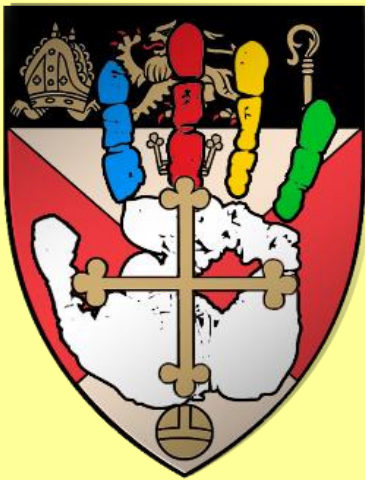


Trigger Warning!

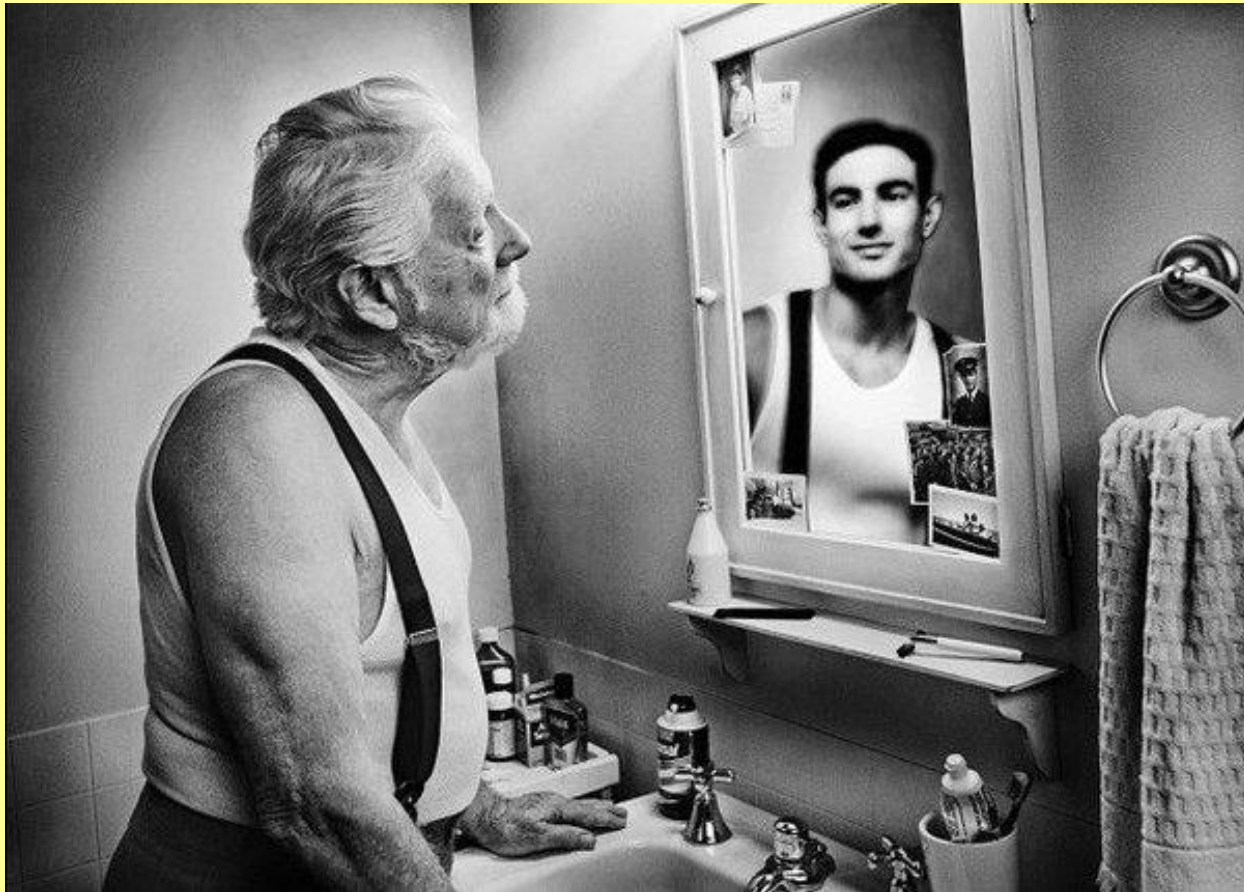


This lesson contains reference
to **puberty**.



If at any point you feel
extremely uncomfortable, the
door is open, please step
outside and wait for your
teacher to come to you.

What are your thoughts?



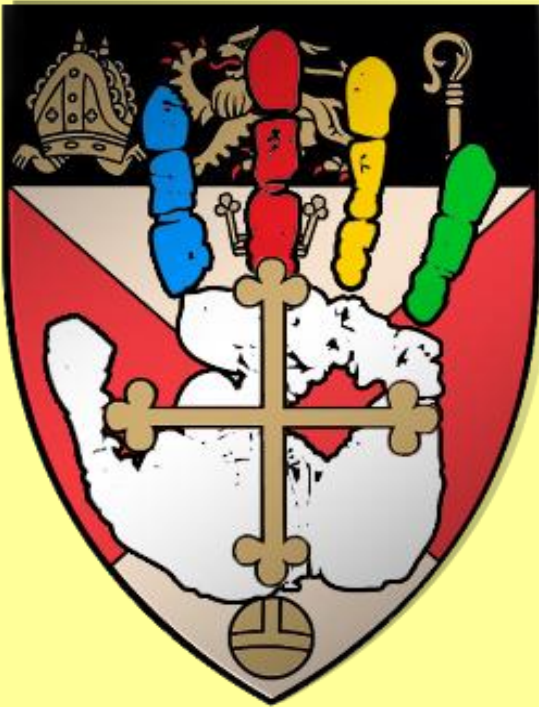
TASK:-

When does a child become an adult?

What is puberty?

LESSON OBJECTIVE:-

To learn about puberty and how it affects the body, both physically and mentally.



LESSON OUTCOMES:-

- Be able to define the term puberty.
- Be able to describe the changes that happen to the male and female body.
- Be able to explain how puberty can also affect your mental wellbeing.

Respect is needed!

