

Topic: Human Development

Sub-topic: Puberty, Adolescence, and Personal Hygiene

Lesson Objectives

By the end of this lesson, students should be able to:

1. Define **human development**.
 2. Explain the terms **puberty** and **adolescence**.
 3. Identify the **physical and emotional changes** that occur during puberty.
 4. List examples of **personal hygiene practices**.
 5. Appreciate the importance of good hygiene during adolescence.
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Introduction

Human beings pass through various **stages of development**:

- Infancy → Childhood → **Adolescence** → Adulthood → Old age.

This lesson focuses on the **adolescent stage**, a period full of **changes** in the body and mind.

1. What is Human Development?

- **Human development** is the gradual growth and change in the human body and mind over time.
 - It includes **physical, emotional, and social** changes.
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2. What is Puberty?

- **Puberty** is the stage when a child's body starts to develop into an adult body.
- It is caused by **hormonal changes** and usually occurs between **ages 10 and 16**.

Physical Changes During Puberty

In Boys

Voice becomes deeper

Growth of facial and body hair

Shoulders become broader

Penis and testes grow larger

Wet dreams may occur

In Girls

Breasts begin to develop

Hips become wider

Menstruation begins

Growth of pubic and armpit hair

Rapid body growth (height)



3. What is Adolescence?

- **Adolescence** is the **period between childhood and adulthood**.
 - It starts from about **age 10 to 19**.
 - It is a **transition stage** marked by physical growth, emotional mood swings, and identity exploration.
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Emotional and Mental Changes

1. Mood swings
 2. Desire for independence
 3. Attraction to the opposite sex
 4. Feeling self-conscious
 5. Need for belonging and friendship
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4. What is Personal Hygiene?

- **Personal hygiene** means keeping the body clean to stay healthy and avoid disease.
 - It becomes **very important** during puberty due to increased sweat, oil, and body changes.
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✔ Personal Hygiene Practices During Adolescence

1. **Daily bathing** – To remove sweat and dirt.
 2. **Brushing teeth** – At least twice a day.
 3. **Washing private parts properly.**
 4. **Changing and washing clothes regularly.**
 5. **Use of deodorants** to control body odour.
 6. **Washing hair and trimming nails.**
 7. **Girls should use sanitary pads properly during menstruation.**
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🩺 5. Importance of Personal Hygiene

- Prevents **body odour** and **skin infections**.
- Boosts **self-confidence** and **social acceptance**.
- Prevents diseases like **tooth decay**, **rashes**, and **body lice**.
- Helps girls stay **comfortable** and clean during menstruation.
- Encourages a **healthy lifestyle**.