

## **TOPIC: MEANING AND SIGNS OF PUBERTY**

### **OBJECTIVES**

- i. Explain the meaning of puberty
- ii. Enumerate changes that occur in males and females during puberty.

### **Meaning of puberty**

Puberty is the short span of time which marks the beginning of sexual maturation. This period differs in boys and girls. Therefore, this period cannot be the same for everybody. Boys generally reach puberty at about the age of fourteen years. Girls reach it at about 10 years of age. It is important for boys and girls to take good care of themselves and observe good personal hygiene.

At this stage in boys and girls, their sexual organs develop and they become capable of having children.

### **Signs of puberty in Girls**

1. The breast develops.
2. The pelvic bone develops making the hips wider.
3. Hairs begin to grow under the armpit and pubic areas.
4. Pimples appear on the face of some girls.
5. Menstruation starts.

### **Signs of puberty in Boys**

1. The shape of the body changes, becoming masculine in appearance.
2. Hairs grow under the armpit and pubic areas.
3. The penis become longer and thicker, while the scrotum becomes larger and firmer.
4. Some boys begin to grow beards.
5. Voice breaks and becomes deeper.

### **HOME WORK**

1. Who is an adolescent?
2. State two characteristics that are common to adolescent boys and girls.