



Our Whole Lives

LIFESPAN SEXUALITY EDUCATION

**Under Your Wing:
Our Whole Lives Sexuality Education Video Series
for Parents and Caregivers of Young People Ages 9-12**

Changes of Puberty

Key Messages for Parents and Caregivers:

- Everybody's experience of puberty is both similar to that of others and unique.
- The beginning and end of puberty vary greatly, with some people entering puberty at age 8 or 9 and being finished with puberty by their early to mid-teens, and some not starting puberty until their mid-teens and remaining in puberty until their early 20s.
- Most changes of puberty, such as growth of body hair and emotional ups and downs, are similar for people of all genders.
- During puberty, sexual and reproductive systems mature. For example, eggs begin to mature in ovaries, menstruation begins, testicles begin to produce sperm, and the penis begins to practice ejaculation, usually during sleep.
- Some people start experiencing sexual and/or romantic desire for others, and some people do not.
- Some people may have a desire to touch their own bodies during puberty, and some do not.
- Some children may look forward to some changes in puberty, and some may be anxious or nervous. Many children look forward to some things and are anxious or nervous about others.

Specific Resources on Changes of Puberty for Parents and Caregivers:

- Children's Hospital Colorado – Parenting Through Puberty
<https://www.childrenscolorado.org/just-ask-childrens/articles/talking-about-puberty/>
- KidsHealth – Talking to Your Child About Puberty
<https://kidshealth.org/en/parents/talk-about-puberty.html>
- Great Conversations – Is Puberty Weird?
<https://greatconversations.com/videos/>
- Amaze – Having the Talks: Masturbation
<https://amaze.org/video/having-the-talks-masturbation/>

*For more general resources for parents/caregivers on sexuality, see the Resource List on the Under Your Wing Introduction page.