

Puberty and Our Bodies Review

School to Home Connection

Directions: In class, we learned about physical changes that can happen during puberty that are related to the reproductive systems. We learned about the parts that most people have, and we learned that it is normal if a body does not look exactly this way. Read and explain the diagrams to a trusted adult. You can also watch the videos from class with a trusted adult and explore other topics about puberty.

- Anatomy: Assigned Sex at Birth (Male) (3:37): <https://amaze.org/video/puberty-biological-male-anatomy/>
- What is a Wet Dream? (1:48): <https://amaze.org/video/puberty-wet-dreams/>
- Assigned Sex at Birth (Female) (1:52): <https://amaze.org/video/puberty-biological-female-anatomy/>
- Period Symptoms and Self Care (3:37): <https://amaze.org/video/period-symptoms-and-self-care/>
- More videos about puberty can be found here: <https://amaze.org/?topic=puberty>

Diagram 1: Assigned Sex at Birth, Male

Body with Penis and Testicles

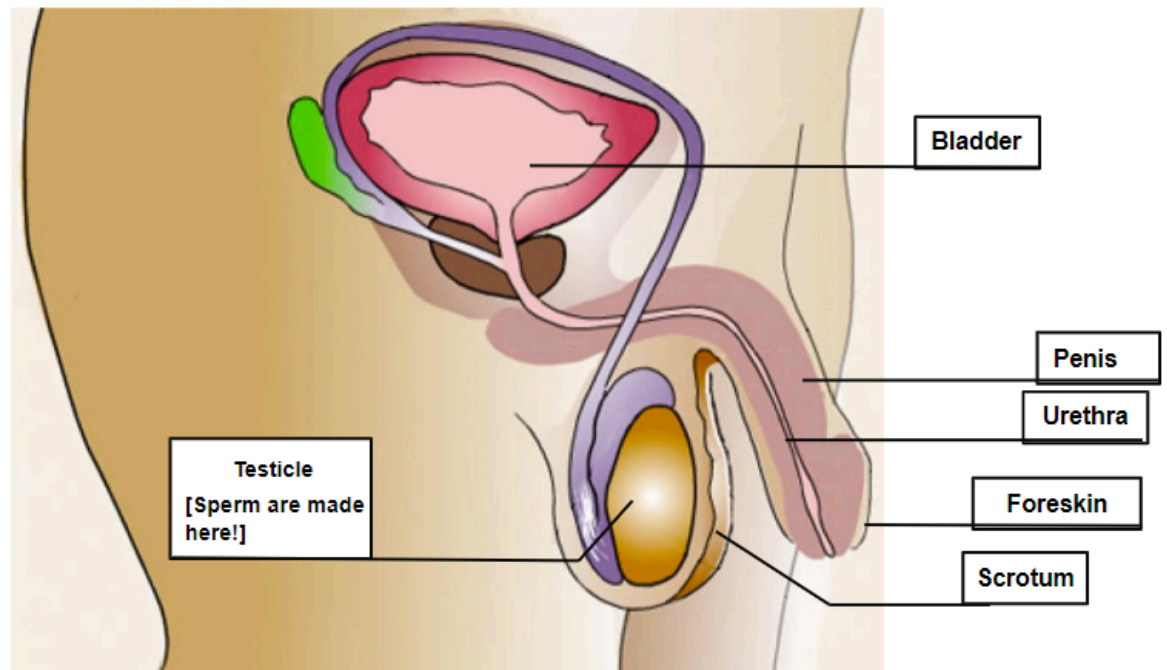


Diagram 2: Assigned Sex at Birth, Female

Body with Ovaries

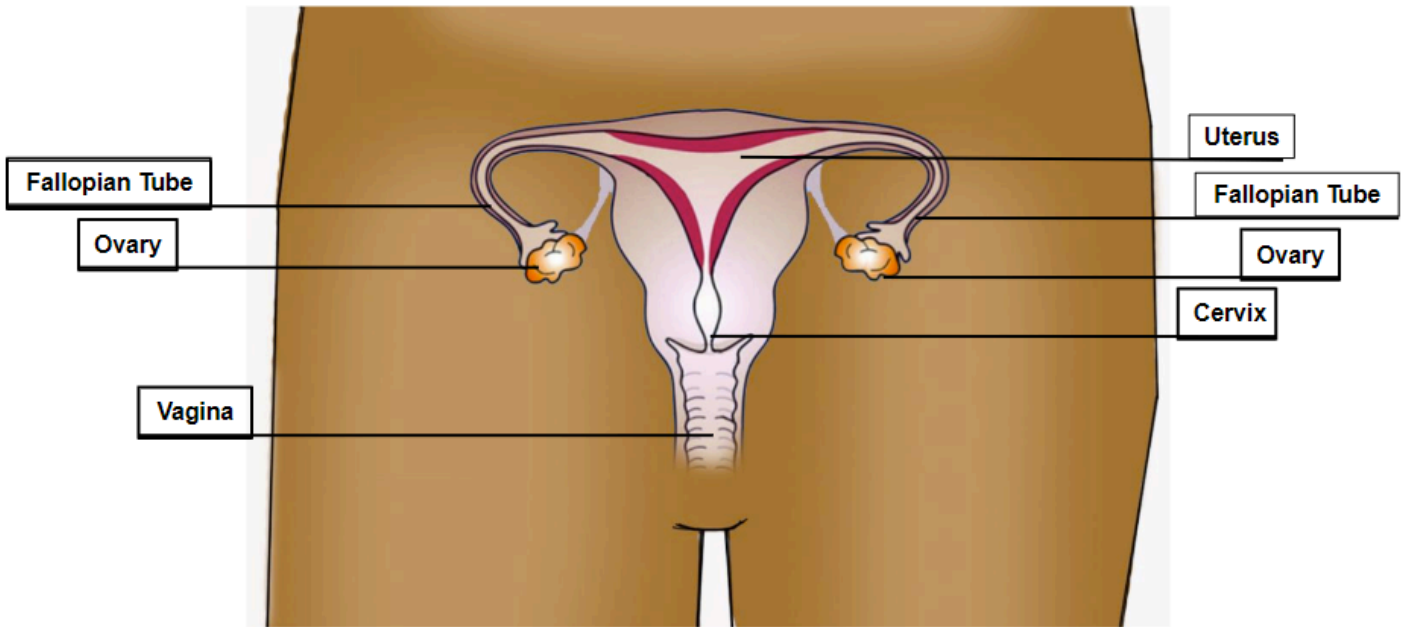


Diagram 3: Assigned Sex at Birth, Female

Body with Ovaries

