

Puberty lessons

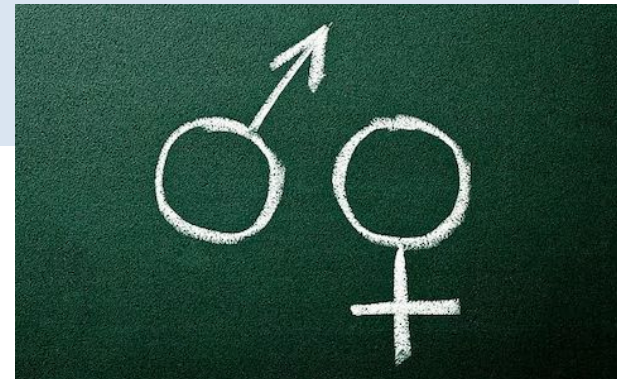
- Lessons 1 & 2: slides 9- 19
- Lesson 3: slides 23 onwards
- Prepare a Question box - Allows students to ask questions freely and anonymously; teachers to go through the questions in a 'question box' during the lesson
- The 2nd lesson is more of an informal one/ less structured lesson. Allow students to work in smaller groups and read through the literature and do the sanitary towel demonstration. Also give out the freebies (see Sonya White to collect your group's goodies).
- As an alternative, individual teachers to book IT rooms for lesson 2. Students to do their own independent research. Teacher to provide them with links to appropriate sites via Firefly

Look at this image, then create a
Question for Thinking



What is Relationship and Sex Education (RSE)?

Why is it important that we cover it now and not wait until you are young adults?



What is Relationships, Sex and Health Education (RSHE)?

Relationship, Sex and Health Education is learning about the **emotional, social and physical** aspects of growing up, relationships, sex, sexuality and sexual health. Some aspects are taught in science, and others are taught as part of CPSHE.



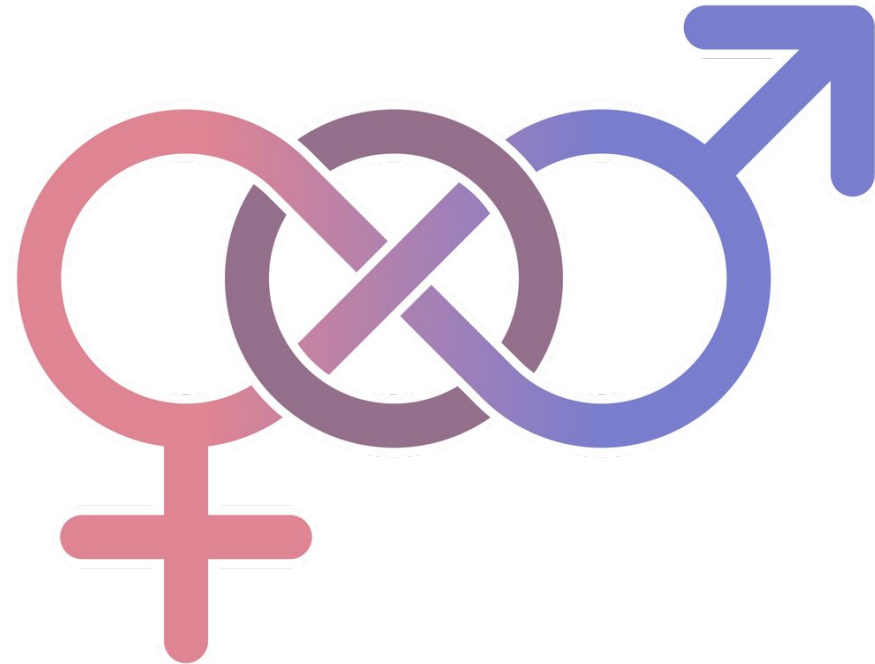
GROUND RULES

- Use appropriate classroom language
- Focus on BEING SENSIBLE & MATURE
- Be aware that some people may find the topic embarrassing or difficult
- Do not ask me or other students personal questions!
- Confidentiality - no use of names

Introducing the Question Box



Lesson 1: Exploring Puberty



Starter - in your pairs, use as many of these keywords to explain 'Puberty'

- Adolescence
- Nature
- Changes
- Hormones
- Emotions
- Adulthood
- development
- Reproduction
- Normal
- Transition

Can you use some of these words to describe
what puberty is?

- Children
- Hormones
- Changes
- Adult
- Reproduction - make babies
- Emotions (feelings)
- Normal
- development

Puberty

Puberty refers to the phase when our bodies become sexually mature and ready for **reproduction**. It can also be described as the time between childhood and adulthood.

During this time, the body produces more chemicals called **hormones**. These hormones make your body start developing from a child's into an adult's. They can also have an effect on your **emotions** and on how you behave.



