



Puberty Topic

Learning Outcomes

By the end of the topic, you should:

explain what puberty means

describe the changes that boys and girls may go through during puberty

identify why our bodies go through puberty

develop coping strategies to help with the different stages of puberty

identify who and what can help us during puberty



Puberty

In this module, we have been looking at how we change and grow.

We are now going to look at puberty.

Can anyone explain what 'puberty' means?

Definition 



Puberty

Puberty is a phase of rapid growth, at the end of which the body reaches reproductive maturity.

Other body systems mature during this time too, and we can experience physical and emotional changes.

What do you know about puberty?

Activity →



Activity time!

**Complete the activity in
one colour pen or pencil**

*Note to teacher: If pupils are not recording their answers,
please record these. You will need to return to their
responses at the end of the topic. These can be written,
photographed, or videoed.*

What I Know About Puberty

What emotional and physical changes may boys and girls go through during puberty?
Fill in the shapes below with your ideas. Darlee has completed the first one for you.

Armpit hair
can grow.



Can you think of more ideas?

Share your ideas!

What do you know about puberty?

As a class, or in small groups,
share your ideas.



Puberty

We're now going to watch a video about puberty.

Make sure you're paying close attention as there will be a quiz after!

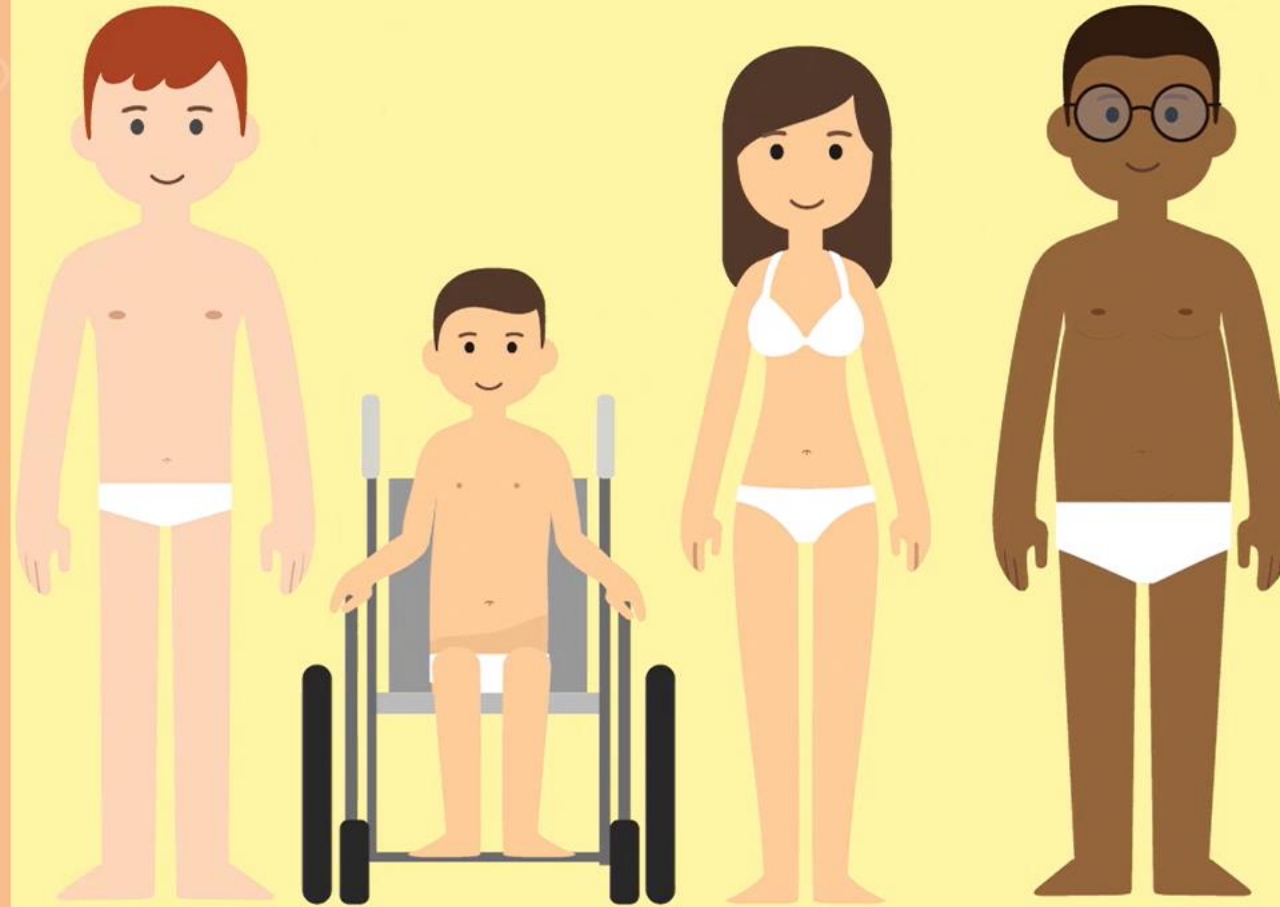


Watch the video clip!

Let's watch the *Puberty* video.

We will return to this lesson guide once we have watched the video.

Note to teacher: minimise this lesson guide and play the video from the module screen.



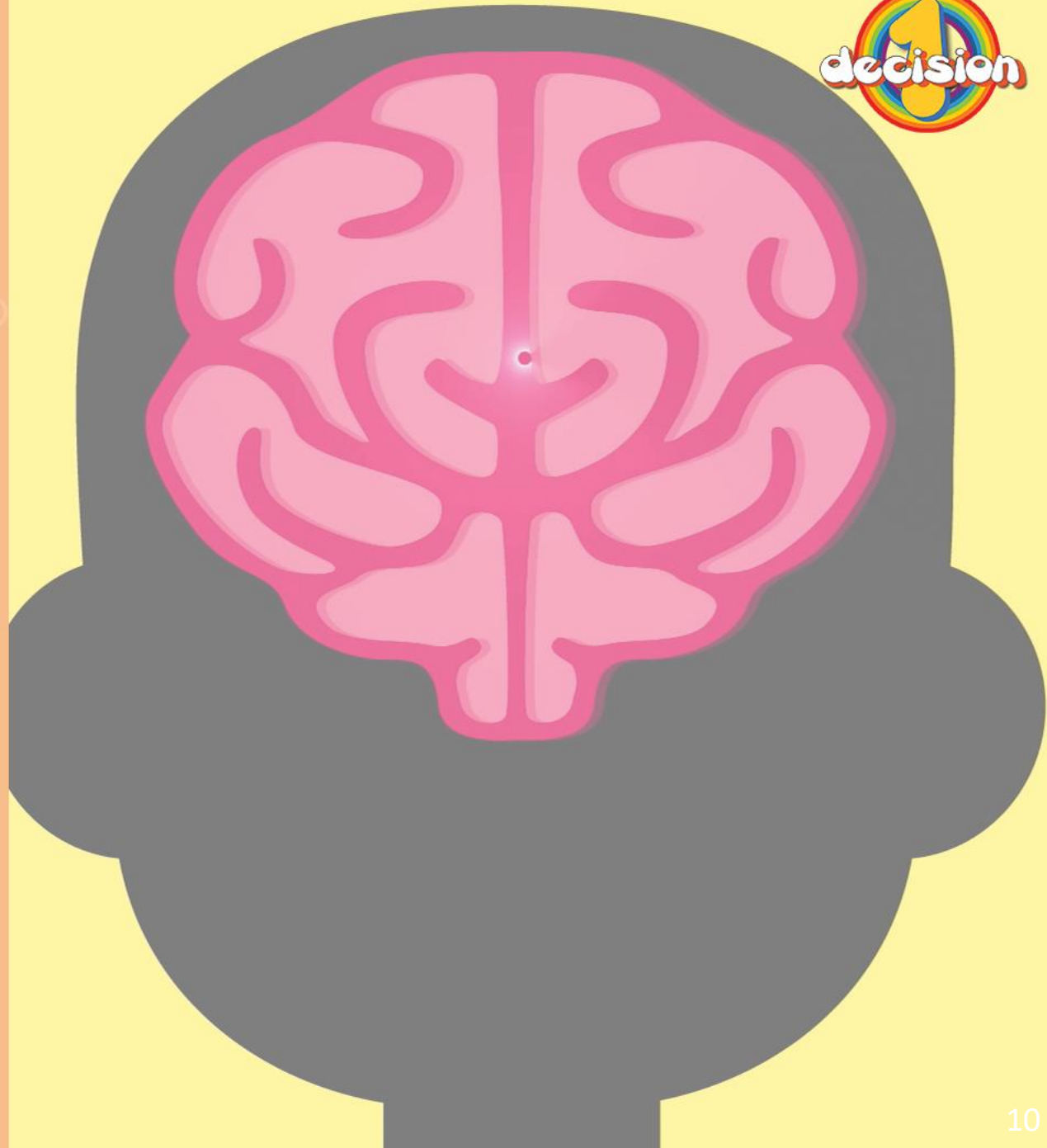
Quiz time!