This is a **sensitive and embarrassing topic** for some, so **respect is needed!**

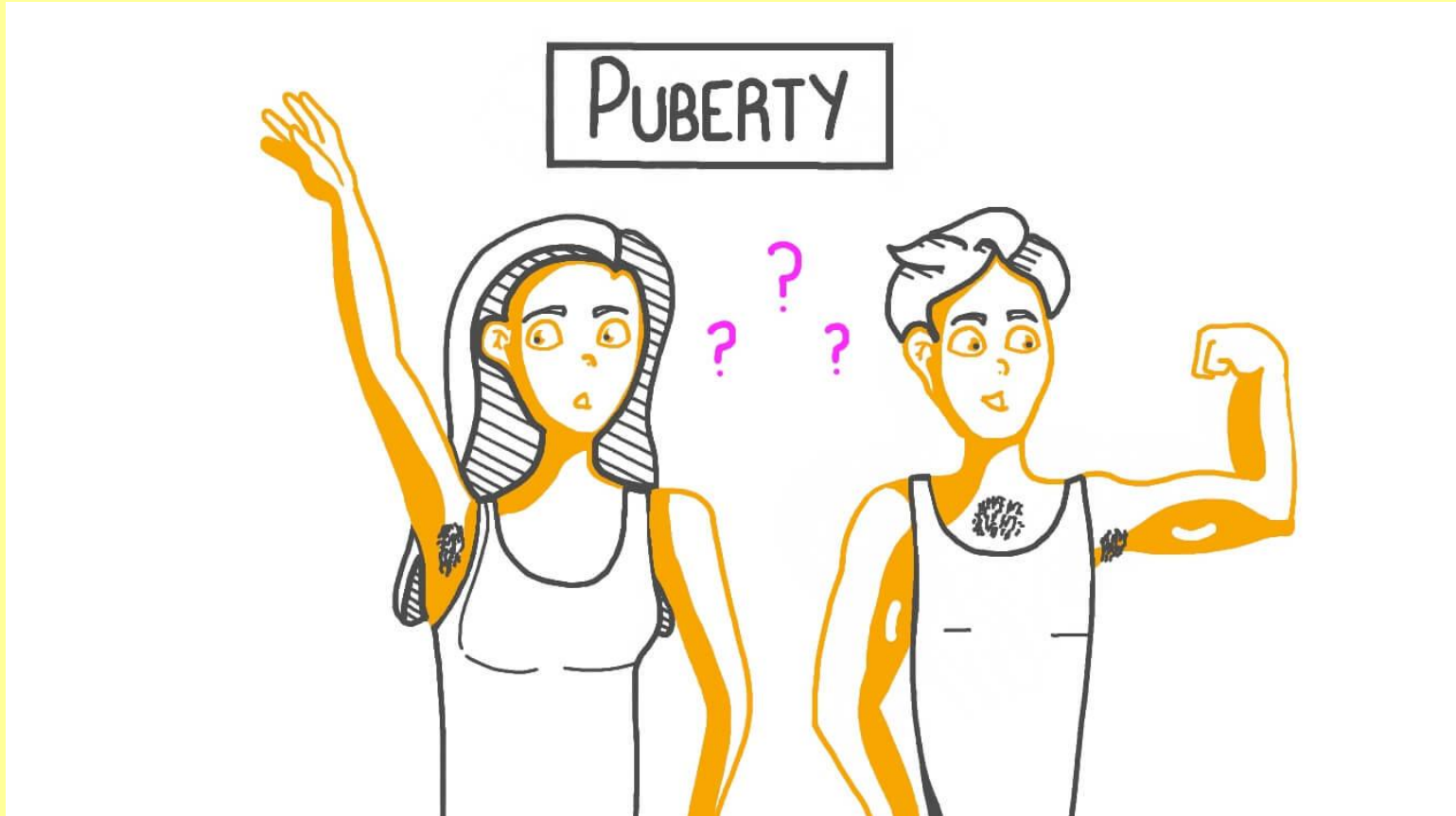


No question is a silly one!

TASK:-

If you have a question you would like to ask but not in front of everyone, note it down on the sheet of paper in front of you, and at the end of the lesson, I will attempt to answer these.

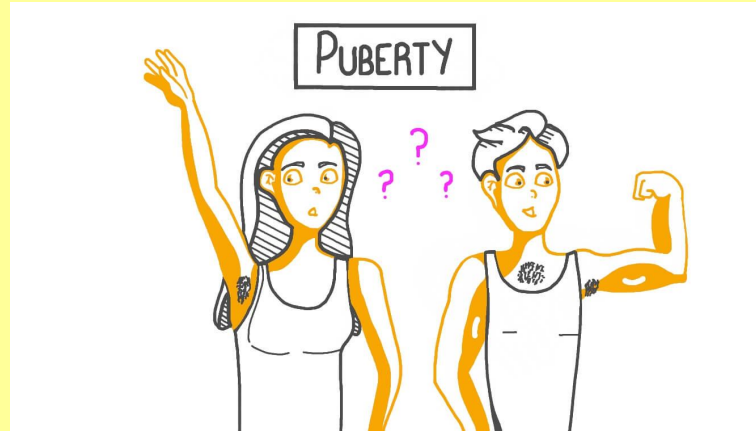
What is puberty?



TASK:-

What do I mean by the term puberty?

What is puberty?



- 1) Puberty is when a **child's body turns into an adult's body.**
- 2) Everyone goes through puberty at different times. **There is no right time.** It is the right for your body.
- 3) There are a **lot of physical and mental changes during puberty** that happen to everyone and some happen just to boys or girls.

