

Introduction to Puberty

Friday, 10 November
2023

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

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

Will understand that girls and boys develop differently during puberty.

New Vocabulary

Puberty Hygiene Hormones
vagina Penis adolescence
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

Task

- 1) In the above table, match the words with their definition, working in pairs. You have 2 minutes. After this time, your teacher will reveal the answers.
- 2) Discuss the following questions in pairs; What are the great things about getting older? What are the most difficult things about getting older? Why do people react differently to change? You have 3 minutes.

PSHE

EFFECTIVE GROUND RULES

Show respect

- By listening
- Not interrupting
- Only 1 person talking at a time

It's OK to get things wrong

Conversations stay in the room unless it is a **safeguarding issue**

Be open and honest but **no personal comments** – Discussions will be about 'general situations'

PSHE CLASSROOM RULES DEALING WITH SENSITIVE TOPICS

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

Use the agreed appropriate Language (**Avoid slang terms**)

Don't show the fact you are embarrassed through silliness

Don't make assumptions about people's values, attitudes, behaviours, life experiences or feelings

There are **no stupid questions**. A question box for anonymous Questions

Have a **non-judgemental approach**. No Put downs and challenge the opinion not the person

Go to the front section of your booklet and complete a base line assessment of how confident you feel about the topics below.

ASSESSMENT
FOR LEARNING

NOT
CONFIDENT



CONFIDENT



VERY
CONFIDENT



BASELINE CONFIDENCE CHECKER

BEFORE THE LEARNING	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										

2 Minutes

Class reading. As a class, read through the slide.



Puberty is when your body begins to change from the body of a child to that of an adult. Puberty starts because a person's body starts to produce a very large quantity of sex hormones that they were only producing in small amounts before. As these new chemicals are developing in the body it is creating changes in the body, changes in emotions and sexual feelings.

Male bodies start to produce a lot more **testosterone** and 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?

About 1 in 2,000 babies are born Intersex, which means the baby has a mixture of characteristics that are typically considered male and female. It's a naturally occurring biological condition. There are 40 different variations and they can be chromosomal, hormonal, genetic or physical. Most intersex kids grow up identifying as men or women

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.

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



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?

Task: Class Discussion. Your teacher will ask a few questions based on those on the board. Please answer in a mature way.

Watch the clip and answer the questions, you have 5 minutes to complete as many as you can. Write around the bodies in your booklet. Video also in folder for this lesson.

What is the 'silver-lining of puberty'?

What is your brain trying to do through puberty?

What are the emotional consequences of puberty?

Give three ways we can make it easier to cope:

What are hormones?

How do they affect men?

How do they affect women?

Why does your brain create so many new cells at this time?

Why is it so important to get enough sleep during puberty?

Why is puberty actually an important and special time?