Were you paying close attention?

Let's find out!

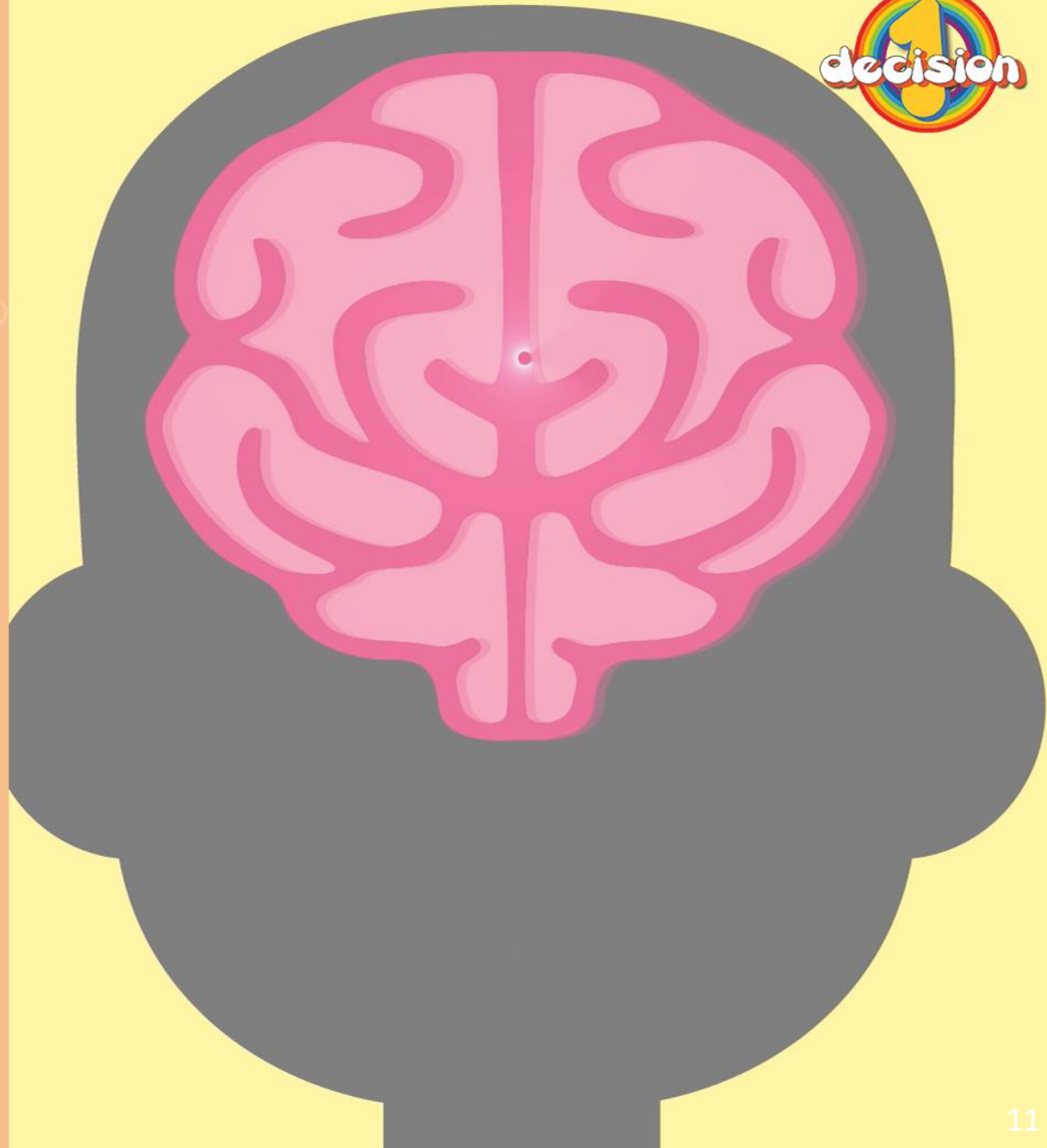


***The brain releases a _____
for puberty to begin.***



The brain releases a **hormone** for puberty to begin.

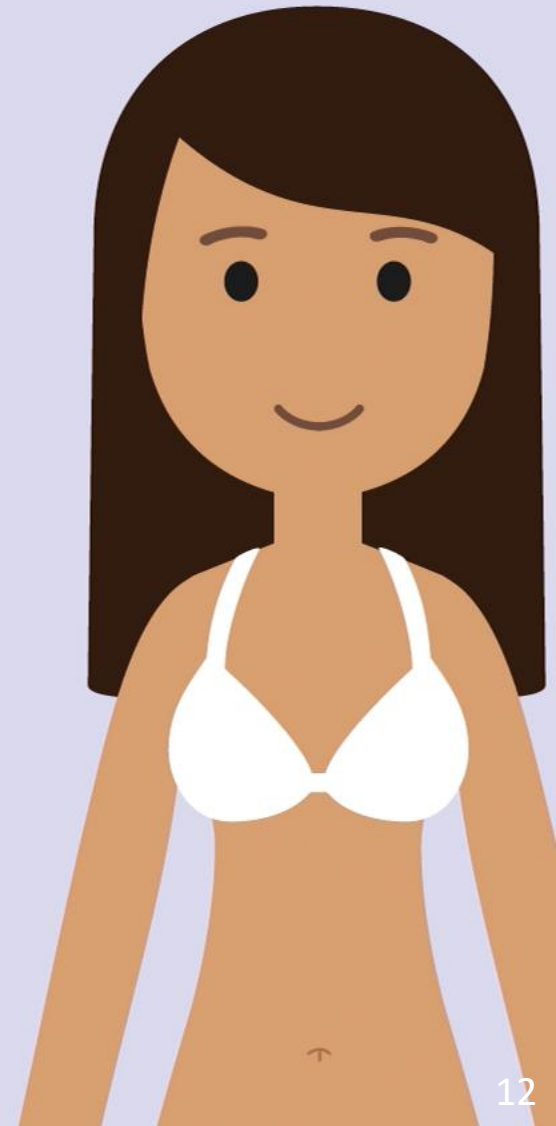
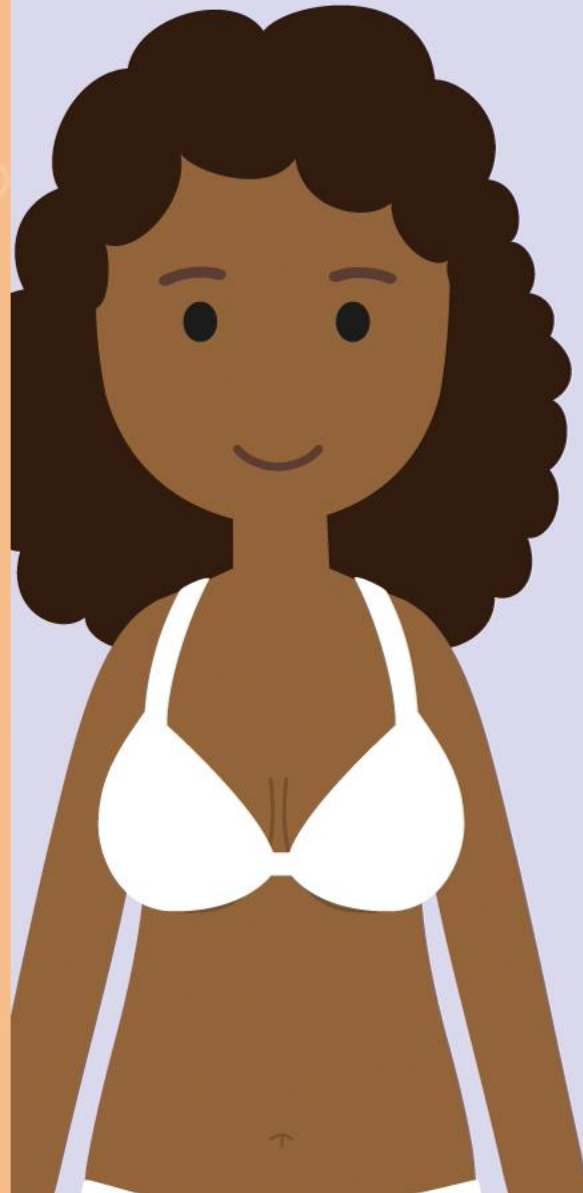
This hormone is called the gonadotropin-releasing hormone.