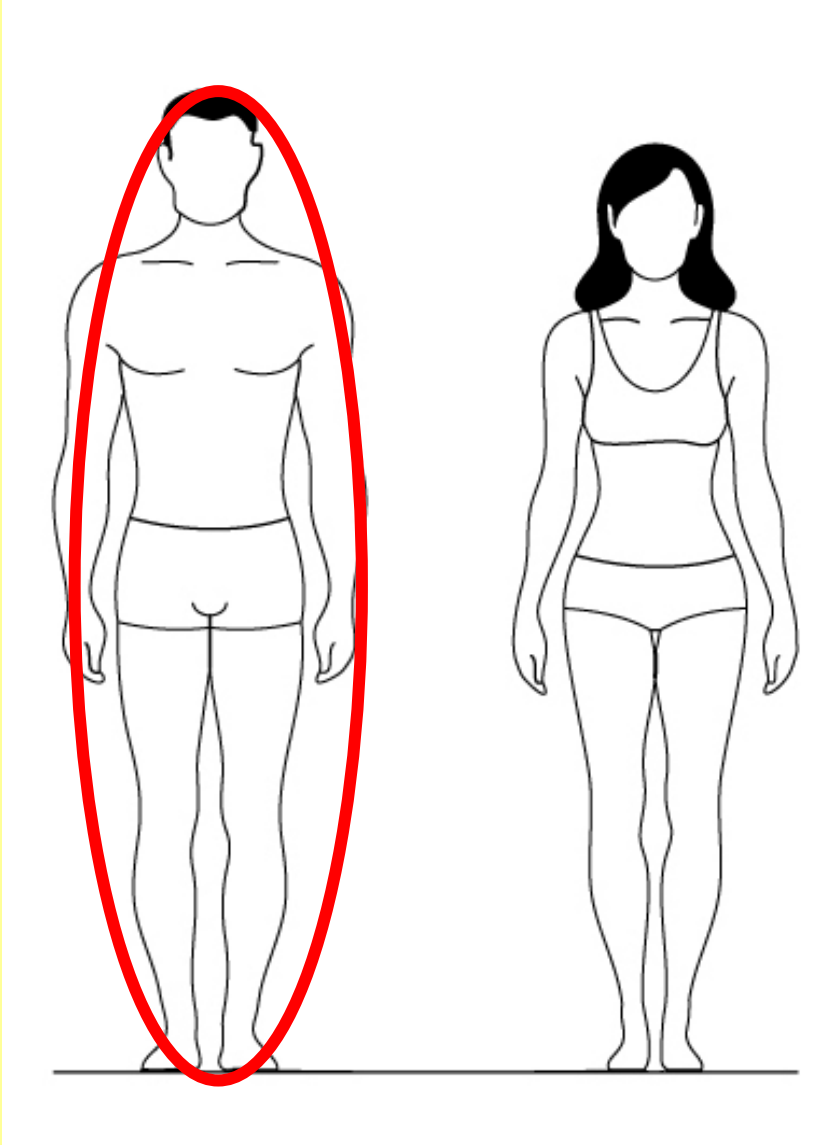
Puberty in men

TASK:-

Watch the video clip and note down all the changes that happen during puberty beside the male body outline.

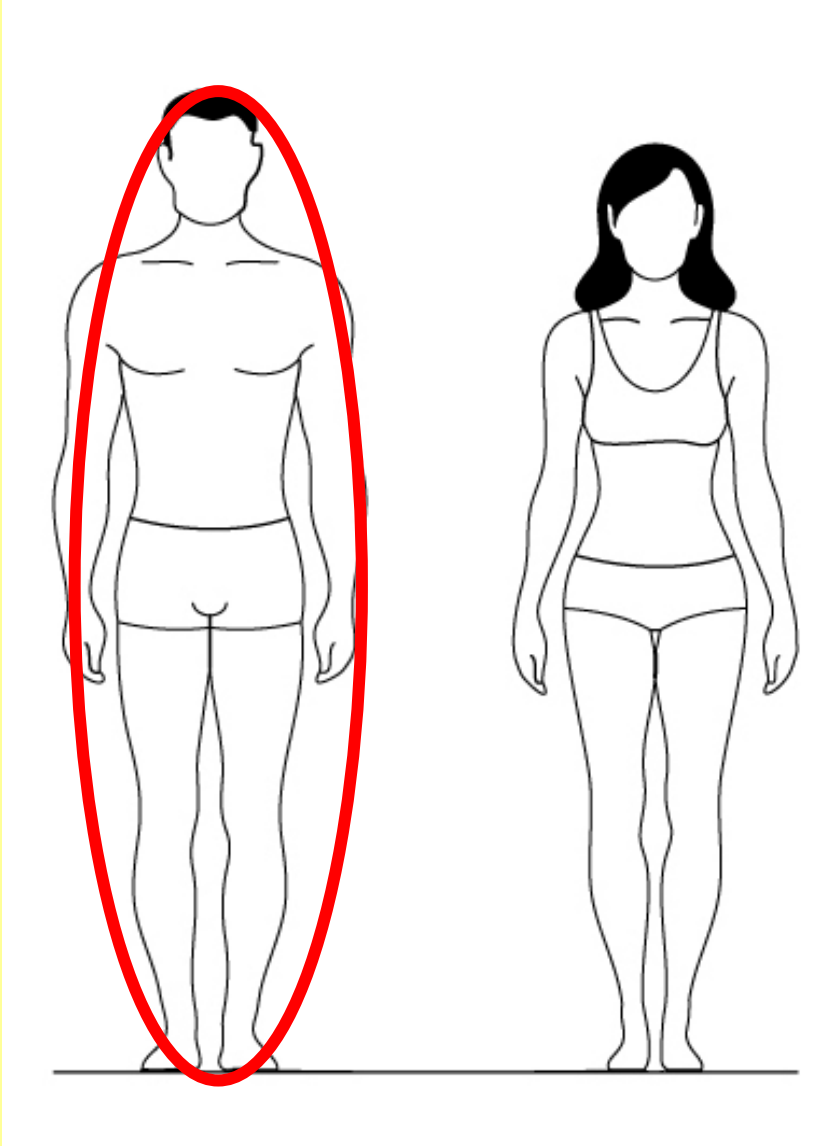
CHALLENGE:-

Is there any changes that are missing on the video clip?



