

| | |
|---|--|
| What hormone causes the main changes in boys during Puberty? | Testosterone |
| What hormone causes the main changes in girls during Puberty? | Oestrogen |
| What are 5 male physical changes occurring during puberty? | <ul style="list-style-type: none"> • Voice change • Facial Hair • Sperm production • Grow Taller • Start getting wet dreams |
| What are 5 female physical changes occurring during puberty? | <ul style="list-style-type: none"> • Hips wider • Breast development • Pubic Hair • Menstruation Begins • Vaginal Fluid |
| What are 3 social and emotional changes that occur during puberty? | <ul style="list-style-type: none"> • Romantic interest in others • Want more independence • More responsibility |

| | |
|---|--|
| What is Menstruation? | <p>Menstruation is a woman's monthly bleeding, often called your "period." When you menstruate, your body discards the monthly buildup of the lining of your uterus (womb). Menstrual blood and tissue flow from your uterus through the small opening in your cervix and pass out of your body through your vagina.</p> |
| What is an Erection? | <p>An erection is a hardening of the penis that occurs when sponge-like tissue inside the penis fills up with blood. Usually, an erection causes the penis to enlarge and stand away from the body.</p> |
| What is a Wet Dream? | <p>In the simplest terms, a wet dream is when you ejaculate or secrete vaginal fluids during your sleep.</p> |
| What Hormone does the brain release to kick start puberty? | <p>Gonadotropin- releasing hormone (GnRH)</p> |
| What is Puberty? | <p>Puberty is the time in life when a boy or girl becomes sexually mature. It is a process that usually happens between ages 10 and 14 for girls and ages 12 and 16 for boys. It causes physical changes and affects boys and girls differently.</p> |

| | |
|--|--|
| Why does puberty occur? | To allow people to be able to reproduce and have children. |
| What causes Puberty? | Certain hormones become more active during puberty. The travel around the bloodstream and signal different parts to switch on and off or change what they do. |
| Name 5 parts of the female reproductive system. | <ul style="list-style-type: none"> • Cervix • Vagina • Fallopian Tubes • Endometrium • Uterus • Ovaries |
| Name 5 parts of the male reproductive system. | <ul style="list-style-type: none"> • Testes • Vas Deferens • Urethra • Prostate Gland • Seminal Vesicle |
| What is an Ejaculation? | The term used for when the muscles of an erect penis contract and push semen down the urethra and out of the tip of the penis. |







