Why Me?

Changes - What is Happening to Me?
Maturation equals Maturity
Things You CAN Change: 

CHOICES

Things You CANNOT Change: 

BIOLOGY / GENES
Mental Development

• Knowledge
• 2+2
• Skills
• Decisions
Social Changes

• Relationships
• Friends
Social Changes

- Respect
- Values
- Family
- Peers
Social Changes

• Responsible
Physical Development

Endocrine System –

• System of glands and organs that produce hormones to control and coordinate your body's metabolism
  
  energy level

  growth and development

• Prepares body for reproduction
Pituitary Gland
Boss Gland

- Produces powerful chemical
- Hormone
- Stimulates all the other endocrine glands to kick into high gear
- Produces other powerful chemicals
- Hormones
Thyroid Gland

- Controls Metabolism
- Growth spurts
- Feet
- Legs
- Arms
- Torso
- Head and Brain
- Brain isn’t fully developed until MID Twenties
Adrenal Glands

- Top of the Kidney
- Fight or flight hormone
- Burst of energy and strength in a time of excitement, fear, anger or emotional stress
Pancreas

- Secretes the hormones insulin and glycogon
- Helps regulate blood glucose (sugar) levels
- Glucose, which comes from the food you eat, moves through your bloodstream to help fuel your body
Sex Glands

- Testicles produce Testosterone: Male hormone
- Muscles
- Body Hair
- Deepening of the voice
- Girls become interesting subjects
Sex Glands

- Testicles
- Testosterone
- Penis to grow
- Erections
- Produce sperm
- Nocturnal emissions
Emotional Roller Coaster

- Testosterone
- Emotions are very strong
- Mood Swings
- Temper: feel angry
- Attitudes
- Privacy
- Beliefs
- Do It My Way
- How to treat Girls
Developing Body…

New Cleaning Instructions!

- Bacteria and body odor
- More baths and showers
- Soap is a necessity
- Deodorant
- Shampoos
- Clean clothes
- Oral Health: floss and brush
Developing Body…

Instructions!

• Diet
• Water vs. soft drinks and energy drinks
• Nutrition
• Exercise
• Physical Activity
  – Half Hour minimum
  – Hour is the goal
Developing Body…

More Instructions!

- Sleep & Rest
- Special clothing & sports gear
- Alcohol, Drugs, and Tobacco
- Brain is not fully developed until 25
- Communicating with a trusted adult: parent, teacher, religious leader
Weird Things About Puberty

- Spontaneous Erections
- Jock Itch
- Growing Pains
- Acne
- Different for everyone
No One Can See Into the Future

THE CHOICE IS YOURS!

• I can choose to be **happy** or I can choose to be sad.
• I can choose to be **kind** or I can choose to be **mean**
• I can choose to be **me** or I can let others choose for me
• I will choose for myself
• I choose to be **Happy** and **Excited**
Additional Video

Check out the following video to review what we have learned today.

https://www.youtube.com/watch?v=G57Suq7JpQE