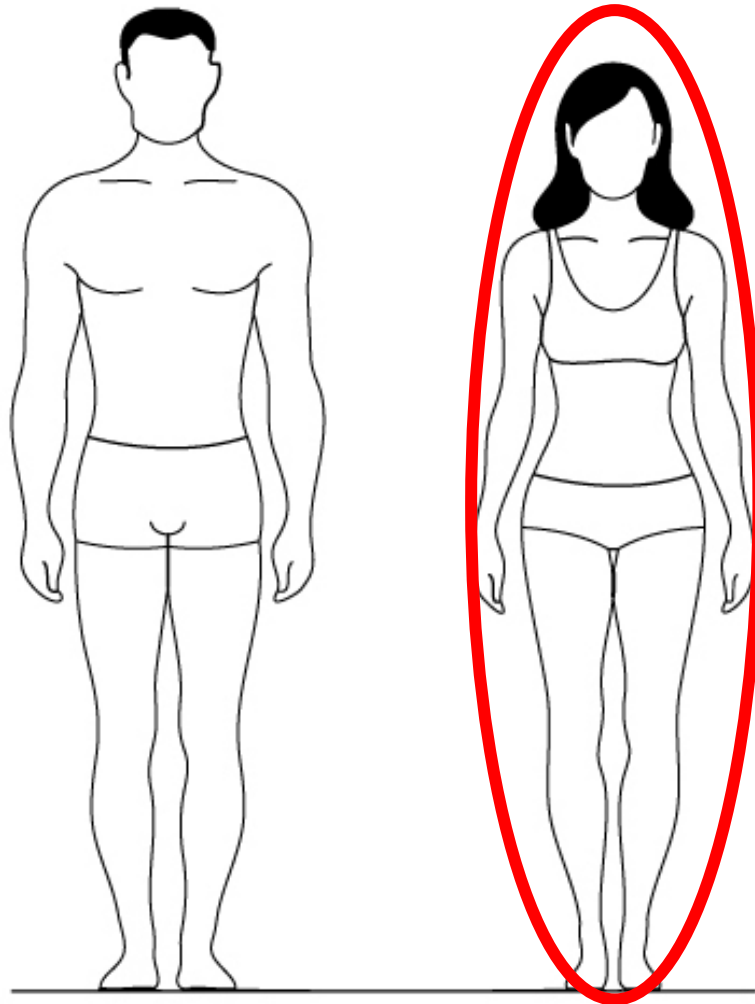
<https://www.youtube.com/watch?v=Yvw7QGytgNQ>

Puberty in men



- You may **sweat more**.
- You may get **taller**.
- **Hair will grow** under your armpits, on your legs, chest, face and in-between your legs.
- Your **voice may break / get deeper**.
- You may get an **enlarged Adam's apple**.
- **Erections happen** more often and for no reason.
- **Sperm production** begins.

Puberty in women



TASK:-

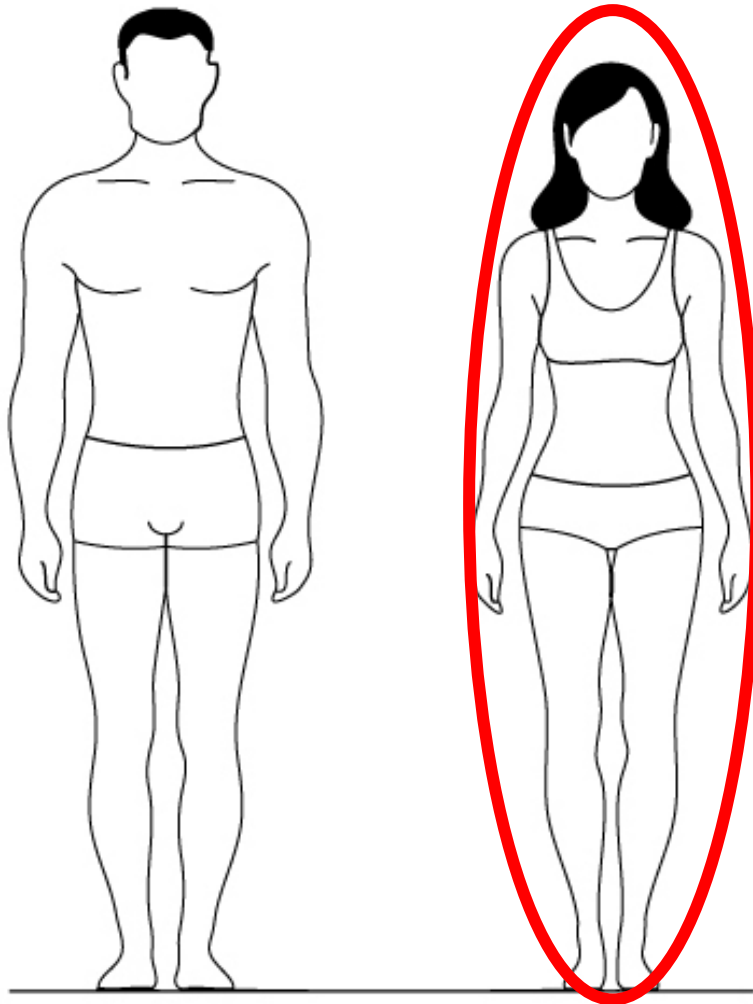
Watch the video clip and note down all the changes that happen during puberty beside the female body outline.

CHALLENGE:-

Is there any changes that are missing on the video clip?

