

Introduction to Puberty

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To describe the emotional, social, and physical changes that happen during puberty

To understand that girls and boys develop differently during puberty

To empathise with those that are starting puberty and understand how to support them

NEW VOCABULARY

Puberty, Hormones, Adolescence, Testosterone, Oestrogen, Progesterone, Social, Emotional, Physical

Adolescence

Puberty

Hormones

These cause the changes that happen during puberty

Is the period of life between child and adulthood

Is the time when sex organs begin to work

STARTER ACTIVITY

What are the best things about getting older?
What are the most difficult things about getting older?
Why do people react differently to change?



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

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

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

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



Introduction to 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 understand the challenges that puberty brings										
I am able to empathise with others who are about to go through puberty										
I know the emotional, social, and physical changes that happen during puberty										



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



2 Minutes

I'm not confident at all on this topic

A little confident

Confident

Very confident

I am super confident on this topic

What is Puberty?

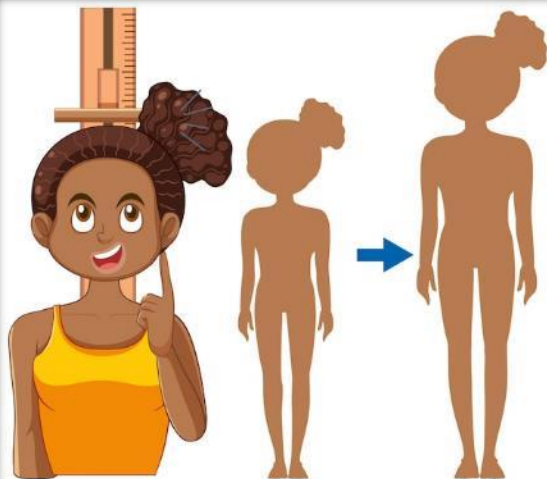
Puberty is when your body begins to change from the body of a child to that of an adult.

As these new chemicals are developing, a person will experience: changes in the body, changes in emotions and sexual feelings.

Puberty starts because a person's body starts to produce a very large quantity of sex hormones that were only being produced in small amounts before.

Task

Write down you own definition of puberty.



Natural Chemicals

The main changes that happen during puberty are the result of hormones (natural chemicals in our bodies).

Male bodies start to produce a lot more testosterone.

Female bodies start to produce a lot more oestrogen and progesterone.

These will then trigger physical and emotional changes in the body.



Did you know?

One of the biggest differences between a person who has gone through puberty and somebody who has not, is that an adult body has the ability to reproduce, or make a baby.





Discussion topics



Should young people
look forward to
puberty?

What parts of
puberty do young
people not look
forward to or
worry about?

Is puberty a bigger
'thing' or issue for
boys or girls?

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

Is bullying just a part
of growing up and
adolescence?

**Make up a
discussion topic**



Hormones, Puberty and the Brain



Brain Development in Teenagers

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



2 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?

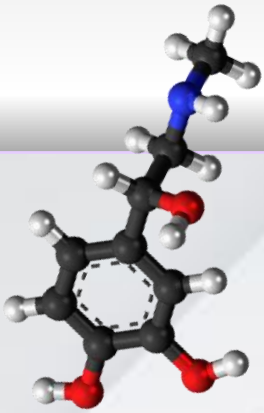
THINKING



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

JUDGEMENT

Hormones



Act as messengers, coordinating and controlling parts of your body and mind, including growth and development, reproduction and your mood. They play a vital role in regulating processes such as digestion, sleep, stress response, and sexual function.

Task

What are the male and female sex hormones called?

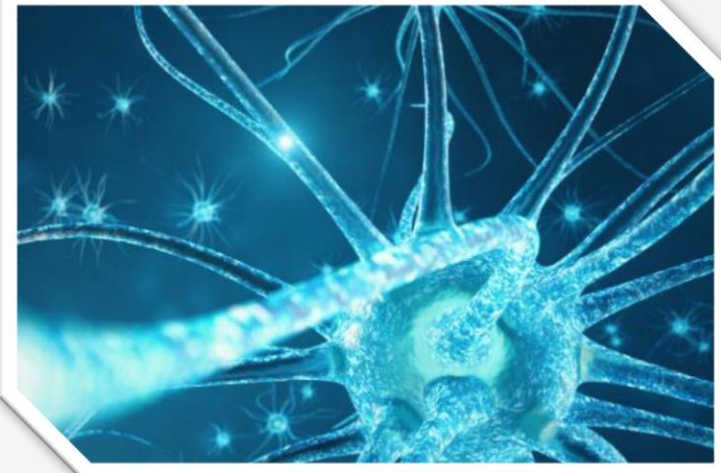
It is okay to feel a bit down.

