



SUBJECT: BIOLOGY

CHAPTER: 5

CHAPTER NAME: ENDOCRINE SYSTEM AND ADOLESCENCE.

PERIOD-5

CHANGING YOUR TOMORROW

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PUBERTY.

- Puberty is the process of physical changes through which a child's body matures into an adult body capable of sexual reproduction.
- It is initiated by hormonal signals from the brain to the gonads: the ovaries in a girl, the testes in a boy.
- In boys puberty starts at about thirteen years.
- In girls puberty starts at about twelve years.
- In girls the first sign of puberty is the development of breasts.
- In boys the first sign of puberty is the development of testes.

Sex hormones at puberty

- Male sex hormone-testosterone
- Female sex hormone –oestrogen and progesterone.

Secondary sexual character in boys

- Enlargement of testes
- Penis and scrotal sac grow
- pubic hair becomes thicker and curlier
- underarm hair starts to grow
- Chest hair grows
- Shoulder girdle grows more than the hip girdle.
- boys may have "wet dreams" (involuntary ejaculations of semen as they sleep)
- Low pitched voice.

- <https://www.youtube.com/watch?v=aREAIE-GyDc>

Secondary sexual character in girls

- Ovaries mature and start releasing egg.
- Uterus and vagina grow in size
- Menstruation/ periods starts
- Breasts start growing
- Hip girdle grows more than the shoulder girdle.
- High pitched voice

THANKING YOU
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