Only girls go through puberty.

True

False

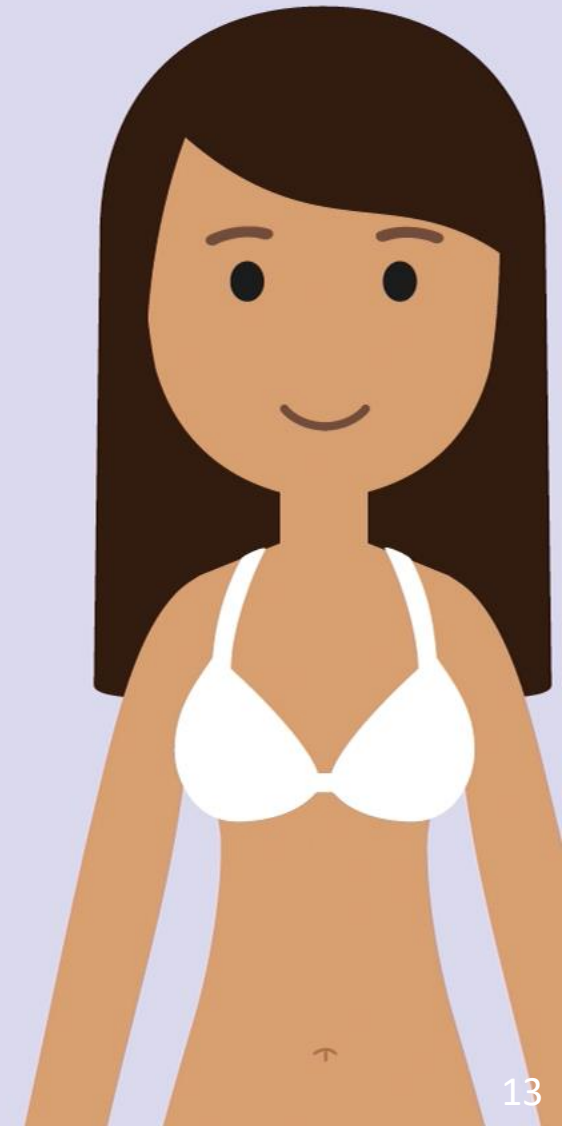
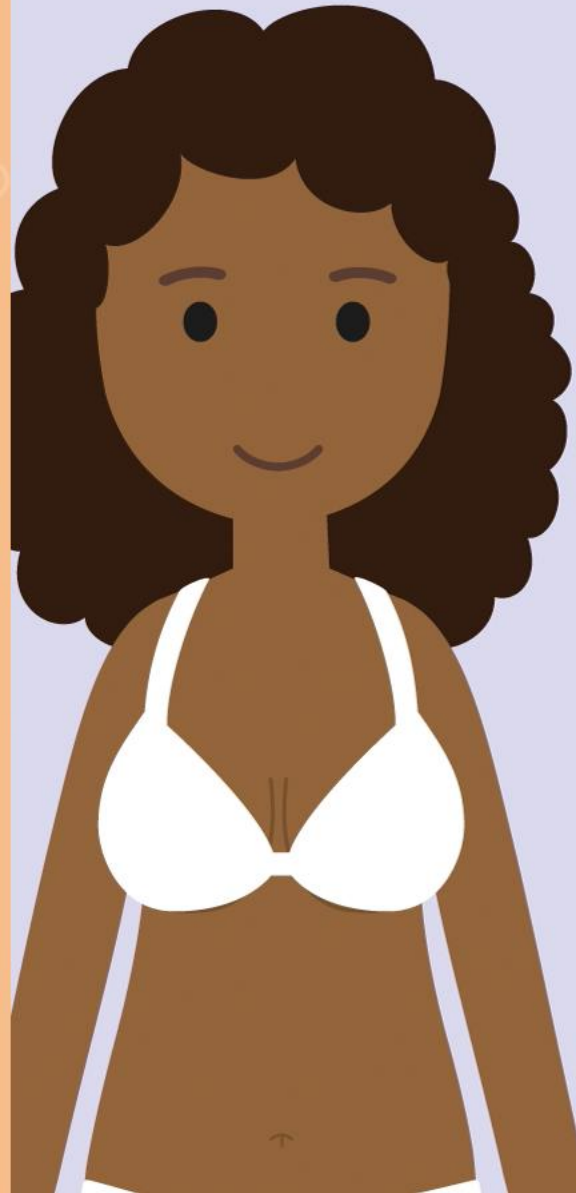


Only girls go through puberty.

True

False

Boys and girls both go through puberty.



***When a boy's voice
changes, we call this***

_____.



When a boy's voice changes, we call this **voice breaking.**

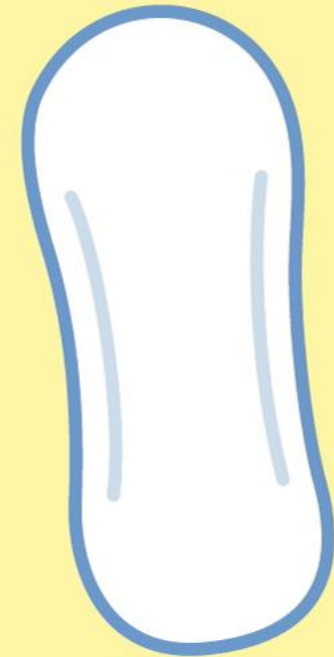


***What kind of product can help
to absorb menstrual flow
during a girl's period?***

Personal product

Period product

Private product

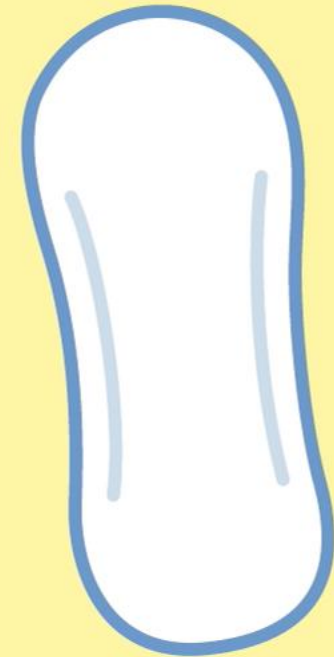


What kind of product can help to absorb menstrual flow during a girl's period?

