



**CRE8TIVE
RESOURCES**

PSHE Work Booklet

**HEALTH AND
WELLBEING**

Name:

Teacher:

Class:



**CORE
THEME 5**

PUBERTY & BODY DEVELOPMENT



PUBERTY & BODY DEVELOPMENT

ASSESSMENT
FOR LEARNING



CONFIDENCE CHECKER



LEARNING THE UNIT 	1	2	3	4	5	6	7	8	9	10
	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
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										
I understand the physical changes that happen to girls' bodies, inside and out										
I can describe what happens to a girl during her menstrual cycle										
I know the various feminine protection products available, and how they work										
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										
I understand the causes of body odour and how to prevent it										
I can explain how personal hygiene links to a healthy body										
I understand how to achieve good standards of personal hygiene										
I know what challenges to expect as I grow up										
I know how to look after my best interests in the future										
I understand my body, my rules, philosophy, and why it is important										
I can define high and low self-esteem, and give examples										
I understand a range of issues that may impact my own self-esteem										
I know a wide range of ways to boost my own self-esteem										
I know how to look after my teeth										
I can explain the importance of oral hygiene										
I know the associated risks of a poor diet on my own physical and mental health										

SORTING ACTIVITY

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

What are the best things about getting older?

What are the most difficult things about getting older?

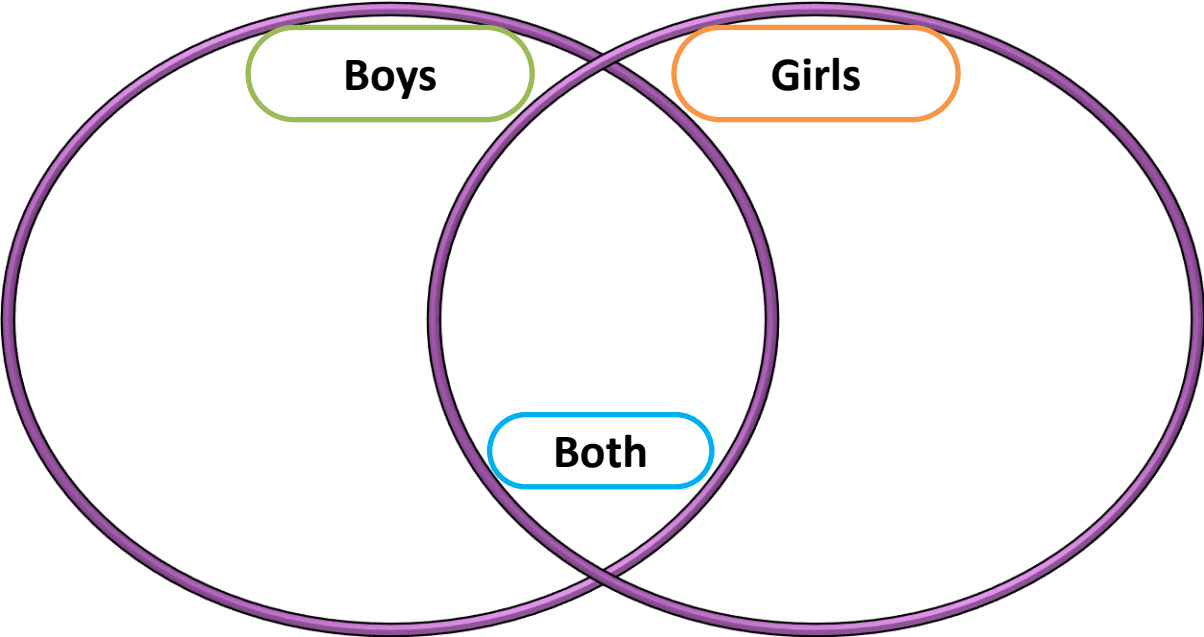
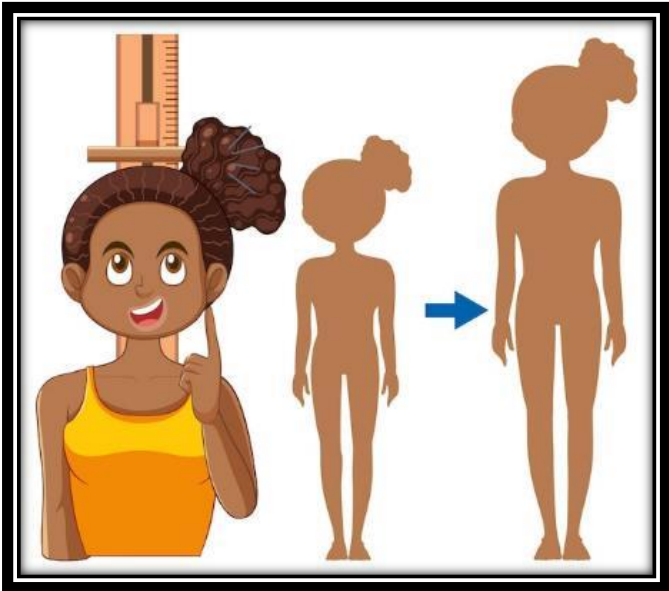
Why do people react differently to change?

