

# PUBERTY, CHANGE, & FINDING ACCURATE INFORMATION

## **Rights, Respect, Responsibility:**

Fostering responsibility by respecting young people's rights to honest sexuality education.

# LEARNING GOALS

- Name at least one physical, social, cognitive and emotional change young people go through during adolescence.
  - Identify at least two websites that contain additional medically-accurate information about puberty and adolescence for young people their age.
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(SIDE NOTE:  
IT'S OK TO FEEL  
AWKWARD)

...IT'S ALSO OK TO ASK QUESTIONS!

# CHANGES

This is an amazing *and* confusing time.

- For some of you, this may have started already; for others, these changes may not start for a few years yet.
- Some of these changes will make you feel really good about yourselves; it's exciting to see yourself growing up!
- Other changes may feel weird, like you're body's a bit out of control at times.

# PUBERTY

...sometimes doesn't feel so  
*amazing* :/

As we go through the lesson, and as you experience these changes, try to always remember that **all of these changes are normal.**

They are all important parts of growing up that everyone goes through.

This time of growth is called 'puberty' and that it's started by the natural chemicals in our bodies, called 'hormones.'”

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# TYPES OF CHANGES

## Physical

(We often talk about these the most)

## Social

(Changes to how we interact with others)

## Cognitive

(Changes to how we think, process info, & learn)

## Emotional

(Our awareness of feelings and what causes us to feel)

# EXAMPLES OF CHANGES

## Physical

Getting taller, growing hair in new places, etc.

## Social

Wanting to spend more time with friends instead of family

## Cognitive

Feeling a brain temporary “fogginess” - like forgetting to bring things to school

## Emotional

Feeling very strong emotions out of nowhere, both positive & negative

<b>CHANGE</b>	<b>PHYSICAL</b>	<b>EMOTIONAL</b>	<b>COGNITIVE</b>	<b>SOCIAL</b>
Peer pressure increases				
May want to try different, sometimes risky things				
Anxiety and stress can increase				
Grow taller (growth spurt)				
Grow hair under arms, on legs, around genitals				
Might start thinking, "Who Am I?" - try to start defining yourself				



<b>CHANGE</b>	<b>PHYSICAL</b>	<b>EMOTIONAL</b>	<b>COGNITIVE</b>	<b>SOCIAL</b>
Might have a hard time making up your mind/feel unsure				
Feel hungrier/eat more				
Feel self-conscious about how your body looks				
Might have a hard time making up your mind/feel unsure				
Get acne				
Hair texture may change				

<b>CHANGE</b>	<b>PHYSICAL</b>	<b>EMOTIONAL</b>	<b>COGNITIVE</b>	<b>SOCIAL</b>
Hips widen				
Feel “paranoid” – “Everyone’s looking at/ talking				
Grow breasts				
Wet dreams				
Hormone surges can make your moods go up and down				
Might have a hard time understanding instructions the first time they’re told to you				

<b>CHANGE</b>	<b>PHYSICAL</b>	<b>EMOTIONAL</b>	<b>COGNITIVE</b>	<b>SOCIAL</b>
More interested in being with friends				
Weight gain				
Voice deepens				
Muscle growth				
Feel like you forget things people told you just a few minutes				
Voice cracks				

<b>CHANGE</b>	<b>PHYSICAL</b>	<b>EMOTIONAL</b>	<b>COGNITIVE</b>	<b>SOCIAL</b>
Experience more intense feelings - happy one minute, upset the next				
Sweat starts to smell				
Feel kind of clumsy/ trip over your own feet sometimes				
May feel really strong/ powerful because of how your body looks				
May have more conflict with parents				

WHAT IF YOU HAVE  
MORE QUESTIONS  
ABOUT THESE  
CHANGES?

HOW MANY OF YOU HAVE EVER GONE ONLINE TO GET  
AN ANSWER TO A QUESTION YOU HAD?

...think of how you know a source is reliable when you go  
to look something up. Why do you trust it?

# WHAT ARE RELIABLE SOURCES?

What should we look for in a website?

- Is it medically accurate?
  - Is it directed at ME?
  - Does it believe I have a right to info about sexuality?
  - Is the copyright current?
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# HOW CAN I TELL A SOURCE IS RELIABLE?

- **Scan the language** - Does it talk only about abstinence and body parts, or does it include other information about sexual health as well?
  - **Look for bias** - Regardless of your own religion, a faith-based organization may have biases based on their own beliefs and teachings that may limit the extent of the sexuality-related information.
  - **Check out the links** - Does the site link to other health-related sites? Which ones?
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# WHERE DO I LOOK?

Think of the different parts of a website

- **Home Page -**

- Photos - Do I see people who look like me?
- Content tabs - Do I see topics about my question, or that interest me?
- Language - Are there a lot of words? Is it hard to read?
- Is there a copyright date at the bottom?

- **“About Us” or “Who We Are” -**

- Is this a person's website, or an organization's? If a person, what kind of experience do they have? If an organization, what're they about?
  - Is there any language that reveals a bias?
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EXAMPLE:

"PUBERTY & ACNE" GOOGLE SEARCH

NOW, YOU TRY!