The age at which **puberty starts is different for each person.**

Learning objectives

- To revisit facts learned in Yr7 about puberty
- To consider the physical and emotional changes brought on by Puberty
- To promote awareness, understanding and respect of gender differences
- To promote appropriate language as opposed to slang

Main Task

In friendship groups/pairs:

- MIND MAP:

'Puberty'

- Try and include as many of the key terms from the starter activity.

Watch this clip and add the changes on your mindmap

<https://www.youtube.com/watch?v=Rsj6dW6qKRc>

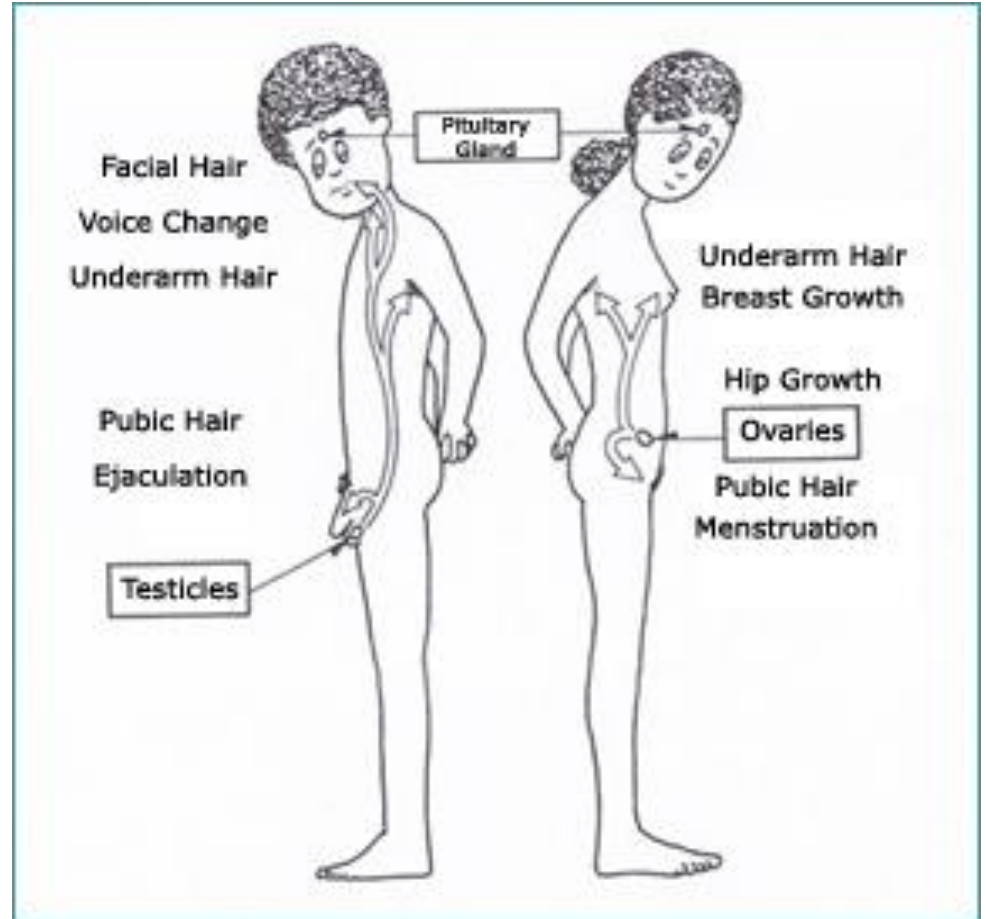
INSIDE PUBERTY



Does the below image make more sense to you now?

Challenge.

What can you explain now that you couldn't explain at the start of the lesson?



To End: QUIZ TIME

1 You grow hair under your arms.



2 You begin to menstruate.



3 Your body starts to produce more hormones.



4 Starts between the ages of 9 and 12.



5 Starts between the ages of 11 and 14.



6 You may experience mood swings.



Answers

You grow hair under your arms.



You begin to menstruate.



Your body starts to produce more hormones.



Starts between the ages of 9 and 12.



Starts between the ages of 11 and 14.



You may experience mood swings.



1. Both

2. Female

3. Both

4. Female

5. Male

6. Both

continued...