Puberty is

Video Reflection – What did you learn from the video clip? (Information, statistics, advice, risks)



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
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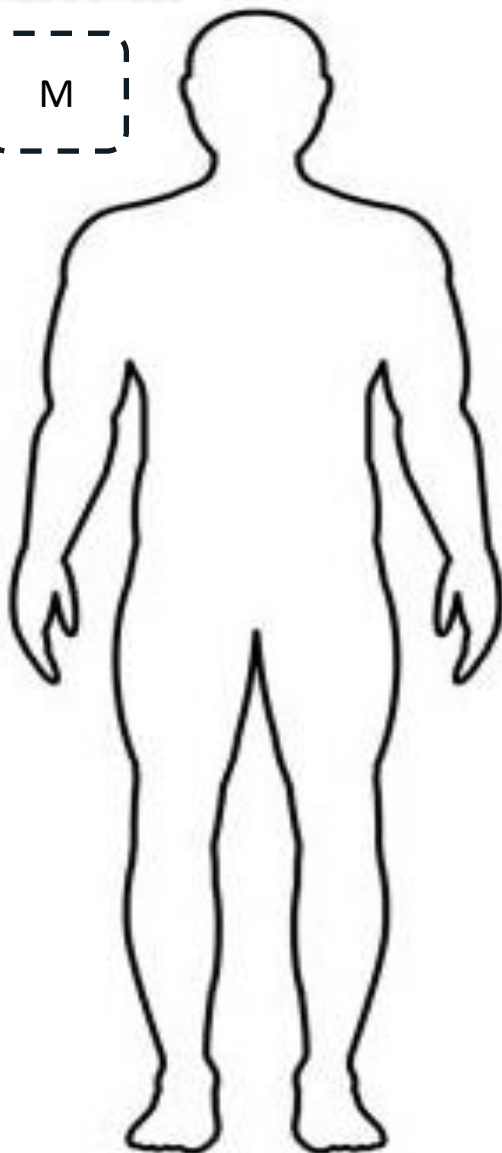




