

Why Me?

Changes-What is Happening to
Me?



*Maturation
equals
Maturity*

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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

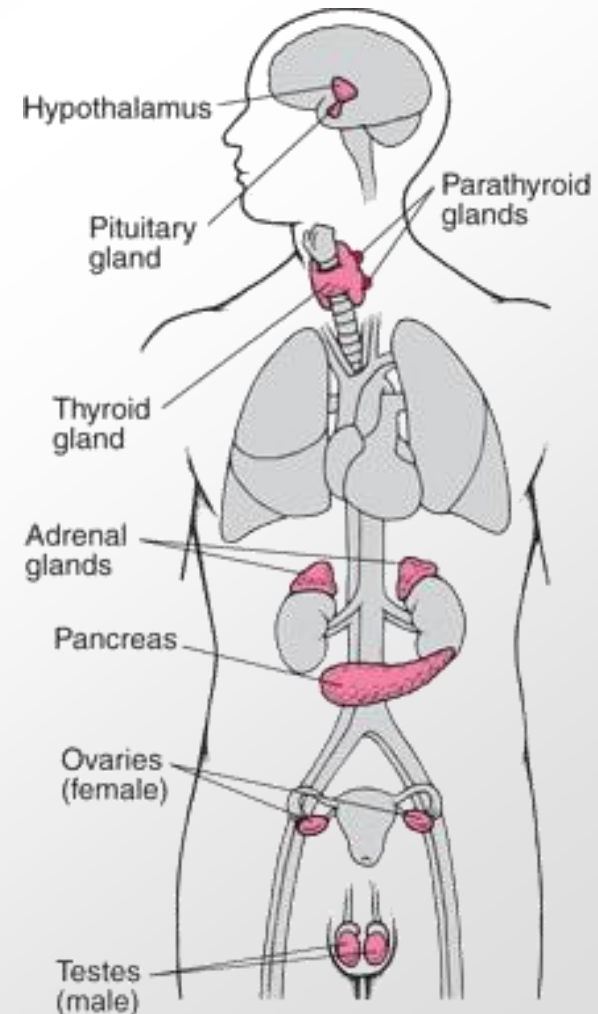
- Responsible



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 glucagon
- Helps regulate blood glucose (sugar) levels
- Glucose, which comes from the food you eat, moves through your bloodstream to help fuel your body



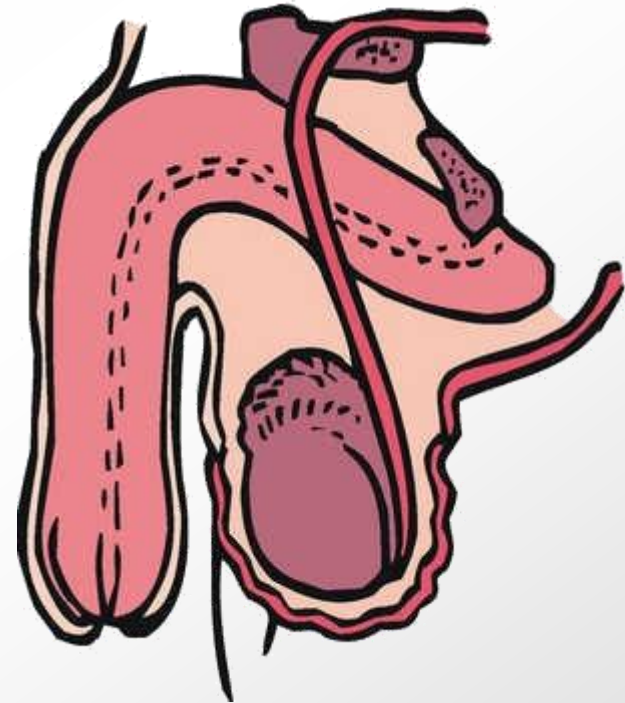
Sex Glands

- 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>