

# CHAPTER THREE

SOCIAL & EMOTIONAL  
CHANGES

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## CHAPTER 3: SOCIAL &amp; EMOTIONAL CHANGES

## OUTCOMES

At the end of this unit students should be able to:

- Explain the changes that occur during puberty and adolescence
- Recognise that some of the changes associated with puberty are different for boys and girls

## INDICATORS

- List and explain the social and emotional changes occurring during puberty and adolescence
- Recognise and learn how to manage some of the social and emotional changes
- List the social and emotional changes associated with puberty that are the same and that are different for boys and girls

## TEACHER'S NOTES

It is important to note that students not only recognise the social and emotional changes associated with puberty, but learn strategies for managing the changes.

Students need to feel that they are not alone and that there are people and resources in their social network that they can turn to for advice.

The information below on social and emotional changes is not exhaustive. It provides a general framework on which to build your lessons and class discussions.

Reference Links: For NZ Teachers - [www.health.tiki.org.nz/Teaching-in-HPE](http://www.health.tiki.org.nz/Teaching-in-HPE)



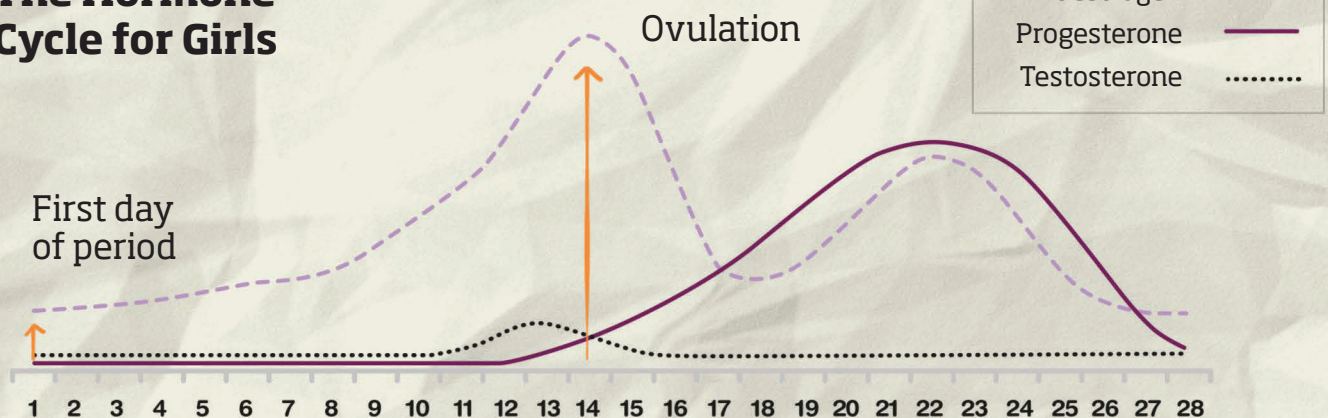
# HOW YOU MAY BE FEELING

**During puberty your body is changing in more ways than you realise. It starts to produce reproductive hormones, which can result in mood swings and emotional changes you don't always feel in control of.**

You may also feel more sensitive and self-conscious about your body, which usually coincides with the onset of increased body odour and pimples. Growing into a man or a woman can feel like you're having a tough time, but it's only a phase and puberty is a great sign that your body is healthy, functioning and maturing as normal.



## The Hormone Cycle for Girls





# FOR GIRLS PMS

(Premenstrual Syndrome)

WHEN YOUR PERIOD IS NEAR, YOU MAY NOTICE SOME CHANGES TO YOUR BODY AND MOOD. PMS IS LINKED TO A FLUCTUATION IN THE FEMALE HORMONES (OESTROGEN AND PROGESTERONE).

