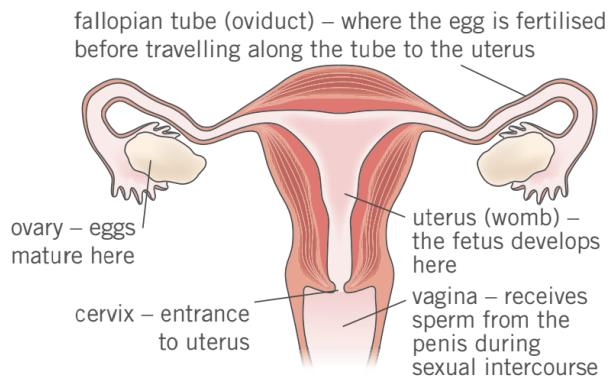


Must Remember

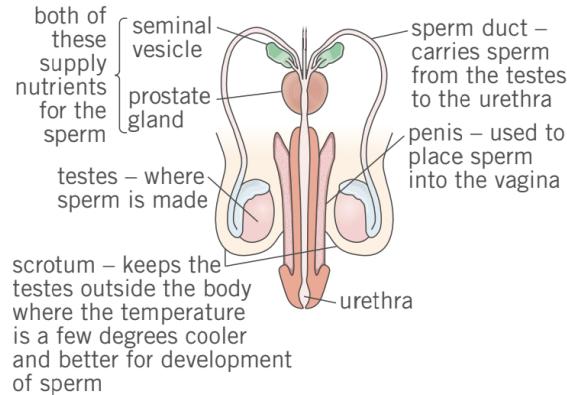
- Adolescence is the time when you change from a child to an adult.
- The physical changes that your body does through during adolescence is called puberty. Puberty is caused by hormones.
- Boys and girls both have a growth spurt and grow pubic and underarm hair.
- Girls develop breasts, the ovaries release egg cells, and the hips widen. Girls begin the menstrual cycle. Periods occur when the lining of the uterus breaks down. This happens once a month.
- Boys’ voices break, the testes and penis get bigger, the testes start to produce sperm, shoulders widen, and hair grows on the face and chest.
- Fertilisation in animals occurs when the nucleus of a sperm cell joins with the nucleus of an egg. The fertilised egg divides several times to form a call of cells called an embryo. This implants in the lining of the uterus and begins to develop into a baby.
- The fetus receives nutrients and oxygen from the mother through the placenta.



female



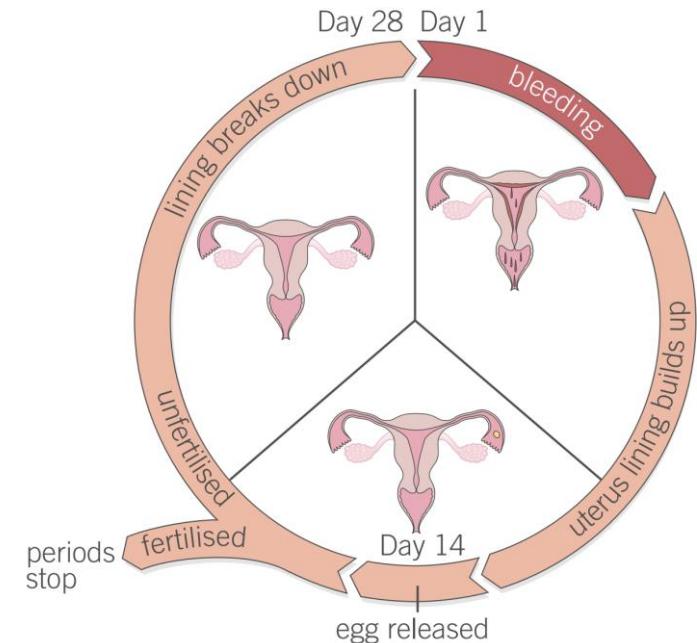
male



- Sperm cells are produced by the testes.
- Egg cells mature in the ovaries before being released.

Nice to know that...

- The menstrual cycle is the monthly cycle of a female, the uterus lining breaks down and leaves the body. This is known as a period.
- Hormones control the menstrual cycle.
- Day 1 of the menstrual cycle involves blood leaving the body from the uterus through the vagina.
- Day 5 of the menstrual cycle involves the bleeding stops and the uterus lining starts to re-grow.
- Day 14 of the menstrual cycle involves the egg being released from an ovary; this is known as ovulation.



- Contraception can be used to prevent pregnancy. There are hormonal and barrier forms of contraception.

Key Terms

- **adolescence:** the period of time when a child changes into an adult
- **fertilisation:** the process where the nucleus of a sperm cell joins with the nucleus of an egg cell
- **gametes:** reproductive cells, sperm and egg cells
- **ovary:** contain egg cells
- **ovulation:** the release of an egg from an ovary
- **puberty:** the physical changes that take place during adolescence
- **testes:** produce sperm and the male sex hormone

Further Study

[BBC Bitesize – Human reproduction](#)