Introduction to Puberty



M

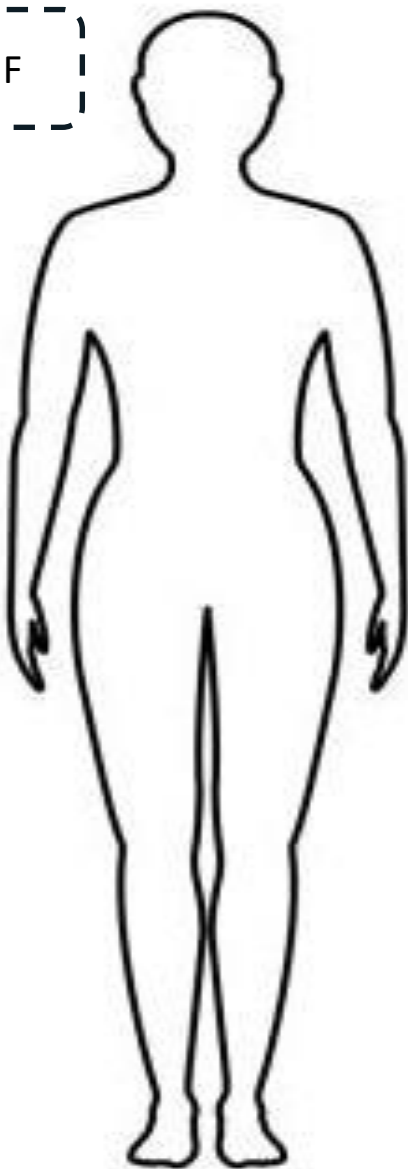


Physical changes

Social changes

Emotional changes

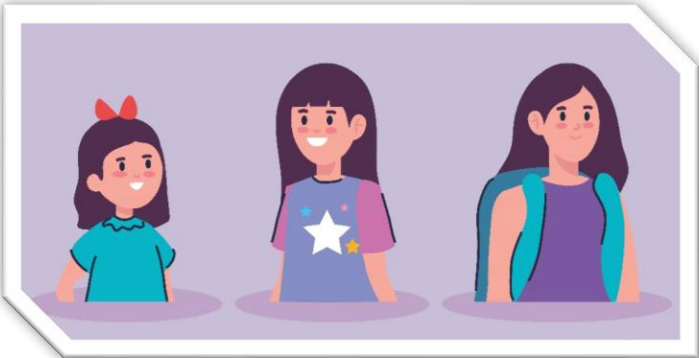
F



Physical changes

Social changes

Emotional changes



What changes happen to girls as they go through puberty?

What changes happen to both boys and girls?

Have you ever been told that because you are a girl you shouldn't do something?

SORTING ACTIVITY

Menstrual cycle

Hormones

Growth Spurt

Emotional Changes

Pubic Hair

Matching Activity

Chemicals that are responsible for the changes that happen to your body

Rapid increase in height and physical growth during puberty.

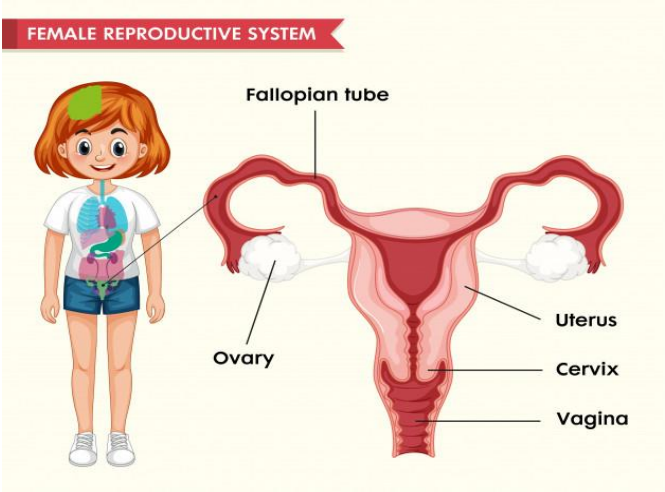
Hair that grows in the genital area

Lasts 28 days and has four main phases: Menstrual Cycle Phase, Follicular Phase, Ovulation Phase, Luteal Phase

Changes in the way you feel and express emotions, such as mood swings

Video Reflection – What did you learn from the video clip? (Information, statistics, advice, risks)

- ✓ Girls usually start their periods between 8 and 13
- ✓ Periods can take up to 2 years to become regular (they can disappear for some months until your body settles into a regular cycle)
- ✓ Periods usually last between 2 – 7 days
- ✓ A period is made up of blood and body tissue
- ✓ Signs that your body may be getting ready to start periods include:
 - Breast tissue begins growing
 - Pubic hair may start to grow
 - Produce a discharge from the vagina
- ✓ During a period, 4-12 teaspoons of fluid is dispersed (of which 50% is blood). 90% of this is lost in the first three days then periods become a lot lighter.



SORTING ACTIVITY

Ovulation

Pre-menstrual Syndrome

Discharge

Fallopian Tube

Panty Liner

Matching Activity

The 'monthly blues' feeling just before your period begins.

The mucus the cervix produces to keep the vagina clean.

A smaller pad for when your period is light.

When the egg is released from the ovary.

What the eggs travel through from the ovaries to the uterus.


