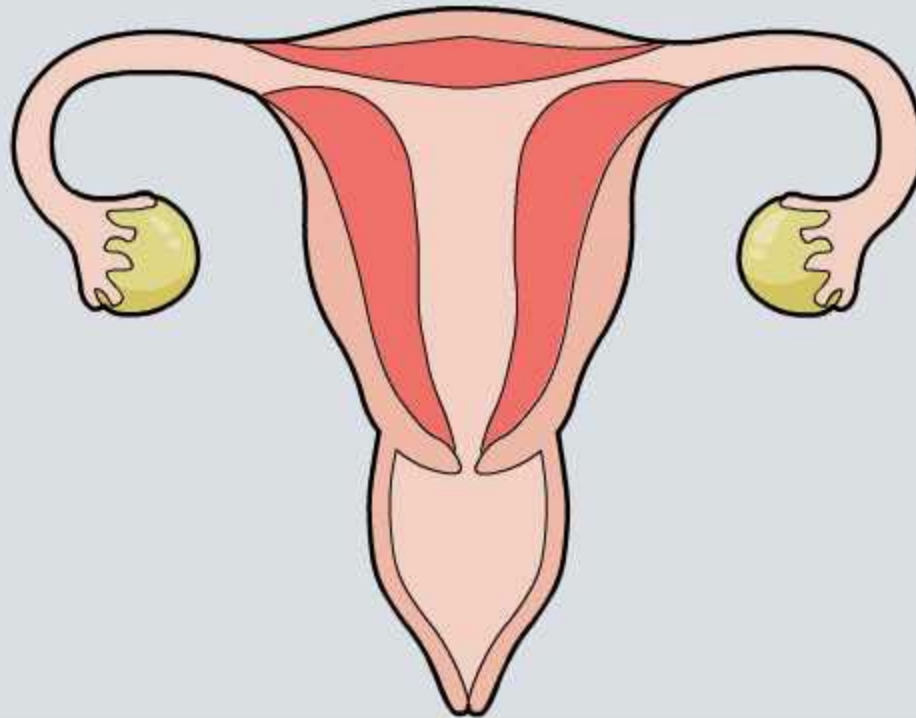


Puberty



What happens during puberty?

Humans are born with a complete set of sex organs. However, they do not usually become active until between the ages of 10 and 18.

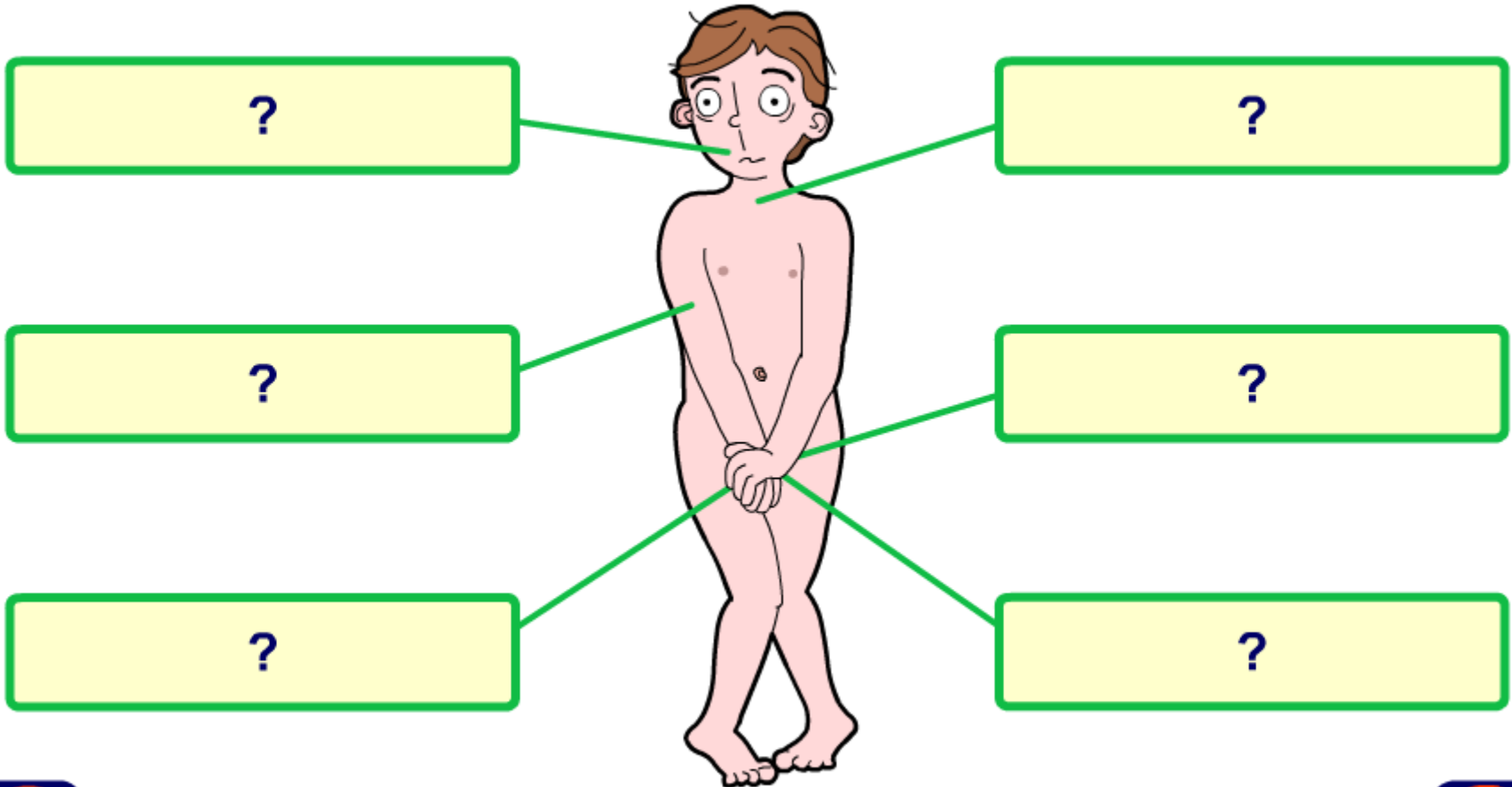
In males, the testes start to make sperm, and in females, the ovaries start to release eggs.

