



Introduction to Puberty



LEARNING OUTCOMES

Knowledge, Skills & Actions

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



STARTER ACTIVITY

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

EFFECTIVE GROUND RULES

CREATIVE CURRICULUM

PSHE

EFFECTIVE GROUND RULES

CREATIVE CURRICULUM

Show respect

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

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

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

You don't have to say things about yourself if you don't want to (**You have the right to pass**)

PSHE CLASSROOM RULES DEALING WITH SENSITIVE TOPICS

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

It's OK to get things wrong

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

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

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

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

Don't show the fact you are embarrassed through silliness

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



Introduction to Puberty



ASSESSMENT FOR LEARNING

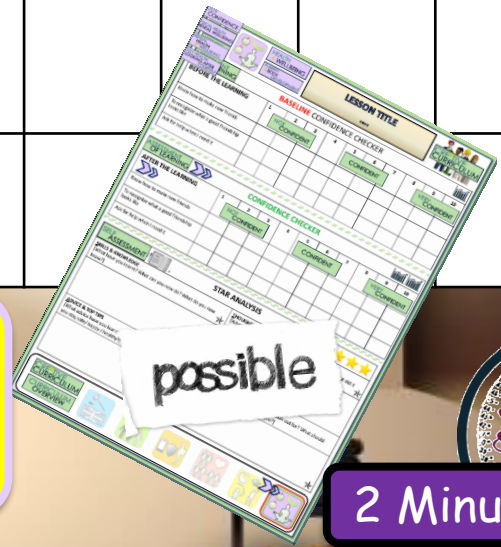
BASELINE CONFIDENCE CHECKER



BEFORE 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										



Complete a base line assessment of where you think you are at for this lesson
(Discussion or complete sheet)



2 Minutes



I'm not confident at all



I'm getting more confidence



Confident



Very confident



Super confident



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?

Is bullying just a part of growing up and adolescence?

Make up a discussion topic

Hormones and Puberty



Play video



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

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

THINKING

JUDGEMENT

Brain Development in Teenagers

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



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



2 Minutes

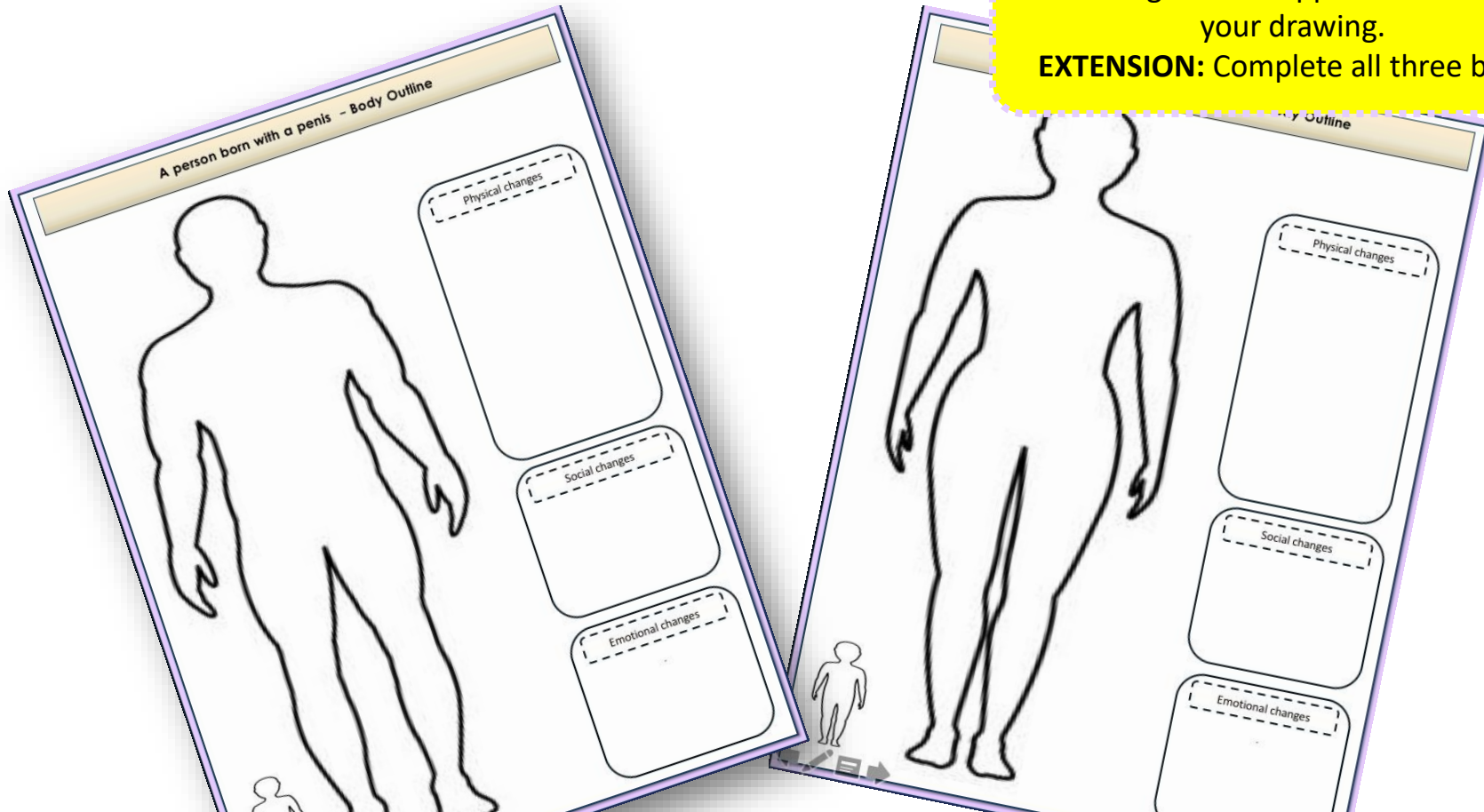
THINKING
HATS

What can you remember about puberty?

