

## Lesson 2

# What Is Puberty?

### Learning Intention

To explore how puberty is linked to reproduction

### Learning Outcomes

Know about the physical and emotional changes that happen in puberty

Understand that children change into adults to be able to reproduce if they choose to

### Resources

[Puberty Card Sort](#)

[Puberty Card Sort whiteboard summary](#)

[Body Changes worksheet](#)

[Puberty Changes Teacher Guide](#)

## Activities

### 1. Group Agreement and Re-cap

Go over the group agreement for these sessions being sure to include rules around personal information and questions. Recap learning from the previous lesson and remind pupils that puberty can happen at any time between the age of 8 and 16 and that it starts and ends at different times for everybody.

### 2. Introduction

Introduce the learning outcomes for this lesson, ensuring that pupils understand the words physical, emotional and reproduce. Explain that in this lesson the class will learn about two more important changes, which happen inside the body and enable humans to reproduce. The lesson will also explore how puberty affects our emotions and how we might feel as these changes happen.

### 3. Puberty Card Sort

In groups of three or four, give out a set of shuffled [Puberty Sort cards](#). There are eight statements and eight pictures. Groups should order the statements by number and read them before finding the corresponding picture cards. Once the cards have been matched, go through their answers using the [Puberty Card Sort whiteboard summary](#). The following questions can support the process: If someone needed advice on any of these changes, who could they ask? Which of the changes are physical and which are emotional? How does a female know when their period has started? How might the menstrual products pictured help? How does a male know that they have started to produce sperm?

For more guidance refer to the [Puberty Changes Teacher Guide](#) but remember this is an *introduction* to puberty so don't feel the need to explain each change in great detail, they will learn about puberty in more detail in Years 5 and 6.

### 4. Explaining Reproduction

Explain that one of the most important differences to start inside the body during puberty is that males produce a seed, called sperm, and females produce a special kind of egg, called an ovum; the sperm and egg are needed to make a baby. If adults decide to have a baby, the egg and the sperm usually join together inside the woman's body. With this age group it is not necessary to explain how the sperm gets from the man's body into the woman's body to join with the egg; if pupils are interested, you could tell them they will learn more about this in Year 6.

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### 5. Body Changes

In pairs at tables, give out the [Body Changes worksheet](#). Ask the pairs to tick the male, female or everyone columns for each of the body changes. Display the worksheet on the whiteboard and take feedback from the groups, correcting any misunderstandings where necessary.

### 6. Puberty Discussion

Discuss with the class why puberty can be an exciting time and that there is a lot to look forward to. On the whiteboard, make a list of positive and exciting aspects of entering puberty and growing up, e.g. being given more responsibility, staying out later, getting taller, choosing what kinds of clothes/make up to wear.

### 7. Review Learning

- When does puberty happen?
- Why do these changes happen?
- Can we choose whether these changes happen or not?

### 8. Go-round

Finish with a go-round: *One good thing about getting older is ...*

## Additional Activities

### Suggested reading:

*Where Willy Went*, Nicholas Allan

*Hair in Funny Places*, Babette Cole