

Body Change Game

(Paper version)

30 minutes

For Teacher:

This hand-out describes the paper version of the 'Body change-game'.

Materials

- A black board
- A pen or a marker
- Two flip chart pages for each group with a marker for each group

How

1. In plenary: Make an inventory of body changes for a girl and a boy (5 minutes)

Together with the students, make an inventory of 6 body changes for a girl and 6 body changes for a boy. Write them on the board (please find the most essential changes mentioned below).

2. In groups: Define body changes (10 minutes)

- Divide the class into small groups and give each group two big sheets of paper. If you have a flip-chart, tape 2 pages together. The sheet needs to be long enough to fit the outline of a student.
- Let every group draw **the outline of a boy's body and the outline of a girl's body**. Every group asks her own group members who wants to draw the outline.
 - *Option: The group invites a male and a female group member to voluntarily lie down facing the ceiling, each on a big paper sheet. Another group member then draws a line around the students' body. Let them ask the student to stand up. They now see the outline of the students' body drawn on the paper.*
- Let them write (or better draw!) the changes within the two outlines. Ask them to discuss each body change.

3. In plenary: Explain body changes (10 minutes)

- Invite one group to explain their work. Other groups may be invited to add or correct. Ask students to explain the reason for certain changes.
- Explain each body change. Please find relevant information below.

ANSWERS

Girl:

Breasts growing larger

BREASTS

Girls breasts enlarge during puberty. Breasts continue to become fuller and rounder until maturity is reached. Temporarily one breast might be different to the other. The size of breasts differs between girls: small, big, full, flat, jumping, hanging. But whatever size they are, breasts are considered beautiful in nearly all cultures

Growth of hips

Girls' hips become rounder and wider and their waist gets slender.....

HIPS

Girls hips grow more round and become wider, at the same time the waist becomes slender. These are part of the preparations to give birth and give the woman her shapely figure.

Growth of pubic hair

PUBIC HAIR

Hair begins to grow under the arms. Hair also appears around the pubic area, called pubic hair.

Menstruation

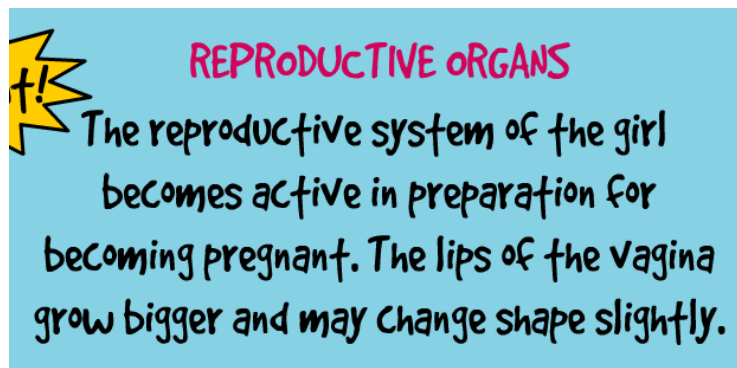
... Just as growing breasts, it prepares girls for motherhood later on.....

MENSTRUATION

Menstruation or monthly periods are maybe the biggest change for a girl during puberty. Just as maturing of breasts, it prepares girls for their choice to become a mother later on. Later we will look at the menstrual cycle to see how it works.

Reproductive organs mature

The girl's reproductive system becomes active to prepare for a pregnancy.....



REPRODUCTIVE ORGANS

The reproductive system of the girl becomes active in preparation for becoming pregnant. The lips of the vagina grow bigger and may change shape slightly.

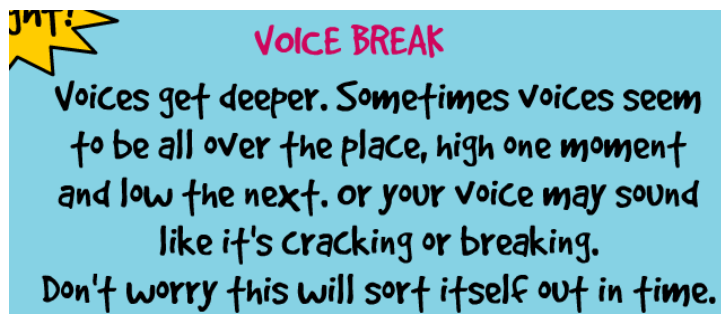
Wet dreams

WET DREAMS

Girls may also experience these, but because they do not ejaculate like boys their dreams will not be so 'wet'!

Boy:

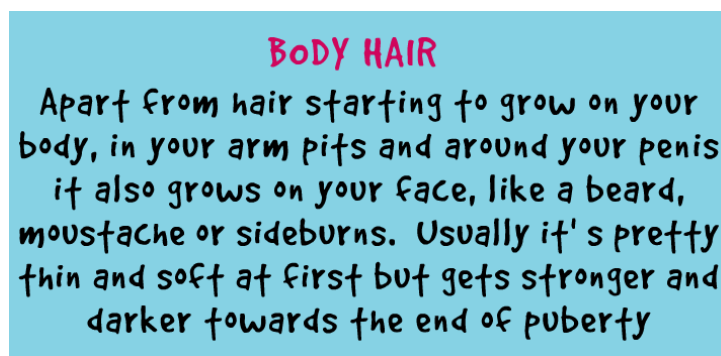
Deep voice



VOICE BREAK

Voices get deeper. Sometimes voices seem to be all over the place, high one moment and low the next. or your voice may sound like it's cracking or breaking. Don't worry this will sort itself out in time.

Growth of body and facial hair



BODY HAIR

Apart from hair starting to grow on your body, in your arm pits and around your penis it also grows on your face, like a beard, moustache or sideburns. Usually it's pretty thin and soft at first but gets stronger and darker towards the end of puberty

Bigger body and muscles

BIGGER BODY AND MUSCLES

Shoulders get broader and muscles start to get bigger and stronger. Your penis gets longer, wider and thicker.

Wet dreams

WET DREAMS

Boys may have wet dreams while sleeping. The wet stuff is semen - a white, sticky fluid with sperm cells in it - and you haven't wet the bed! It is also a normal part of growing up. Important to note that once this starts, having sex with a girl can make her pregnant.

Reproductive organs mature

SEX ORGANS BEGIN TO GROW AND ERECTIONS START

Testes (or testicles) get larger and start to produce sperm cells. You get erections. Sometimes because you're excited. During your sleep or when yourself or someone else touches your body. Other times it just happens by itself! If it happens try to think about something really boring [like saying the alphabet backwards] and things will settle down again.