<https://www.youtube.com/watch?v=Rs6dW6qKRc>

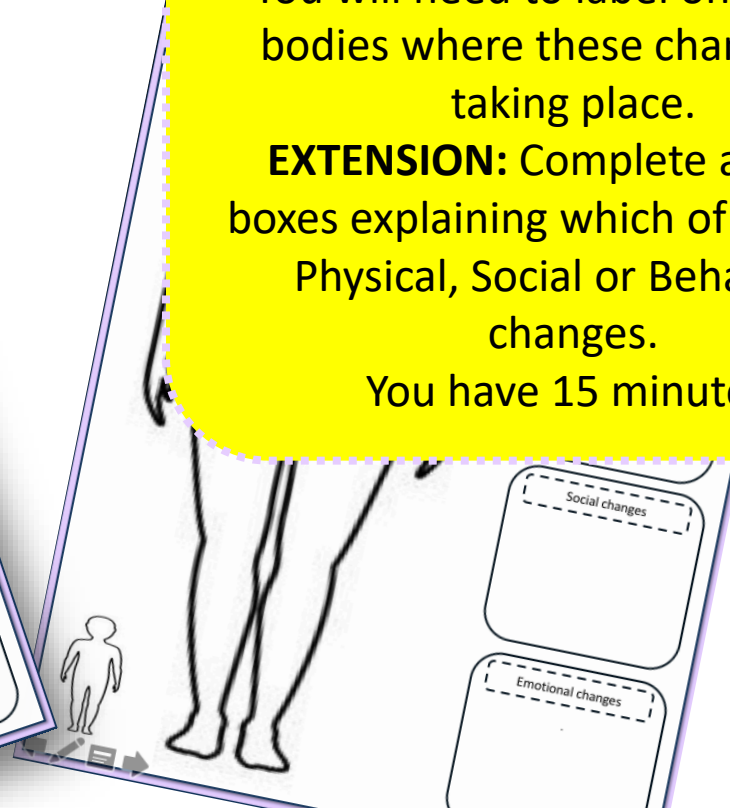
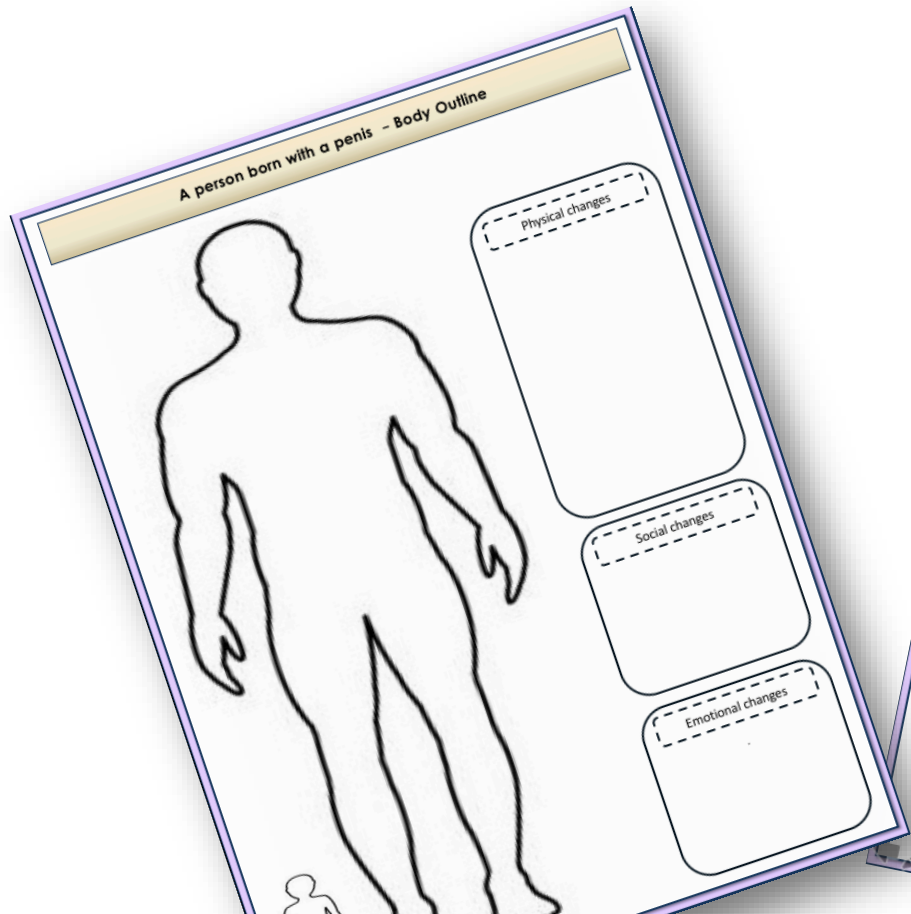
What can you remember about puberty?

Task

After your teacher has given these instructions, they will move onto the next slide that has the information. You will need to label on the two bodies where these changes are taking place.

EXTENSION: Complete all three boxes explaining which of these are Physical, Social or Behavioral changes.

You have 15 minutes.



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

Please note, these are jumbled up.
You have 15 minutes.

