

Anticipatory Reading Guide

Student Resource Sheet 1

- Read through each statement below. If you believe the statement is true put a ✓ in the first Agree column. If you believe it is false put a ✗ in the Disagree column. If you are unsure place a ✓ in the Unsure column.
- Once done, discuss your choices with a classmate.
- **After** reading and completing the Growing Up activities confirm or revise your choices with ✓ or ✗ on the right hand side of the table AND write in the proof from the reading that supports your choice.

Before Reading

After Completing Growing Up activities

Agree	Disagree	Unsure	Statement	Agree	Disagree	Proof
			Puberty is the physical changes that happen between childhood and adulthood.			
			Boys usually go through puberty before girls.			
			Girls who have a low birth weight and a low BMI reach puberty later than those girls with a higher BMI.			
			The changes at puberty are caused by chemicals called hormones.			
			We are healthier than our grandparents.			
			Scientists know all the answers to questions about health and well being.			
			21 st century teenagers grow up faster than their great grandparents.			
			The food a mother eats during pregnancy affects the way the baby grows up.			
			Teenagers today have a lot more to learn than teenagers 100 years ago.			

Growing Up - Scientific Words

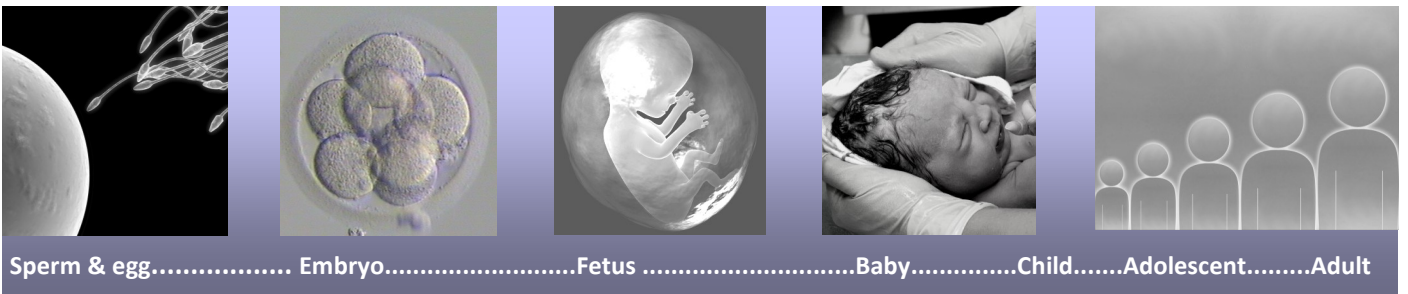
Student Resource Sheet 2

Use the reading **“Growing-Up”** to complete this activity sheet.

Scientific Words:

Use the reading and a dictionary to write definitions for each of these words.

Sperm	
Egg	
Zygote	
Embryo	
Fetus	
Child	
Puberty	
Adolescence	



Puberty - Compare and Contrast

Student Resource Sheet 3A



Healthy Start to Life
Education Project

Puberty - Boys vs. Girls

- Read the statements in the “**What?**” column below.
- Use the information on page 2 to help you decide whether the factor is the same or different for boys and girls.
- If it is the same - use the left hand column. Write “**SAME**” and DESCRIBE what happens.
- If it is different - use the right hand column. Write “**DIFFERENT**” and DESCRIBE what the difference is.

The first one is done for you - *the age of puberty is different for boys and girls so that is recorded in the right hand column.*

For some factors there will be similarities AND differences. *Changes in hair is an example.*

In this case you can record **both** the things that are the same **and** the things that are different.

Comparing Puberty in Boys and Girls		
If it is the same - what happens?	What?	If it is different - how is it different?
	Age of puberty	<i>Different - Girls start from 9-14 Boys start from 11-16</i>
	The signal that makes puberty start	
	The sex organs that change	
	Sex Hormones	
	Changes to hair	
	Changes in growth	
<i>Same - boys and girls both sweat more</i>	Sweating	
	Changes in behaviour	



NATIONAL RESEARCH CENTRE FOR
GROWTH AND DEVELOPMENT

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Puberty - Venn Diagram

Student Resource Sheet 3B

Puberty - Boys vs. Girls

What to do:

Use the information from page 2 of the "Growing Up" reading to organise the statements about puberty. Write a label for each circle and then place the statements that are the **same** for boys and girls in the middle. Those that are different are placed in the appropriate circle.

