

Puberty, Self-Concept and Body Image

HG&D - Physical Education Lesson #1

Growth Markers

- Growth Markers are the four main categories of change that occur during adolescence.
- Please fill in the “Growth Markers” handout while learning about this topic

Physical Growth:

**Body changes that occur in adolescents
as a result of changes in hormones**

Social Growth:

Changes in personality and the ability to interact with others in socially appropriate and culturally-sensitive ways

Cognitive Growth:

**Developing your ability to think,
reason, and make choices**

Emotional Growth:

The feelings a person has that are associated with the physical, social and cognitive changes that accompany puberty.

Analyzing External Influences: Who Do You Turn To, Where Do You Go?

- Flip to the side of your handout titled “Who Do You Turn To, Where Do You Go?” You will see four choices: **Friends, Family, Media/Internet, Trusted Adult (School Nurse, School Counselor etc)** and a list of questions entitled Where I would turn, if ...
- After you read the questions write only one of the four choices to answer the question.

- Here we go!



**Where would you
turn, if....**

1. You received
an award for
accomplishing
something
spectacular?

—

**Where would you
turn, if....**

2. You were sick?

—

**Where would you
turn, if....**

3. You wanted to
ask someone out
and weren't sure
how?

**Where would you
turn, if....**

4. You wondered
what to wear to a
school dance?

**Where would you
turn, if....**

5. You wanted
information
about a new
teacher?

—

**Where would you
turn, if....**

6. Someone was
bullying you
online?

**Where would you
turn, if....**

7. Someone hurt
you physically at
school?

**Where would you
turn, if....**

8. A

boy/girlfriend

broke up with

you and you were

upset about it?

—

**Where would you
turn, if....**

9. You thought
you had an STI or
something not
normal related to
your sexual
health/developm
ent?

How did you answer
question #2 and #9?

Why were your answers
for these two questions so
different?

Accurate Sources of Information

If you are going to turn to the internet for information about your health.

Here are some things to remember!

ACCESS

Analyzing sources to determine validity

A.C.C.E.S.S.

Is it **A**ccurate?

Is it **C**redible?

Is it **C**urrent?

Is it **E**asy to use and access?

What **S**ituations is it best used in?

Are claims or information
Supported?

Practice: Using the questions on the left as your guide find a valid and reliable source on the internet to obtain information on...

You think you have an STI or something not normal related to your sexual health/development?

Valid and Reliable Sources on Adolescent Health



- <http://kidshealth.org/en/teens/>
- <http://www.onlyhealthy.com/your-guide-to-teen-health/>
- <https://teenhealthandwellness.com/>