Personal product

Period product

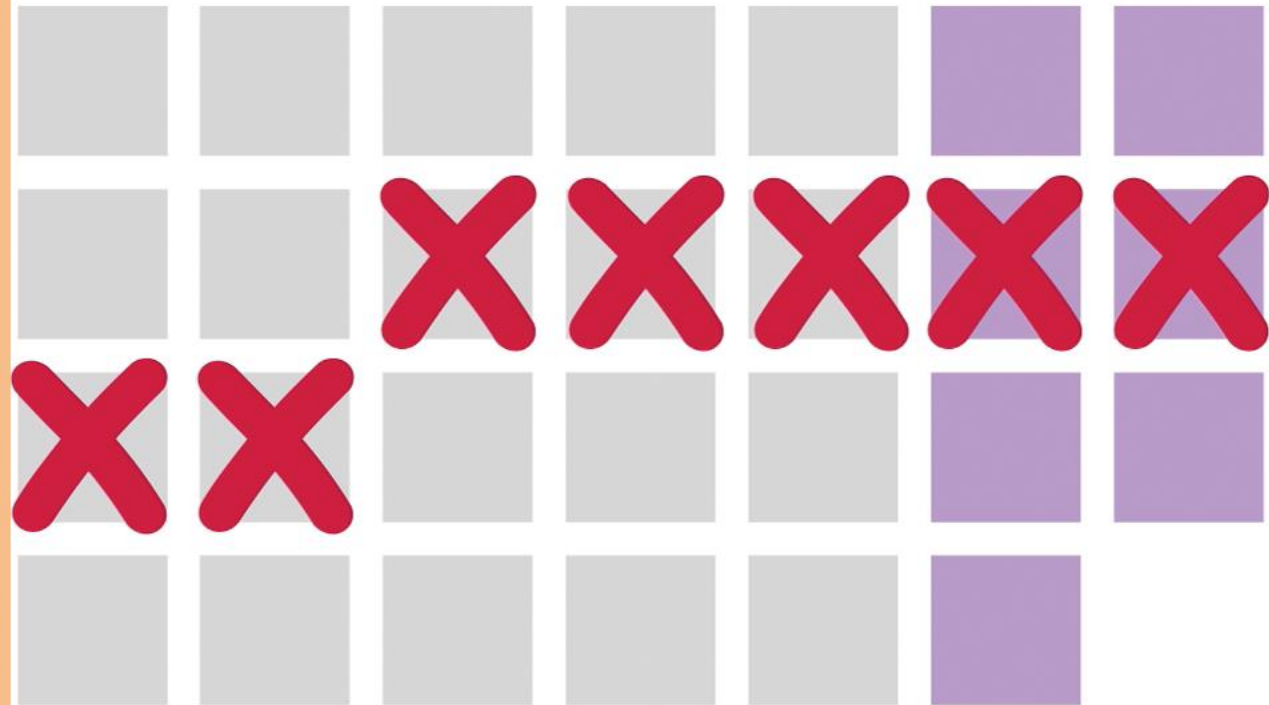
Private product



*Periods can last between
2-7 days.*

True

False

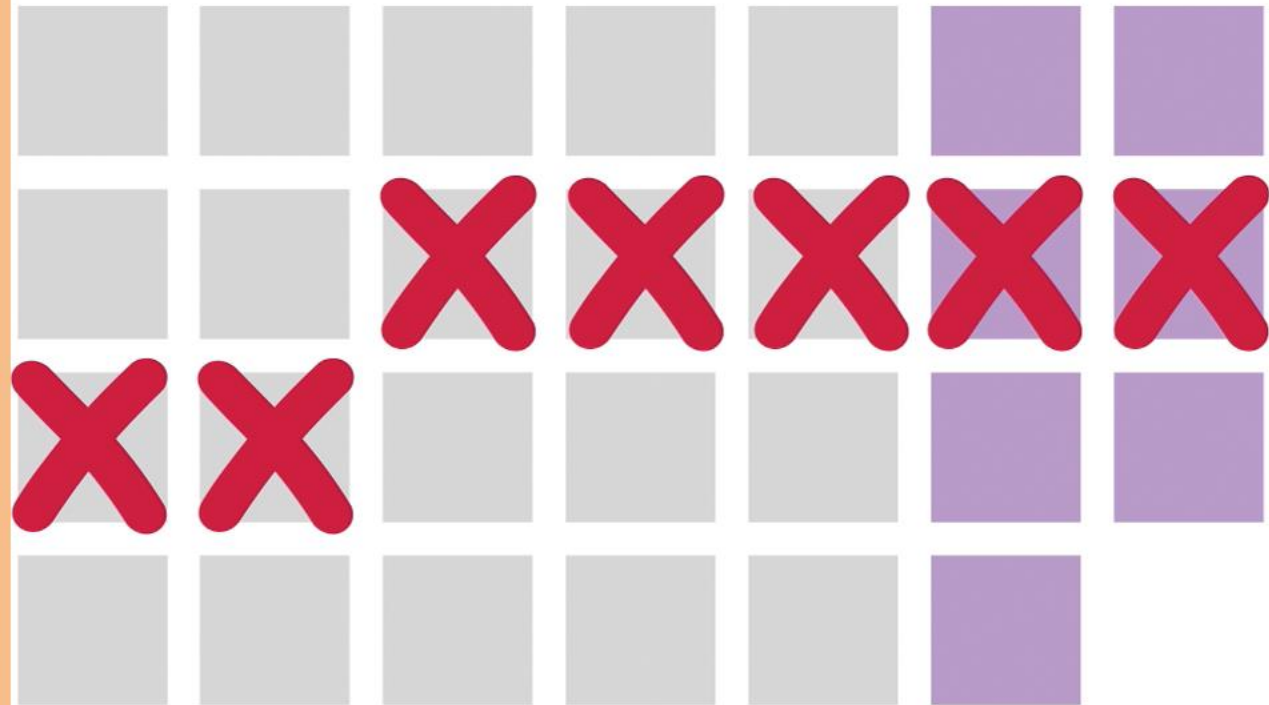


*Periods can last between
2-7 days.*

True



False



What is a wet dream?

When semen is ejaculated
from the penis during sleep

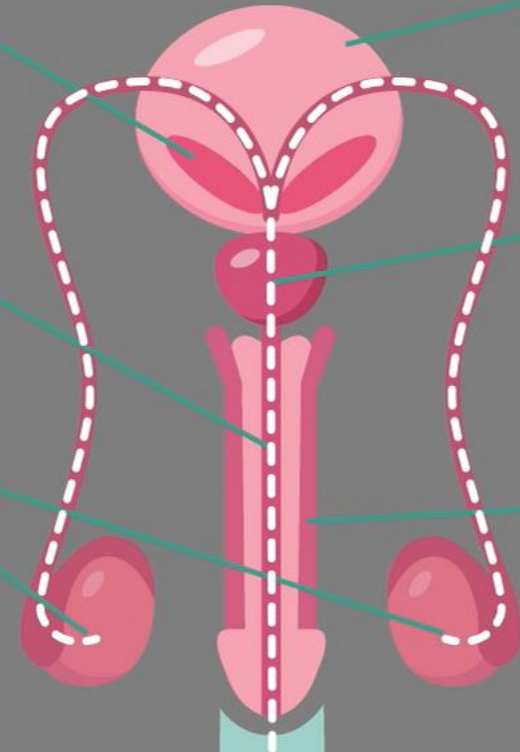
When you dream about water

When you dream about swimming

seminal vesicle

urethra

testicles



What is a wet dream?

