

Boys Puberty

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To know all parts of the male reproductive system

To describe the physical and emotional changes that happen to boys through puberty

To understand the challenges that boys face during puberty including erections, wet dreams and body image.

NEW VOCABULARY

Urethra, Prostate, Testicle,
Erection, Penis Wet Dreams,
Ejaculation



Did you know?

Body image is the perception that a person has of their physical self, and the thoughts and feelings that result from that idea. These feelings can be positive, negative, or both and are influenced by individual and environmental factors.

STARTER ACTIVITY

Are girls more concerned with body image than boys when growing up?
Explain your answer.
Do boys smell more than girls? Explain



3 Minutes

GROUND RULES



Be open and honest
No Personal Comments
Discussions must be about
'general situations'



You don't have to say
things about yourself if
you don't want to

It's OK to be embarrassed
by a topic but don't show
that you are embarrassed
through silliness



Be Respectful

Listen & don't interrupt others
Only 1 person talking at a time
Use the agreed appropriate
Language (Avoid slang terms)



Don't Make Assumptions
about people's values,
attitudes, behaviours, life
experiences or feelings

PSHE CLASSROOM RULES

DEALING WITH SENSITIVE TOPICS

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

Be Non-Judgemental

No put-downs. Challenge
the opinion, not the
person



Conversations on sensitive
topics stay in the
classroom unless it is a
safeguarding issue

There are **no stupid questions**
It's OK to get things wrong

Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support



Boys Puberty

ASSESSMENT
FOR LEARNING

BASELINE CONFIDENCE CHECKER



BEFORE THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I can identify all parts of the male reproductive system										
I am able to empathise with boys who are going through puberty										
I know the physical and emotional changes that happen to boys during puberty										



2 Minutes



Complete a baseline assessment of where you think you are at for this lesson
(Discuss or complete sheet)



I'm not confident at all on this topic



A little confident



Confident



Very confident



I am super confident on this topic

Puberty

In boys, puberty usually begins between the ages of 10 and 16.

Once it begins, it lasts between 2 to 5 years.

It's important to remember that everyone goes through puberty at their own pace.

Some boys start earlier, while others start later.

So don't worry if your friends seem to be changing faster or slower than you.

Remember, puberty is a natural and exciting part of growing up, even if it might feel a little confusing or uncomfortable at times.

Just know that everyone goes through it, and it's all part of becoming a young adult!

Did you know?

Puberty is a natural and normal process that happens to boys and girls as they grow older. It's a time when your body goes through a lot of changes as it gets ready for adulthood.

Task

Create a list of people that you would feel comfortable talking to about puberty.





Signs of Puberty in Boys



Top Signs Boys are in Puberty

Task: Pick one or two coloured hats and answer all the related questions



3 Minutes



What facts do I know? What else do I need to know? What do I want to know?

INFORMATION



How do I feel about this? What don't I like about this? What do I like about this?

FEELINGS



Can something be done? New ideas? What are the solutions/suggestions?

CREATIVITY



What thinking is needed? Next steps? Where are we now?

THINKING



What is wrong? Is it safe? Can it be done?

JUDGEMENT

ACTIVITY

Changes in Boys

Aspect	Change
Height	
Voice	
Penis	
Testicles	
Body Odour / Sweat	
Emotional	

Task

Complete the table with what changes happen to each part of a boy's mind and body



A



B



C



D



E



F



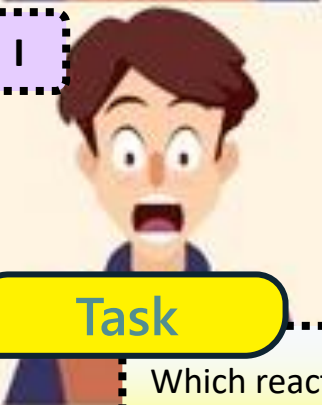
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H



