

## 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 gonads: the ovaries in a girl, testes in a boy.
- In boys, puberty starts at about 13 yrs.
- In girls, puberty starts at about 12 yrs.
- 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 CHARACTERS IN BOYS

- Enlargement of testes.
- Penis and scrotal sac grow.
- Pubic hair becomes thicker and curly.
- Underarm hair starts to grow.
- Chest hair grows.
- Shoulder girdle grows more than hip girdle.
- Boys may have wet dreams (involuntary ejaculations of semen as they sleep).
- Low pitched voice.



## SECONDARY SEXUAL CHARACTERS IN GIRLS

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