

Session 1

Our ground rules...

- respect what people say
- listen to others
- do not ask personal questions or put people 'on the spot'
- do not make assumptions about other people
- have the right to 'pass' if you do not wish to comment

Draw a picture of person the same age as you (this could be a stick person).

What changes will happen to this person as they develop into a teenager?

Do this on your own for now!



Y B R U P T E

Can you guess what the
jumbled word is?



Y B R U P T E

Puberty

What does this mean?
What is puberty?

Puberty is...
change, growing and
maturing from
a child to an adult.



We are learning:

- *about some of the physical changes experienced during puberty.*



Discussion Time

1. Will these changes happen to everyone at the same time?
2. Why are these changes happening?

Discussion Time

1. Will these changes happen to everyone at the same time?

- Usually, puberty starts between ages 8 and 13 in girls and ages 9 and 15 in boys.
- So, young people in the same age group are at different physical stages in their development.
- Puberty starts when your body is ready. It's a bit like when you start to lose your milk teeth—it happens to everyone at different times.

Discussion Time

2. Why are these changes happening?

- Puberty is a time when someone's body begins to develop and change as they mature from being a child to an adult.
- Your body will grow faster than at any other time in your life—except for when you were a baby.
- Puberty is caused by sex hormones: chemicals which are released into the bloodstream to send messages to different parts of the body.

Body Parts

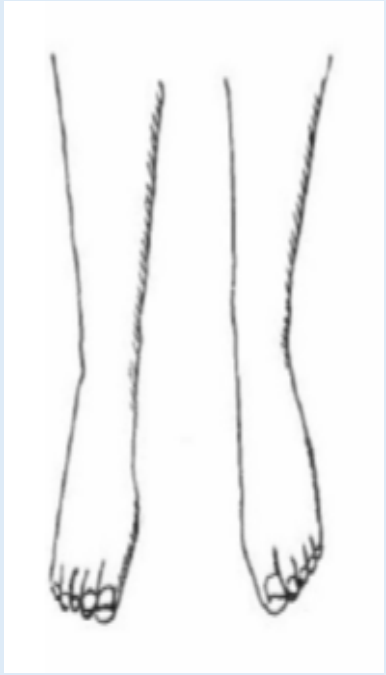
scientific names vs slang names

What do we call these body parts?

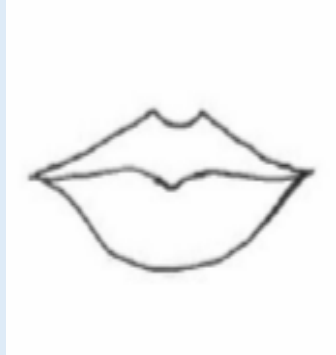


Now, let's label the images in front of you with the scientific names.

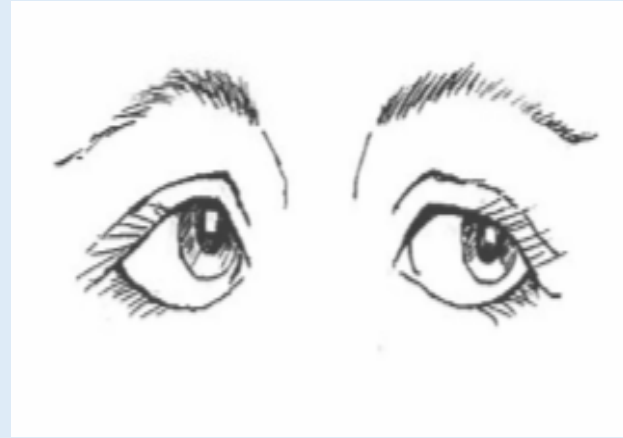
vagina testicles feet
vulva mouth eyes penis
 nipples



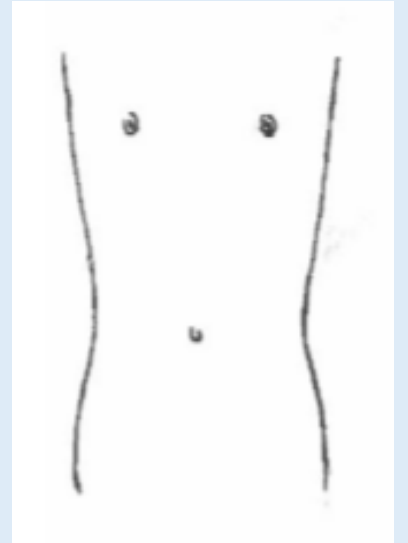
feet



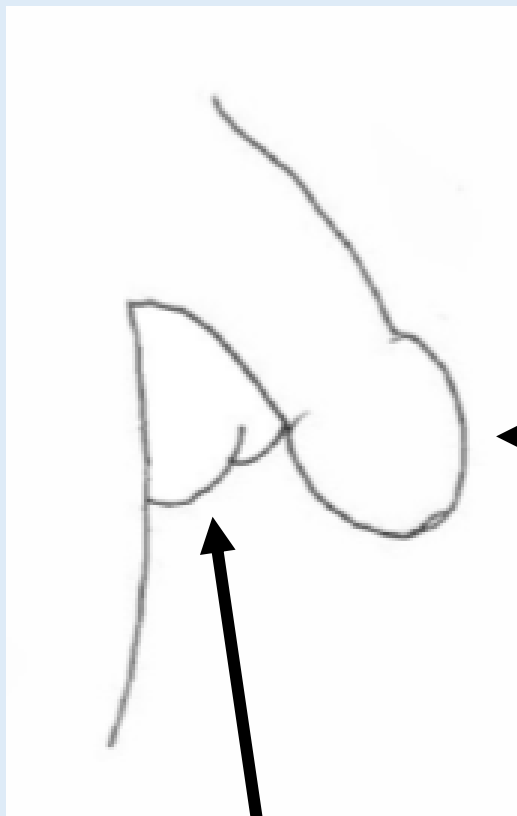
mouth



eyes

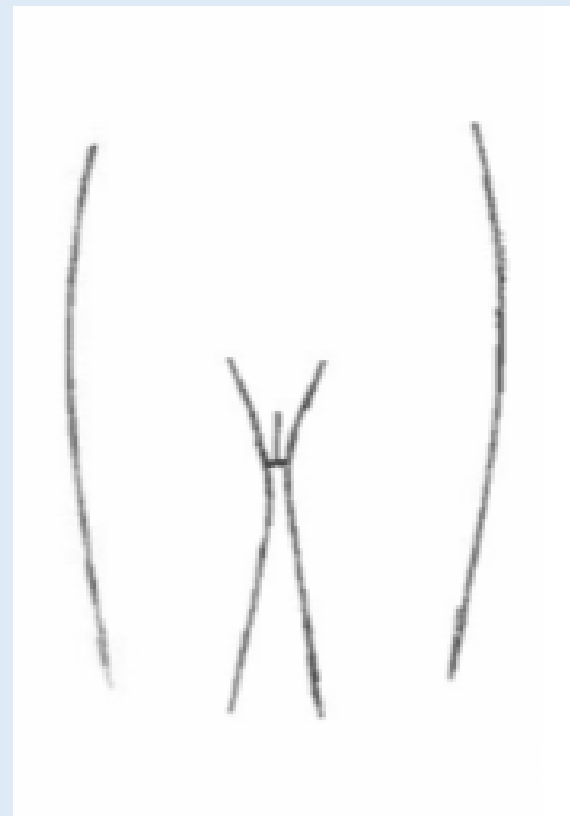


nipples



← penis

↑
testicles



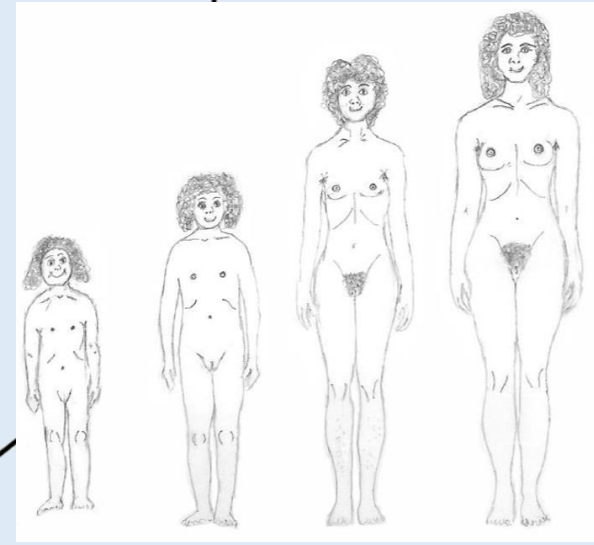
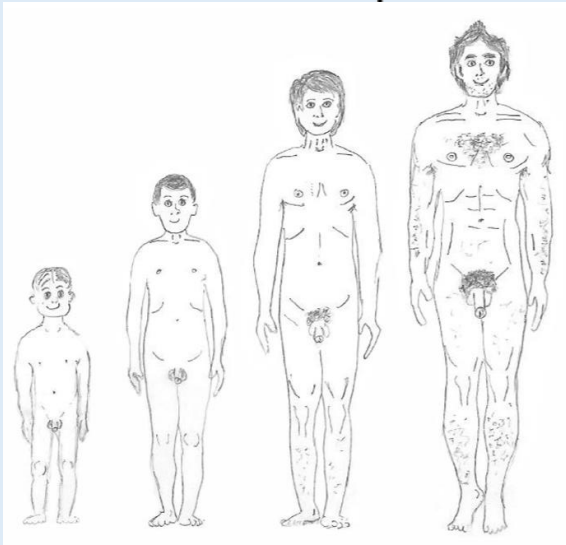
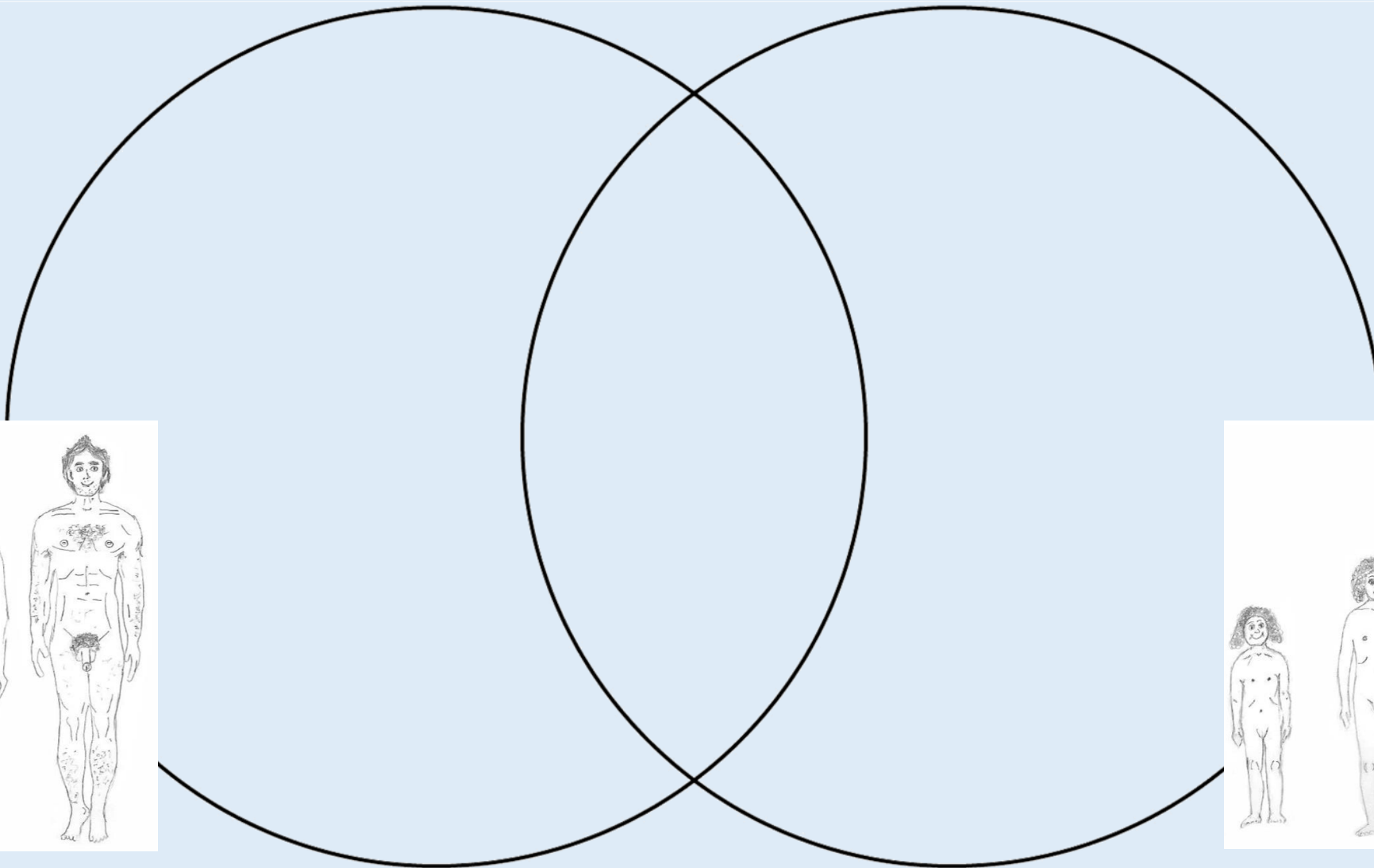
vulva
vagina

What changes can we notice?