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J



K



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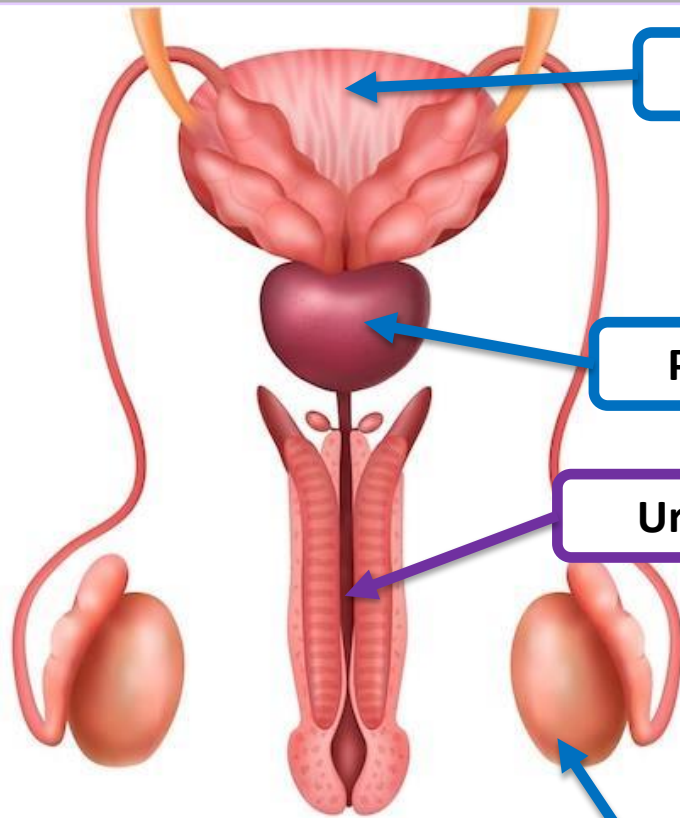


Task

Which reaction do you think boys might have to the different things that happen to them during puberty?
 a) Unexpected erections b) Wet dreams c) Penis growth d) Pubic hair e) Voice deepening f) Spots