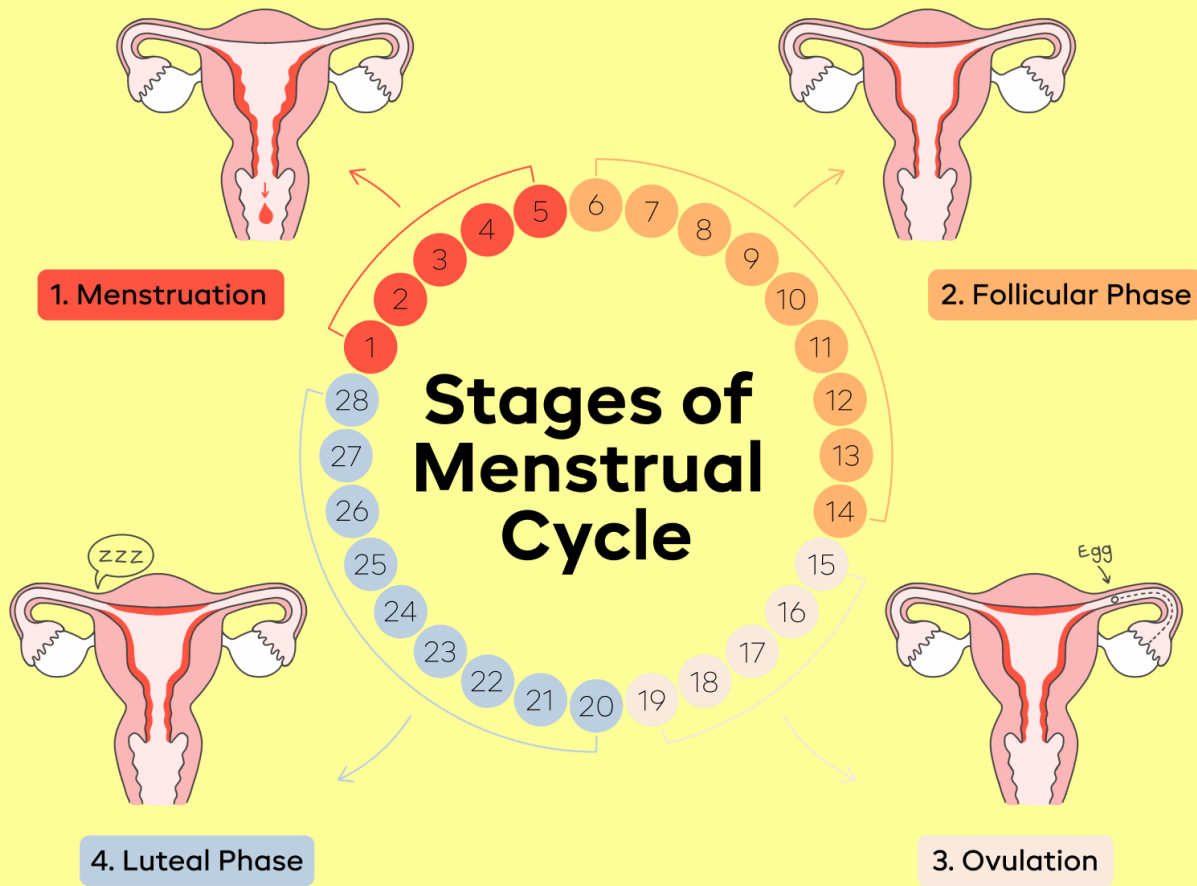
https://www.youtube.com/watch?v=j_mFJ2d0qxQ

Puberty in women



- You may **sweat more**.
- Your **periods** will begin.
- You may **get taller**.
- Your **breasts** will grow.
- **Hair will grow** under your armpits, on your legs and in-between your legs.
- **Hips will widen**.
- You may get **vaginal discharge**.
- Might get **acne or pimples**.

Periods in women

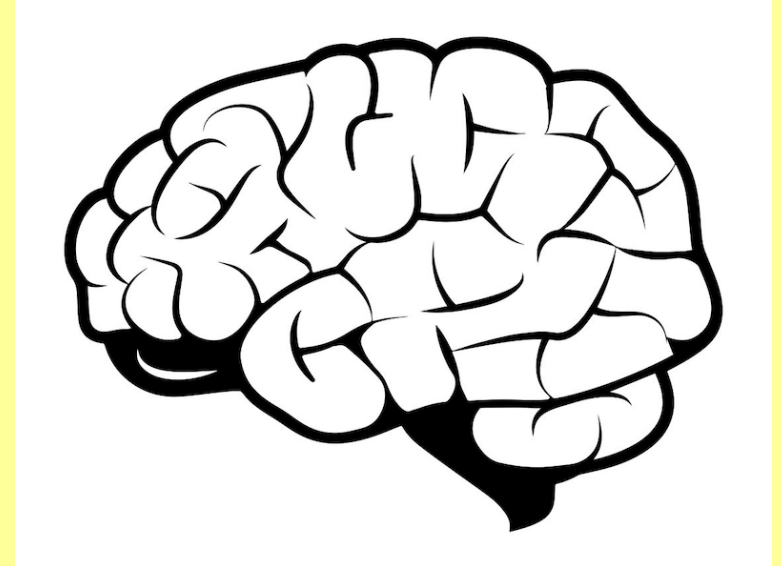


- A period usually lasts **about 5 days**.
- The normal range is around **2 to 7 days**.
- However, everyone is different and some people bleed for 3 days.
- Periods are usually **heaviest in the first 1–2 days**, then become lighter towards the end.

Puberty also affects your emotions

Lot's of people think puberty only affects your physical appearance!

It also **affects your emotions and mental wellbeing.**



TASK:-

Watch the video clip and note down all the changes that happen to your emotions around the brain image on the worksheet.

CHALLENGE:-

Is there any other changes that are missing on the video clip?

<https://www.youtube.com/watch?v=1X1inCNFOFk>

The many awkward moments of puberty!

Puberty has so many awkward moments!



TASK:-

Watch the two video clips and see how the individuals on both video clips cope with the awkward puberty situations.