Male

Both

Female



Question time...

- I've just turned 11 but nothing is happening yet. When will I start puberty?
- Why are these changes happening to me?
- I feel a bit scared about puberty, is this normal?

Question box! Do you have any questions?

Session 2 -

We are learning:

- About biological changes that happen to males and females during puberty

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Kelly's Story

Ali's Story

Kelly's Diary

... Last night, I was getting ready for bed when I realised I had started my period...

On your sheets...

- 1) What has happened to Kelly?
- 2) How do you think she is feeling?
- 3) What do you think Kelly did, or should do?

Ali's Story

Watch this clip (5sec - 30 sec) - <https://www.bbc.co.uk/bitesize/clips/z7n2hyc>

On your sheets...

- 1) What has happened to Ali?
- 2) How is he feeling?
- 3) What should he do?

Kelly's Story

period = menstruation

What do we already know?

Kelly's Story

'Starting periods' is another change that happens at puberty.

This is when females pass blood from the vagina for a few days each month.

The scientific name for periods is menstruation.

Have you heard of any other names for this?

Let's label the external genitalia...

anus

pubic hair

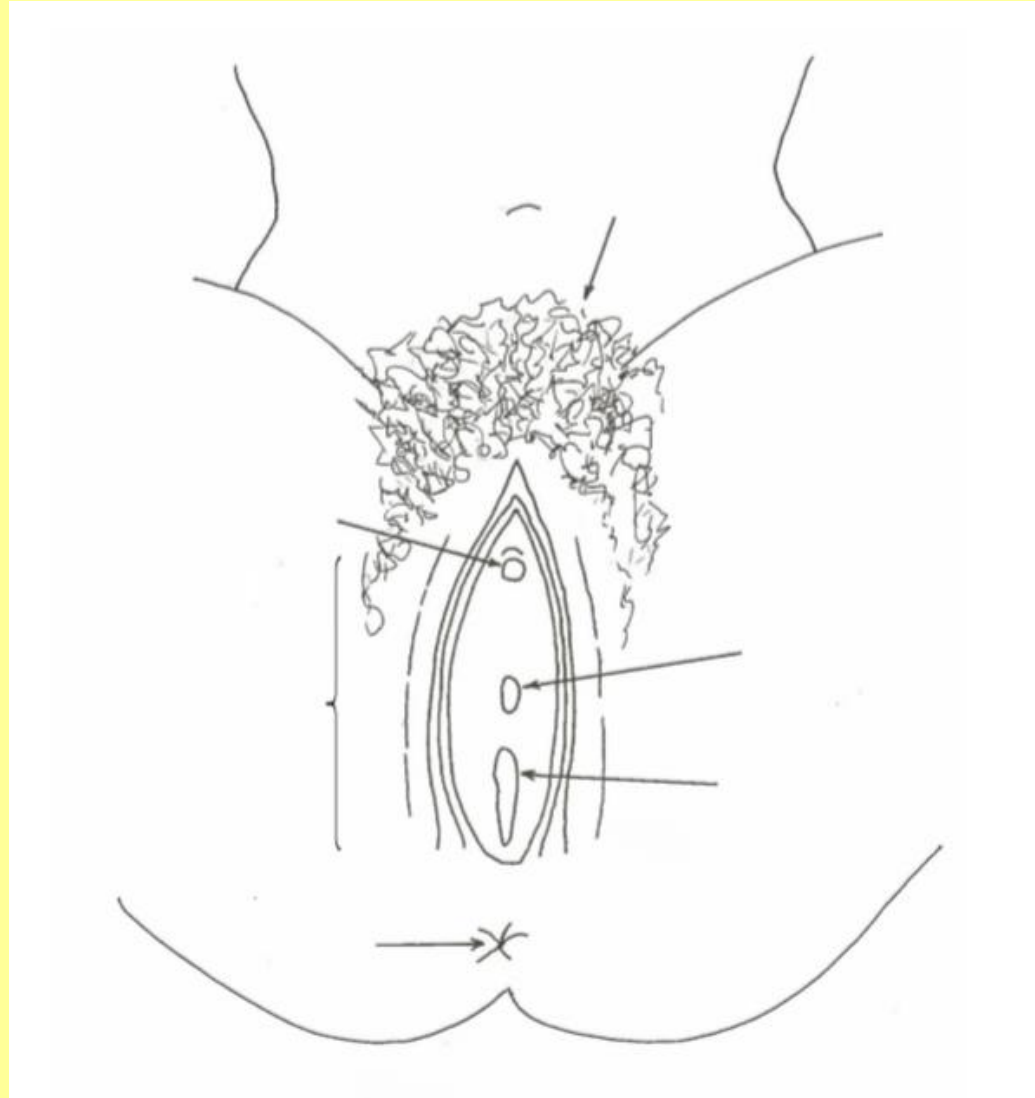
clitoris

urethra

labia

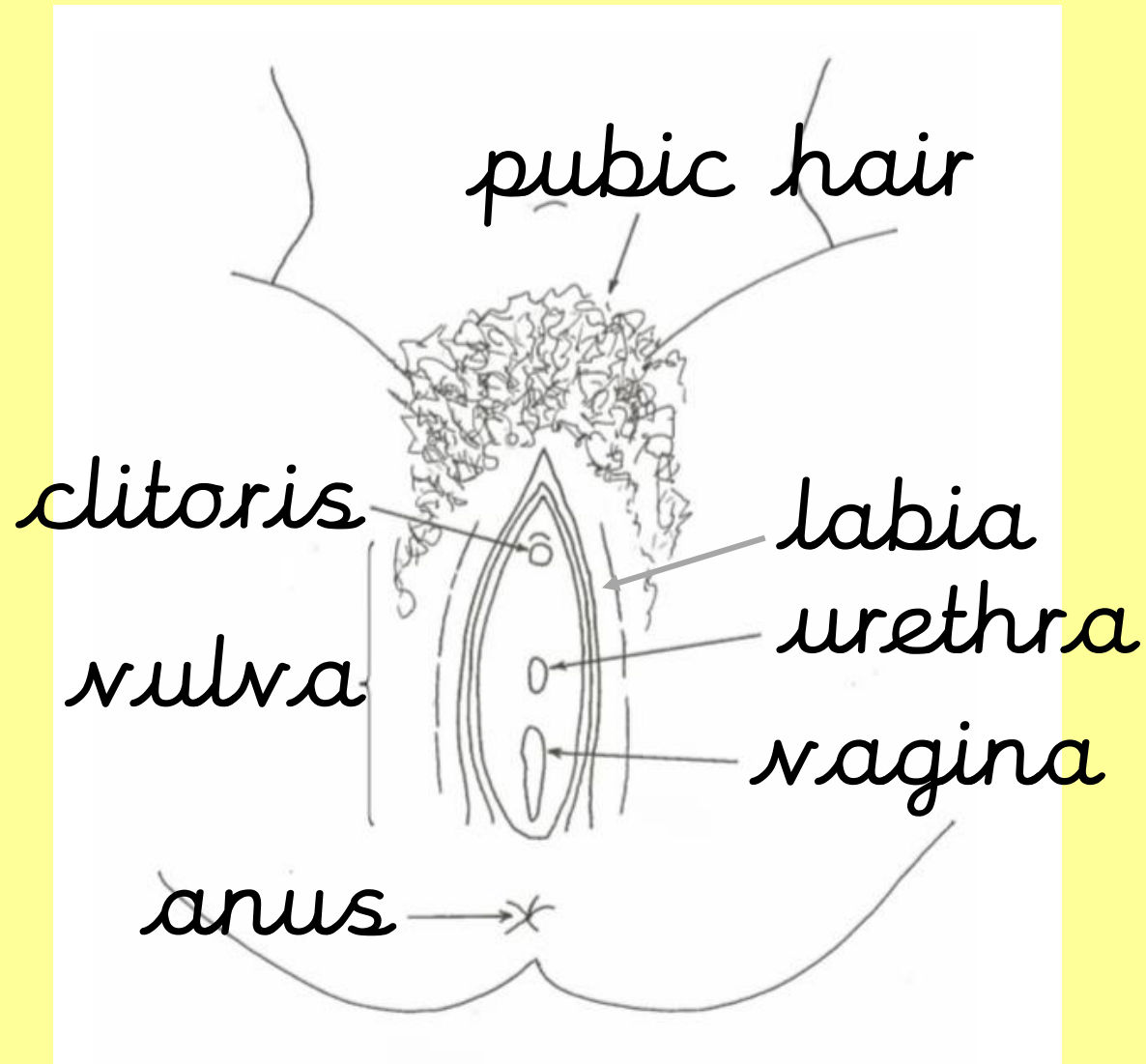
vulva

vagina



What do we mean by
female genitalia?

Let's label...



Let's label the internal genitalia...