Task

Complete the sheets by drawing on all the changes that happen. Add labels to your drawing.

EXTENSION: Complete all three boxes



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

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

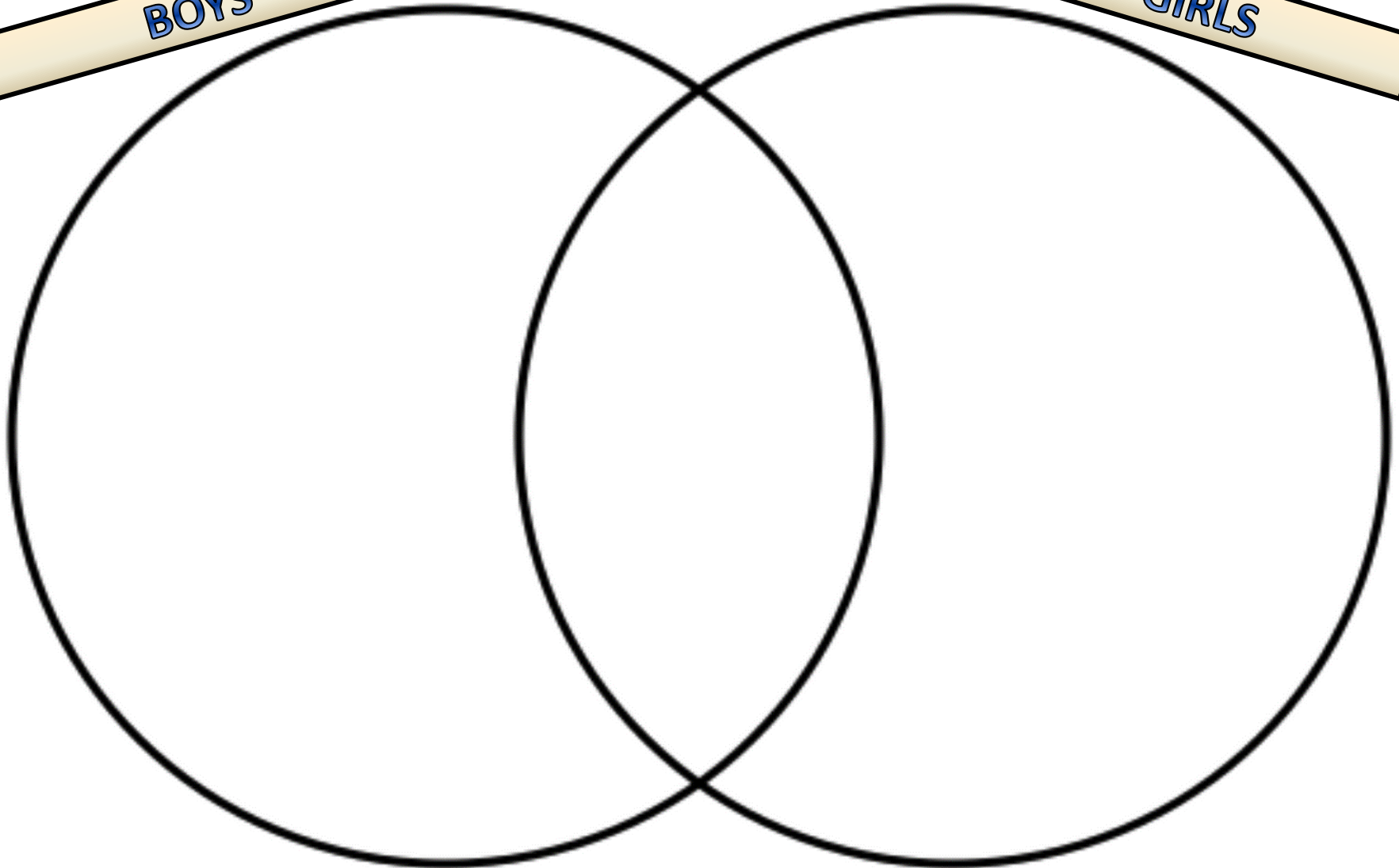
Thinking about your identity and who you are

Puberty Recap – Changes that happen (Physical and Emotional)

BOYS

Both

GIRLS



PAIR & SHARE
THOUGHTS & FEELINGS

DID?

MIGHT?

COULD?

CAN? /
WILL?

IS?
DOES?

SECOND

HOW?

WHAT?

WHERE?

WHO?

WHY?

FIRST



Using the grid above come up with three questions about the image

2 Minutes





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 ...

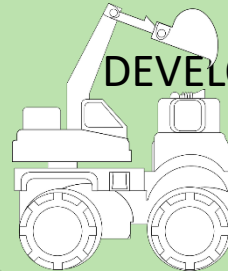
AGREE



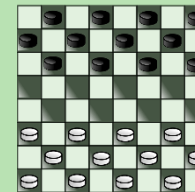
DISAGREE



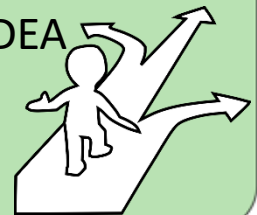
DEVELOP



CHALLENGE



ALTERNATE
IDEA



LEARNING OUTCOMES



STOP!



Let us review our learning outcomes for this lesson
Knowledge, Skills & Actions

PAIR &
SHARE

ASSESSMENT FOR LEARNING

Confidence Checker



AFTER THE LEARNING	1	2	3	4	5	6	7	8	9	10	
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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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Super confident



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



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



REFER TO MINDFULNESS

▶▶▶ POWERPOINT



Time for a little something extra?

?? Minutes

