

Lesson 10

Development of Secondary Sex Characteristics



People grow and experiences changes in their body overtime. You were just small when you were born. You grew a little bigger when you were in kindergarten. Now you already in fifth grade, you have grow taller and bigger. You have change a lot.

You will continue to experience changes in your body as you get older. Why these changes are happening? What are the importance of these changes?

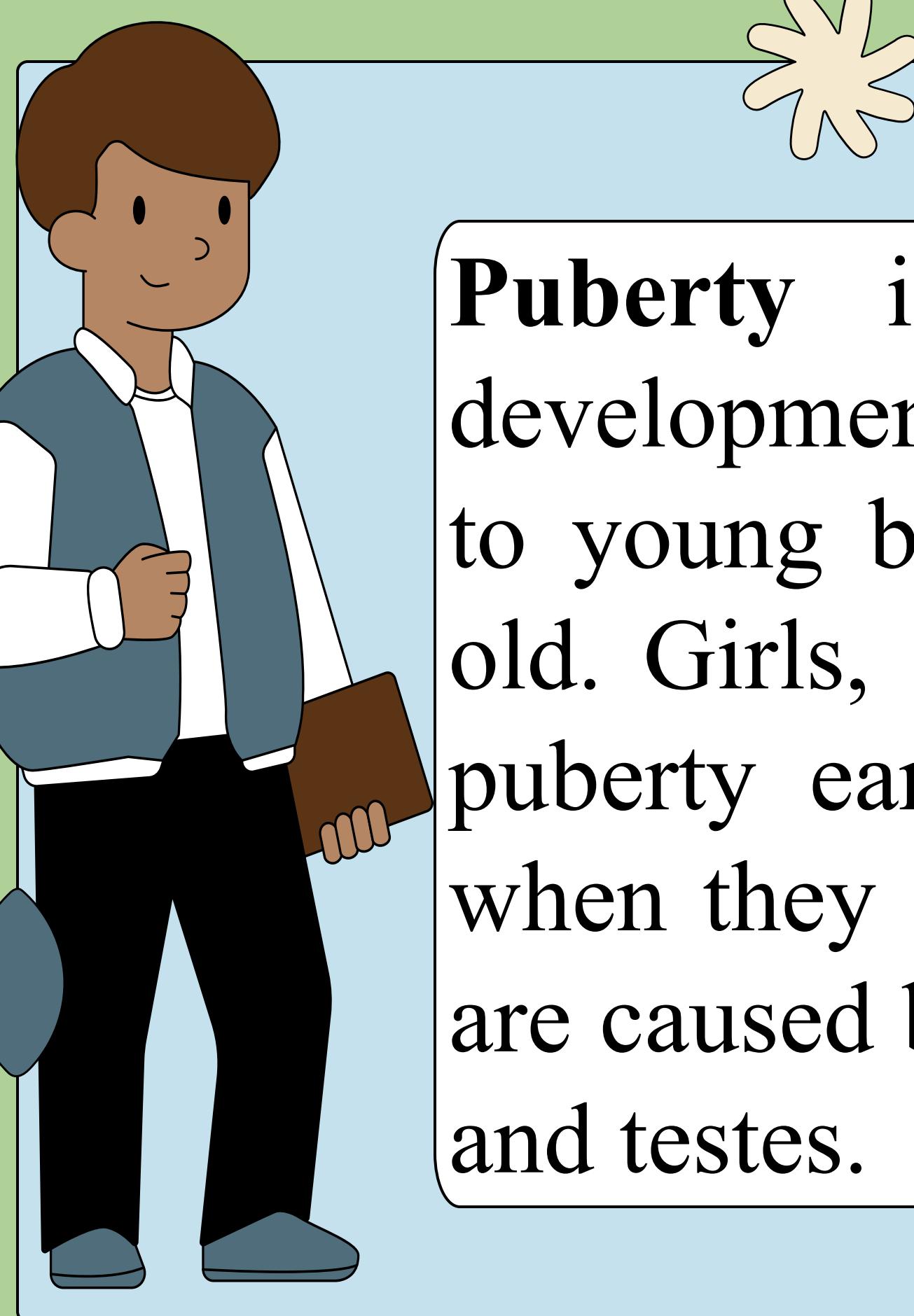




Development Changes from a baby to an Old man.

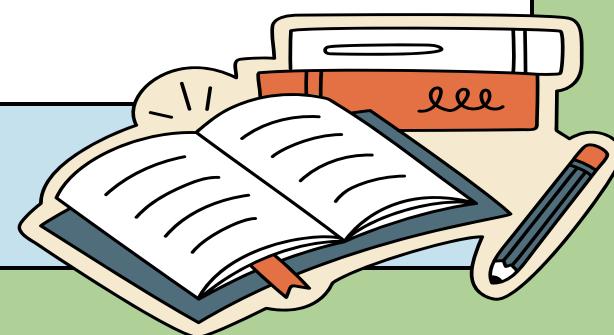


Male and Female secondary sexual characteristics are observable during puberty.



Puberty

Puberty is a stage characterized by rapid developmental changes. Changes start to happen to young boys whose ages from 12 to 14 years old. Girls, on the other hand, start to experience puberty earlier. They begin to observe changes when they are 10 to 12 years old. These changes are caused by the sex hormones from their ovaries and testes.



The table below shows a summary of the changes that young boys and young girls experiences during puberty

Boys

- Adams apple becomes bigger
- Voice may crack or break at certain times
- Muscles develop
- Shoulders become broader
- Public, underarm, facial hair start to appear
- Reproductive organs develop
- Growth spurts

At this age boys are consider being circumcised to keep their internal genital clean.

Girls

- Breasts start to grow bigger
- Hips become rounded and wider
- Public hair start to appear
- Reproductive organs develop
- Growth spurts

At this age, girls may start having menstrual flow.