vagina

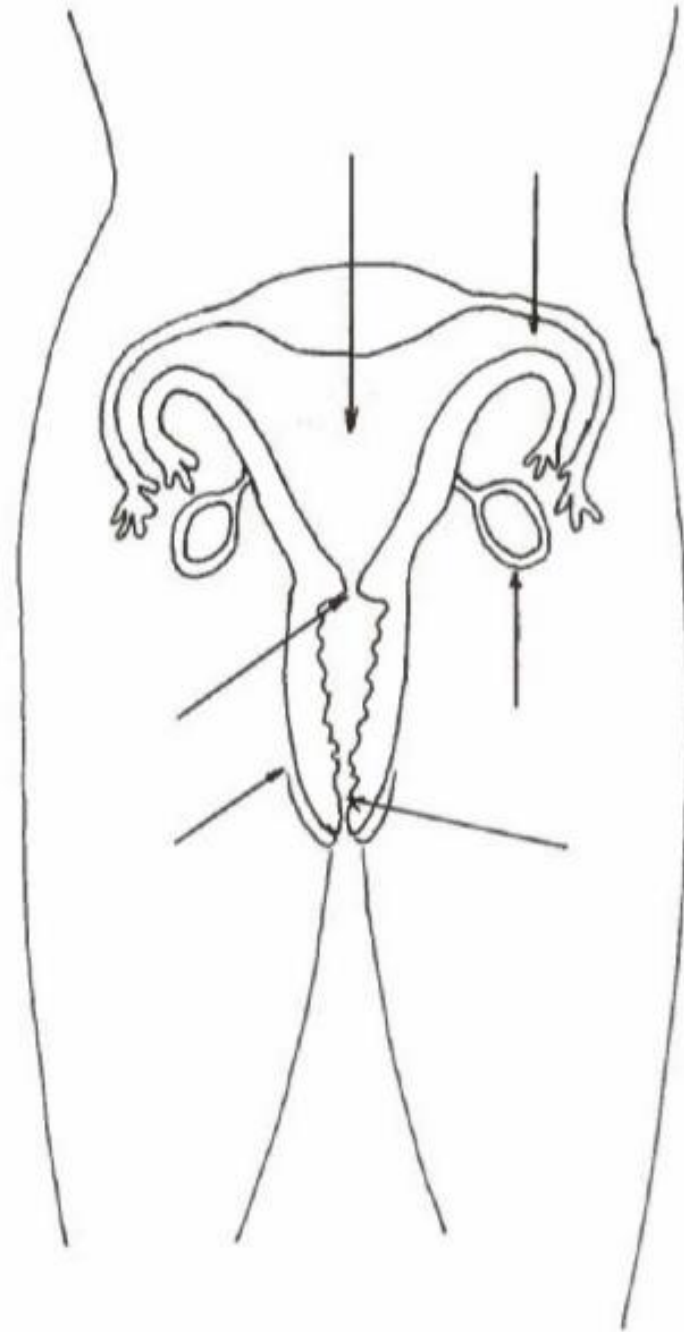
uterus

fallopian tubes

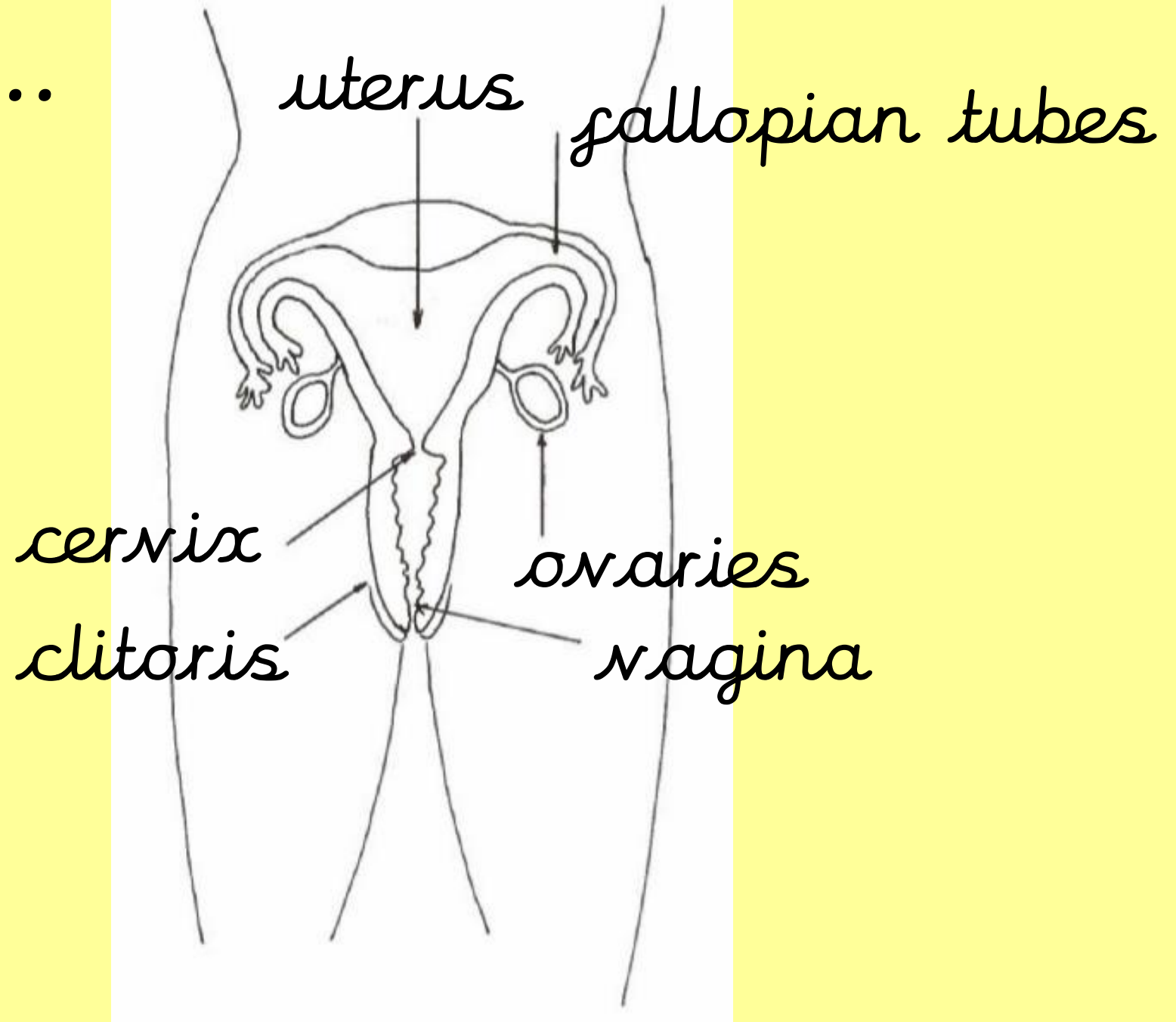
cervix

ovaries

clitoris



Let's label...



What is the menstrual cycle?

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

Any questions?

Now for the male genitalia!

Let's label...

bladder

urethra

anus

scrotum

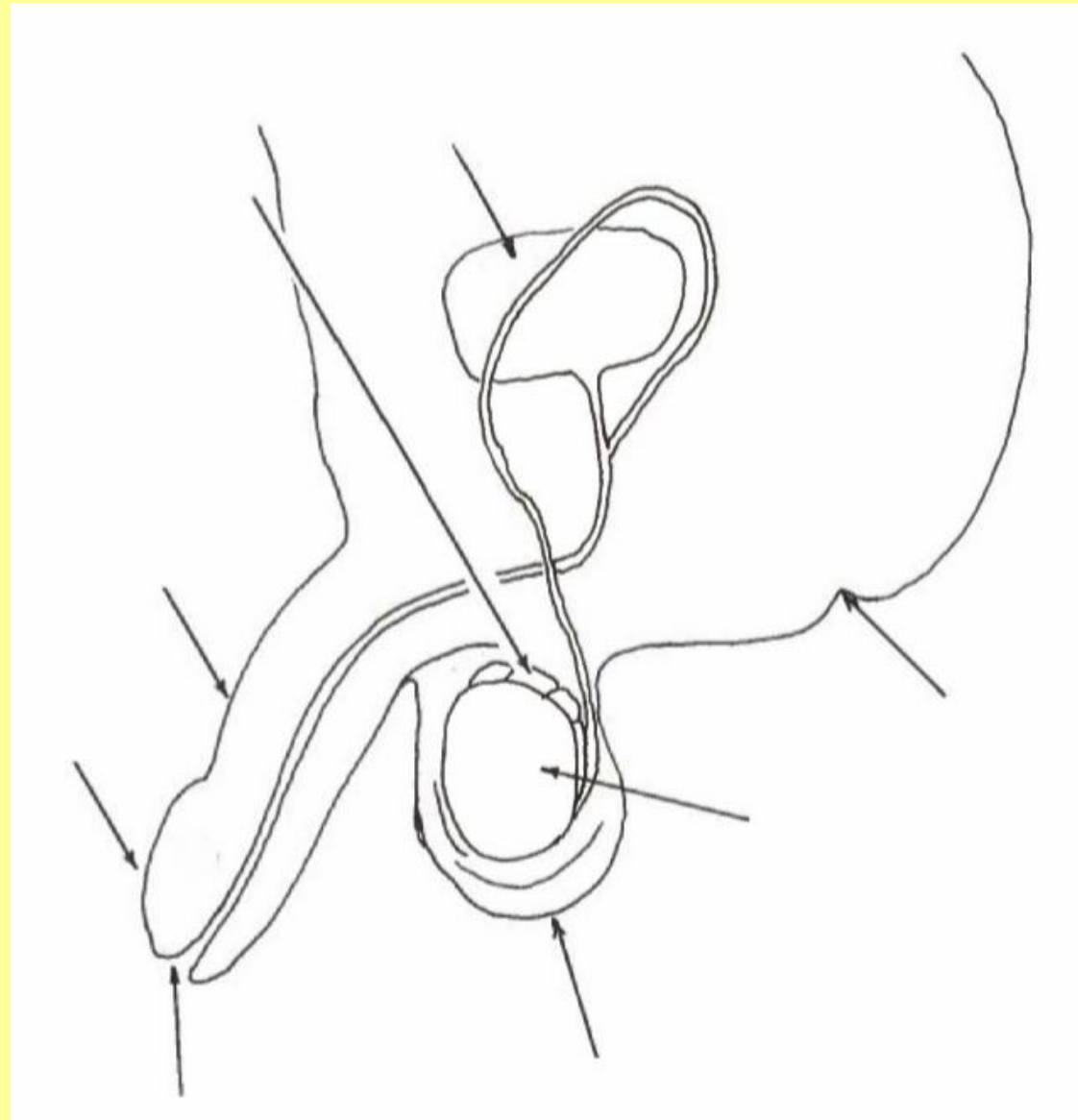
foreskin

testicle

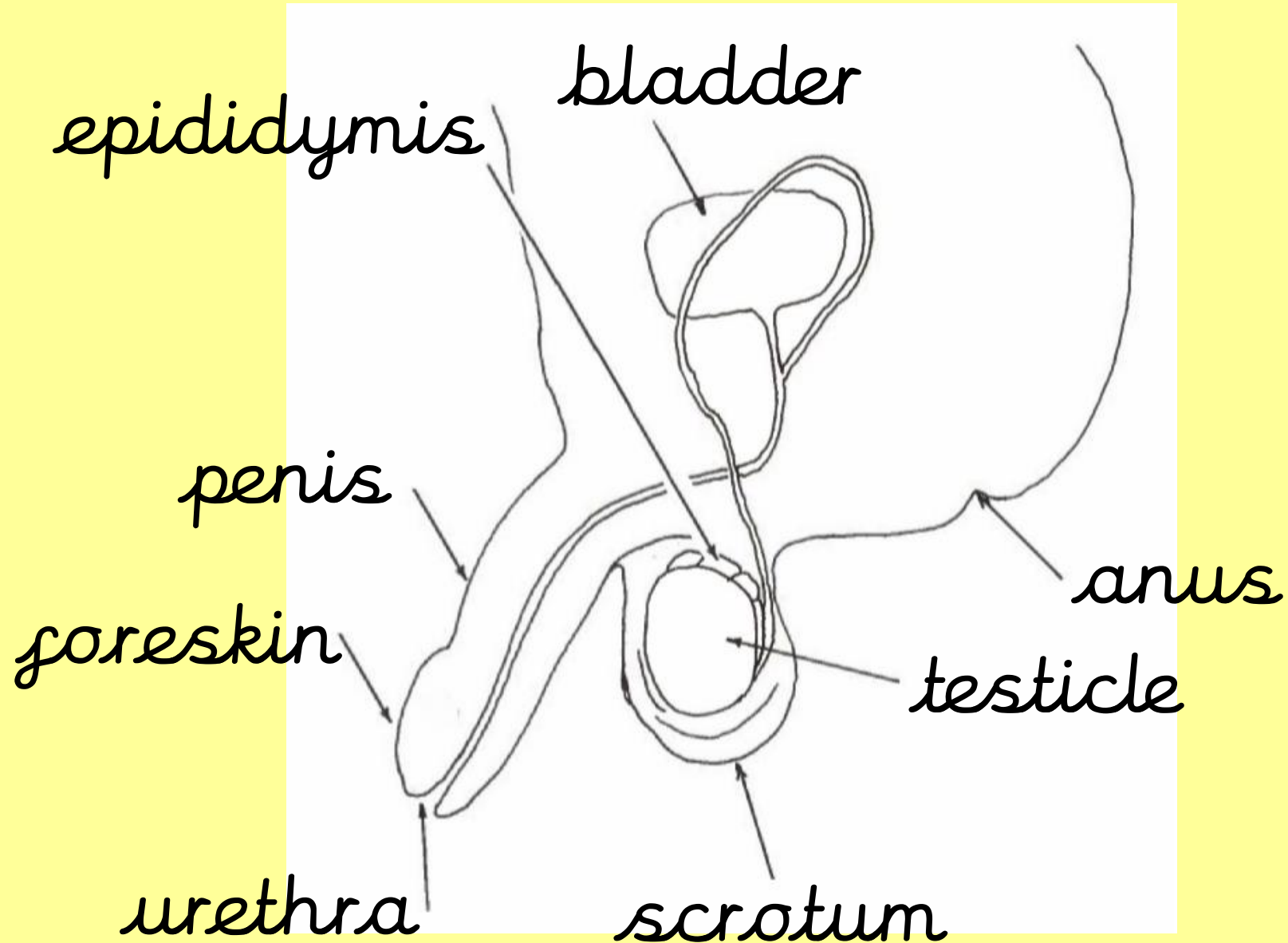
testicle

penis

epididymis



Let's label...



What is ejaculation and wet dreams?

Watch video (2.39mins - 3.21mins) - <https://kidshealth.org/en/kids/boys-puberty.html#cat20449>

Any questions?

Now back to Ali:

(30sec - 44sec) - <https://www.bbc.co.uk/bitesize/clips/z7n2hyc>

1. Why is Ali trying to hide the semen?
2. What could/should he do?
3. What would they advise someone in the same situation to do?

Have you got any questions
you want to ask or that you
want to write down?

Session 3 -

We are learning:

- About the importance of personal hygiene during puberty
- To respond to questions about puberty

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Bailey's mum and dad are explaining to Bailey that it is important to keep the body extra clean when growing up:

"Now that you are getting older Bailey, there are some things you must do to make sure you look after your body well. It is really important, especially when you start puberty."

"Why?" says Bailey.

Why is this important? What should Bailey do?

During puberty:

- skin and scalp may become oily
- hair grows in different places: pubic hair, hair under their arms and, in males, more facial and sometimes chest hair.
- sweat more and not just during exercise
- feet, armpits and genitals may smell

Draw an outline of a young person on sugar paper.

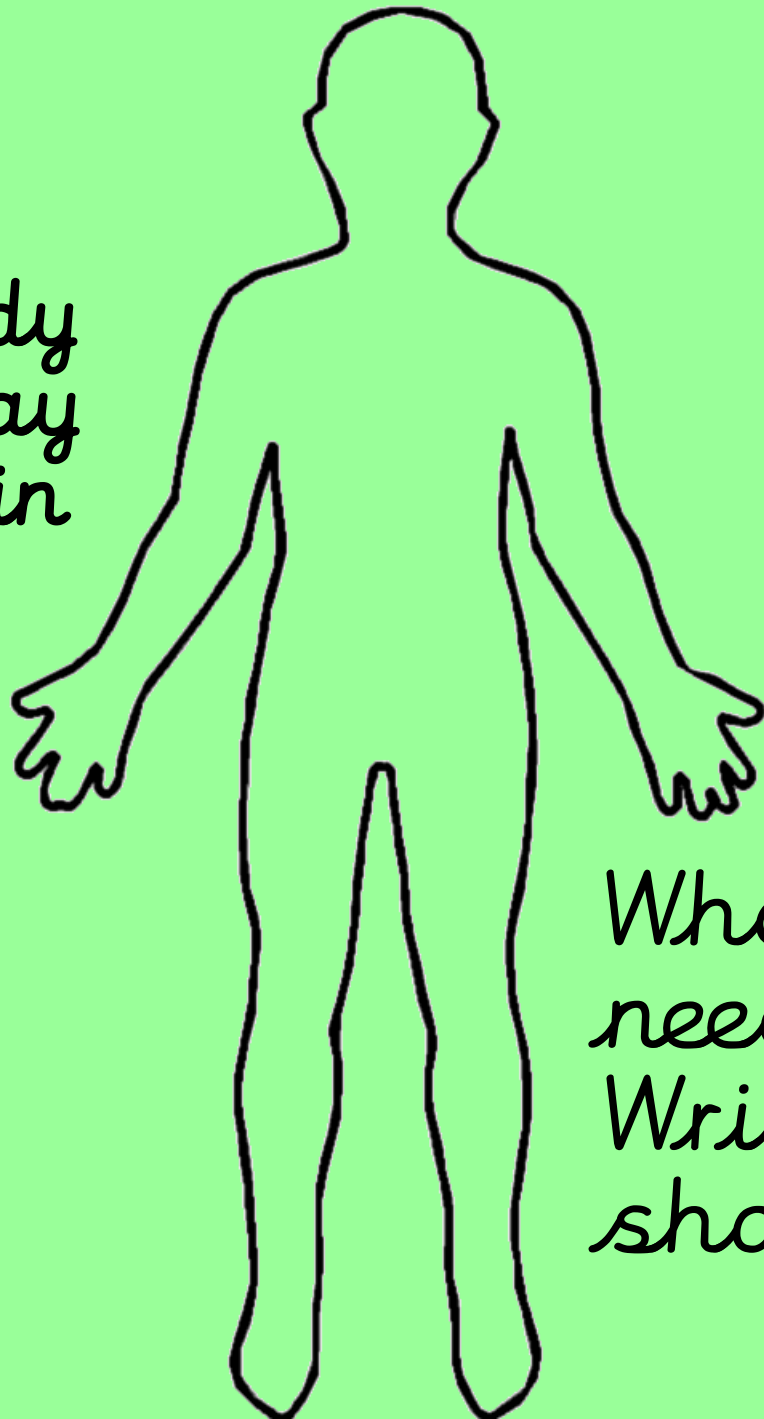
Label all the different body parts they will need to pay special attention to now in terms of their personal hygiene.