This stage of development is called **puberty**, and is caused by **hormones**.

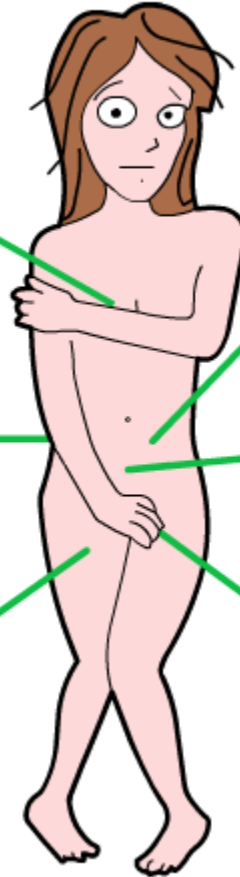
During this important time, many changes take place in the bodies of young men and women.



What changes happen to males during puberty?



What changes happen to females during puberty?



?

?

?

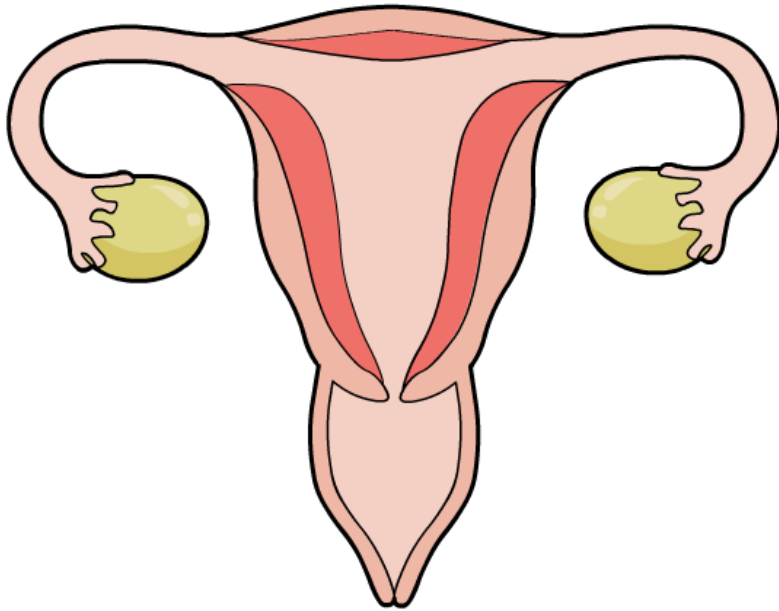
?

?

?



An important part of puberty for girls is the beginning of their monthly cycle. This is known as the **menstrual cycle**.



The menstrual cycle involves the preparation of the uterine lining so that it can receive a fertilized egg.

If an egg is fertilized, it can implant itself in the prepared uterine lining.

If the egg is not fertilized, the lining of the uterus breaks down and is lost from the body. This is called **menstruation**, or a period.



The menstrual cycle

The menstrual cycle is the monthly cycle of hormonal changes in the female reproductive system. It is controlled by hormones from the ovaries and the brain.

Click "**play**" to find out more.

