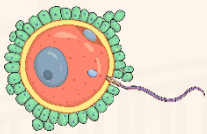


twinkl

Human Development

Label the pictures with the name of the stage of development they represent:



Fertilisation



Infancy



Childhood



Puberty



Early
Adulthood



Middle
Adulthood



Old age

Which stages of development have you undergone?

Which ones will you undergo?

What is your next stage of development?

Human Development

Puberty

Puberty is the stage of development between childhood and adulthood.

Physical growth occurs so that the body changes to that of an adult, which enables reproduction.

Two parts of the brain – the hypothalamus and the pituitary gland – start to make more of some hormones.

LH is the hormone for growth and FSH is the hormone for hair.



Fact or Fiction?

Do you know
your facts about
puberty?

Are you getting
your information
from a reliable
source?

Or are you
starting to
believe in fiction?

Let's find out with the



**FACT OR
FICTION
QUIZ!**

Fact or Fiction?

1

If you haven't started puberty by the age of 11, there is something wrong.

Fact!

Fiction!

Fact or Fiction?

It's Fiction!

Puberty occurs at any time between 11 and 17. It is different for each person and this is perfectly normal.

Fact or Fiction?

2

Both boys and girls grow more hair on their bodies.

Fact!

Fiction!

Fact or Fiction?

It's a Fact!

Both boys and girls develop pubic hair and start to grow hair under their armpits.

Overall, boys grow more hair and grow it on more body parts than girls (including the face and chest). However, how 'hairy' a person becomes is based the genes you inherit from your parents.

Fact or Fiction?

3

During puberty, it is normal to start getting spots.

Fact!

Fiction!

Fact or Fiction?

It's a Fact!

Everyone gets some spots during puberty; however, it varies from person to person.

Acne is when you have a severe breakout of spots and can be painful. Doctors can help to treat this.

Fact or Fiction?

4

When you go through puberty,
your sweat smells.

Fact!

Fiction!

Fact or Fiction?

It's Fiction!

Sweat does not smell! Sweat is mostly just water after all.

What people refer to as a 'sweaty' smell is actually caused by bacteria on your body mixing with the sweat.

Fact or Fiction?

5

All parts of the body grow at the same rate during puberty.

Fact!

Fiction!

Fact or Fiction?

It's Fiction!

All parts of the body grow during puberty but it is not true that they grow at the same rate and the same time.

For example, you may notice that you get taller before your feet grow or that you start growing pubic hair before you start getting spots. It's normal for growth to be uneven during puberty.