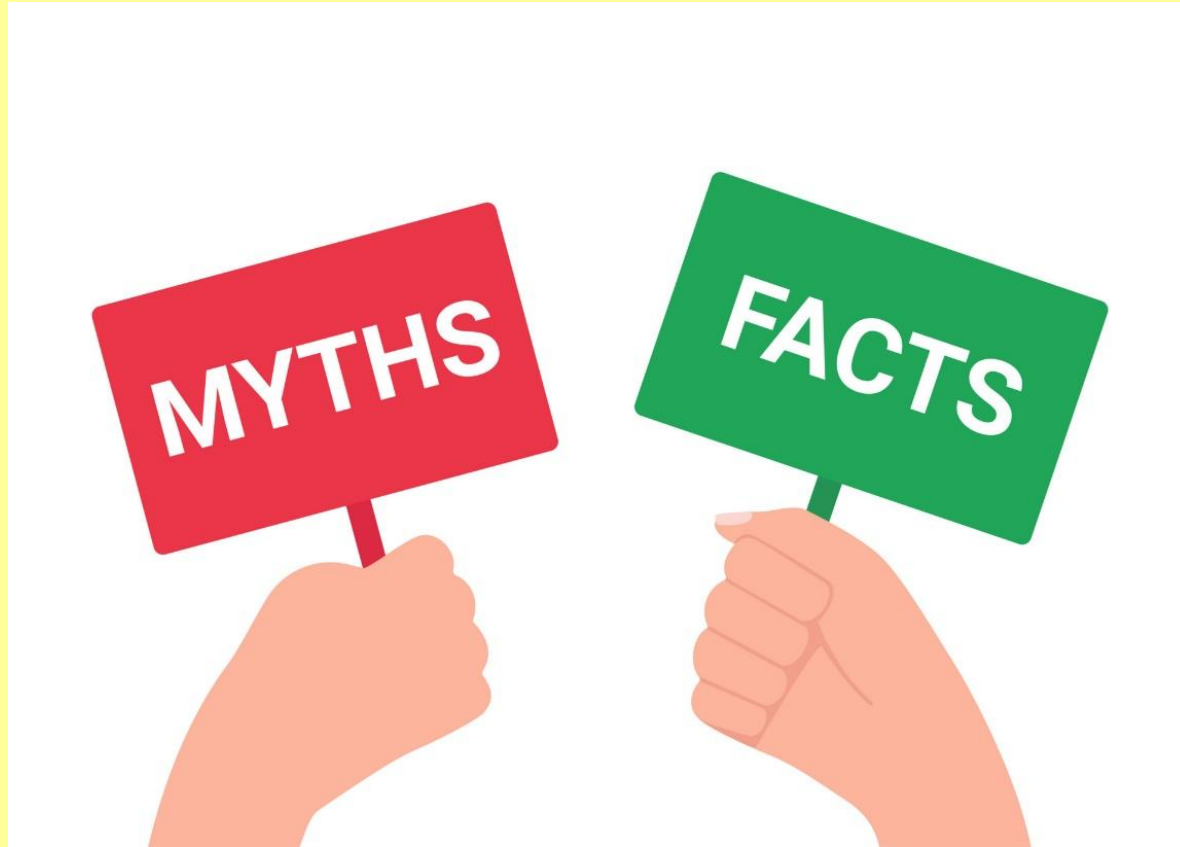
CHALLENGE:-

Which coping strategies would work for you and why?

<https://youtu.be/iIULtksaXOk>

https://youtu.be/uhM8p45R_Gs

Myth or Fact

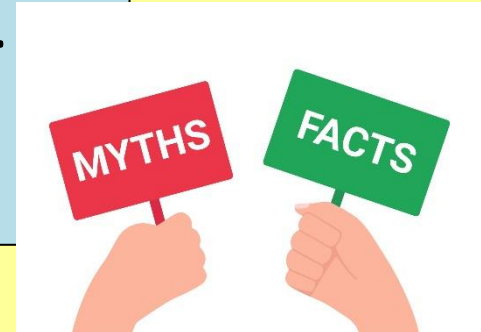


TASK:-

Decide whether the statements I read out are myths or facts!

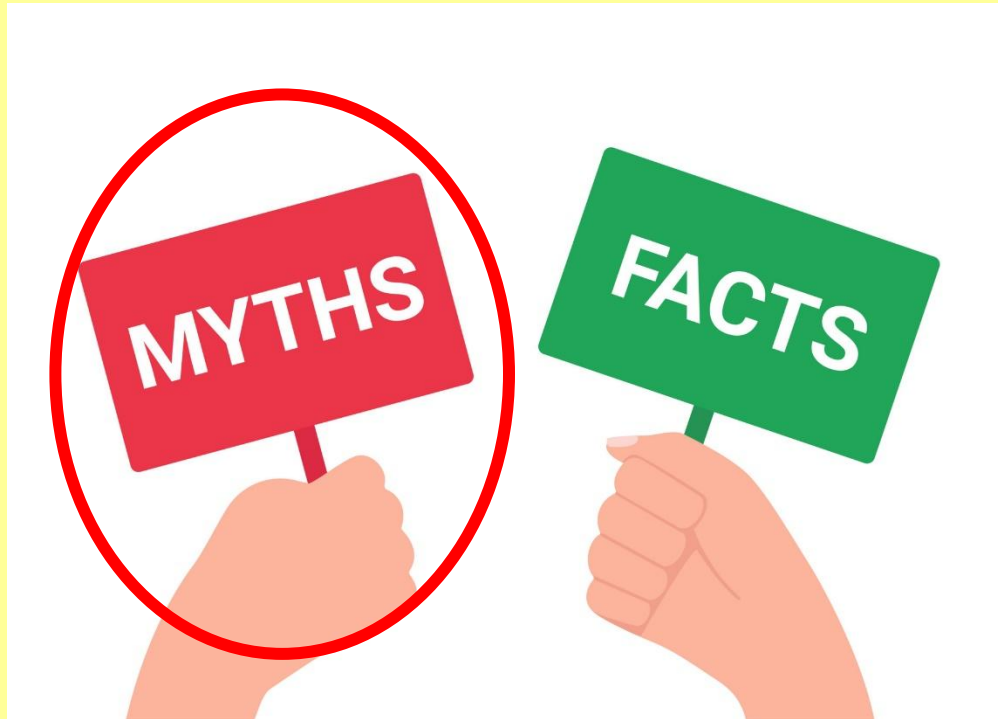
Myth or Fact

1. A penis increases in size the more you have sex.
2. Wet dreams are a sign that you need to have sex.
3. Putting butter on the nipples makes the breasts grow faster.
4. If a girl misses her period, she is definitely pregnant.
5. Generally girls begin puberty before boys.
6. Wearing a bra makes breasts droop.



