

Extra notes:

Introduction into what the bible says about our body. Get them to read I Corinthians 6:12-20. Discuss the main points, some of which are:

- All things are lawful for me, but all things are not helpful
- The body is not for sexual immorality but for the Lord, and the Lord for the body.
- Your body is the temple of the Holy Spirit
- For you were brought at a price: therefore glorify God in your body and in your spirit, which are Gods.

Our bodies. Should only take a minute to just remind everyone of the systems, the functions, basic human body 101.

5 Stages of Male Puberty

- Normal Age Range: 9-12, Average: about 10
Male hormones are becoming active, but there are hardly, if any, outside signs of development. Testicles are maturing, and some boys start a period of rapid growth late in this stage.
- Normal Age Range: 9-15, Average: 12-13
Testicles and scrotum begin to enlarge, but penis size doesn't increase much. Very little, if any, pubic hair at the base of the penis. Increase in height and change in body shape.
- Normal Age Range: 11-16, Average: 13-14
Penis starts to grow in length, but not much in width. Testicles and scrotum still growing. Pubic hair starts to get darker and coarser and is spreading towards the legs. Height growth continues and body/face shape look more adult. Voice begins to deepen (and crack). Some hair around the anus grows.
- Normal Age Range: 11-17, Average: 14-15
Penis width increases, as well as length. Testicles and scrotum still growing. Pubic hair begins to take adult texture, although covers a smaller area. Most boys have first ejaculations. Underarm hair develops. Facial hair increases on chin and upper lip. Voice gets deeper and skin gets more oily.
- Normal Age Range: 14-18, Average: around 16
Nearing full adult height and physique. Pubic hair and genitals have adult appearance. Facial hair grows more completely and shaving may begin now or soon. During the late teens and early twenties, some men grow a bit more and develop more body hair, especially chest hair.

5 Stages of Female Puberty

- Age Range: Usually 8-11
In Stage 1 there are no outside signs of development, but a girl's ovaries are enlarging and hormone production is beginning.
- Age Range: Usually 8-14. Average: 11-12
The first sign is typically the beginning of breast growth, including "breast buds." A girl may also grow considerable height and weight. The first signs of pubic hair start out fine and straight, rather than curly.
- Age Range: Usually 9-15. Average: 12-13
Breast growth continues, and pubic hair coarsens and becomes darker, but there still isn't a lot of it. Your body is still growing, and your vagina is enlarging and may begin to produce a clear or whitish discharge, which is a normal self-cleansing process. Some girls get their first menstrual periods late in this stage.
- Age Range: Usually 10-16. Average: 13-14
Pubic hair growth takes on the triangular shape of adulthood, but doesn't quite cover the entire area. Underarm hair is likely to appear in this stage, as is menarche. Ovulation (release of egg cells) begins in some girls, but typically not in a regular monthly routine until Stage 5.

- Age Range: Usually 12-19. Average: 15
This is the final stage of development, when a girl is physically an adult. Breast and pubic hair growth are complete, and your full height is usually attained by this point. Menstrual periods are well established, and ovulation occurs monthly.

Resources:

GIRLS: <http://www.womenshealth.gov/publications/our-publications/fact-sheet/menstruation.cfm>

BOYS:

http://www.health.wa.gov.au/docreg/Education/Population/Youth_Health/HP010368_boys_and_puberty_booklet.pdf

BOTH: <http://www.medicinenet.com/puberty/article.htm>

<http://en.wikipedia.org/wiki/Puberty>