When semen is ejaculated
from the penis during sleep



When you dream about water



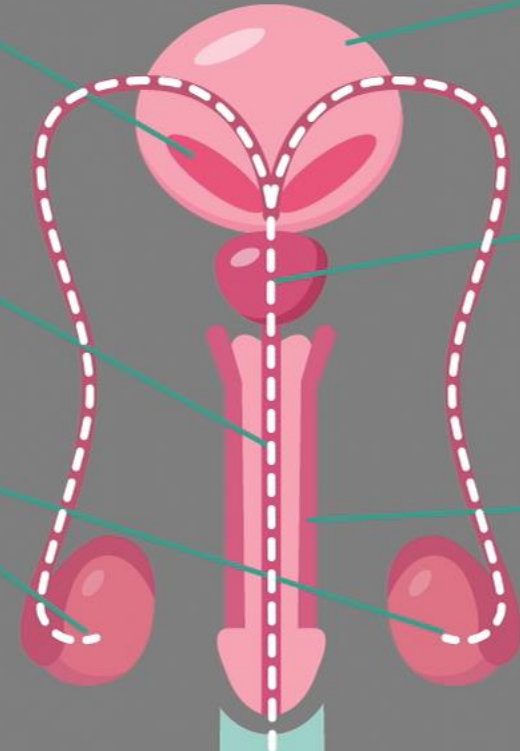
When you dream about swimming



seminal vesicle

urethra

testicles



***If you experience a wet dream,
what action may you need to take?***

(All these actions can be taken if necessary).

Wash yourself

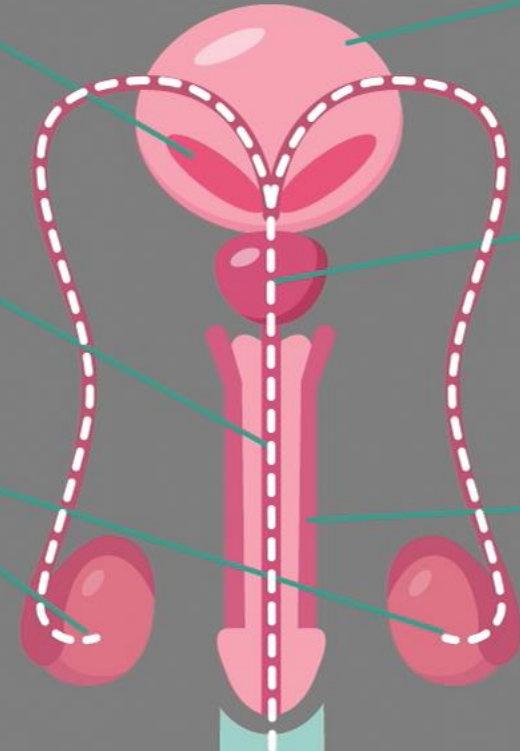
**Ask a parent/carer to
wash your sheets**

Tell a parent/carer if appropriate

seminal vesicle

urethra

testicles



***If you experience a wet dream,
what action may you need to take?***

(All these actions can be taken if necessary).

Wash yourself



**Ask a parent/carer to
wash your sheets**



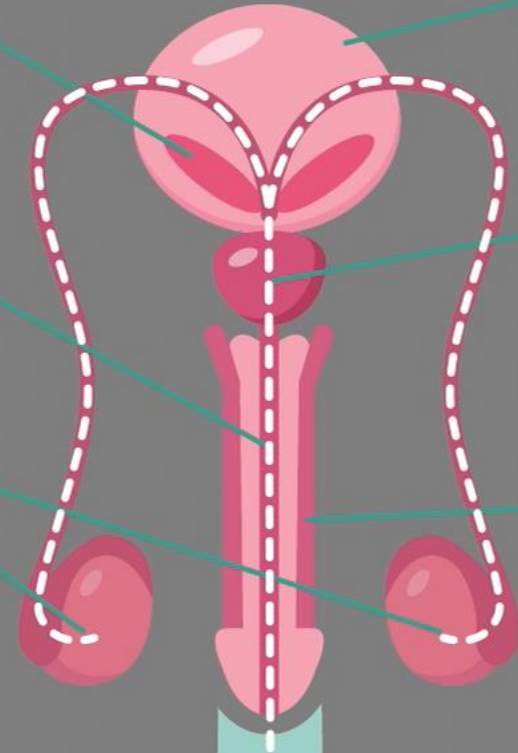
Tell a parent/carer if appropriate



seminal vesicle

urethra

testicles



Girls cannot go swimming whilst they are having their period.

True

False



Girls cannot go swimming whilst they are having their period.

True

False

Girls can go swimming whilst they are having their period. However, they need to use the correct period products to do so.

