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■ **Physical**

Learning intention To show knowledge and understanding of physical changes in puberty.

Introduction and content

Pope Francis reminds us of the importance of taking good care of our bodies and souls. What is essential is: complete health of body and soul. Physical healing and physical health are gifts that we must safeguard. The Lord also teaches us that we must safeguard the health of our hearts and our spiritual health as well. Pope Emeritus Benedict XVI taught that each one of us is the result of a thought of God. Each one is willed. Each one is loved. Each one is necessary.

1 Questions to consider

- 1) How do we recognise the emotional, internal and external changes that happen during puberty?
- 2) Why do we think we might need to change our hygiene routines during the time of puberty; why is it important to keep clean and maintain a good personal hygiene?
- 3) How do we know what physical contact is appropriate, inappropriate or unsafe? Can this be extended to other forms of contact and what might these be?
- 4) As we grow and change, how do we recognise the God of love who journeys with us?

Physical changes in girls

- breasts develop: they come in different shapes and sizes
- hips broaden and waist slims down; ovaries produce oestrogen in hormone activity
- menstruation begins and uterus enlarges
- vaginal lining thickens
- first menstruation occurs approximately 12 months after breasts have begun to develop
- usually start to grow hair on face, underarm, pubic area and legs

Physical changes in boys

- testosterone increases in bloodstream
- muscles and bones develop
- voice deepens
- some boys get uneven breast development in early puberty
- waist thickens
- longer limbs in proportion to torso
- shoulders broaden
- wet dreams and erections occur
- penis and scrotum enlarge
- hair can grow on face, chest, arms as well as under arms and legs
- production of sperm and seminal fluid during ejaculation begins
- Adam's apple enlarges

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