Male Reproductive System

Front View



Bladder

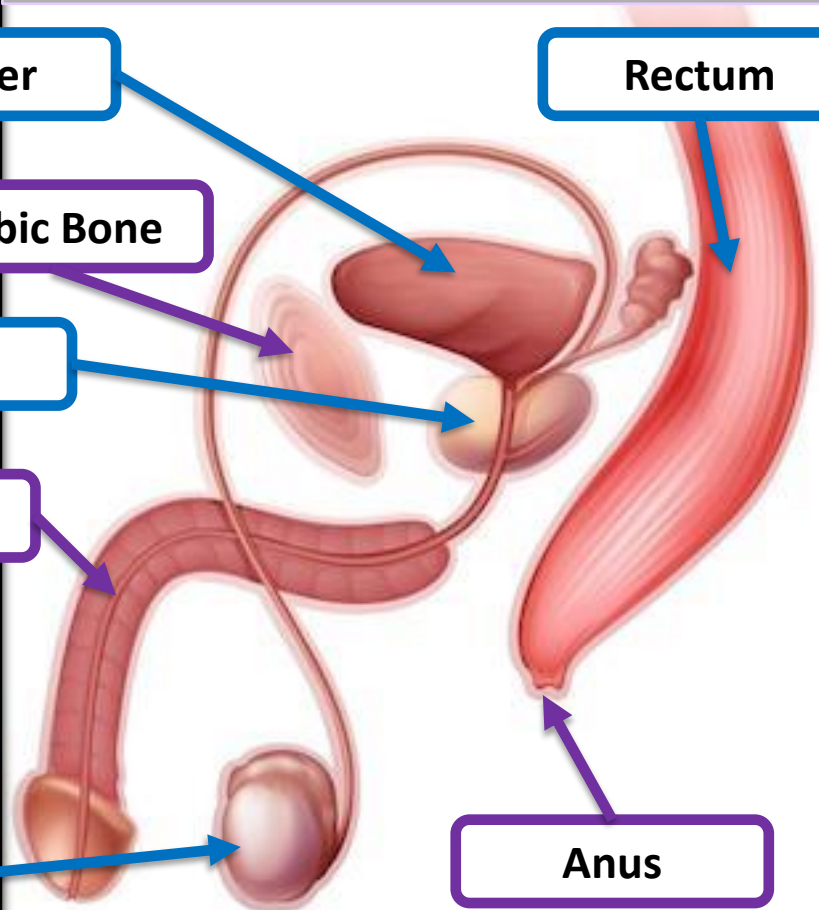
Pubic Bone

Prostate

Urethra

Testicle

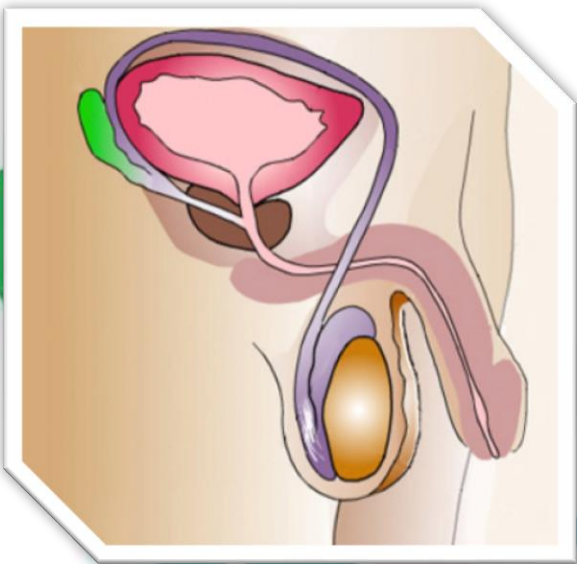
Side View



Rectum

Anus

Male Reproductive System



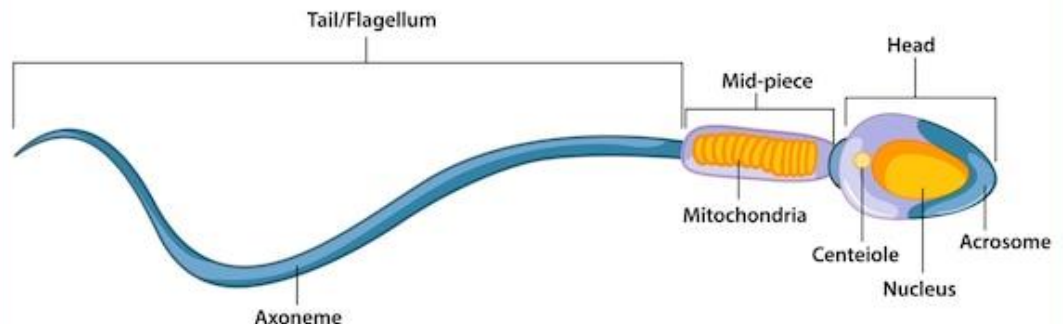
When puberty begins, the testicles start to produce sperm.

Sperm are tiny cells that are needed to reproduce.

Did you know?

This image of a human sperm is not to scale. Sperm cells are actually very tiny. They are about 0.002 inches (0.05 millimetres) long, which is about 20 times smaller than the diameter of a human hair.

HUMAN SPERM (SPERMATOZOA)



ERECTIONS & EJACULATIONS

ERECTIONS

- An erection happens when extra blood flows to the penis. This causes the penis to harden and lengthen.
- Most erections are not straight, and tend to either curve upwards or to either side.
- Erections can happen at any time:
 - When you touch it
 - Have exciting/sexual thoughts
 - See someone attractive
 - Or for no reason at all!



EJACULATIONS

- Sometimes semen (sperm and fluids) spurts out of the penis.
- This is called an ejaculation. It happens when muscles at the base of the penis start to expand and contract (tighten).
- This pushes the semen through the urethra, and out through the tip of the penis.
- But this won't happen every time you have an erection.

Did you know?

During ejaculation, a healthy man can release anywhere from 40 million to 1.2 billion sperm cells in a single ejaculation. However, only a tiny fraction of these sperm will reach the egg.



Did you know?

Smoking can cause erectile dysfunction in some men.

WET DREAMS

- It is possible to ejaculate when you are asleep
- This is called a nocturnal emission, more commonly known as a “wet dream”
- It happens without you knowing about it, and it’s not necessarily because you are dreaming about sex
- You may notice that your pyjamas or sheets feel wet or sticky when you wake up
- Most males experience wet dreams between the ages of 12 to 18
- IT IS NORMAL!
- You will experience wet dreams less frequently as you grow older as you will have more control over your body.

Task

Explain what an erection is and what causes it.
Describe the process of ejaculation.
(penis, urethra, semen, contraction, muscles)
What is a wet dream?

Wet Dreams

3 Minutes

PLAY VIDEO



What Do You Think?

