



THE Wellbeing  
Tool Kit  
FOR Teens

3. **Feature** – What do you think the main stressors associated with puberty are for most young people?

Refer back to the initial discussion and think about this question. Try to identify stressors that are:

1. Physical
2. Emotional
3. Social

Then discuss what the benefits might be to young people experiencing changes in these three areas.

4. **Focused activity**

Complete the activities on sexual and physical awareness on the two focused activity sheets.

5. **Feature** – Behavioural characteristics associated with physical and sexual development

Teenagers can display a range of behaviours as they develop physically and sexually. These include the following:

- A preoccupation with appearance
- Fragile self-esteem
- Feelings of awkwardness
- Growing pains
- Sexual thoughts and feelings

Can you think of anything else that they might experience? What advice would you give to teenagers in one or more of these areas? What might help them to cope better? Discuss in small groups and feed back.

6. **Further activity**

Compile your own advice brochure for teenagers with top tips for coping with physical changes and sexual awareness.

**Key words:**

- Sexual awareness
- Behavioural characteristics
- Physical and sexual development
- Puberty
- Emotional development

SESSION 6

Physical and sexual awareness:  
**activity sheet** – Part 1

KEY SIGNS OF PHYSICAL  
AND SEXUAL DEVELOPMENT  
**BOYS v  
GIRLS!**



**BOYS** Height and weight

- A major concern in societies that applaud the 'tall, dark, handsome' images.
- Most boys attain 98% of their height by age 16 but some can grow well into 17th year.
- Boys who fail to reach 'average' height or more may feel 'less of a man'.
- 30% of males now considered overweight.

**Sexual development**

- Size of the penis is most concern to boys. Comparisons in showers/gym changing room may lead to sense of inadequacy for some.

**Voice deepening**

- Boys will find their voice deepens due to an enlargement of the larynx (Adam's apple) and it eventually breaks.

**Body hair and skin**

- Hair on legs, anus, testicles and face can also be a concern – particularly if this is not in evidence or 'late' in occurring. Many boys feel a lack of facial hair makes them less 'manly'.

**GIRLS** Height and weight

- Growth spurt at 10-14 years old.
- 56% girls not satisfied with their bodies and major concern 'being too short'.
- Put on fat prior to puberty and some find it harder to lose than others.

**Breast development**

- Most teenagers worry that their breasts are too small.
- Early developers are uncomfortable with the interest and comment they attract from boys.

**Body hair and skin**

- Hair on legs, anus and upper lip can be a concern as society considers these 'masculine' traits.
- Acne can be a problem.

**Menstruation**

- Many girls view this as an entry into womanhood and there can be a competition among girls to 'get' this before others.

SESSION 6

Physical and sexual  
awareness:

**activity sheet** – Part 2

A private pen portrait:

**How** have I changed?

1. **PHYSICAL**

2. **EMOTIONAL**

3. **SOCIAL**

**What** has helped you cope with these changes?