However, here are some tips that may help improve a person's mood:


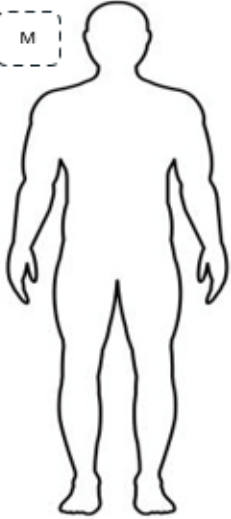

- Eat well
- Help others
- Positive self-talk
- Take up a new hobby or sport
- Believe in yourself
- Take time out to do something you enjoy
- Try some mindful activities
- Take time off social media
- Talk about how you feel to others
- Ask for help if you need it

Did you know?

As your body changes, so does your brain. It develops your personality, what you like and dislike, how you view yourself and who you want to be friends with.



HANDOUT



Male and Female Changes

M

Physical changes

Social changes

Emotional changes

F

Physical changes

Social changes

Emotional changes

Task

Complete the sheet by drawing on all the changes that happen, and adding a description into the appropriate box.

Physical changes

Changes that happen to the body

Social changes

Changes to the way you interact with others

Emotional changes

Changes to the way you think / behave

ACTIVITY

Changes

Complete the table with the following changes

Physical changes Changes that happen to the body	Social changes Changes to the way you interact with others	Emotional changes Changes to the way you think / behave
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ACTIVITY

Changes

Complete the table with the following changes

Physical changes Changes that happen to the body	Social changes Changes to the way you interact with others	Emotional changes Changes to the way you think / behave
<ul style="list-style-type: none"> <input type="checkbox"/> Get taller <input type="checkbox"/> Develop breasts (starts as tiny swellings underneath the nipples) <input type="checkbox"/> Weight gain <input type="checkbox"/> Grow hair (arms, legs genitals, facial) <input type="checkbox"/> Acne and Spots <input type="checkbox"/> Hair texture changing <input type="checkbox"/> Sex hormones are produced <input type="checkbox"/> Voice deepens <input type="checkbox"/> Menstruation starts (ovulation, clitoris hardens and becomes more sensitive, vaginal wetness) <input type="checkbox"/> Wet dreams <input type="checkbox"/> Hips widen <input type="checkbox"/> Shoulders broaden <input type="checkbox"/> Voice cracks <input type="checkbox"/> Muscle growth <input type="checkbox"/> Sweat will smell <input type="checkbox"/> Brain undergoes remodelling <input type="checkbox"/> Penis and testicles grow bigger and darkens in colour (sperm produced, erections, ejaculation) <input type="checkbox"/> Nipples grow larger and become more sensitive 	<p>Possibly...</p> <ul style="list-style-type: none"> <input type="checkbox"/> want to take more risks <input type="checkbox"/> want independence <input type="checkbox"/> have more conflict with others (parents and teachers and friends) <input type="checkbox"/> be more interested in being with friends <input type="checkbox"/> feel the impacts of peer pressure more <input type="checkbox"/> concerned with how others view you <input type="checkbox"/> start developing sexual feelings for others 	<p>Possible...</p> <ul style="list-style-type: none"> <input type="checkbox"/> mood swings <input type="checkbox"/> anxiety and stress levels increase <input type="checkbox"/> intense feelings (happiness, anger, fear, disgust, paranoid, sadness) <input type="checkbox"/> feel hungrier <input type="checkbox"/> feel more self-conscious about things <input type="checkbox"/> take more time to make your mind up <input type="checkbox"/> thinking about your identity and who you are

Changes that happen (physical and emotional)

Task

Complete the Venn with your answers from the list of changes

Boys

Girls

Both

HOW?

WHAT?

WHERE?

WHO?

WHY?

FIRST



SECOND

PAIR &
SHARE

THOUGHTS &
FEELINGS

DID?

MIGHT?

COULD?

CAN? /
WILL?

IS?
DOES?



Use the grid above to help you come up with
three questions about the image

2 Minutes



What Do You Think?

Dear Year 7

Why am I different? My friends in school are all wearing bras and most of them have started their periods. Not much has happened to me yet! I've only grown a bit of pubic hair and my breasts aren't growing much. I'm nearly 13 years old, and much taller than the rest of them! Am I abnormal?

Shree, Age 12

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?





REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



AFTER THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I understand the challenges that puberty brings										
I am able to empathise with others who are about to go through puberty										
I know the emotional, social, and physical changes that happen during puberty										



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

(Discussion or complete sheet)



3 Minutes

I'm not
confident at all
on this topic

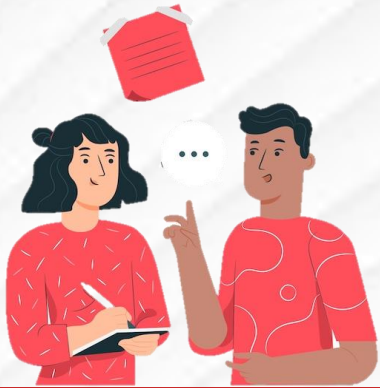
A little
confident

Confident

Very
confident

I am super
confident on
this topic

HOMEWORK SUGGESTION



Homework Explained

Come up with five questions that you would like to know the answers to, on the topic of 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

HEALTH
& WELLBEING

SEEKING
SUPPORT



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