Think about the following:

Where?

How?

How often?



What will you need?

Write a shopping list.

What are these and what are they used for?



How about these?



Quiz Time

Yes

No

Depends

Can someone go swimming
when they have their period?

Are periods dirty?

Are periods painful?

Are erections embarrassing?

Do all boys have wet dreams?

Have you got any questions
you want to ask or that you
want to write down?

Session 4 -

We are learning:

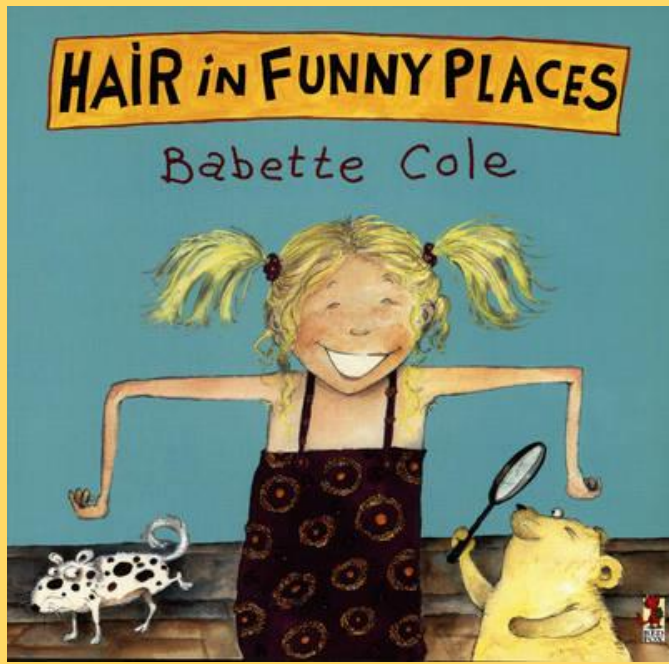
- How and why emotions may change during puberty
- About getting appropriate help, advice and support about puberty

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We can't see all that changes that happen during puberty. How else might we change?

"I used to be a really happy person, but now I sometimes feel really angry or fed up about things. My mum says that since I turned 12, I've been very moody, going up and down all the time. Dad keeps telling me to snap out of it. Is this normal and how can I stop it from happening?" Taz, age 12



Hair in Funny Places by Babette Cole

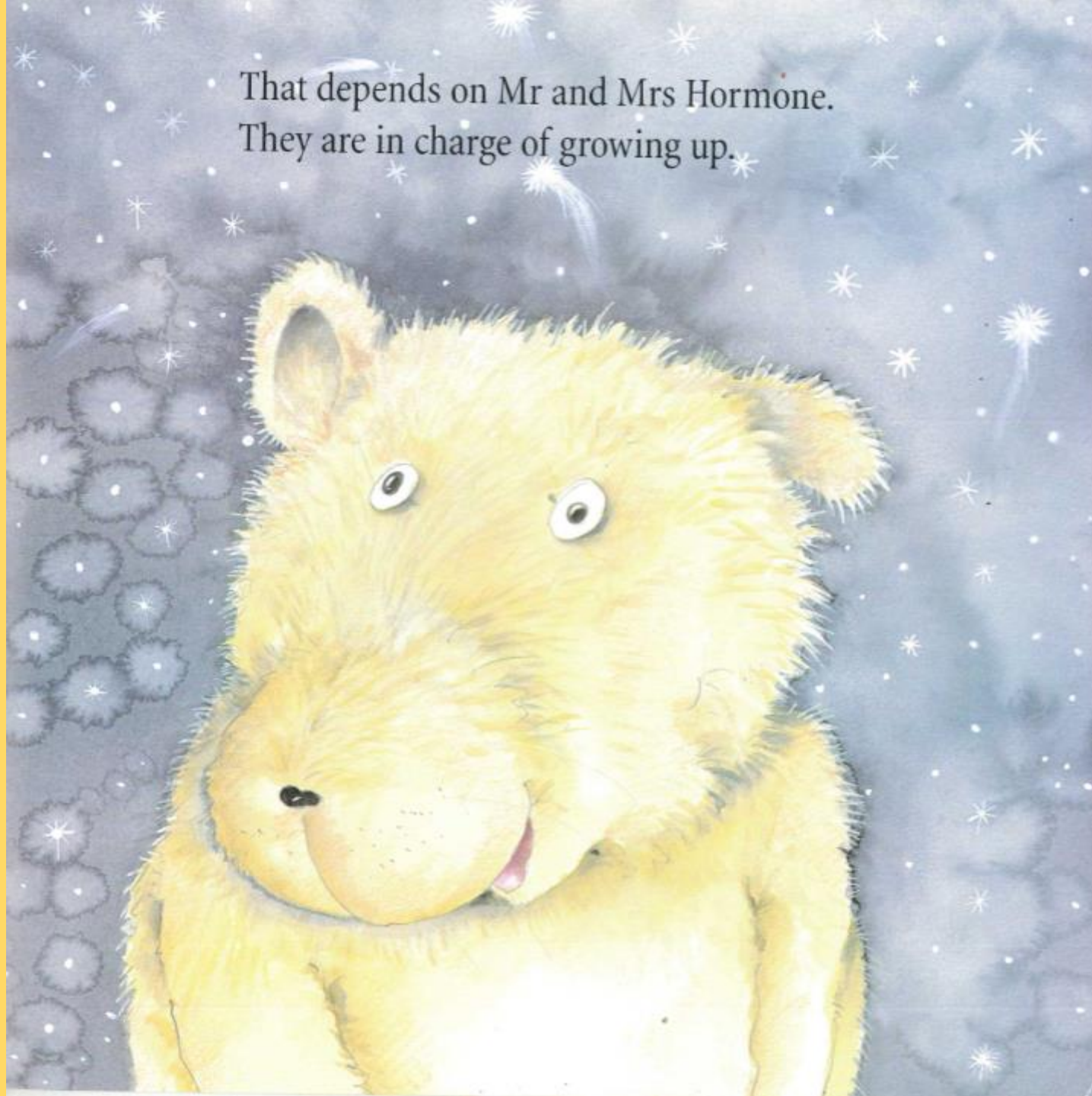
physical changes vs emotional changes

Hormones =

Ted, when will I grow up to be a 'grown up'?



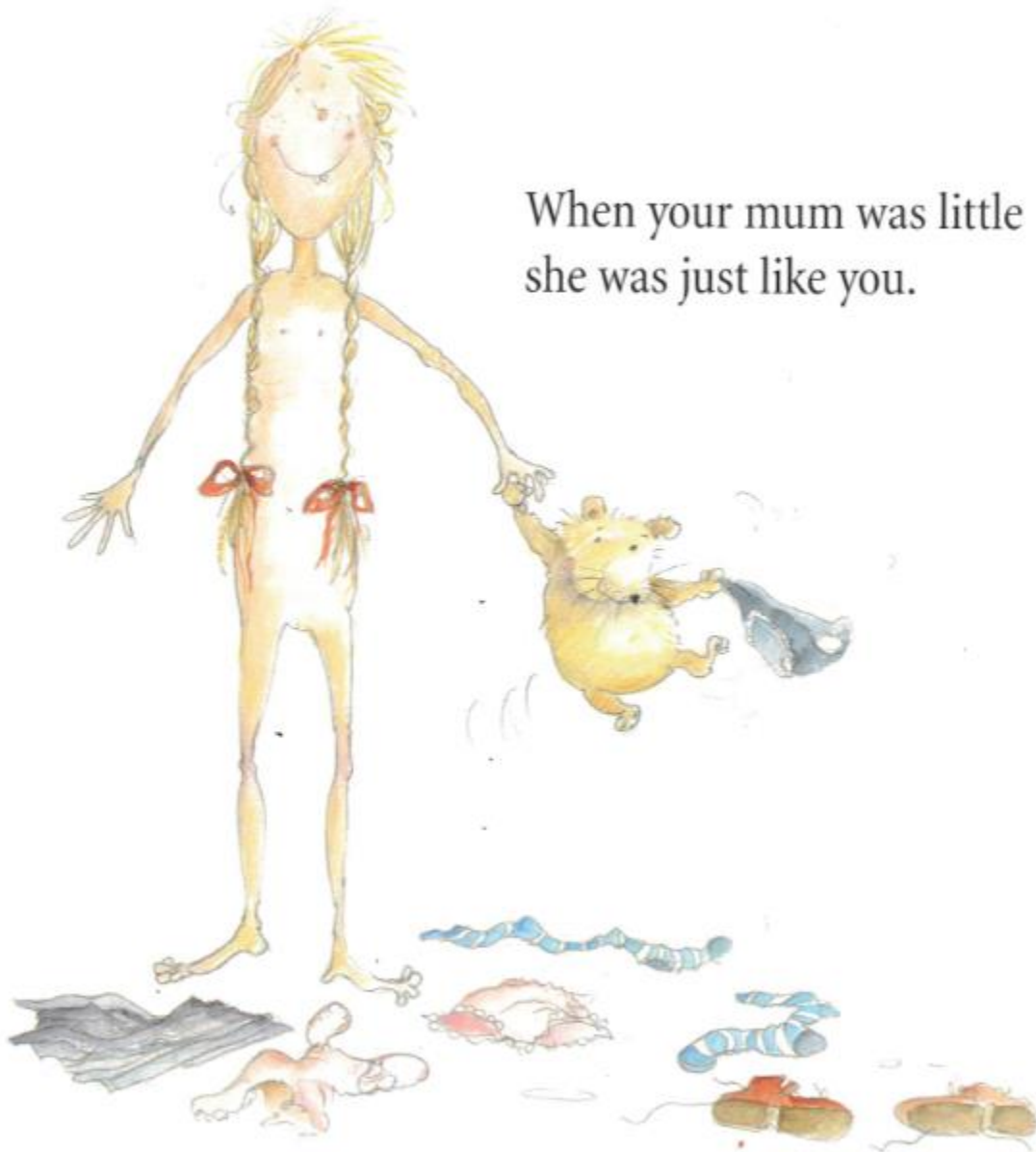
That depends on Mr and Mrs Hormone.
They are in charge of growing up.



They live inside you and are so tiny
that you can't see them.

If you could this is what you would see.



[illegible]

And for about eleven years Mr and Mrs Hormone slept peacefully inside her, until her body clock woke them up! This made them very grumpy!



It was time to mix the potions that turn children
into adults and send them round her body.





Mrs Hormone's mixtures
began to work and
your mum sprouted
small bosoms

and hair
in funny places ...



her voice deepened.



Then she found a tiny
drop of blood in her
knickers!



It meant one day
she could be your
mummy.

