

## RELATED FOUNDATIONS:

- Student Engagement

## RESOURCES:

### *Beach Ball*

- Beach ball
- Permanent marker

### *Quiz, Quiz Trade*

- Scissors
- Quiz, Quiz, Trade Template

### *Trivia*

- Buzzer or bell

## Puberty Trivia Activities

**ACTIVITY GOAL:** To increase or test student knowledge of hygiene, puberty and reproduction.

### ACTIVITY INSTRUCTIONS: BEACH BALL ACTIVITY

1. Use a permanent marker to draw numbers all over the surface of a beach ball.
2. Use a numbered list of trivia questions on your chosen topic.
3. Toss the ball out into the class.
4. The student who catches the ball says the number that is facing them on the ball and the teacher asks the corresponding question to the student.
5. The student can answer the question or defer the question to the class.

### ACTIVITY INSTRUCTIONS: QUIZ, QUIZ, TRADE

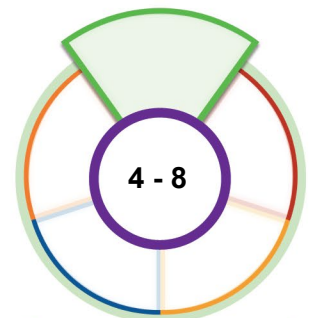
1. Using the template (in the appendix below), make quiz cards for your chosen topic.
2. Provide each pair of students with a set of Quiz cards.
3. Working in pairs, student 1 asks student 2 the question on the card.
4. Student 2 either answers or says “I don’t know.” (Important to respond within a time limit, so that game can continue).
5. Student 1 either congratulates student 2 or provides the answer.
6. Reverse roles and use another question.
7. Rotate around the room to a new partner and continue the game.

### ACTIVITY INSTRUCTIONS: TRIVIA CHALLENGE

1. Divide class into 2 or 3 teams.
2. Read a question from your chosen topic (i.e. Puberty, STIs or Contraceptives)
3. The first team to hit the buzzer/bell answers the question.
4. Consider offering a small incentive to the winning team

## Curriculum Connections

- Grade 4: C1.5 Puberty – changes; emotional, social impact, C2.4: Puberty – personal hygiene and care
- Grade 5: C1.3: Reproductive system C1.4 Menstruation, spermatogenesis
- Grade 6: C2.5: Understanding of puberty changes, healthy relationships
- Grade 7: C1.3: Delaying sexual activity C2.4: Sexual health and decision making
- Grade 8: C1.4 Decisions about sexual activity; supports C2.4: Decision making,



**Q:** Deodorants reduce the amount of odour-causing sweat. True or False?

**A:** False. Deodorants are perfumes which mainly help to mask or cover up body odour. Antiperspirants help stop odour from developing by reducing underarm wetness.

**Q:** When does puberty usually begin?

**A:** Puberty usually starts between the ages of 8 and 17 & lasts for a few years

**Q:** Where does hair begin to grow during puberty?

**A:** You may grow hair in your underarm and pubic areas and on your arms and legs. Some people may also grow hair on their face, chest and perhaps back.

**Q:** What are mood swings?

**A:** You may experience sudden changes in feelings (e.g. quickly moving from anger to sadness then happiness). Your body is adjusting to increasing hormones and these mood swings do settle over time. It is best to talk about your feelings.

**Q:** What is PMS?

**A:** It stands for Pre-Menstrual Syndrome. This sometimes occurs in people with a vulva It is related to their menstrual cycle and hormones. Symptoms can be physical and/or emotional.

**Q:** What is the main sex hormone for a person with a vulva?

**A:** Estrogen (Other hormones include: Progesterone, Androgens)

**Q:** What are the sex reproductive cells for a person with a vulva?

**A:** Ova (eggs)

**Q:** What is the uterus?

**A:** A hollow, muscular organ where a baby can grow. By the end of puberty, the uterus has grown to about the size of an orange. It grows much larger during pregnancy

**Q:** What is ovulation?

**A:** Ovaries are located on either side of the uterus. Estrogen signals an ovary to release one egg (ovum) every month and the ovaries take turns. Ovulation occurs about 2 weeks before the start of menstruation

**Q:** Why do people with a vulva get periods?

**A:** Periods or menstruation are part of the menstrual cycle. This is the natural cycle which enables people with a vulva to have a baby. Once an egg has been released from the ovary, it travels along a fallopian tube towards the uterus which has developed a thick lining of blood & tissue as nutrients for a baby. If the egg is not fertilized by a sperm, it begins to dissolve and the uterine lining is shed through the vagina (passageway from the uterus to outside of the body)

**Q:** What are menstrual cramps?

**A:** It is the cramping of the uterine muscle which can be felt in the lower abdomen or the low back. There are some things to help, such as soaking in a warm bath or being physically active.

**Q:** Why do breasts develop?

**A:** In people with a vulva, the hormone estrogen stimulates milk glands in breasts to grow. Milk glands are cushioned by fatty tissue for protection. It takes about 3-5 years to fully develop. These hormones can cause some swelling and tenderness in the breast area.

**Q:** What is the main sex hormone for a person with a penis?

**A:** Testosterone

**Q:** Where are sperm produced?

**A:** In the testes/testicles. Sperm are microscopic and the testes make ~ 1000 sperm per second. A man will produce millions of sperm/day, but they take 2.5 - 3 months to mature.

**Q:** What is semen?

**A:** Semen is made up of sperm and seminal fluid. This fluid is produced to allow the sperm to move easily through the sperm ducts and is filled with sugar & nutrients.

**Q:** This tube allows for BOTH urination and ejaculation for a person with a penis – what is this tube called?

**A:** The urethra – valves ensure that urine and semen are not carried in the tube at the same time.

**Q:** What are nocturnal emissions (also known as wet dreams)?

**A:** The production of sperm begins during puberty so takes some time to regulate. The testes keep making sperm and when there is a build-up, the body needs to get rid of it resulting in the release of ejaculate from the penis (semen spurts out of the opening in the penis).

**Q:** What is an erection?

**A:** This happens when a penis fills with blood, becoming harder and stands away from the body. This can occur during sexual excitement or for no reason at all. In time it will be more easily controlled.

**Q:** These organs are found on either side of the uterus. There are two of them, and they are oval in shape. What are they called and what are two things that they do?

**A:** The ovaries! They produce estrogen and they store eggs/ova before one matures each month and is released.

**Q:** What are the names of the two sex cells that join to result in a pregnancy?

**A:** sperm and egg/ovum

**Q:** Changes that happen during puberty usually happen all at once and at the same age for everyone. True or False?

**A:** False. Changes happen gradually and at different ages for everyone. It also depends on your own body's schedule and your heredity (family history).

**Q:** During puberty, individuals may experience enlargement of breast tissue. True or False?

**A:** True. For people with a vulva, breasts begin to develop during puberty to enable them to breastfeed an infant if they have a baby. People with a penis may also experience less extensive breast tissue enlargement which becomes less noticeable as their chest muscles grow and develop as puberty proceeds

**Q:** This pouch of skin holds the testicles. What is this part of the body called, and what is a reason that the testicles are located outside of the body?

**A:** It is called the scrotum, and the testicles are where sperm is produced, and sperm need to be stored below body temperature for optimum health and activity.