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

Do boys smell more than girls? Explain

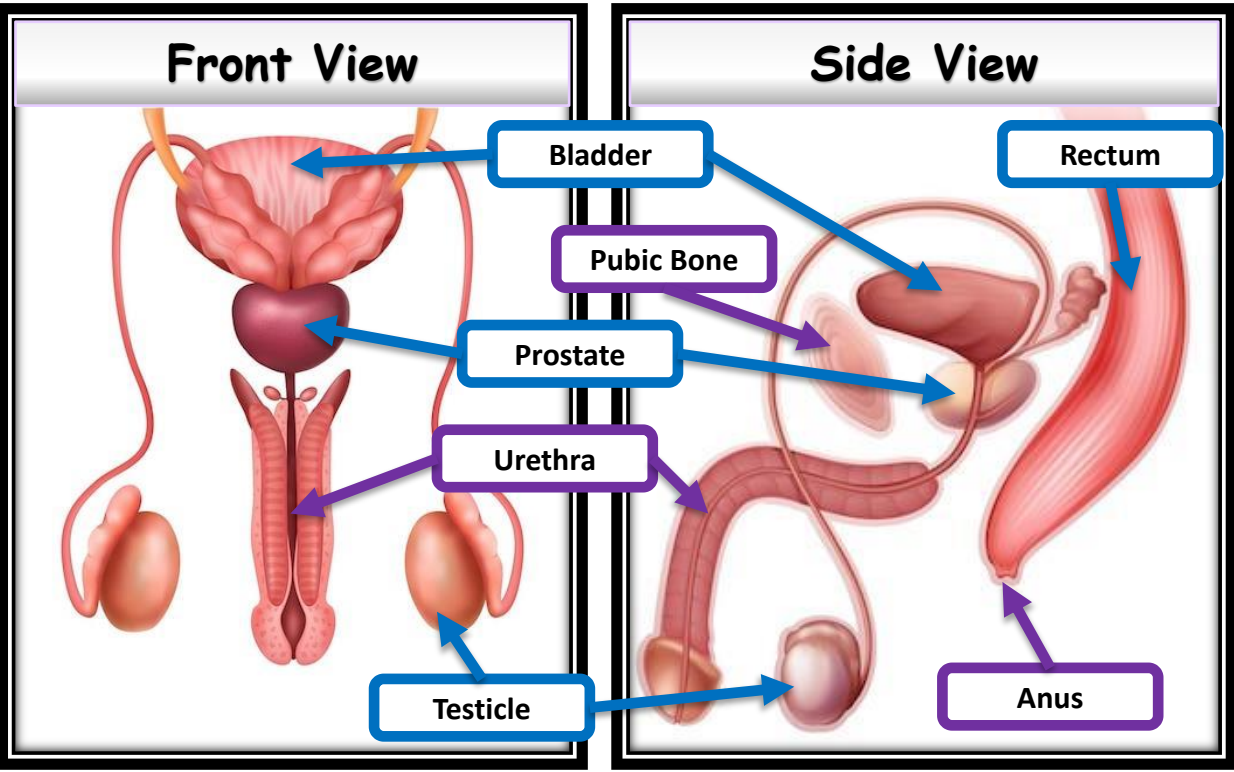


I would feel comfortable talking about puberty to:


Video Reflection – What did you learn from the video clip? (Information, statistics, advice, risks)



Aspect	Change
Height	
Voice	
Penis	
Testicles	
Body Odour / Sweat	
Emotional	



Video Reflection – What did you learn from the video clip? (Information, statistics, advice, risks)



Explain what an erection is, and what causes it?

Describe the process of ejaculation:
(include these key terms: penis, urethra, semen, contraction, muscles)

What is a wet dream?

What will happen to me during puberty?

Dear

What does the term hygiene mean?

Why is keeping clean important?

Solve the anagrams

1. apos
2. moospah
3. ahed cile
4. tdeodaorn
5. yobd urood
6. abd eatrbh



Video Reflection – What did you learn from the video clip? (Information, statistics, advice, risks)

More Than Once
A Day
e.g. Wash hands

Every Day

Every Other
Day

Every Week

Every Two
Weeks

- Wash face

Brush teeth

Wash clothes
- Cleanse your face

Wash genitals

Wash armpits
- Floss your teeth

Cut toe nails

Wash hair
- Change bed sheets

Wash feet

Wear clean
underwear

Exercise

Social Media

Diet

Mindfulness

Sleep

Personal Hygiene

Alcohol & Smoking

TOPICAL DEBATE

“Girls always keep themselves cleaner than boys during puberty”

Arguments For	Arguments Against
Your personal opinion :	

Sum up puberty in ten words:

How do the lyrics of this song relate to growing up?

What are your hopes, dreams, and fears about secondary school?



What challenges might you have to face when growing up?

What issues might you have to overcome?

How could you overcome these?



Why might some pressures make growing up more challenging?

What issues from pressures might you have to overcome?

How could you overcome these?