Myth or Fact

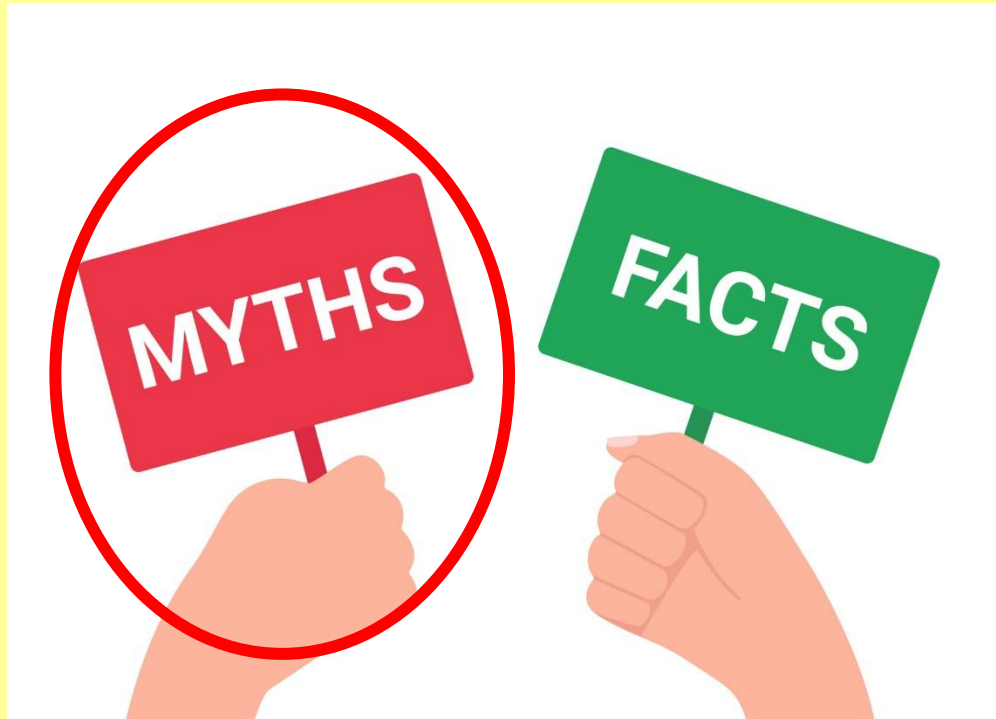
1. A penis increases in size the more you have sex.



Your penis size is determined by the traits you inherit from your parents—not anything you do with it.

Myth or Fact

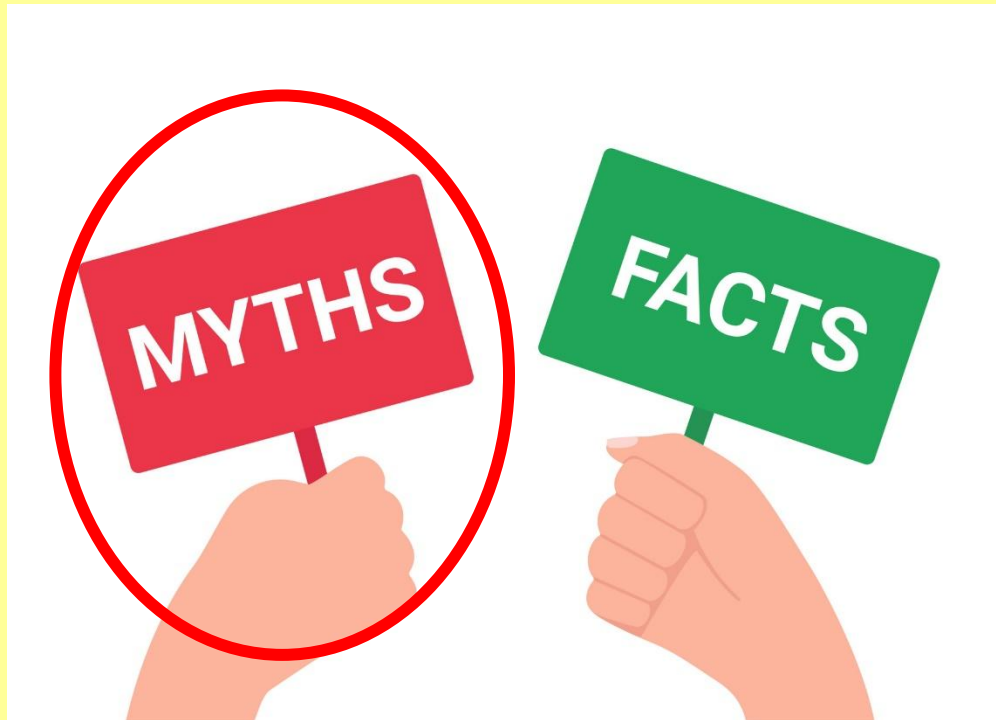
2. Wet dreams are a sign that you need to have sex.



Wet dreams are just one way that your body gets rid of sperm and semen. It is not a sign that you need to have sex.

Myth or Fact

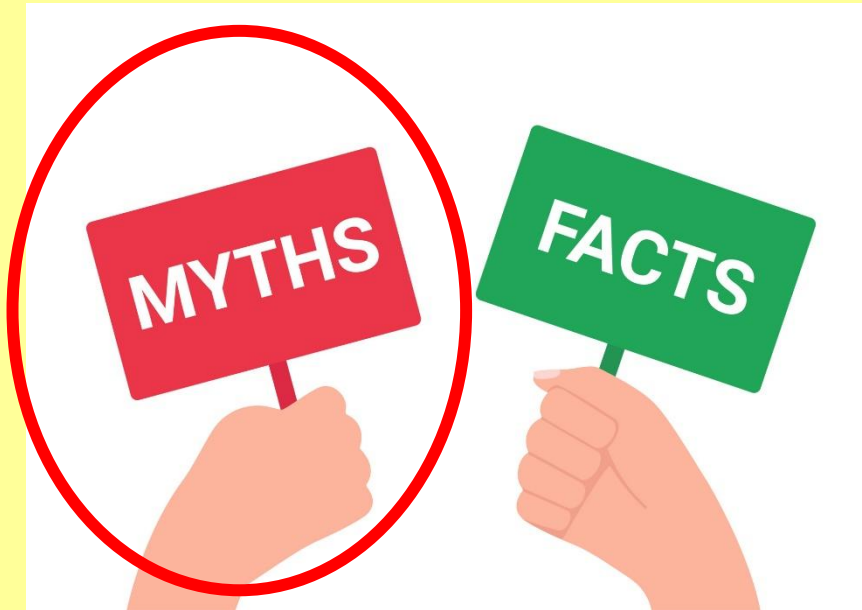
3. Putting butter on the nipples makes the breasts grow faster.



