

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

# Exploring puberty

## Downloadable Resource

Mrs O'Neill



# Boys? Girls? Both?

Can you remember the meanings?

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