- Get taller
- start developing sexual feelings for others
- Develop breasts (starts as tiny swellings underneath the nipples)
- Weight Gain
- Grow Hair (Arms, legs, genitals, facial)
- Acne and Spots
- Hair texture changing
- Sex Hormones are produced
- Voice deepens
- Menstruation starts
- (Ovulation, clitoris hardens and becomes more sensitive, Vaginal wetness)
- be more interested in being with friends
- Thinking about your identity and who you are

- want to take more risks
- have more conflict with others (Parents and teachers and friends)
- feel the impacts of peer pressure more
- Concerned with how others view you
- Muscle growth
- Sweat will smell
- Brain undergoes Remodelling
- Penis and testicles grow bigger and darkens in colour (Sperm produced, Erections, ejaculation)
- Nipples grow larger and become more sensitive

- Mood swings
- want independence
- Wet dreams - this is where someone ejaculates during sleep (male and female)
- Hips widen
- Shoulders broaden
- Voice cracks
- Anxiety and stress levels increase
- Intense feelings (happiness, anger, fear, disgust, paranoid, sadness) feel hungrier
- Feel more self conscious about things
- Take more time to make your mind up

Puberty Recap – Changes that happen (Physical and Emotional)

Physical Changes

Physical changes to the body

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Social Changes

The way you interact with others

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Emotional Changes

The way you think

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Task: Class Discussion

From the changes you have learnt about, put them into physical, social or emotional. Answers are on the next slide.

Puberty Recap – Changes that happen (Physical and Emotional)

Physical Changes

Get taller

Develop breasts (starts as tiny swellings underneath the nipples)

Weight Gain

Grow Hair (Arms, legs genitals, facial)

Acne and Spots

Hair texture changing

Sex Hormones are produced

Voice deepens

Menstruation starts

(Ovulation, clitoris hardens and becomes more sensitive, Vaginal wetness)

Wet dreams

Hips widen

Shoulders broaden

Voice cracks

Muscle growth

Sweat will smell

Brain undergoes Remodelling

Penis and testicles grow bigger and darkens in colour (Sperm produced, Erections, ejaculation)

Nipples grow larger and become more sensitive

Social Changes

May...

want to take more risks

want independence

have more conflict with others (Parents and teachers and friends)

be more interested in being with friends

feel the impacts of peer pressure more

Concerned with how others view you

start developing sexual feelings for others

Emotional Changes

May...

Mood swings

Anxiety and stress levels increase

Intense feelings (happiness, anger, fear, disgust, paranoid, sadness) feel hungrier

Feel more self conscious about things

Take more time to make your mind up

Thinking about your identity and who you are

Puberty Recap – Changes that happen (Physical and Emotional)

BOYS

Both

GIRLS

Task: Class Discussion

From the changes that happen, which apply to only boys/girls or both?



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 doing 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
 An alternate way of looking at this is...
 I sort of agree, however....
 In my view...
 I would challenge what... said because ...

Task: Class Discussion
 Why should Shree not worry?

ASSESSMENT FOR LEARNING

Confidence Checker



AFTER THE LEARNING	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										



IMPORTANT
INFORMATION

SEEKING SUPPORT

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



IMPORTANT
INFORMATION



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

SPEAK TO YOUR PARENTS/GUARDIANS OR HEAD OF YEAR,
TRUSTED ADULT OR FRIEND IF YOU HAVE ANY CONCERNS ABOUT
YOURSELF OR SOMEONE YOU KNOW - IT IS ALWAYS IMPORTANT TO TELL SOMEONE!



SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ <https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/> NHS
- ☐ <https://www.childline.org.uk> Has support for Puberty - Boys & Girls
- ☐ <https://kidshealth.org/#cattake-care> Information on a variety of topics
- ☐ <https://www.brook.org.uk/your-life/puberty/> Brook Health lives for young people



HEALTH
& WELLBEING

CORE
THEME 5

2 Minutes

SIGNPOSTING
SUPPORT

HELP & SUPPORT
SERVICES

FURTHER
INFORMATION



REFLECTION PLENARY

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

Before I could/would say and do ... but now I feel I am able to say

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

I supported others by...

One thing I didn't realise was... now I know that...

The key words for this lesson are...

I always knew ... but now I can see how it connects to...

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

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

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

I would like to learn...

A question I would like to ask is...

Before I thought that ... but now I realise..

One assumption of mine that was challenged was...

Today I have tried to...

Next lesson I would like to..

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

Before I would have said ... but now I will say...

A problem I overcame today was...

2 Minutes