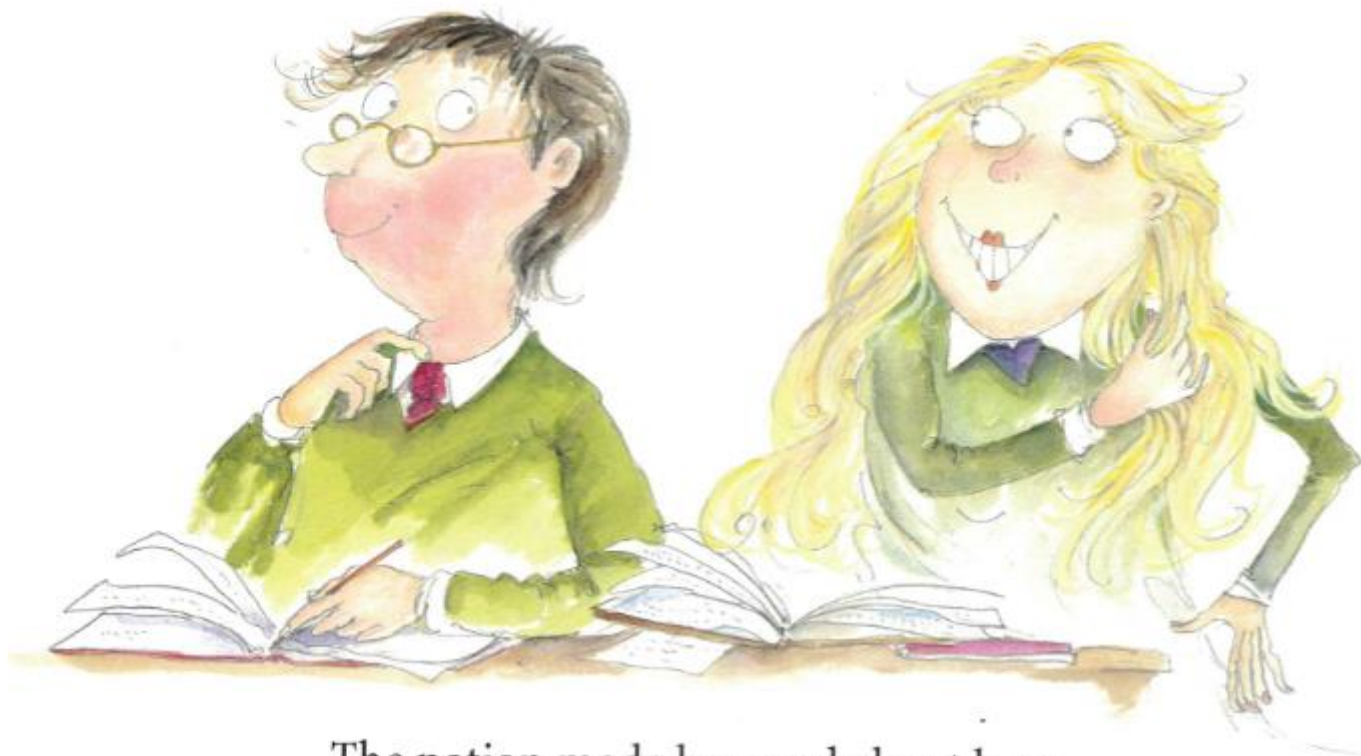
A year or two
later the bleeding
happened
once a month.



Sometimes
it made her
feel awful.



But she was pleased
to be growing tall.



The potion made her mad about boys.



At the same time
it gave her spots!

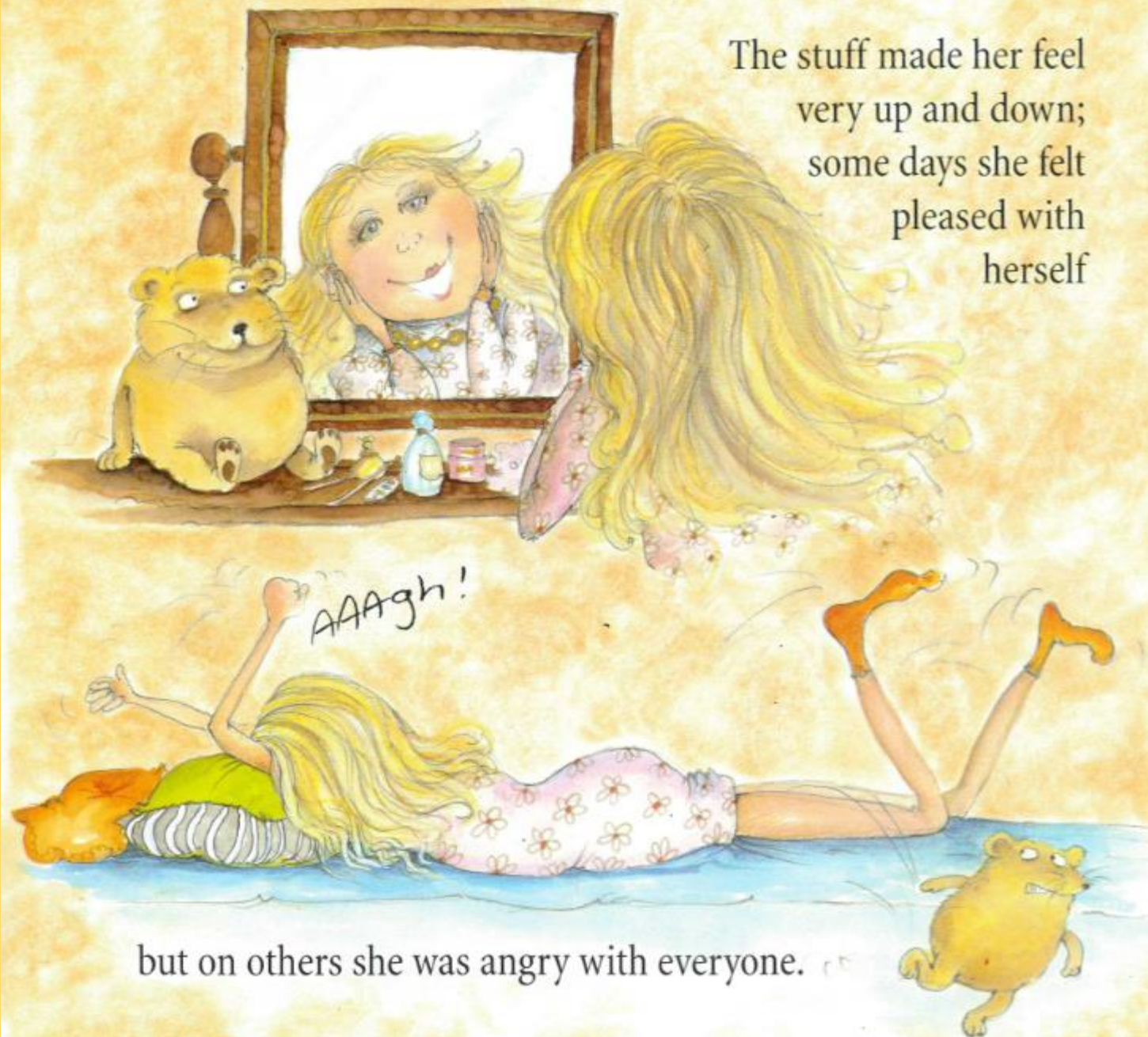


She worried in case
she wasn't developing
in the same way as
her friends.

But Mrs Hormone's
mixtures do not
affect everyone at
the same time.

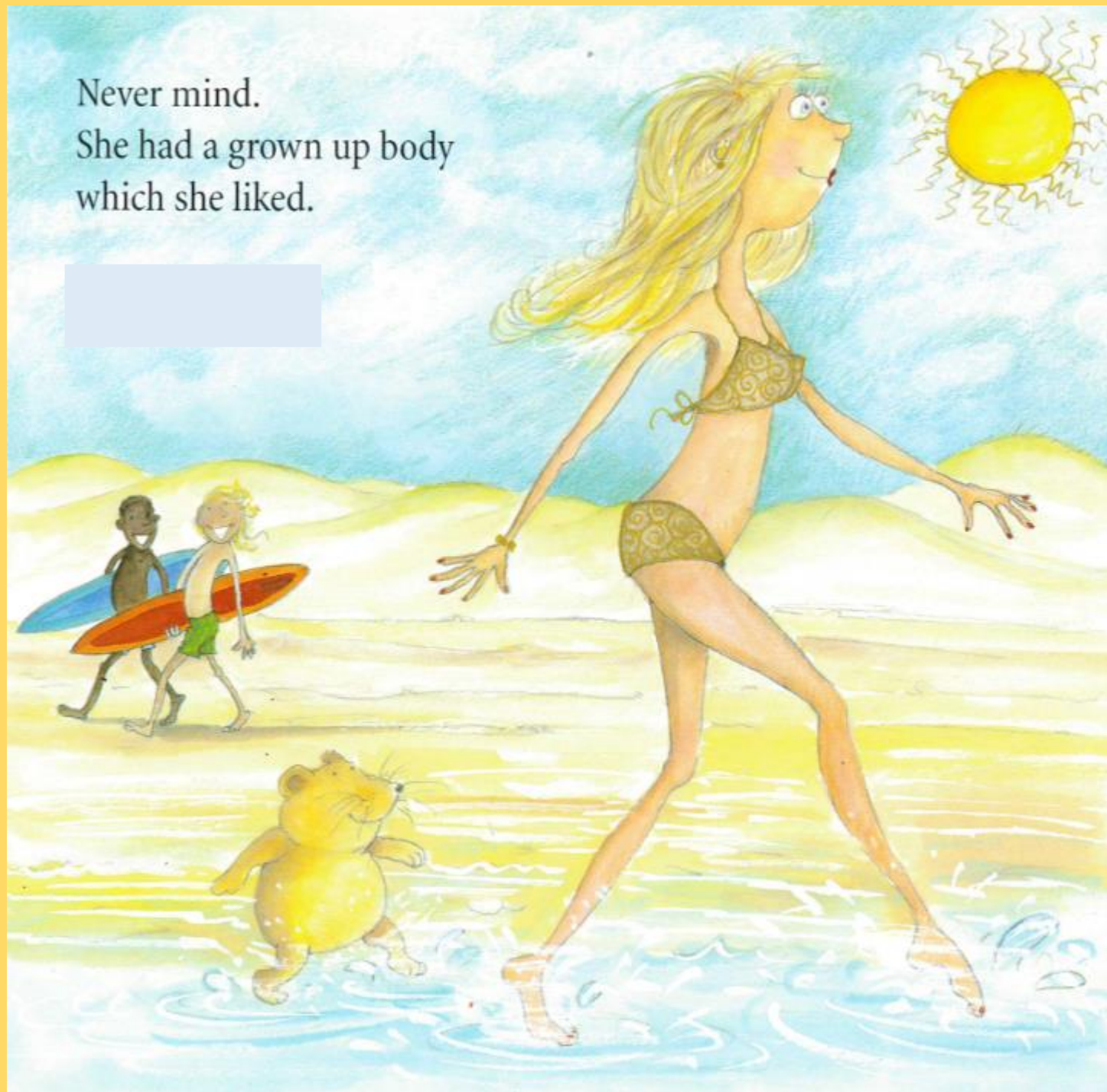


The stuff made her feel
very up and down;
some days she felt
pleased with
herself

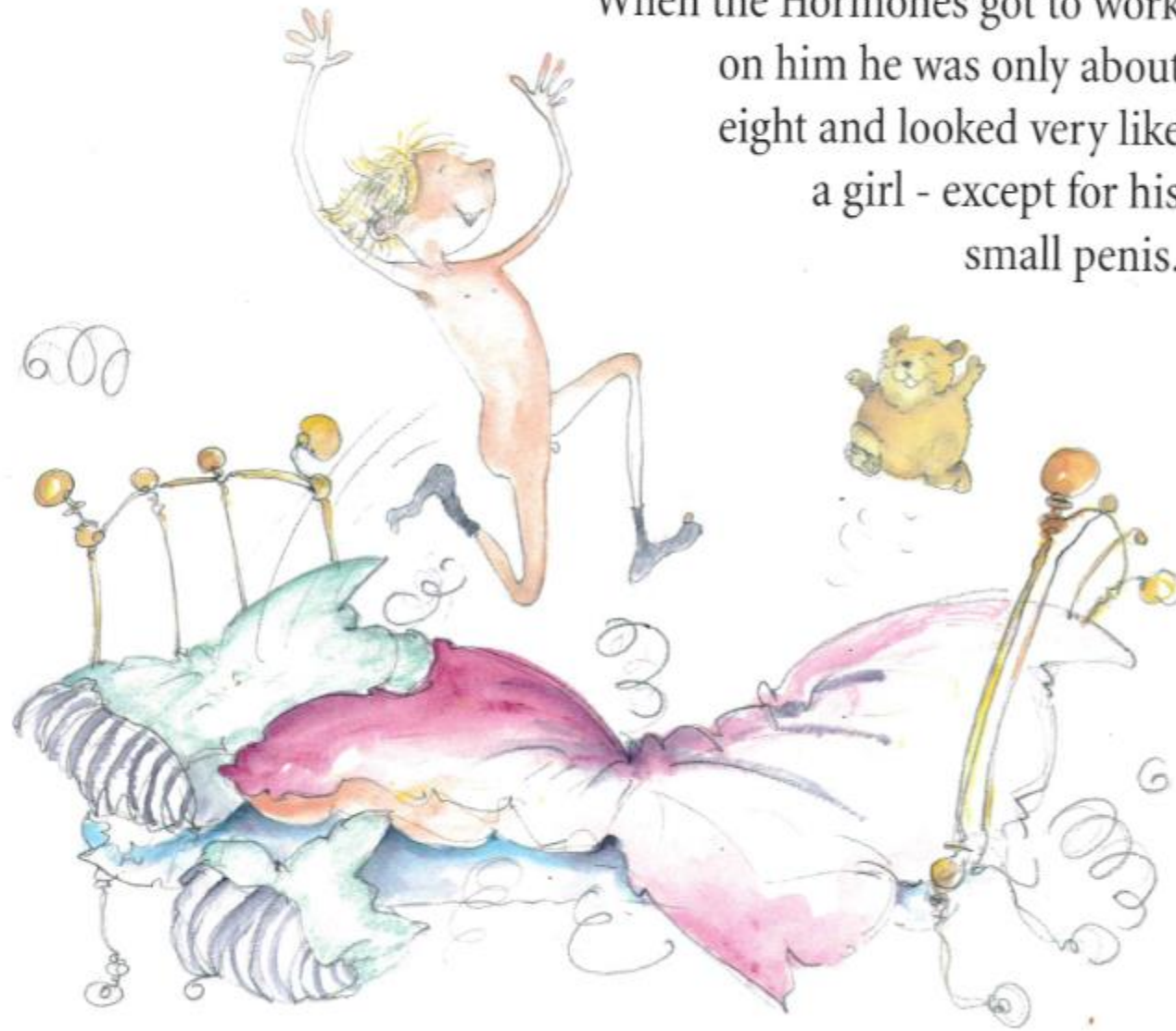


but on others she was angry with everyone.

