

RSHE (PSHE) - Changing adolescent body: Puberty and menstrual wellbeing

Exploring puberty

Downloadable Resource

Mrs O'Neill



Boys? Girls? Both?

Can you remember the meanings?

Periods	Testes	Growth of hands/feet
Erections	Ejaculation	Vulva growth
Sweating more	Breasts grow	Pubic hair grows
'Adam's Apple'	Emotional changes	Sleep issues

