

## PUBESCENT DEVELOPMENT

GIRLS		BOYS	
Age Range	CHANGE	Age Range	CHANGE
8-13 (10.5)	Breast Buds	10-13 (12)	Scrotum & Testes enlargement
8-14 (11)	Pubic Hair	10-15 (13)	Pubic Hair
9-13 (11.5)	Growth Spurt <i>height, weight, uterus...</i>	11-14 (13.5)	Penis Enlargement Sperm Production
11-15 (13)	Underarm Hair	12-17 (14)	Underarm Hair
10-16 (13)	Menarche (first "period")	10-16 (14)	Growth Spurt
2 yrs of men.	Adult height Rounding of hips	13-17 (15)	Facial Hair Voice Deepens

Time to Change – Every child develops differently, with some genetic consistencies

Gender differences: Girls identify by & with *Relationships*; Boys by/with *Actions/Activities*

Not just a Growth Spurt" – a social, emotional and physical upheaval (scary, strange, intense)

4-5<sup>th</sup> – Ask for the moon, socially and physically awkward; some lag far behind

6<sup>th</sup> – Question, pick apart, mood swings,

7<sup>th</sup> – Second Family – peers; risky shift; symptomatic

8<sup>th</sup> – Rebels, experimentation, united/divided

Opposite Gender interest, possessiveness, and pressure

Need for privacy spans a wide spectrum

Putting the "PU" in Puberty – body odor, sweat, hair – simple solutions work best

Create opportunities for many small conversations with manageable bites – not ONE big conversation that they will only remember bits and pieces of

- *Both parents 1) PREPARE 2) DISPEL FEAR 3) VOICE of REASON/VALUES/INFO*
- *From toddlerhood – proper anatomy, pregnancy (mom is having a baby)*
- *Honest discussions about puberty and adolescence ~ 8-10 and 12-14*
- *Dating and Intimacy 13 - 17*
- *Sexuality and sexual identity, pregnancy – 10 and up*
- *STIs/HIV (diseases) 10 -12; 15 -16; and throughout college*

## Points to Ponder

### **Explore your Own Attitudes & Values First: TAKE A STAND!**

Kids who can speak openly and honestly with their parents are less likely to engage in high-risk behaviors. Remember, your honesty gives them a place to come home to. Gaps in communication cause kids to fill in the holes with inaccurate information. Use this opportunity to share the importance of values, particularly your family values. Take a stand! Let your values be their excuse and support to make a choice they are proud of.

**Explore Your Own Actions:** Kids whose parents participate in risky behaviors are 4-5 times more likely to participate in risky behaviors (texting while driving, speeding, drinking, smoking, etc.). They are also more likely to fall victim to the risky shift – the propensity to participate in actions they alone would not consider – but when influenced by group dynamics, sway to high risk choices.

**Become a mini expert – Avoid Preaching or Over-Emoting:** Provide accurate information uncharged with emotion. Know your facts and share with them that you will get back to them on those you are unsure. Look at websites your child has explored – exploring you will be able to offer good direction.

**Start Early & Use A POSITIVE Approach:** Use opportunities with your oldest to speak with your younger children. Kids unanimously report that by the time their parents had “The Talk” they had already figured many things out – usually through friends and media – rarely accurately. Remember, only 7% of communication is verbal, the rest we wear!

## **BASICS You want to be sure Your Kids KNOW about PUBERTY**

- Girls become more rounded, especially in the hips and legs.
- Girls' breasts begin to swell and then grow, sometimes one faster than the other
- Girls and boys get pubic hair and underarm hair, and their leg hair becomes thicker and darker.
- Both girls and boys often get acne and start to sweat more.
- Both girls and boys have a growth spurt.
- Boys' penises and testicles grow larger.
- Boys' voices change and become deeper.
- Boys grow facial hair and their muscles get bigger
- Boys sometimes have wet dreams, which means they ejaculate in their sleep.
- When a girl begins menstruating, once a month, her uterine lining fills with blood in preparation for a fertilized egg. If the egg isn't fertilized, she will have a period. If it is fertilized, she will become pregnant.
- A girl's period may last 3 days to a week, and she can use sanitary napkins (pads) or tampons to absorb the blood