7 The body begins to produce sperm.



8 Your back may get hairier.



9 The hair on your head gets greasier.



10 You begin to sweat more.



11 Your torso may grow at a different rate to your arms and legs.



12 The skin on your face may become spottier.



13 Hair begins to grow more thickly on the legs.



Answers

7	The body begins to produce sperm.	<input checked="" type="radio"/> M <input type="radio"/> F <input type="radio"/> B	MALE
8	Your back may get hairier.	<input checked="" type="radio"/> M <input type="radio"/> F <input type="radio"/> B	MALE
9	The hair on your head gets greasier.	<input checked="" type="radio"/> M <input type="radio"/> F <input type="radio"/> B	BOTH
10	You begin to sweat more.	<input checked="" type="radio"/> M <input type="radio"/> F <input type="radio"/> B	BOTH
11	Your torso may grow at a different rate to your arms and legs.	<input checked="" type="radio"/> M <input type="radio"/> F <input type="radio"/> B	MALES
12	The skin on your face may become spottier.	<input checked="" type="radio"/> M <input type="radio"/> F <input type="radio"/> B	BOTH
13	Hair begins to grow more thickly on the legs.	<input checked="" type="radio"/> M <input type="radio"/> F <input type="radio"/> B	MALES

Lesson 2

Exploring Puberty

L.O:

1. To explore the role of hormones
2. To establish what personal hygiene is and its importance



Starter

In your groups, play the puberty card game.

Which group can correctly match the keywords to their definition?

Hormones

- Watch me
- Using facts from the clip build last lesson's MIND MAP further



Puberty

Girls normally start earlier than boys. Most girls start puberty between the ages of nine and twelve, but many start earlier or later than that.



Most boys begin puberty between the ages of eleven and fourteen, but again, many start earlier or later than that.

Every body develops at its own pace and there's nothing to worry about if you start developing earlier or later than your friends. It is an ongoing process rather than an overnight event, and it often continues for a number of years.

Personal hygiene

Hygiene refers to cleanliness. **Personal hygiene** refers to the way we care for our bodies and keep them clean.



During puberty the body begins to produce more fluids – for example, oil, sweat, vaginal discharge and semen – and these fluids start to smell bad if left unwashed for too long.

It is therefore very important to keep your body, especially your private areas, clean and hygienic. Try to make sure you have a bath or a shower every day.



Why is it important that you understand what will happen to your body?



Link it to PSHE –

- 1) **Personal** well-being
- 2) **Social-** wellbeing
- 3) Which aspects of **health** does it relate to?

Complete the Personal Hygiene worksheet

Then we'll Peer share and Feed Forward

Want more information

- In your own time, Use the following websites to discover what changes you may encounter and explanations as to why

<https://www.nhs.uk/Livewell/Sexandyoungpeople/Pages/Girlspuberty.aspx>

<https://www.childline.org.uk/info-advice/you-your-body/puberty/puberty-girls/>

<https://www.childline.org.uk/info-advice/you-your-body/puberty/puberty-boys/>

<https://tampax.co.uk/en-gb/tampax-articles/parenting-advice/8-stages-of-puberty>

<http://kidshealth.org/en/kids/puberty.html>

<https://www.brook.org.uk/your-life/puberty#girls-puberty>

- <http://www.bbc.co.uk/science/humanbody/body/>

Lesson 3

Recognise your body- Embrace the changes



Learning objectives

- Combine use of persuasive techniques and facts to explain puberty
- Use keywords effectively

Starter

- Teacher to answer questions from the question box

Task

- Create a booklet called:
'PUBERTY- it happens to all of us' to reassure other young people that puberty is a natural thing.
- Use Persuasive techniques

Sentence starter ideas:

"Puberty is a natural thing that happens to....."

"It is nature's way of"

"Some of the changes boys/girls may experience are"

include:

- Physical, Emotional and Behavioural changes as well as facts from your mind-map.

Success

- What age it occurs and who it occurs to
- 3-4 physical and emotional changes in both girls and boys
- Developed response explaining why puberty occurs

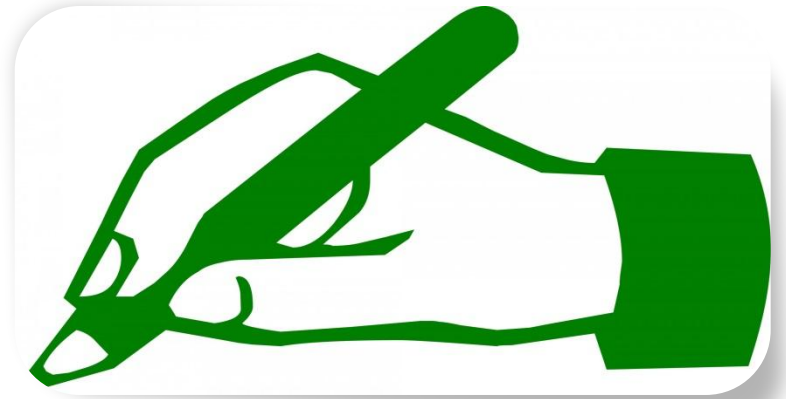
Peer Assess

read through your partner's response and highlight each criterion met using different colours

- What age it occurs and who it occurs to
- 3-4 physical and emotional changes in both girls and boys
- Developed response explaining why puberty occurs

PLENARY

FEED FORWARD



Add anything you left out using green pen.
Make any necessary corrections