It is hormones that make the breasts grow—nothing else will make any difference.

Myth or Fact

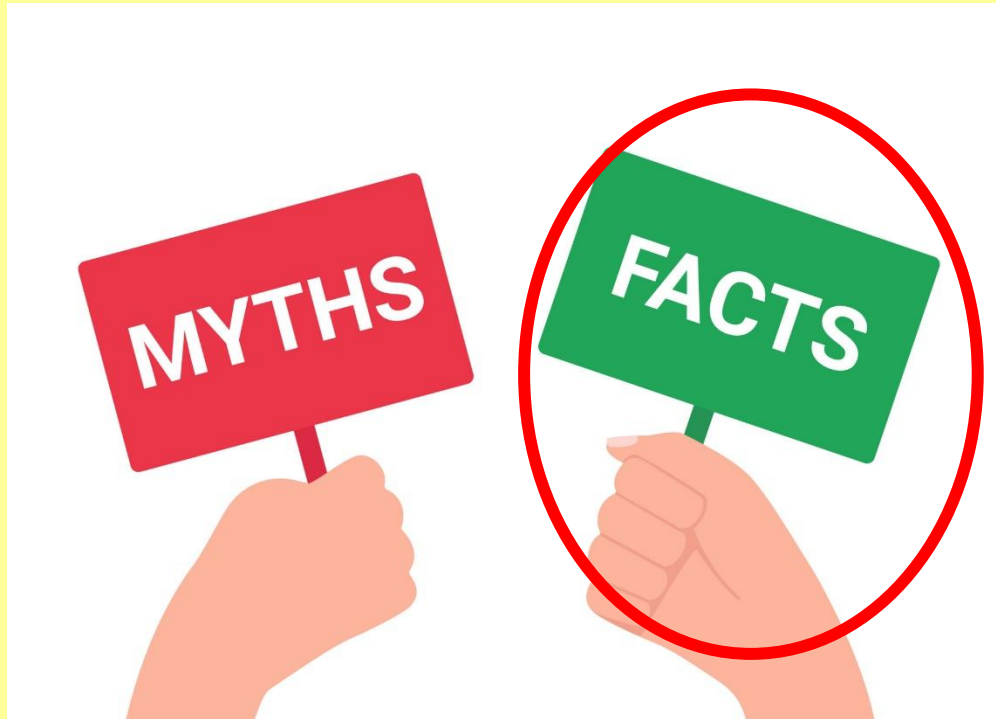
4. If a girl misses her period, she is definitely pregnant.



When girls first start having periods, they often have irregular periods and may even skip a month or two at times. However, if a young girl has had sexual intercourse, missing a period can be a sign of pregnancy.

Myth or Fact

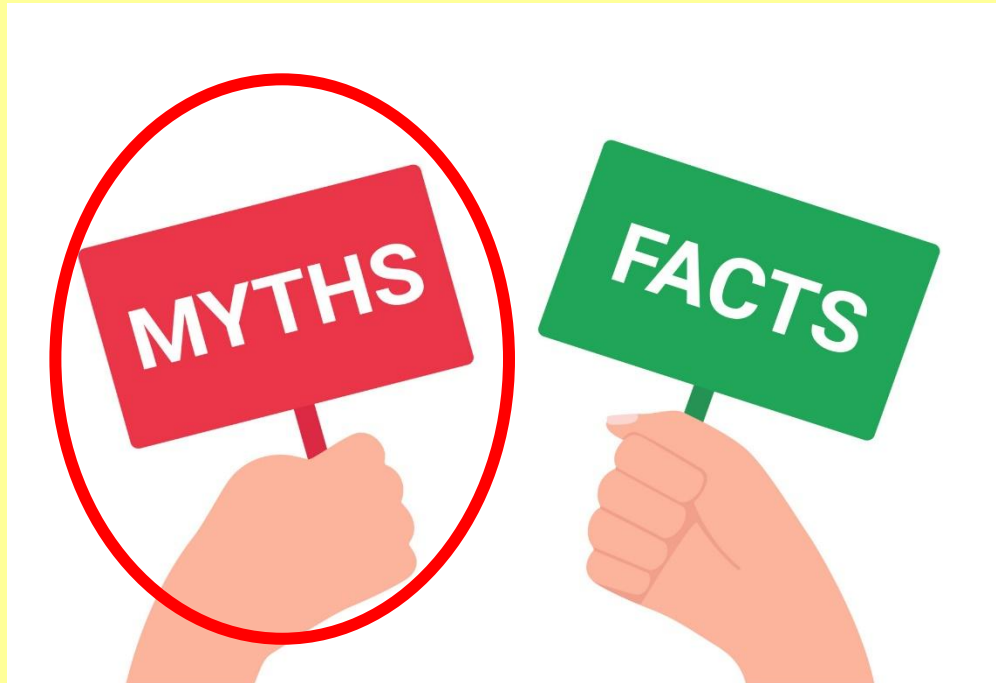
5. Generally girls begin puberty before boys.



Most girls begin puberty about one or two years earlier than boys.

Myth or Fact

6. Wearing a bra makes breasts droop.



Bras actually help prevent drooping because they support the breasts and prevent the skin and breast tissue from stretching and losing their elasticity.

Where can you get support?

There are lots of places to get advice about puberty:

NHS Choices

The NHS website has lots of information or you could visit your doctor if you are worried about something that does not seem right.



The Mix

A support network for under 25 year olds.



School Nurse

The school nurse is in school every Wednesday at lunchtime in the upstairs Student Services.



Child Line

Has a section on their website on puberty, as well as providing support over the phone.



Question time ...



TASK:-

If you have noted down a question, please bring them to the front and I will answer them as well as I can!

Reflecting on your learning today ...

What new information have you learnt
in today's lesson?

NEW

What information did you know already
that you have heard in today's lesson?

OLD

BORROWED

What new information have to learnt
from another pupil in today's lesson?

BLUE

What unusual fact have you learnt in
today's lesson?