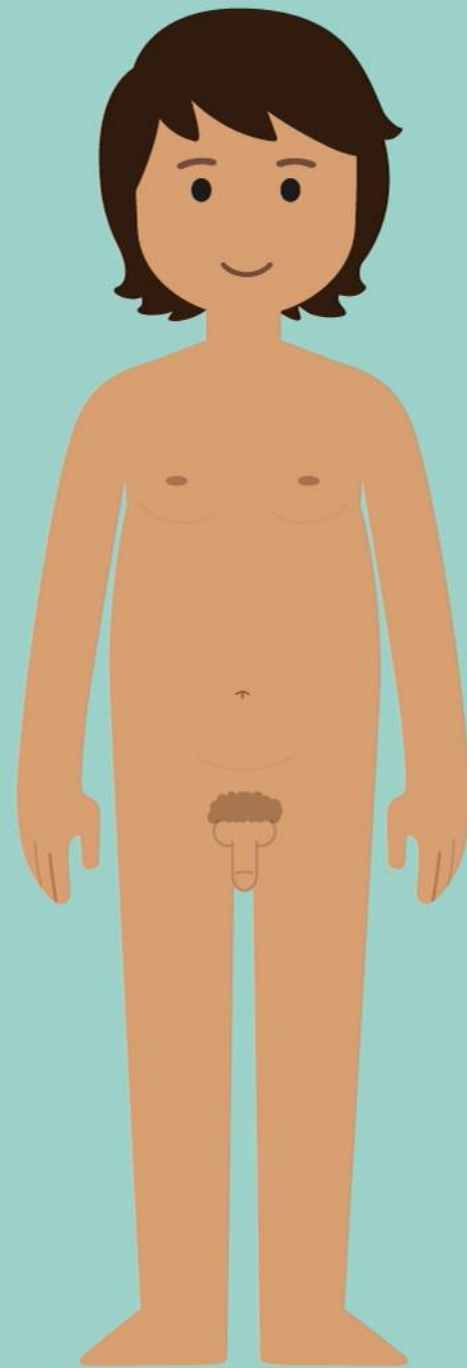


***Puberty can start between
the ages of...***

1-10

8-17

18-25

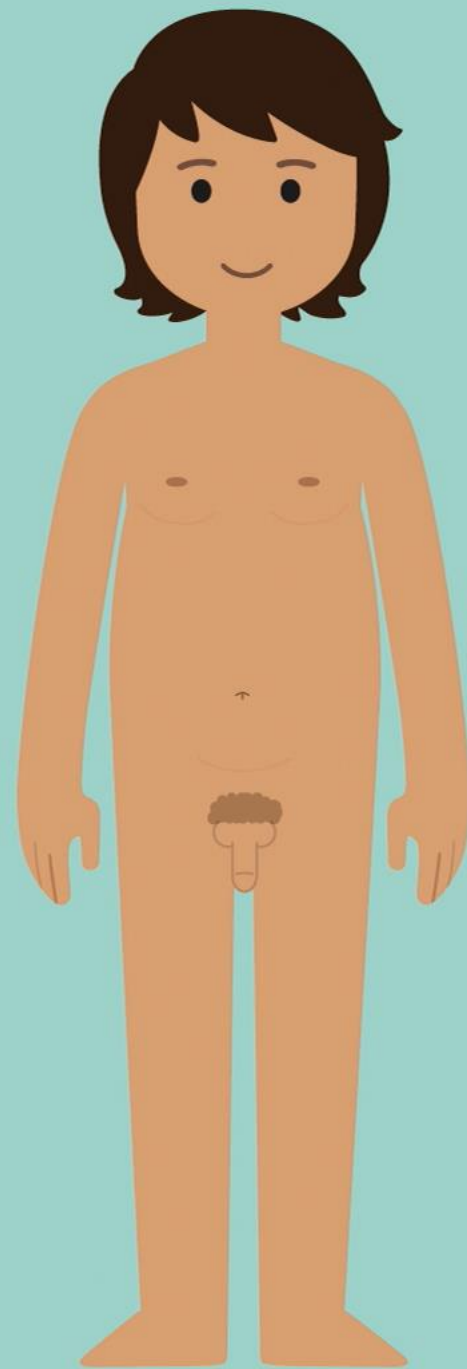


***Puberty can start between
the ages of...***

1-10

8-17

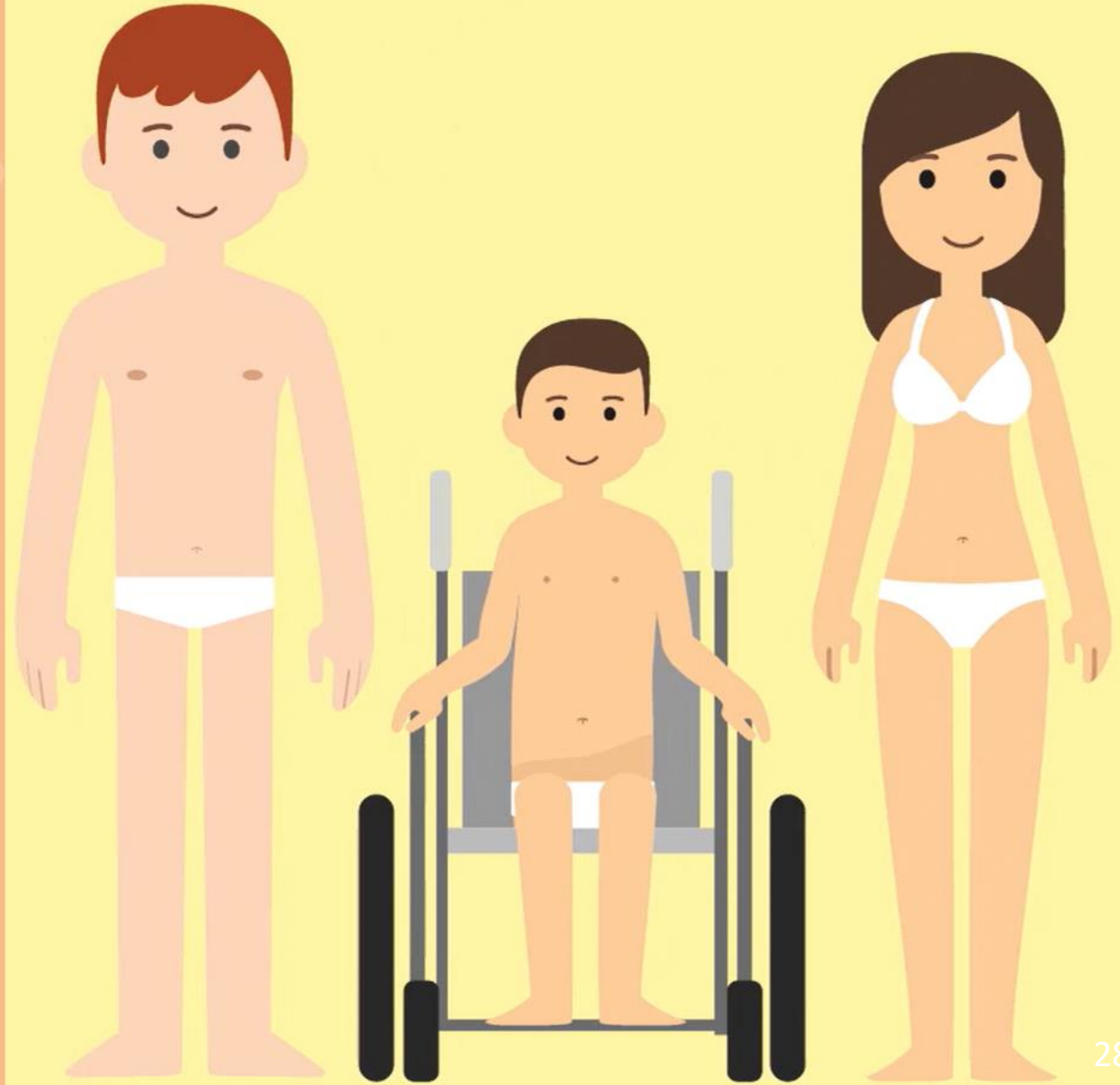
18-25



We all go through puberty at the same time and grow at the same rate.

