue from the uterus that passes out through the vagina. This usually lasts for several days, about once a month, starting in puberty. This is also called “having a period.”

EJACULATION: The spurting of semen (which carries sperm) through the opening at the tip of the penis. Most males begin to ejaculate during puberty.

WET DREAM: The emission of semen from the penis during sleep.

HORMONE: A chemical substance produced by glands throughout the body, which regulates the activity of certain cells or organs in the body.

ERECTION: When the penis or clitoris fills with blood and becomes firm. Hormones released during puberty can increase how often this happens.

MATURITY: Being fully developed, or almost fully developed, physically and emotionally.

TAMPON: A tube-shaped piece of absorbent material that is inserted inside a vagina to absorb menstrual blood before it leaves the body.

SANITARY PAD: An absorbent pad worn inside the underwear to absorb menstrual blood after it leaves the body through the vagina.

SCROTUM: The pouch of skin that holds the testicles, or testes, on most males' bodies.

GENITALS: Reproductive and sex organs, especially the external ones. For most females, the genitals include the labia (inner and outer lips), clitoris, and vagina. For most males, the genitals include the penis, scrotum, and testicles.

OVARIES: Internal reproductive organs in most girls' bodies, which produce ova (eggs) and release hormones.