

PHYSICAL AND EMOTIONAL CHANGES

ACTIVITY SHEET 1



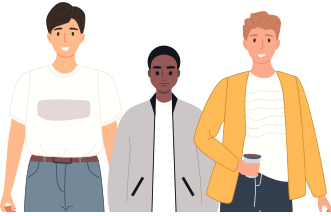

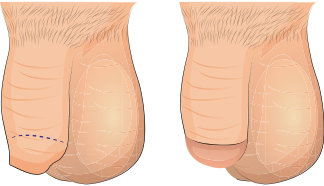
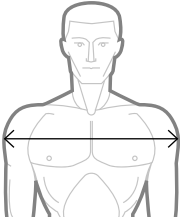
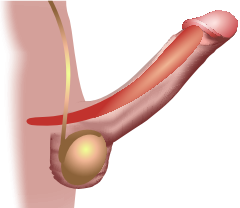

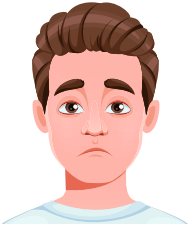

The images and the descriptions are jumbled up. **Match the correct physical or emotional change with the linking image.**

Image	Description
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MALE



		<p>The penis and the testicles grow. There is no 'normal' size for a male's penis.</p>	<p>Males grow an Adam's apple in their throat, this can affect the pitch of the voice and it can break or crack.</p>
		<p>Males begin to have erections, this can be due to sexual excitement but also can be random</p>	<p>Will grow taller, this is at different rates than our friends and height can continue to increase until early adulthood.</p>
		<p>Feelings can be stronger, you may feel teary, frustrated or overwhelmed easily.</p>	<p>Hair grows on the body, more washing is needed as well as wearing deodorant daily.</p>
		<p>Spots may occur across the body which can impact self-confidence. Regularly wash your face and avoid picking them.</p>	<p>Shoulders and upper body may become more muscular which can mean you may not fit all of your clothes anymore.</p>

FEMALE



		<p>Periods will begin and you will start to use your choice of period protection.</p>	<p>Vaginal discharge will begin, it can alter in thickness throughout the menstrual cycle.</p>
		<p>Hips widen, this is a gradual change and you won't feel it.</p>	<p>Will grow taller, this is at different rates than our friends and height can continue to increase until early adulthood.</p>
		<p>Breasts will begin to develop, they can feel tender and achy.</p>	<p>You will begin to grow body hair, this can be dark or light. Everyone's grows at different rates, some quicker than others.</p>
		<p>Spots may occur across the body which can impact self-confidence. Regularly wash your face and avoid picking them.</p>	<p>Feelings can be stronger, you may feel teary, frustrated or overwhelmed easily.</p>