Never mind.
She had a grown up body
which she liked.



Now let me tell you about your dad.
When the Hormones got to work
on him he was only about
eight and looked very like
a girl - except for his
small penis.



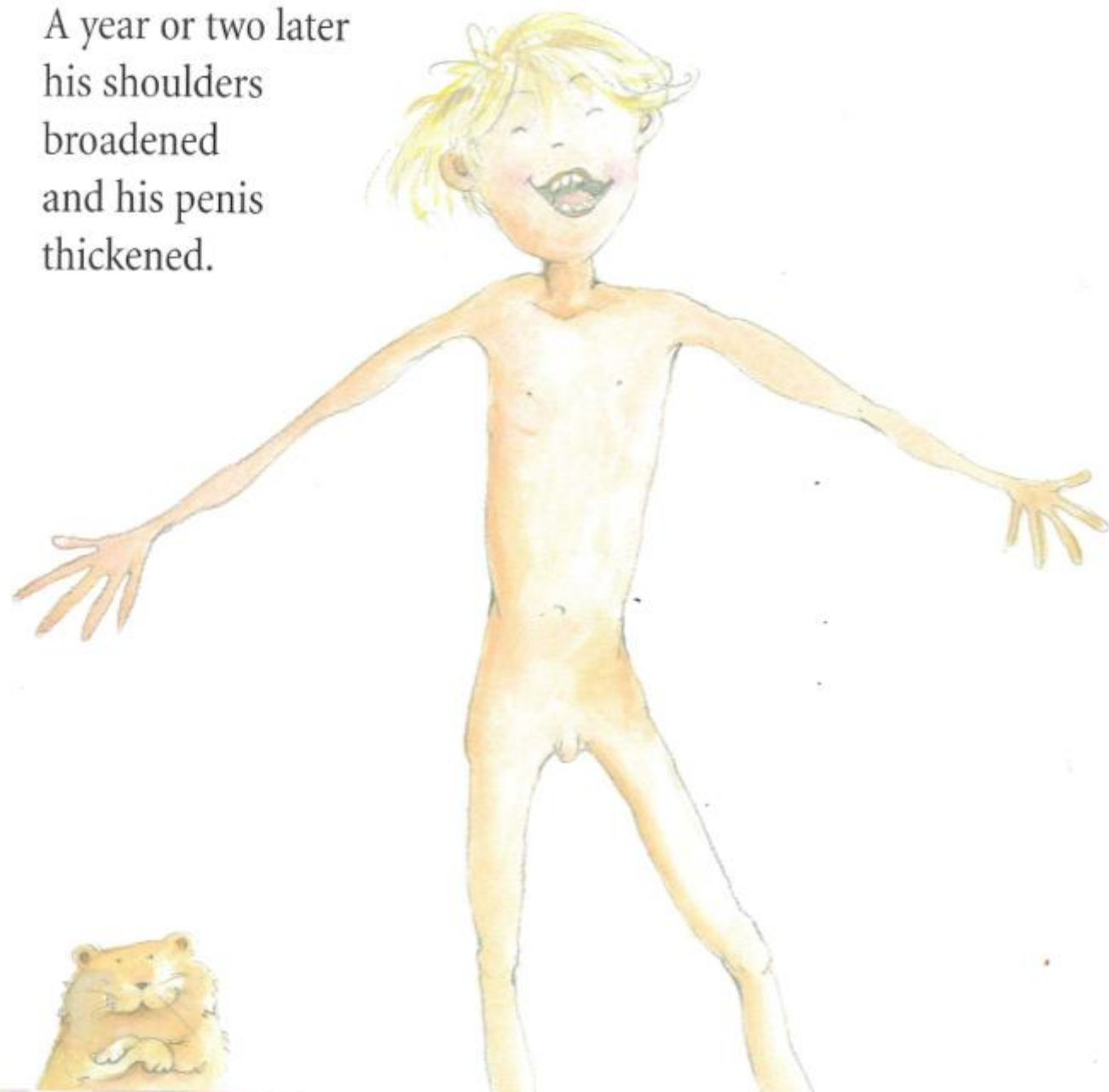


To make him grow up they worked out
a whole new chemical mixture.

They flooded his
insides with it!

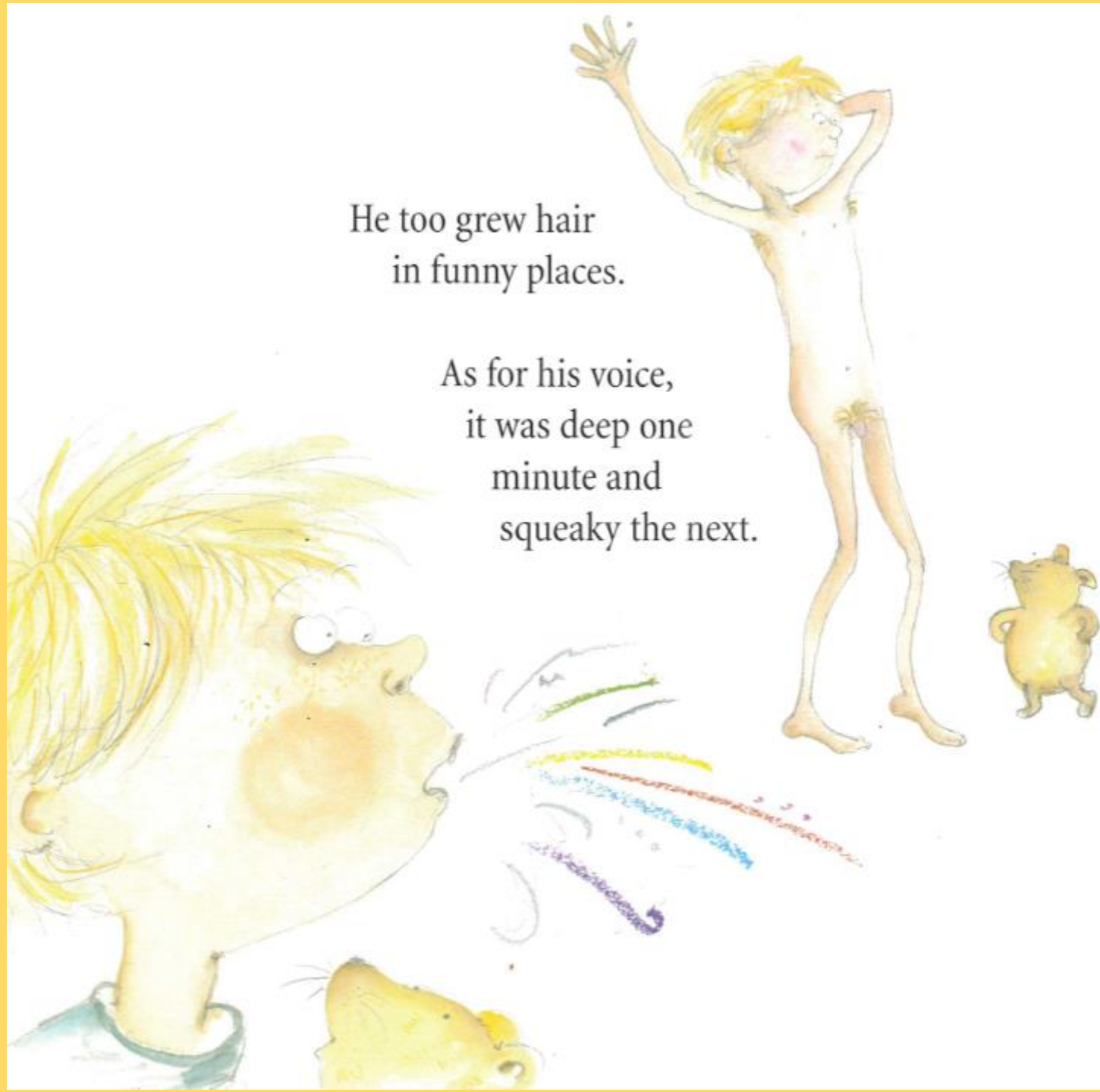


A year or two later
his shoulders
broadened
and his penis
thickened.

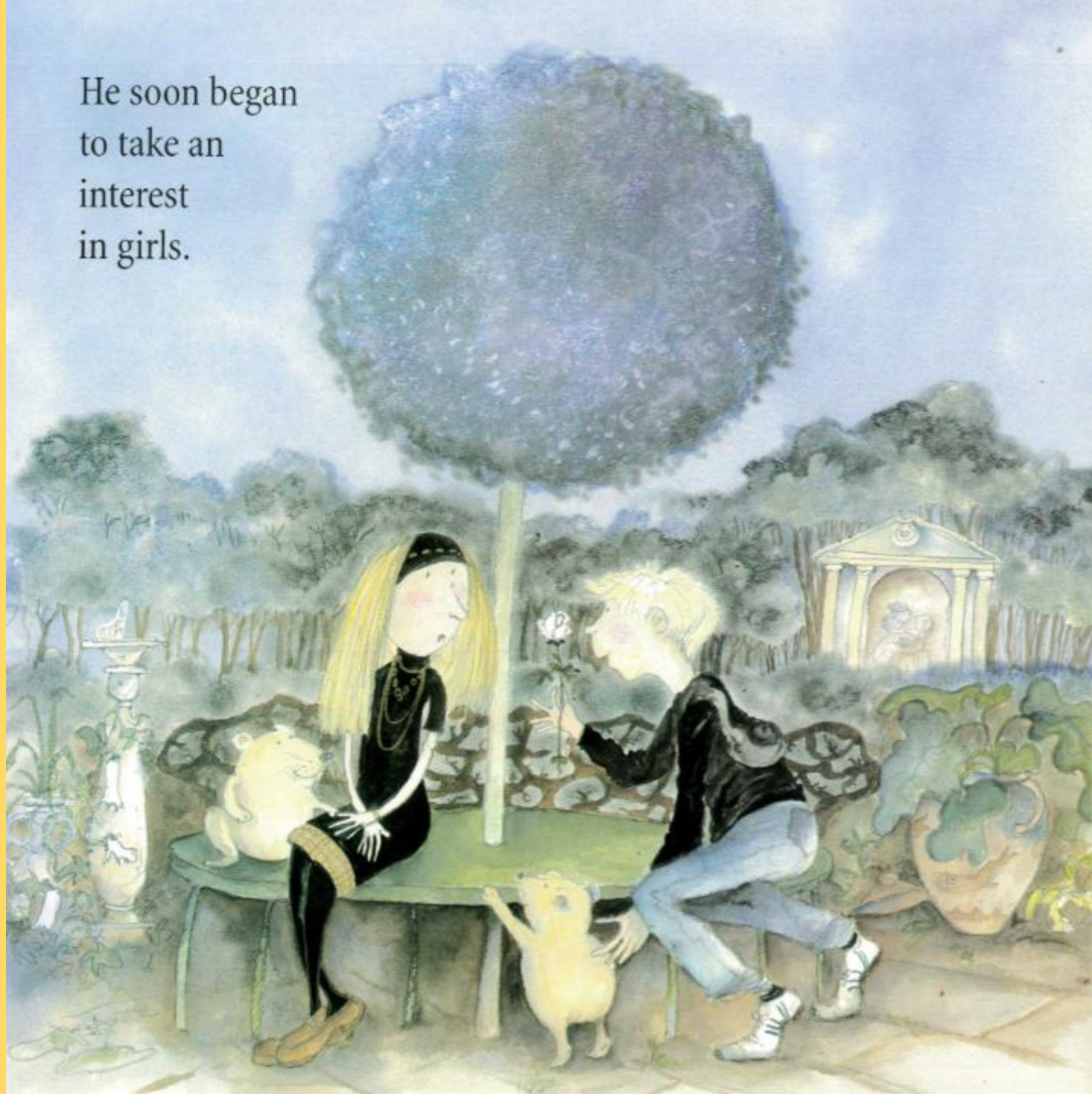


He too grew hair
in funny places.

