

LESSON 2: PUBERTY - PHYSICAL & EMOTIONAL CHANGES

Overview: Pupils explore puberty in more depth drawing changes on human body outlines, and exploring true and false statements

Great For: Covering the basics of puberty

Resources Needed:	Human body outline handouts and Pens
Prep Time Needed:	5 mins
Works best in:	Classroom
Number of participants:	Full Class
Time Needed:	50 mins
Set Up:	Print one handout per pupil - see page 6

Age 9+

Learning Outcomes:

Pupils understand the changes of puberty for male and female bodies, that some people get periods and that this is normal

Who is this for: *This is a good activity for students who already have some understanding of the physical and emotional changes that come with puberty. We recommend using this with pupils in Year 5 (England and Wales) or S6 (Scotland) as a follow up to Lesson 1 (used the previous year). For pupils that may be maturing early, it should be complemented with extra sessions in small groups or one on one covering the content of Lessons 3 and 4 so pupils know about periods before they start.*



LESSON 2: PUBERTY

Introduction

5 minutes

Introduce the topic to the class
Establish ground rules (see Teachers' Guide)

Starter Activity

15 minutes

This starter is the same as Activity 1 – True or False using the puberty statements

Explain that we will be exploring some true or false statements about puberty

Ask the class to stand up and draw an invisible line between one side of the room (true) and the other side (false). Explain that anywhere in the middle along the line could be true or false.

Explain you will be reading out a set of statements and asking the class to move to either the "true" side or the "false" side

Read out the statements below (on page 4), asking the students to move to whichever place they think is appropriate for each statement. Each time once everyone has moved ask for examples of reasoning and if the class agrees, giving the actual facts as necessary (explanations are given for teacher reference)

Main Activity

25 minutes

Hand out the body outline sheets. Invite pupils in pairs to look at the images and draw and write all the changes that they think happen both physically and emotionally during puberty for males and females. They could choose one body outline to be male and one to be female.

Ensure that students know that this means we are focusing on their bodies - not clothing. Invite the students to create their teenage 'bodies' and as you move around the groups encourage them to include every body part - including the genitals.

Reassure pupils that they are allowed to draw things they wouldn't normally draw in school. This can make people feel uncomfortable, embarrassed or laugh. Reassure pupils that it's ok to have a little giggle but then it's back to work.

Go around the room, noting misconceptions and providing facts.

Discuss as a class what the changes are. You can refer to the list below, or you might want to show the class the images on following web pages, going through each of the changes & pointing out that emotional changes and mood swings are also common and part of puberty.

<https://www.menstrupedia.com/articles/puberty/physical-changes-girls>

<https://www.menstrupedia.com/articles/puberty/physical-changes-boys>

Explain that everyone goes through puberty in their own time, you could ask the class:

- when they think people go through puberty (any time between about 8 and 16, but everyone is different)
- whether boys and girls go through puberty at the same time (girls tend to start puberty before boys but everyone is different)
- how long they think puberty lasts (can be up to 10 years)

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Main Activity

continued

Ask the class to name the major differences between male and female puberty (see list below - biggest differences are onset periods and ejaculation)

Explain you will be teaching about periods in a separate lesson (see Lesson 3: What Are Periods)

Explain that one of the confusing things about female puberty can be not knowing when periods will start. There are several clear signs that periods may be on their way:

- Breast buds (around 2 years before first period)
- Pubic and underarm hair
- Vaginal discharge (at least 6 months before, can be much longer)
- Mood swings
- Body shape changes
- Growth spurts
- Acne and body odour

Plenary

5 minutes


Ask students to name something new they have learned about puberty they didn't know before

Remind the class that everyone goes through puberty in their own time and in their own way. Ask the class how it might be for someone to be one of the first people going through puberty, or the last. How could we support someone going through this?

Finally, share a question box and explain that this box will be in the room and that pupils can put questions in to be answered anonymously. Ensure you answer questions in subsequent lessons. Reassure pupils that they can speak to any member of staff about puberty or periods if they have any questions. If your school provides period products, ensure pupils know where they are kept.



Hormones?



Natural chemicals
which act like
messengers in
the body

LESSON 2: PUBERTY

Read each statement aloud and ask pupils to decide whether it is True or False.
Answers are provided in below statements:

TRUE OR FALSE: PUBERTY

Everyone gets lots of spots when they are a teenager

FALSE - some people will get spots, some people won't, some will get more, some less

Every girl will start her period at 12

FALSE - periods can start between 8-16, average time is around 12-13

All boys will grow a beard

FALSE - hair growth is unique to us all, some people have more, some have less

Mood swings are likely as people go through puberty

TRUE - hormones - chemical messengers that tell the body to start changing - fluctuating in the body can cause mood swings

The penis and testicles grow larger

TRUE - during puberty this will happen, but please don't worry about it - size doesn't matter!

Everyone will grow a lot of hair all over their bodies

FALSE - hair growth is unique to individuals - but some people will become hairy

More sweat is produced and hygiene becomes more important

TRUE - and when sweat dries bacteria can grow which causes the smell.
Regular washing of the body and clothes will help

Girls breasts grow overnight

FALSE - growth begins with breast buds and then breasts form. These sizes and shapes are unique to all females and will grow at different times to their peers

Boys grow a 6 pack during puberty

FALSE - muscles do increase in mass around the shoulders and back but a 6 pack is formed from reducing all fat in the rib area and training, it is not a normal body shape

You will become as tall as your family members

COULD BE TRUE OR FALSE - often we take after our parents and grandparents and our height may be guided by them but not always

Everyone gets growing pains

BASICALLY TRUE – growing a lot in a short space of time can be a bit sore. People often get sore legs just before they go to sleep while they are growing, though everyone is different

Girls should start shaving their legs

FALSE People can shave (or wax /epilate) their legs if they want to, but there is no should about it

Breasts grow at different speeds

CAN BE TRUE – one might grow faster than the other, but no one apart from you will notice

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LIST OF PUBERTY CHANGES

Puberty changes, universal:

- Increased size and strength of muscles
- Voice deepens (more so in boys)
- Increased body hair including top lip
- Underarm hair & pubic hair - starts thin and wispy and gradually gets thicker, darker and coarser
- Increased sweat and change in smell of sweat
- Increased skin oil production - can lead to spots and greasy hair
- Mood swings

Puberty changes, female:

- Breast growth - starts with breast buds, may be one side only at first
- Body shape changes - increased body fat, hips widen, waist narrows
- Vaginal discharge
- Onset of periods – menarche

Puberty changes, male:

- Voice 'drops', enlarged Adam's apple
- Body shape changes - tends to be more muscle, shoulders broaden
- Facial, chest and back hair - though not universal
- Testicles and penis enlarge
- Onset of wet dreams

WHAT'S
IT ALL
ABOUT?

LESSON 2: PUBERTY

Please draw and label the physical changes that human bodies experience during puberty as they change from children into adults.

