

- What are some other changes that may occur during puberty? (acne; mood changes; sleep more/less)
- How can the changes experienced in puberty affect relationships with family and others? (may be a struggle for independence with family; challenges with friends; may be interested in having a boyfriend/girlfriend; may feel “grown up” but still get treated like a kid)
- What is the difference between the primary and secondary sexual characteristics? (the primary characteristics develop inside the body and result in the development of fertility; the secondary characteristics change the appearance of the body)
- Which of these two types of sexual characteristics do you think causes young people to feel self-conscious about themselves?
- What does *fertility* mean? (the power to give life)
- What is the main feature of female fertility? (it is a cycle)
- What does *cycle* mean? (a series of events that are repeated again and again, like the days of a week, or the seasons of a year)

Invite their questions about the illustration of a 30-day female fertility cycle.

- What are the two main signs of the development of the female fertility cycle? (menstruation and cervical mucus)

Read page 81 with the students and invite their response. What questions do they have? You might ask them:

- What is the main difference between adult male and female fertility? (men are continuously fertile, and women are fertile only for a few days during their cycle)
- What is the main sign of the development of male fertility? (an ejaculation of semen)

Examine the stages of puberty chart with the students (page 82), and invite their comments and questions. You might ask them:

- Which sex develops earlier?
- Which type of sexual characteristics is developing during Stage 1 — primary or secondary? (primary) How do you know? (there are no visible changes in the appearance of the body)
- At the end of Stage 5 when people have physically mature bodies, are they fully mature people? Why? Why not?
- What are some of the signs that you are a fully mature person? (able to live independently; able to support yourself financially; a strong sense of who you are and of your strengths and weaknesses)
- At what age do you think most people are fully mature?

**Health and Physical Education
expectation D1.3**