Personal Problems
e.g. low self-esteem

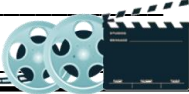
Problems at Home
e.g. pressure to take on more chores

Problems young people might experience when growing up

School
e.g. failing an exam

Friends
e.g. pressure to try alcohol

Video Reflection – What did you learn from the video clip? (Information, statistics, advice, risks)



What is bodily autonomy?

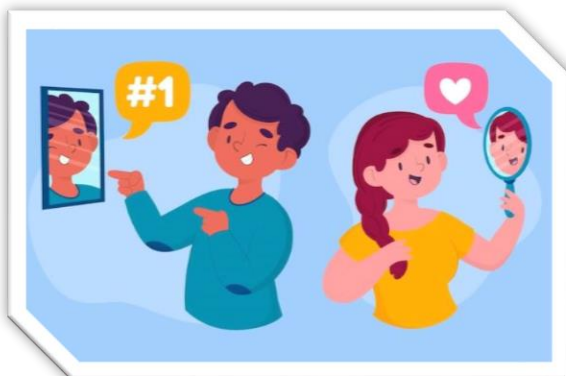
What is consent?

Why is it important to have ownership over your own body?

TOPICAL DEBATE

“Growing up is the biggest challenge a person will ever have face”

Arguments For	Arguments Against
Your personal opinion :	



Why is there sometimes pressure on the way people should look?

What appearance pressures do boys face?

What appearance pressures do girls face?

[illegible]

High Self-Esteem

- 1.
- 2.
- 3.

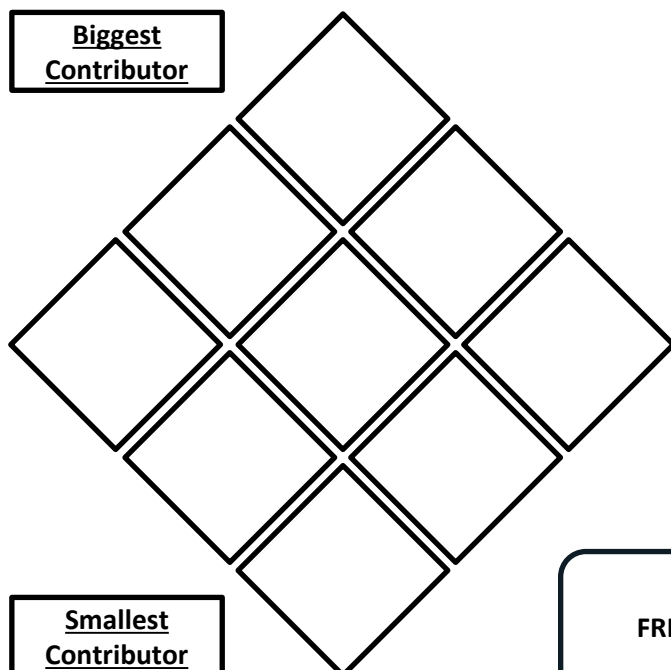
Low Self-Esteem

- 1.
- 2.
- 3.

Video Reflection – What did you learn from the video clip?
(Information, statistics, advice, risks)



Biggest Contributor



Smallest Contributor

ADVERTISING

**CELEBRITIES /
SOCIAL MEDIA
INFLUENCERS**

**FASHION
PROGRAMMES
/ OTHER TV**

**PARENTS /
GUARDIANS /
CARERS**

FRIENDS

CLASSMATES

SIBLINGS

TEACHERS

MAGAZINES

1. Rejection

2. Criticism

3. Failure

4. Loneliness

5. Comparison to others



What can cause tooth decay?

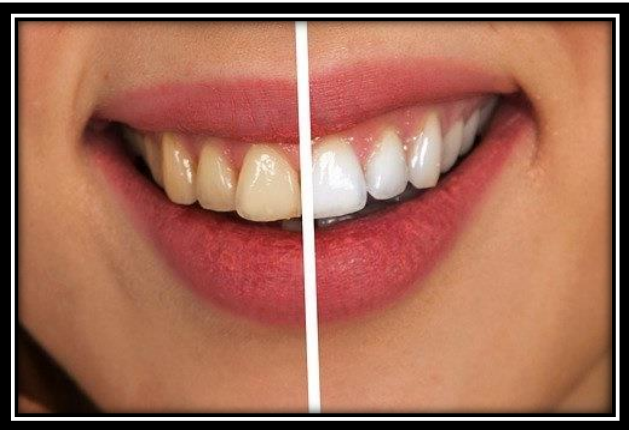
How can you look after your teeth?