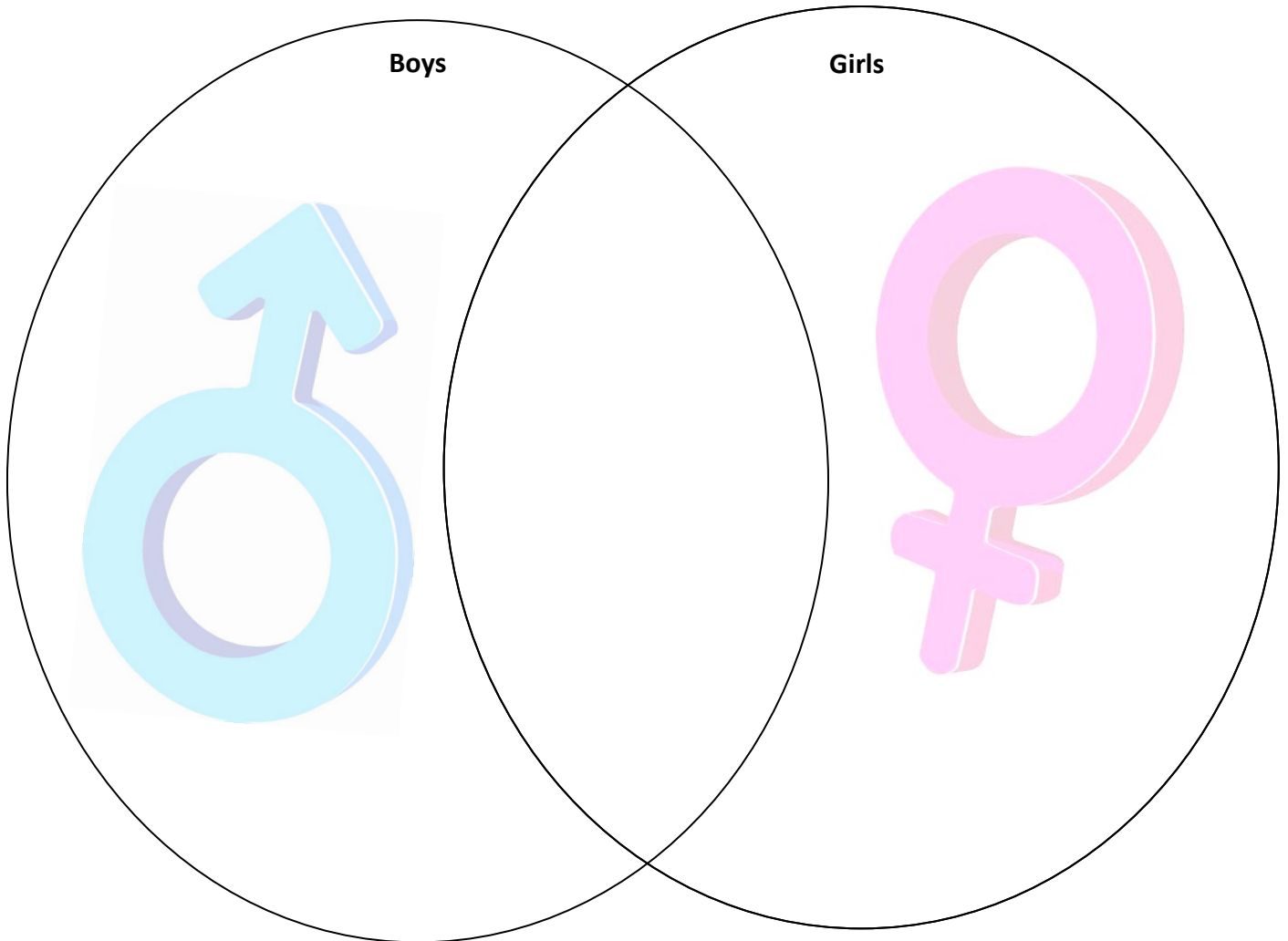
Statements:

Age reach puberty	Breasts start to develop	Testes grow	Testosterone
Oestrogen	Voice gets deeper	Eggs mature in ovaries	
Changes in behaviour	Sweating	Testes make sperm	
Pubic and underarm hair	Facial and chest hair	Growth spurt	Changes to hair

DIFFERENT

SAME

DIFFERENT



Puberty - Bringing it together

Student Resource Sheet 3C

Puberty - Boys vs. Girls

Task: Writing a Paragraph



Puberty is the name given to the physical changes that happen between childhood and adulthood. A number of changes occur in boys and girls, both inside and outside the body, to prepare for producing children.

- Write a paragraph to **compare** and **contrast** what happens during **puberty** in **boys and girls**.
- Give a **reasons** for the **similarities** and **differences**.

Hmmm....when you get a question like this **planning** is needed! Look for the **action** words(verbs) - they tell you what to **do**.
Content words tell you what to **write about**.

Use the example in the box below and information from the following sources to help you write your paragraph:

- the first **four factors** in your compare and contrast table
- the DVD "Raging Teens"
- linking words from the Compare and Contrast Chart



Topic Sentence:

Puberty is the name given to the physical changes that happen between childhood and adulthood in both boys and girls.

Sentence(s) to explain **similarities**:

In both boys and girls

As well as.....

Sentence(s) to explain **differences**:

In girls..... Whereas.....

The reason for this is

This means that...

Puberty - Compare and Contrast

Compare similarities

both
in the same way
similar to
same
as well as
in the same way
as with
similarly
likewise
and
as well as
in both cases
just as....so...
similar in that
both....and....
not only....but also
just like

Contrast differences

in contrast to
different from
however
yet
unlike
although
but
more than
less than
even though
hence
the reason for
rather than
while
whereas
on the other hand
compared with



Teenage Mismatch!

Student Resource Sheet 4

What to do:

In your group, brainstorm the factors that may cause early puberty. Write these in the boxes on the left and if possible give a brief description if possible. Colour code those factors that a person can control with one colour and those that can't be controlled in another colour.

Then, in your group, brainstorm the effect of early puberty on a person, as a teenager and also as they grow older. Write these in the boxes on the right hand side - as you learn more you may come back and add details to this side.