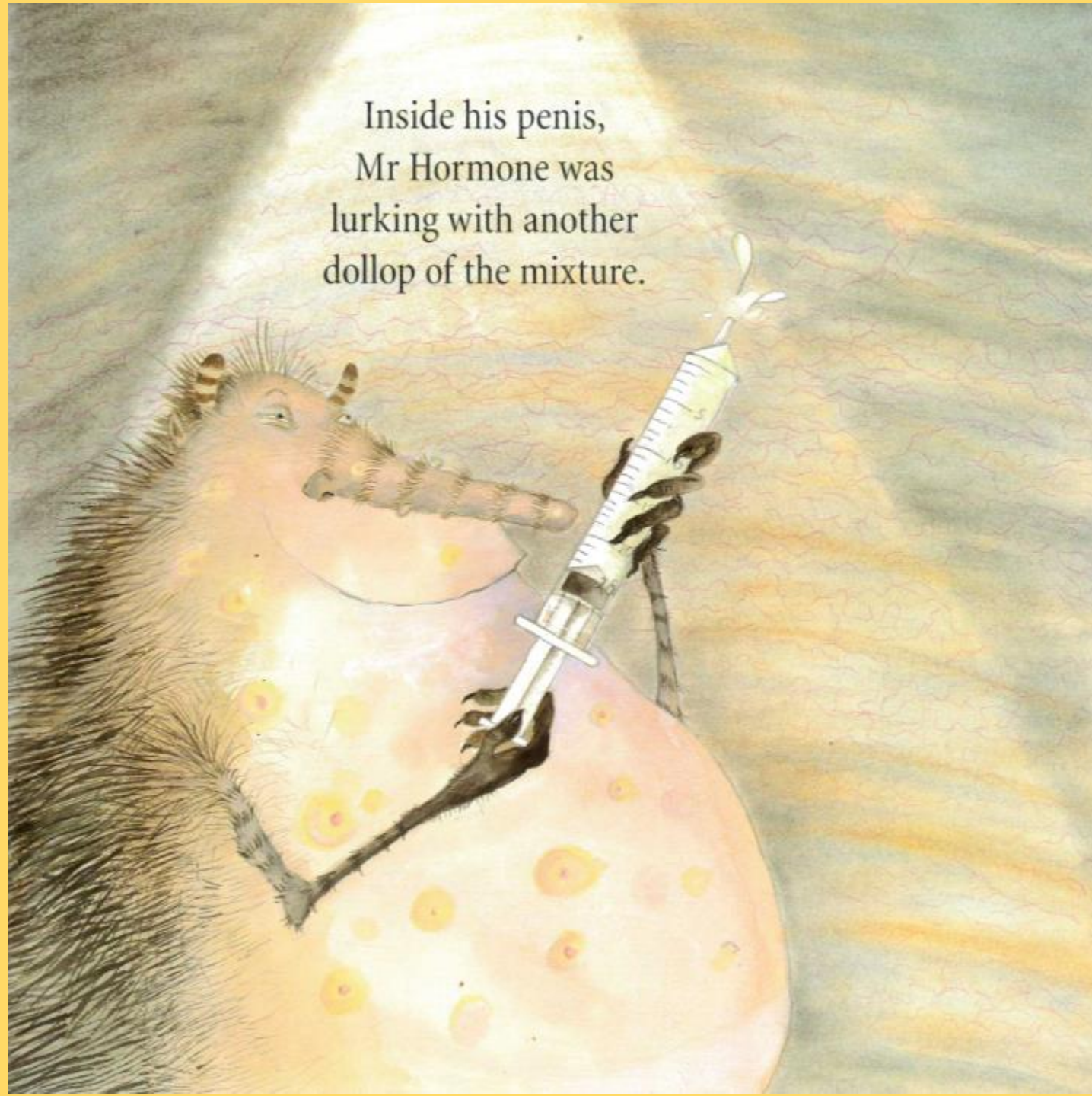
As for his voice,
it was deep one
minute and
squeaky the next.



He soon began
to take an
interest
in girls.



Inside his penis,
Mr Hormone was
lurking with another
dollop of the mixture.



This made it grow big and small whenever it wanted.
Then some sticky stuff actually came out.
It meant one day he could be your dad!

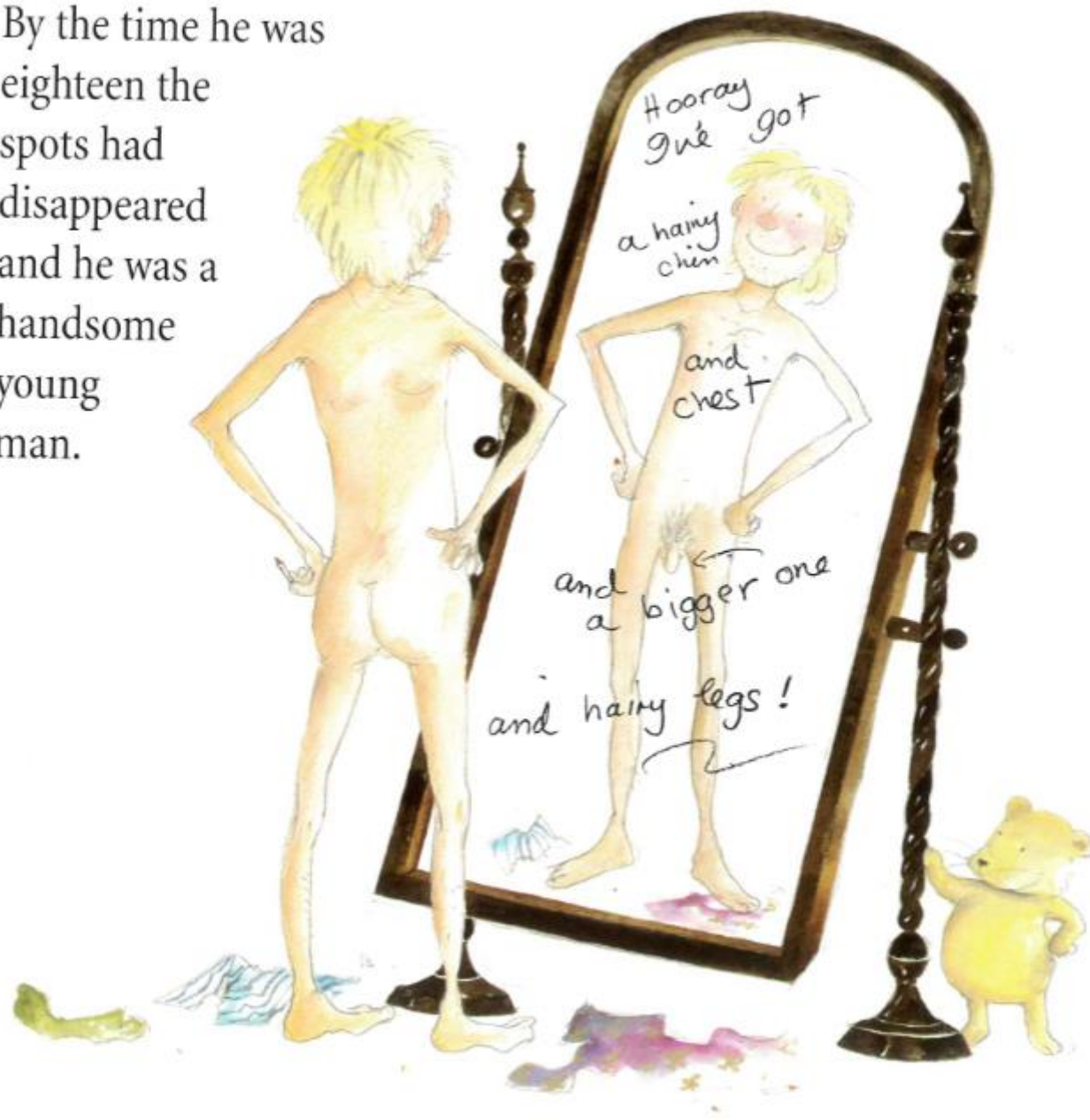




He wanted to kiss girls but the Hormones
had made him spotty and smelly.

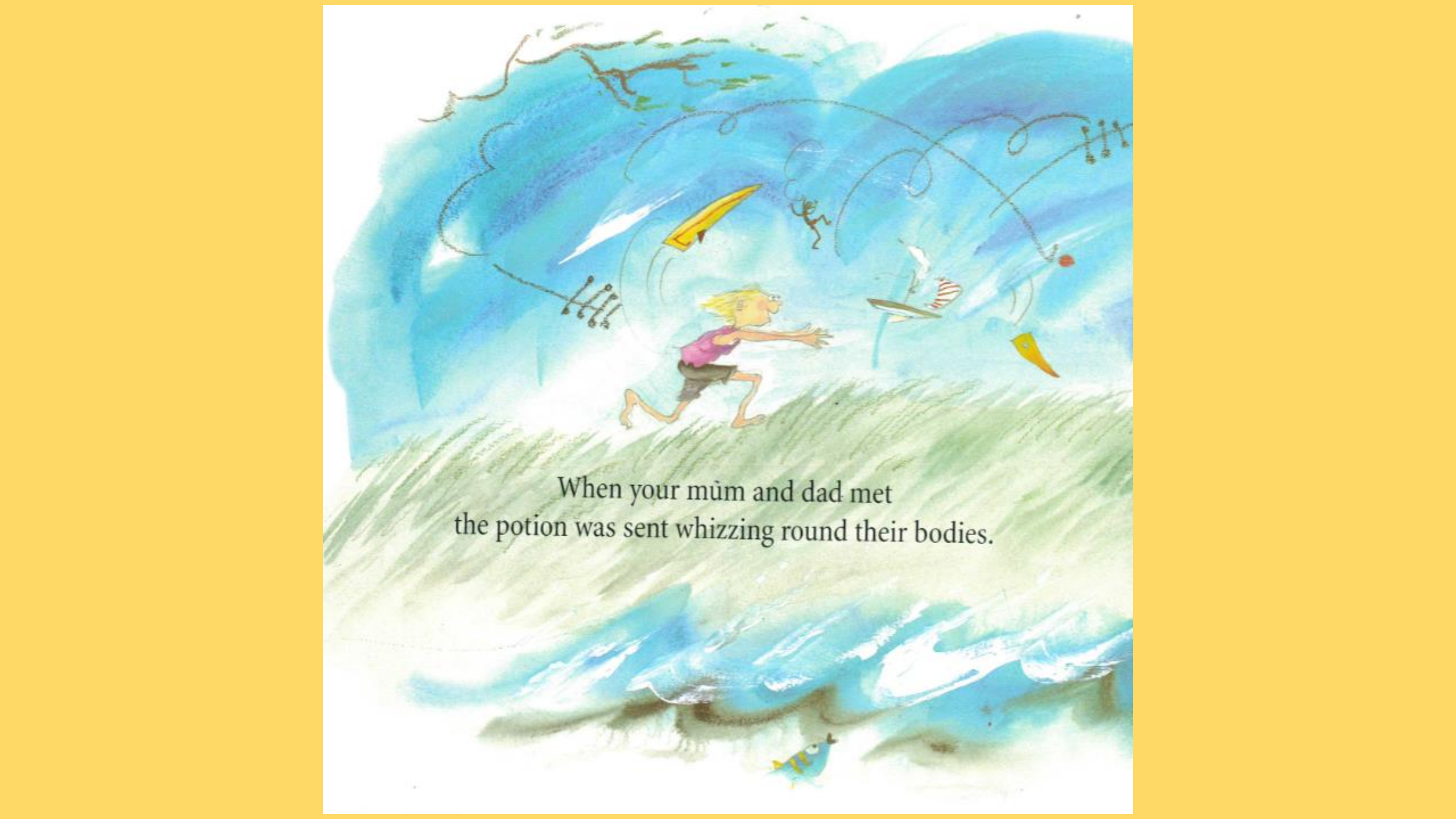


By the time he was
eighteen the
spots had
disappeared
and he was a
handsome
young
man.



Then Mr and Mrs Hormone's dog
invented the wildest potion of all.



