

HDF 313 Module 2: Class Participation 2b: Puberty, Hormones, & Adolescence

This week we are learning about the biological changes that occur during adolescence. For this assignment you will watch some short videos and respond to questions about the videos.

Activity

Puberty, Hormones, & Adolescence

Purpose

The purpose of this assignment is to review changes that many people experience during puberty. Not everyone's experiences are the same, however, and some people may experience early- or late-onset puberty. For this assignment, you will watch a series of short videos about the biological changes that occur during puberty, such as the development of primary and secondary sex characteristics, and provide your answers to the prompts.

This assignment addresses the following Module Learning Outcomes:

- Describe the functions of hormones in the feedback loop of the endocrine system and how they initiate puberty.
- Identify the distinct aspects of physical and sexual development related to adolescence.
- Discuss concerns to adolescent health, wellness, and safety.
- Analyze the impact of cultural and environmental influences on physical and sexual development in adolescence.
- Examine cultural variations in the roles and importance of pubertal changes.

A NOTE ABOUT LANGUAGE:

You will notice that this lesson refers to “male” and “female” anatomy. These terms are used to refer to the sex a person was assigned at birth based, typically based on external anatomy (for example, a baby born with a vulva is likely to be assigned “girl”). At the same time, however, it is important to recognize that not all people's gender identities will match their sex assigned at birth. The resources included in this assignment were among those that meet the [principles for gender-inclusive puberty education](#).

Questions

Background and Review

For a quick refresher on reproductive anatomy, please review the following short videos:

[Anatomy Review for people Assigned Female Sex at Birth](#) (1:51)

[Anatomy Review for people Assigned Male Sex at Birth](#) (3:06)

Review and Respond:

Please watch the following videos, and provide your responses to the questions below.

[How do your hormones work?](#) (5:03)

[How puberty changes your brain](#) (5:08)

[Pimples and Periods: A Puberty Guide](#) (3:19)

[Puberty in Girls: Boobs and More](#) (3:07)

[Top Signs Girls are in Puberty](#) (1:57)

[Puberty, Body Odor and Other Changes for Boys](#) (2:33)

[Top Signs Boys are in Puberty](#) (3:24)

1. What parts of the brain have primary roles in initiating puberty?
2. When does puberty typically occur?
3. What role do hormones play for male pubertal development? What role do hormones play for female pubertal development?
4. How do hormones affect social and emotional functioning for adolescents in different contexts (at home, at school, with friends and peers, etc.)?
5. What are the biological explanations for some of the pubertal processes that can seem awkward or embarrassing (e.g., acne)?
6. Review one of the additional resources (below), and list two facts or concepts you learned. If applicable, describe how the information presented in the resource matches or contradicts your own experiences?

Additional Resources

[Puberty and Transgender Youth](#) (video, 1:52)

[Is This Normal? Puberty in Intersex and Non-Binary People. Explained](#) (video, 1:30)

[How Bodies Change During Puberty](#) (video, 4:44)

[Menstruation: What to expect](#) (video, 3:18)

[All about getting your period](#) (video, 2:26)

[Puberty](#) (self-study curriculum developed by Planned Parenthood; covers topics such as normal development of primary and secondary sex characteristics, menstruation, erections, puberty blockers, and more.)

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[Kids-Ask](#) (website to address common questions kids might have about puberty, dating, sexuality, body parts, etc.)

[Everything You Wanted to Know About Puberty](#) (Article by KidsHealth Medical Experts that briefly explains the major physical and emotional changes that occur during puberty.)

[Delayed Puberty](#) (Article by KidsHealth Medical Experts that briefly explains late-onset puberty.)

Submission Details

File or text box submission by the due date indicated on Canvas.

Grading Details

See the rubric for details. [How do I view the rubric for my assignment?](#)

Points: 10

Submitting a text entry box or a file upload

File Types: doc, docx, pdf, and rtf

Grading Rubric

Class Participation: Puberty, Hormones, & Adolescence

10 pts Exemplary	8 pts Competent	5 pts Needs Improvement	2 pts Missing Significant Information	0 pts No Marks	Total
All questions are fully answered; few or no errors in spelling, syntax, word choice, etc.; quality of writing does not detract from reader being able to understand the content.	Most questions are fully answered; may have some errors in spelling, syntax, word choice, etc.; quality of writing generally does not detract from reader being able to understand the content.	Some questions are not fully answered or some answers missing entirely; may have various errors in spelling, syntax, word choice, etc.; quality of writing does detract from reader being able to understand the content.	Missing Significant Information	No submission	

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