What are the short and long term effects of a poor diet on the body and mind?



Video Reflection – What did you learn from the video clip? (Information, statistics, advice, risks)

Once upon a time.....



Video Review Questions - What Would Happen If You Never Brushed Your Teeth?

1

2

3

4

5





Dear

Why don't you brush your teeth? Don't you realise that.....





TOPICAL DEBATE

“Tooth decay is just a normal part of growing up”

Arguments For	Arguments Against
Your personal opinion :	

PROJECT & WORK BOOKLET	Grade		Target Grade		Effort	
What Went Well	<input type="checkbox"/> All tasks in this work booklet have been completed <input type="checkbox"/> You participated fully in the lessons / responded to questions <input type="checkbox"/> Fantastic evidence seen on project work <input type="checkbox"/> You consistently displayed the positive behaviours <input type="checkbox"/> Your work booklet has good attention to detail <input type="checkbox"/>			<input type="checkbox"/> You have a positive attitude towards your learning <input type="checkbox"/> Your behaviour is exemplary <input type="checkbox"/> You show great team work / leadership skills <input type="checkbox"/> You are a critical and thoughtful learner <input type="checkbox"/> You are a reflective student inside and outside the classroom <input type="checkbox"/>		
Next Steps	<input type="checkbox"/> Ensure all tasks are completed in work booklet <input type="checkbox"/> Participate more in lessons <input type="checkbox"/> Explain how you will improve your project work <input type="checkbox"/> Which behaviours could you focus on? <input type="checkbox"/> Add further detail to your responses in the work booklet <input type="checkbox"/>			<input type="checkbox"/> Explain how you can improve your attitude to LSW <input type="checkbox"/> Explain how you can improve your behaviour <input type="checkbox"/> How can you show better leadership and teamwork skills? <input type="checkbox"/> Improve SPAG (refer to SPAG targets) <input type="checkbox"/> Set yourself two SMART targets for self improvement. <input type="checkbox"/>		
SPAG	Below Threshold 		Threshold 		Intermediate 	Advanced 
Evidence of Next Steps (Complete here or refer to where it can be seen)						

FINAL - PRESENTATION & SPAG FEEDBACK

SPAG Performance	Descriptor	Targets to improve..
Below Threshold  <input type="text"/>	Common errors in spelling, punctuation and grammar hinder written communication. Response does not relate to questions asked or no response to tasks in booklet. Work booklet is untidy.	<input type="checkbox"/> Complete unfinished tasks <input type="checkbox"/> Copy out misspelled vocabulary 3 times <input type="checkbox"/> Neatly colour code tasks <input type="checkbox"/> Complete Progress Tracker <input type="checkbox"/> Add punctuation (capital letters, full stops, etc)
Threshold  <input type="text"/>	Able to spell and punctuate with reasonable accuracy. Some grammatical errors but they don't significantly hinder the work booklet. Limited range of specialist key terms used. Work booklet is untidy and incomplete in places.	<input type="checkbox"/> Complete unfinished tasks <input type="checkbox"/> Replace slang terms with more formal English <input type="checkbox"/> Fully develop your points of view in your responses <input type="checkbox"/> Proof read work and check for SPAG errors <input type="checkbox"/> Use a wider range of specialist vocab
Intermediate  <input type="text"/>	Able to spell and punctuate with considerable accuracy . Use rules of grammar with greater control of meaning . Good range of specialist key terms. Pride and care is taken in completion of the work booklet.	<input type="checkbox"/> Add to completed tasks <input type="checkbox"/> Develop a wider range of more complex ideas <input type="checkbox"/> Fully develop your points of view in your responses <input type="checkbox"/> Ensure every activity is complete in you Work Booklet <input type="checkbox"/> Use a wider range of punctuation including colons and semi colons <input type="checkbox"/> Ensure your points made are supported by evidence and examples
Advanced  <input type="text"/>	Perfectly accurate spelling and grammar throughout . Grammar is effectively used at all points of the work booklet. A wide and accurate range of specialist key terms are used. Work booklet is fully completed to the best of your ability. Professional presentation at all times.	<input type="checkbox"/> Add to completed tasks <input type="checkbox"/> Ensure your points made are supported by evidence and specific examples <input type="checkbox"/> Use complex and varied techniques in your writing <input type="checkbox"/> Ensure every extended written response balances viewpoints in order to fully come to a conclusion <input type="checkbox"/> Help support another student in improving their SPAG