

Strand	Human growth and development.
Sub - Strand	Growth and changes.
Content learning outcome	Differentiate growth spurts in males and females and its effects on their growth.

Lesson Notes:

- ❖ **Physical changes** in puberty include: breast development.
❖ Changes in body shapes and height.
❖ Growth of pubic and body hair.
- Emotional changes**- For example, sometimes your mood will swing between feeling confident and happy to feeling irritated and depressed in a short span of time. These frequent swings in how you feel are called mood swings. Emotional changes may occur due to shifting levels of hormones in your body and other changes taking place during puberty.
- Social Changes**- Young people are busy working out who they are and where they fit in the world. Example: Clothing style, music, art or friendship group, friends, family, media and culture.

Activity

1. Put a ✓ on the ____ if the sentence is correct. Put a x if it is not.

- ____ Our body changes in size as we grow.
- ____ We also change in height as we grow.
- ____ We can already walk when we are born.
- ____ During puberty boys voices will deepen.
- ____ Physical changes in girls occur between the age of 8-13 years.

2. List down 3 physical changes in boys.

3. List down 3 physical changes in girls.

4. What is menstruation?

Fill in the blanks

puberty

mixed

independence

- Boys will have _____ feelings and will be very sensitive during puberty.
- Social changes relate to the differences in the relationship teen girls had before adolescence, and those during _____.
- During puberty boys will want _____ from friends and family and will seek more responsibility in all areas of their lives.