True

False

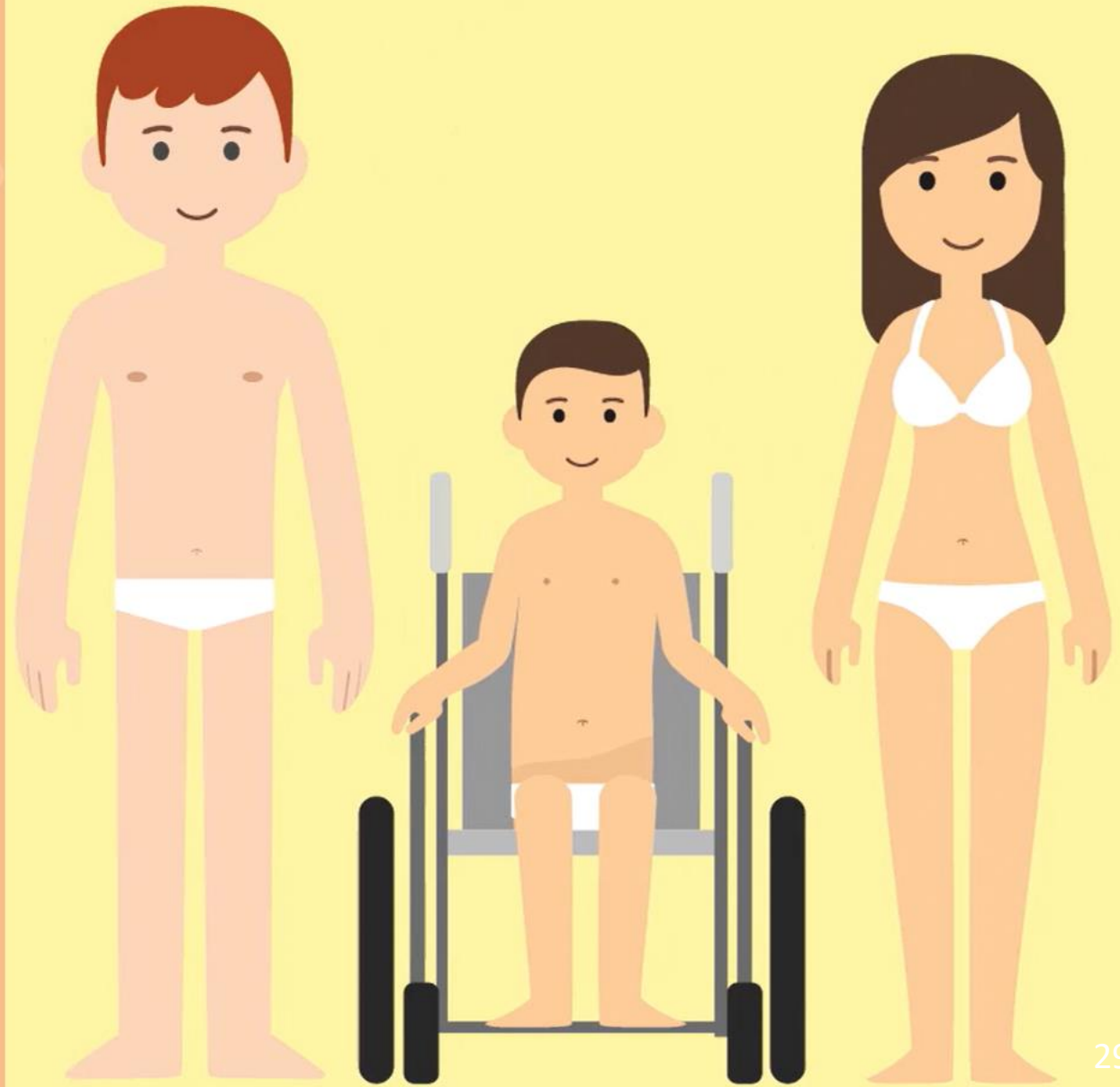


We all go through puberty at the same time and grow at the same rate.

True

False

We all grow at different rates and can start puberty at different times.



What can help us manage the changes to our body odour?

Washing regularly and using deodorant

Taking regular naps

Eating lots of fried food and chocolate



What can help us manage the changes to our body odour?

Washing regularly and using deodorant



Taking regular naps



Eating lots of fried food and chocolate



Our moods can change during puberty.

True

False



Our moods can change during puberty.

True

Our moods can change during puberty. Sometimes we may have low moods for no reason.



False



Quiz complete!

How did you score?

More activities 



Discussion time

Can you remember some of the changes a girl goes through during puberty?

As a class, small group, or in pairs, share your ideas.

Activity 

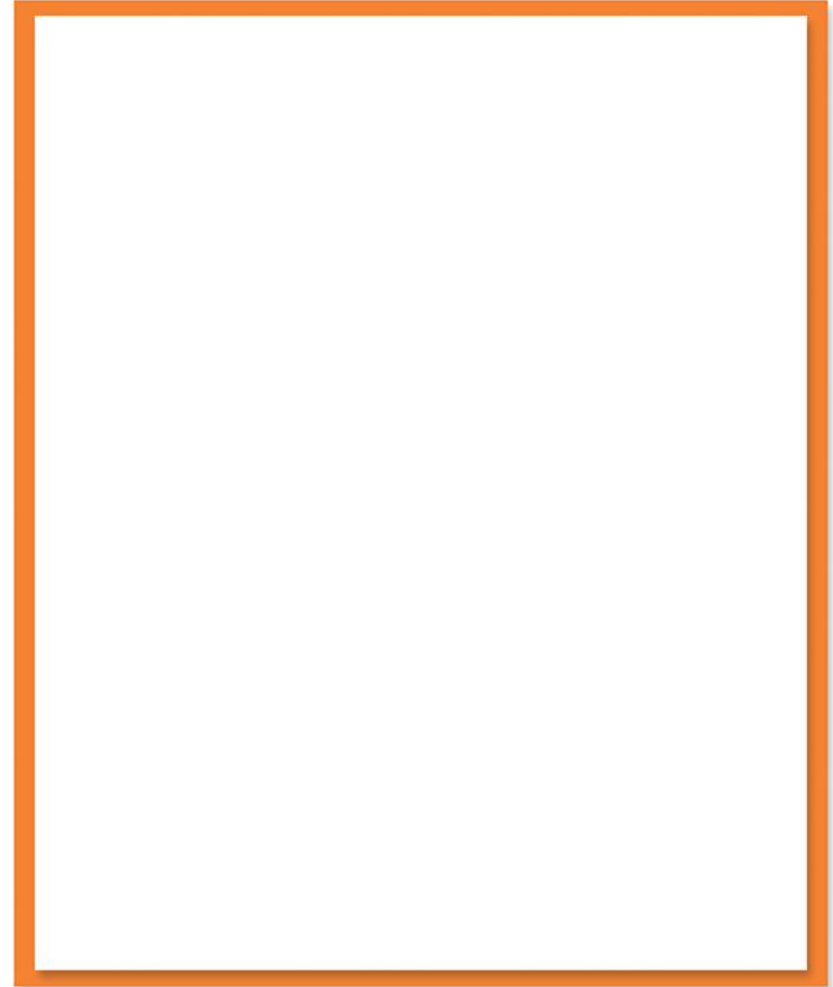


Activity time!

Complete the activity

Female Body

Draw and label a female body below.
Can you label the changes a female will go through during puberty?



Share your ideas!

What changes could you remember?

Ideas 



Here are some other ideas!

Can you think of any more?

The female body can start to grow, and periods can begin

The female body can start to sweat more and can smell different to normal

Moods and feelings can change

Body hair will grow darker and stronger on arms and legs

Armpit and pubic hair will start to grow

A white discharge may occasionally come out of the vagina, and the ovaries will begin to release eggs

Hips may widen, bones will get heavier, and voice may deepen

Breasts may grow (sometimes unevenly) and nipples may darken in colour

Hair can become greasy, skin can become oily, and spots may appear on the face, chest, and shoulders

Discussion time

Can you remember some of the changes a boy goes through during puberty?

As a class, small group, or in pairs, share your ideas.

Activity →

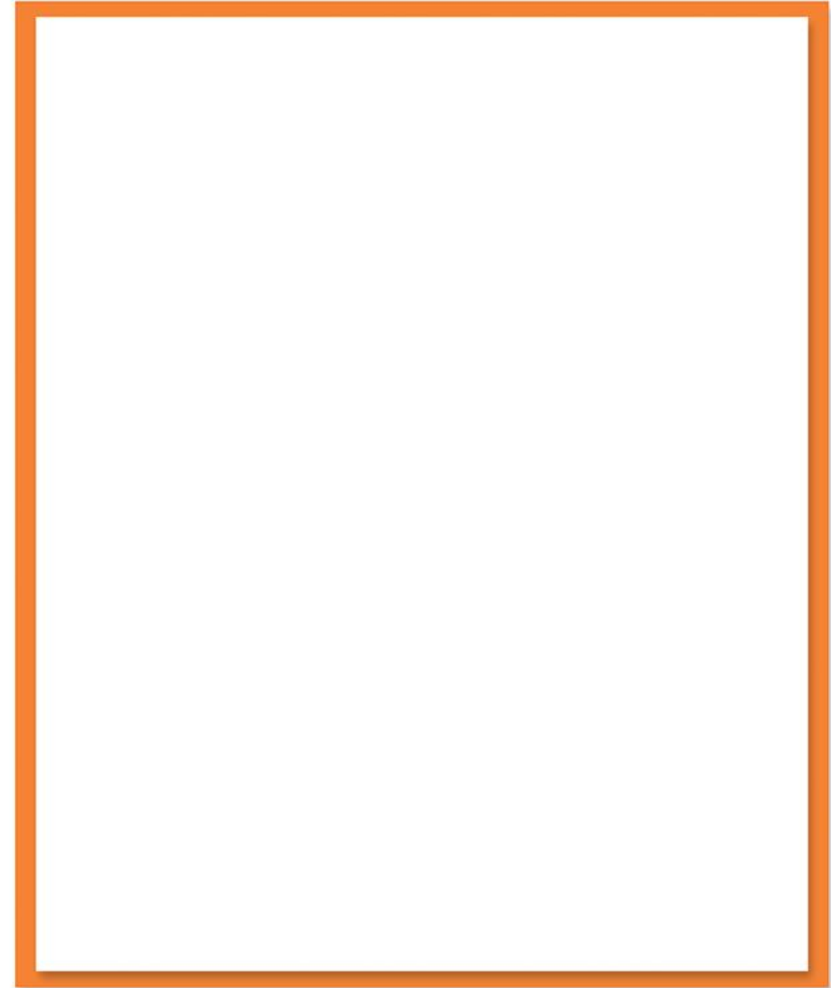


Activity time!