**PHYSICAL  
SYMPTOMS  
CAN INCLUDE:**

INFLAMATION  
FATIGUE  
BREAST  
TENDERNESS  
CRAVINGS  
CRAMPS

**EMOTIONAL  
SYMPTOMS  
CAN INCLUDE:**

INCREASED  
SENSITIVITY  
TROUBLE  
CONCENTRATING  
IRRITABILITY  
ANXIETY  
SADNESS



FOR GIRLS

# HOW CAN YOU RELIEVE PMS?

**1.** Begin by making changes to your diet. Eat more frequently, but in smaller portions. Don't overdo salt as it makes you retain fluids. And when you have a chocolate craving, don't go crazy - try to replace most of it with healthy carbohydrates like fruits, vegetables or whole grains.

**2.** It's a great idea to eat foods high in calcium, like dairy products.

**3.** Avoid caffeinated beverages and get some exercise. Nothing better than a good bike ride or playing a game! Afterwards, you'll want to sleep because your body really needs sleep in the days before your period arrives.

**4.** It's also a good idea to incorporate relaxation routines, such as meditation, watching a movie or reading a book, to reduce stress and stay positive.

**5.** Period calendar is explained again. Discuss the iPeriod App [[www.winkpass.com/ipperiod.html](http://www.winkpass.com/ipperiod.html)] and others such as Hormone Horoscope.





# FOR BOYS

**Although boys change at a different rate and often a little later than girls, the changes are just as extreme in their own way.**

It's a myth that only girls are emotional at this time – boys become just as emotional in response to their powerful hormonal changes and often have difficulty dealing with them.

## **Boys (and girls) commonly experience:**

- Moodiness due to changes in oestrogen<sup>1</sup> and testosterone<sup>2</sup>
  - Concerns about how your body looks
- Worry about how other people look and how they compare to you
- Feeling awkward or embarrassed, especially in times of change
  - Sexual curiosity and attraction
  - A need for independence from your parents

Boys, in particular, often stress out when they appear different from their peer group.

## **How to deal with changes:**

- Ask lots of questions
- Respect your body
- Accept your body
- Talk to somebody
- Give your parents/guardians a chance

<sup>1</sup>A small proportion of the testosterone made by men is usually converted into oestrogen by aromatase – a type of enzyme. The higher the testosterone level in a man, the more testosterone is converted into oestrogen. Gonadal Steroids and Body Composition, Strength, and Sexual Function in Men, published in The New England Journal of Medicine, 12 September 2013.

<sup>2</sup>Testosterone is secreted by the adrenal glands in both boys and girls, as well as by the ovaries in girls.

# ACTIVITY

## SOCIAL AND EMOTIONAL CHANGES THROUGH PUBERTY DISCUSSION STARTERS:

**01** List 3 advantages and 3 disadvantages of reaching puberty:

1

2

3

**02** During puberty your hormones change, disrupt and disturb your body and your emotions. List 2 people you could talk to about your feelings and 2 people you could go to for advice.

1

1

2

2

**03** Moments often occur during puberty that show emotional immaturity: tantrums, fighting and shouting. How are you experiencing this? Do you think you are emotionally mature or not? Why? (There is no right or wrong answer to this one!)

**04** List 3 ways to cope with stress and stressful situations.

1

2

3

**05** How do you handle winning or succeeding? And how do you handle losing or failing?



# CLASS DISCUSSION

On your changing relationships with parents or guardians through puberty and maturity.

## DISCUSSION STARTERS:

1. How has the relationship changed through the years? Why?
2. For a moment, think about what it's like to be your parents or guardians dealing with you. List five possible areas of conflict, how you see each situation and how they see each situation. Consider role-plays – children playing parents and possible conflict and resolution scenarios.
3. Independence – list five areas where you want more independence from your parents or guardians; then list the new responsibilities that go with those new areas of independence.

## REFERENCES/LINKS

**Hormone Cycle Information and Apps:**

<http://hormonehoroscope.com>

**Boots Learning Store**

<http://www.bootslearningstore.com/ks4/puberty.html>

**U by Kotex**

[http://ubykotex.com/real\\_answers/education/article?id=50358](http://ubykotex.com/real_answers/education/article?id=50358)