Dear Year 7,

I feel so ugly. My face is covered in spots all the time, it's sore and red. I think it is acne but why has it happened so suddenly?

Am I ugly? I feel ugly and I feel like everyone is thinking this about me.

Robert, age 14

Talking Points



I think that ...
I don't think... is right because...
My opinion is...
I would argue the same because...
I disagree with... because...
Building on what... said. I think...
An alternate way of looking at this is...
I sort of agree, however....
I would challenge what.. said because ...

Do you agree or disagree? Why?

Can you add to the statement?

Do you have a question about the statement?

Would you like to challenge what is being said?

Do you have an alternative idea?





3 Top Questions about Puberty in Boys



What Boys Want to Know About Puberty

Task: Pick one or two coloured hats and answer all the related questions



4 Minutes



What facts do I know? What else do I need to know? What do I want to know?

INFORMATION



How do I feel about this? What don't I like about this? What do I like about this?

FEELINGS



Can something be done? New ideas? What are the solutions/suggestions?

CREATIVITY



What thinking is needed? Next steps? Where are we now?

THINKING



What is wrong? Is it safe? Can it be done?

JUDGEMENT

Common Worries

I'm getting spots and excessive oil in my hair and skin

I think I have a lump in my testicles

I'm being picked on at school

I'm experiencing wet dreams

I'm growing lots of body hair

I'm feeling down about things

Task

Who could you speak to for advice on each of these issues?

What advice would you give a young boy who is worrying about some of these things?



A young boy has written to you to ask about what will happen to him during puberty.

Task

Write a reply back

You should include the following:
(success criteria)

- ✓ Explain the physical changes that may happen to him
- ✓ **Explain the emotional changes**
- ✓ Talk about wet dreams, erections and keeping clean
- ✓ **Where he could get help or advice**
- ✓ Explain that it's perfectly normal and that every boy must go through it at some point
- ✓ **Any other advice or tips you can offer**

Discussion topics

Can a boy help it if he gets an erection?

What parts of puberty do boys worry about most?

How do boys stay smelling good after sport?

Why is it important for young people to be taught about puberty?

Do boys talk about their feelings more than girls? Why?

Make up a discussion topic



REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



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Complete the confidence checker of where you think you are at for this lesson

(Discussion or complete sheet)

3 Minutes



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confident



Confident

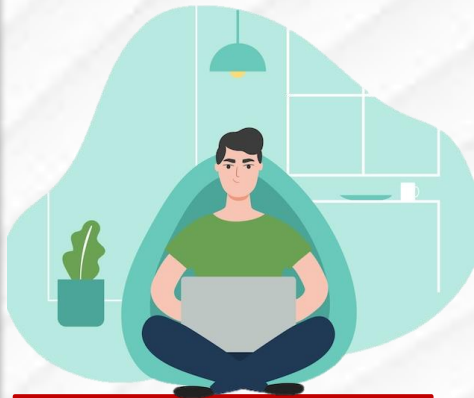


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HOMEWORK SUGGESTION



Homework Explained

Using what you have learned and other research, create an information leaflet aimed at young boys to let them know what will happen during puberty.

DUE DATE

It must be submitted by..

Hand / Google
Classroom





IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ ChildLine - You can talk to us about anything. No problem is too big or too small. Call us on 0800 1111 or chat to us online <https://www.childline.org.uk>
- ☐ <https://kidshealth.org/> - A large range of health subjects covered including puberty for children and teens
- ☐ <https://www.brook.org.uk/your-life/puberty/> Brook Health lives for young people
- ☐ <https://www.nhs.uk/> - Loads of information on a very wide range of physical and mental health issues



SEEKING SUPPORT

WELLBEING

REFLECTION PLENARY



A problem I overcame today was...

**Before I only knew...
now I also know...**

**The key words for this lesson
were...**

I'm really proud of the way I have...

Today I have tried to...

**The most important thing I have
learnt today is...**

I used to feel ... but I now feel ...

**Before I would have done...
Now I will ...**

Next lesson I would like to...

**A question I would like to ask
is...**

**I would like to learn more
about...**

**I know if I need further support
or help I could speak to.... or
contact...**

**I now know I can supported
others by...**

**One thing I didn't realise was...
this will help me to...**

2 Minutes





REFER TO MINDFULNESS POWERPOINT