Complete the activity

Male Body

Draw and label a male body below.
Can you label the changes a male will go through during puberty?



Share your ideas!

What changes could you remember?

Ideas 



Here are some other ideas!

Can you think of any more?

The male body can start to grow and voice will deepen

Armpit, chest, facial, and pubic hair will start to grow

Moods and feelings can change

The male body can start to sweat more and can smell different

Shoulders and chest may grow and develop, and muscles may get thicker

Testicles will enlarge and the penis will grow, and the production of semen/sperm will start

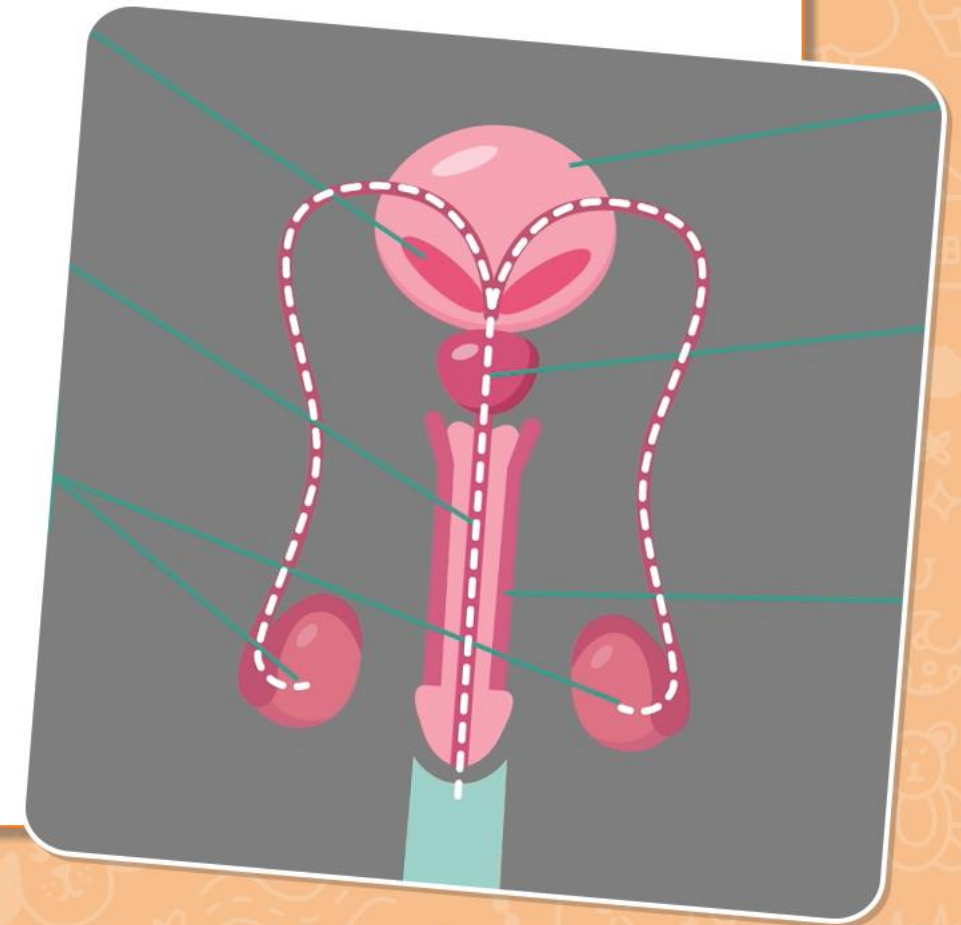
Body hair will grow darker and stronger on arms and legs

Wet dreams may start

Hair can become greasy, skin can become oily, and spots may appear on the face, chest, and shoulders

Did you know?

The testicles sit inside a soft sac called the scrotum. The scrotum helps to hold and protect the testicles.



Female and Male Bodies

Have you gained any new knowledge that you would like to add to your *Female Body* or *Male Body* activities?



Discussion time

As a class, small group, or in pairs, discuss the following:

Who/what can help us through puberty?

What strategies can help us physically and emotionally?

Activity 



Discussion time

In this module, we've learnt how male and female bodies change during puberty.

However, it's important to know that people can choose the gender that feels right for them. Some might not want to be called male or female. Everyone has the right to decide who they are, and the law supports this.

You may want to research this further.



Worry Letters

We're now going to look at some worry letters.

In small groups or pairs, read the letters and create some responses to help each child with their worry.

You can discuss your ideas or create a wall display!

Activity 



“I am scared about going through puberty. I don’t want to talk to my parents about it, what should I do?”

Tommy, aged 12



“I feel like such a baby because all my friends have started their periods, and I haven’t. They are all wearing bras and I want to wear one too, even though I don’t need one. I don’t think I’m ever going to be the same as them!”

Freya, aged 12



“Although I was born a boy, I do not feel like a boy and do not want people to treat me like a boy.

What can I do to make my school friends understand and support me?”

Tate, aged 11



“I don’t want to go to school because I am getting spots and everyone will laugh at me.

I feel embarrassed and I want to hide.”

Holly, aged 11



“I’m worried about growing facial hair. I’ve never shaved before, and I don’t know what to do.”

Antoni, aged 11



“There’s someone at school who I really like. They are always nice to me, and I think they are smart.

I think about them a lot and I don’t know what to do. Is it normal to feel this way about someone?”

Ahmed, aged 11



“My armpits are getting hairy.

***Should I shave them? Or is it
OK to let them grow?”***

Shadena, aged 10



Return to the activity!

Is there anything you'd like to change?

(Make changes in a different colour to highlight your learning)

What I Know About Puberty

What emotional and physical changes may boys and girls go through during puberty?
Fill in the shapes below with your ideas. Darlee has completed the first one for you.

Armpit hair
can grow.



Can you think of more ideas?

Ask Me a Question

Let's recap on our learning from today:

- What does the brain release for puberty to begin?
- What changes do females and males go through during puberty?
- How long do periods normally last?
- What coping strategies can help us through puberty?



If you have any other questions or worries about puberty, complete the *'Something I would like to know is...'* sheet.

This can be anonymous.

Your teacher will provide a safe space for you to leave your question, and your question will be answered in the next lesson.

Something I would like to know is...



Something I would like to know is...



Great work everyone!

Well done, you have finished the Puberty topic!

You may wish to complete the extension activities.

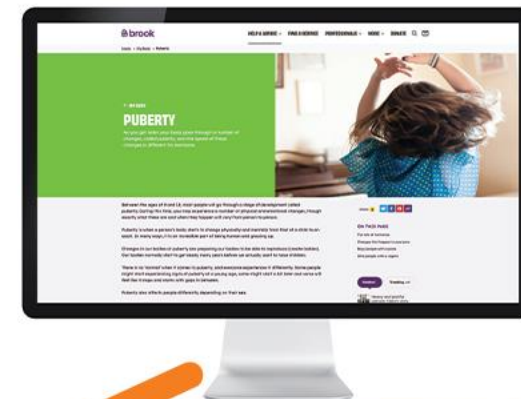


Extension Activity

You may wish to explore these puberty links and resources:

www.childline.org.uk/info-advice/you-your-body/puberty/

www.brook.org.uk/your-life/puberty/



Topic complete

Great work everyone!