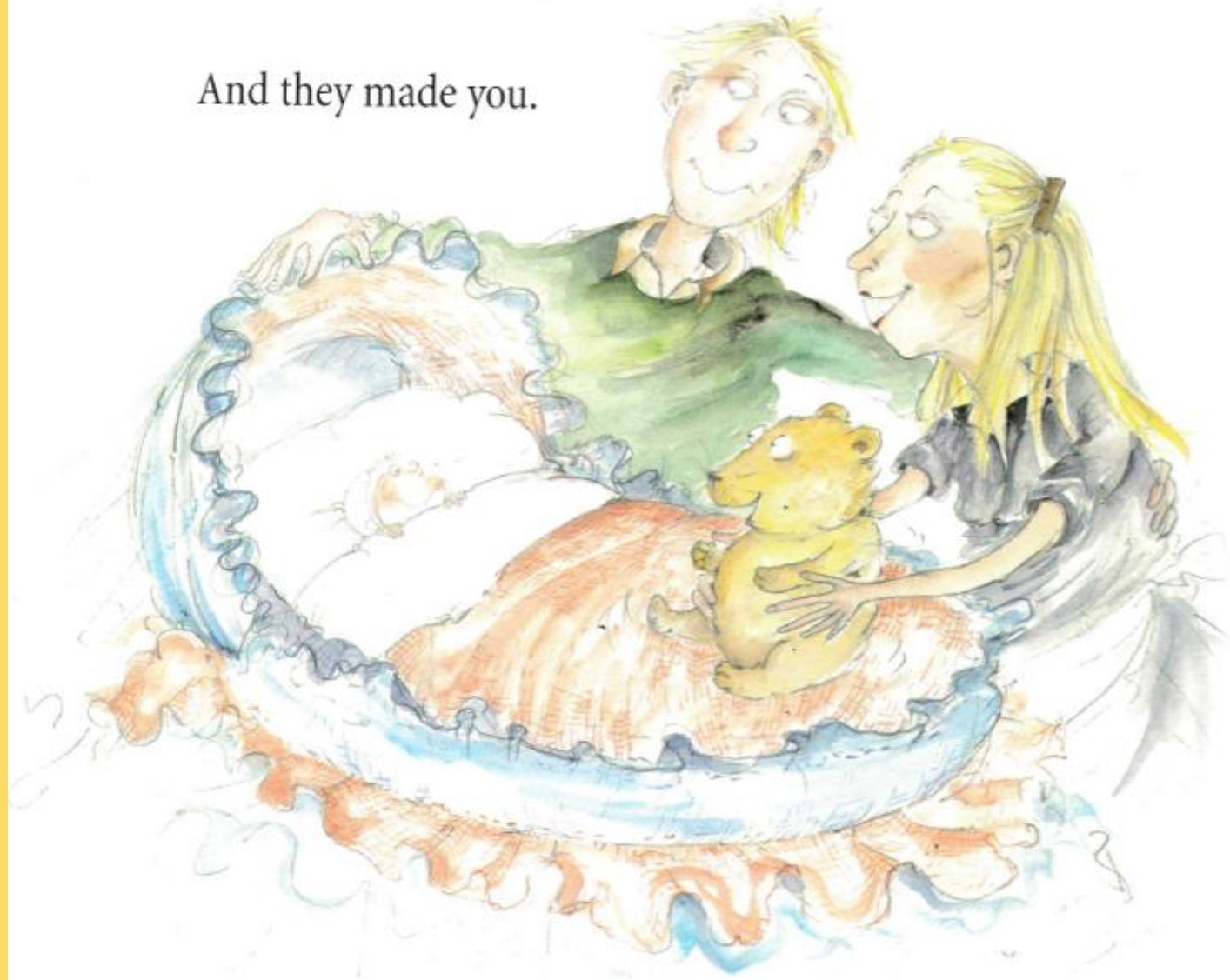


When your mùm and dad met
the potion was sent whizzing round their bodies.



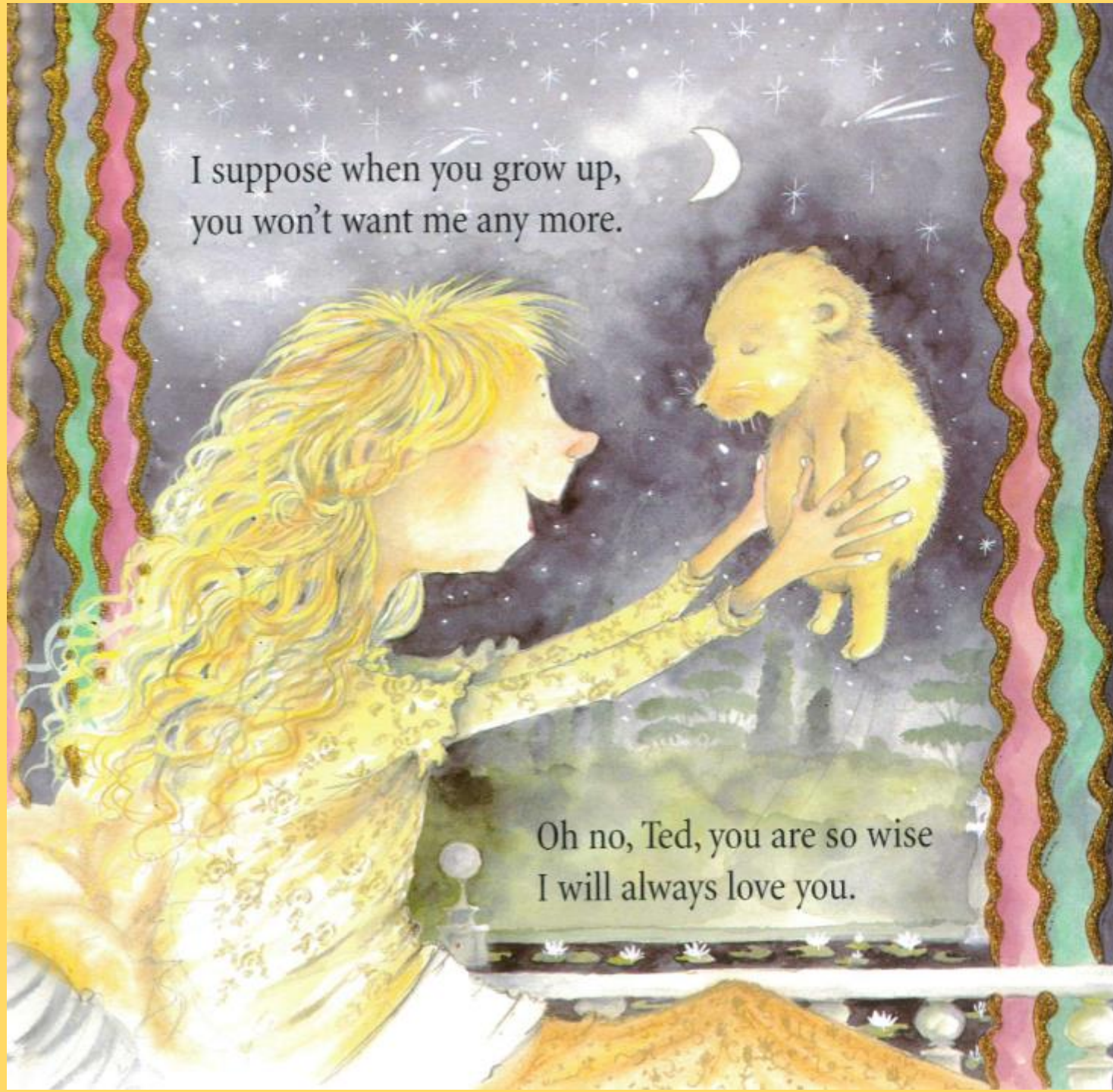
They went crazy
about one another!

And they made you.



I suppose when you grow up,
you won't want me any more.

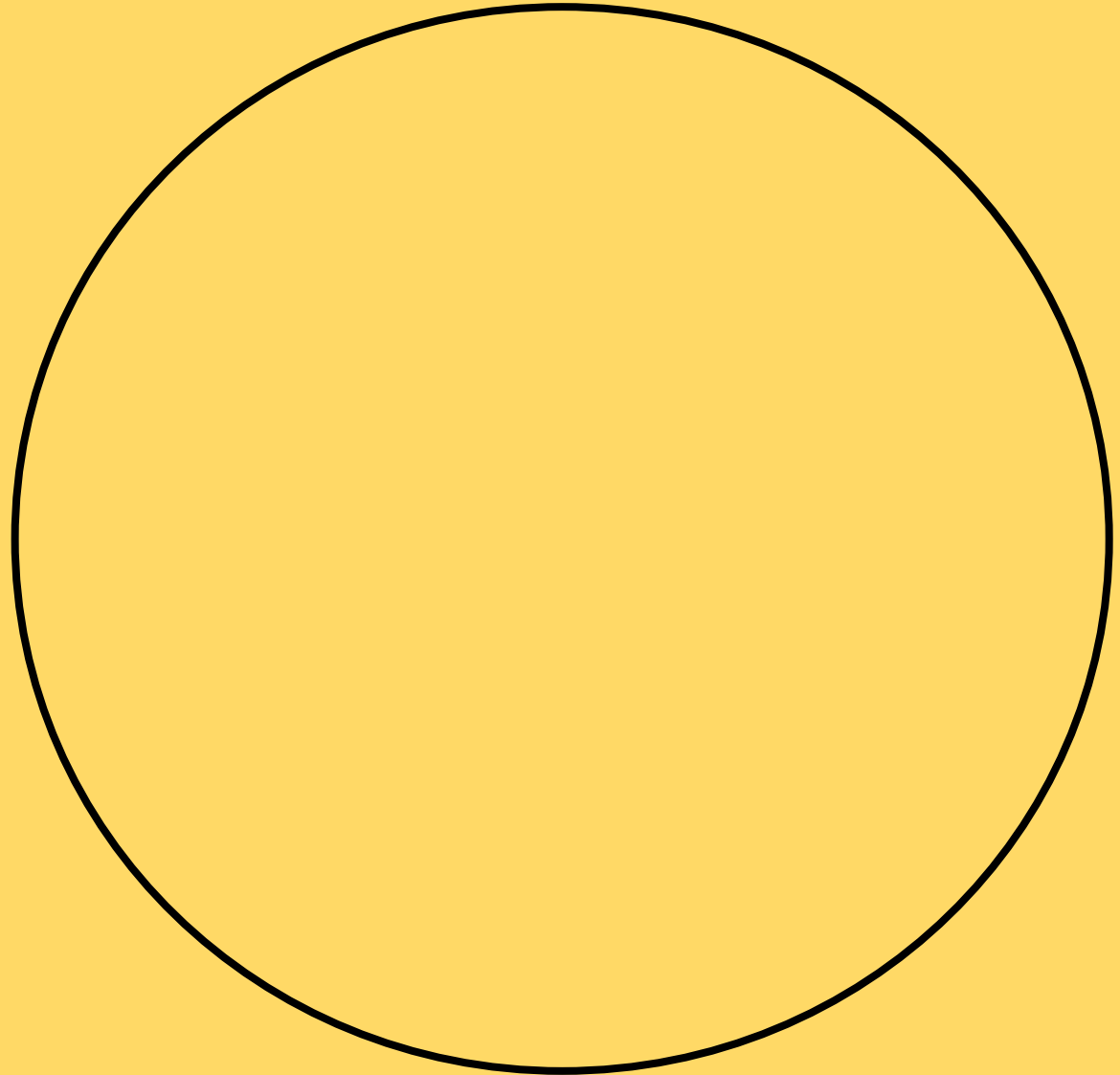
Oh no, Ted, you are so wise
I will always love you.



Circle of Feelings

How might a young person feel during puberty?

Record the feelings in your circle.



How is puberty like a rollercoaster?



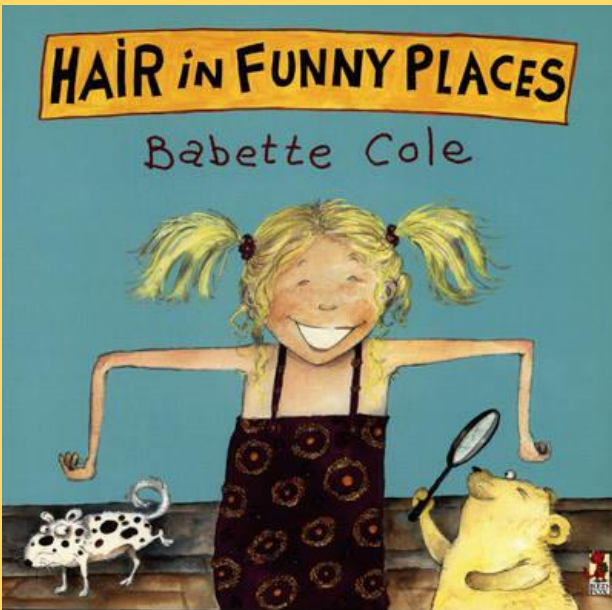
Feelings towards others

Let's look back to pages 27-28.

How are they feeling?

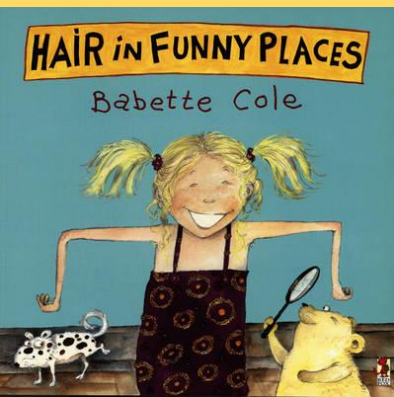
How do these feelings change?

Is this okay?



People may not know why they feel like this, but it is all natural and a part of growing from a child to an adult: part of the hormonal changes that are happening in the body. People can have crushes on people they know, or people they don't know, such as pop or sports stars. Someone can have crushes on people of the same sex or the opposite sex, on people who are the same age, older or younger.

Having a crush on someone is perfectly natural.



Listen to the scenarios, what would you do?

Talk to friends

Talk to a family member

Talk to a teacher

Find out from a reliable, trusted website

Read a book about it

Something else

Nothing

Listen to the scenarios, what would you do?

- Taz feels moody all the time and Dad has told Taz to 'snap out of it'
- Brook is feeling worried about the physical changes that will happen
- Faris feels angry about really small things and shouts at his mum which upsets her
 - Jules has a crush on someone in the same class
- Rabiah is feeling anxious because she has just started her period and is at school

Let's recap what we know...

Puberty Relay (3minutes):

Put four pieces of sugar paper up around the room and split the class into four groups with one marker pen per group.

When you say 'Go!', the first pupil in each group runs up to the paper and writes one thing they know about puberty, then quickly runs back and gives the pen to the next pupil, who runs up and writes something different that they know about puberty on the paper.

The winner is the group who has the most facts about puberty.

Have you got any questions
you want to ask or that you
want to write down?