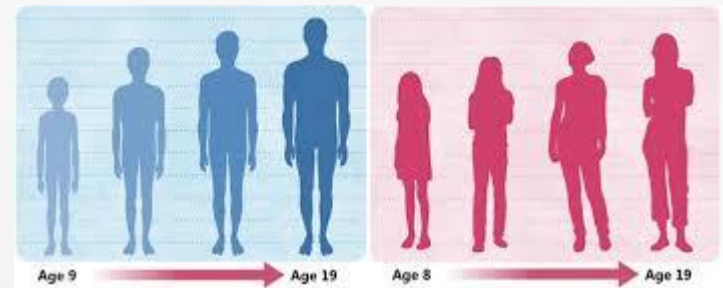


Instructions: In the **Front** of your exercise books, as the register is being taken

Write down the numbers **1 to 12-** then add **B** or **G** for who the change happens to. Write **G & B** if you think both!

Changes at Puberty

1. The breasts grow larger
2. The shoulders grow broader
3. The hips grow broader
4. Hair grows under the arms
5. The body becomes more muscular
6. The monthly periods start
7. Voice breaks and becomes deeper
8. Hair grows around the sex organs
9. Hair and skin become more greasy
10. Sperm are produced
11. Ova (eggs) are produced
12. Likely to feel attracted to opposite/same sex



Puberty

16/07/2026

New Vocabulary: Puberty, hormones, desire, emotional, angry, insecurity, pain, acne, body conscious, pituitary gland, prefrontal cortex



Explain where to seek advice and support about the changes that occur during puberty



Identify ways of managing the changes that occur during puberty



Describe the physical and emotional changes that occur during puberty



Instructions:

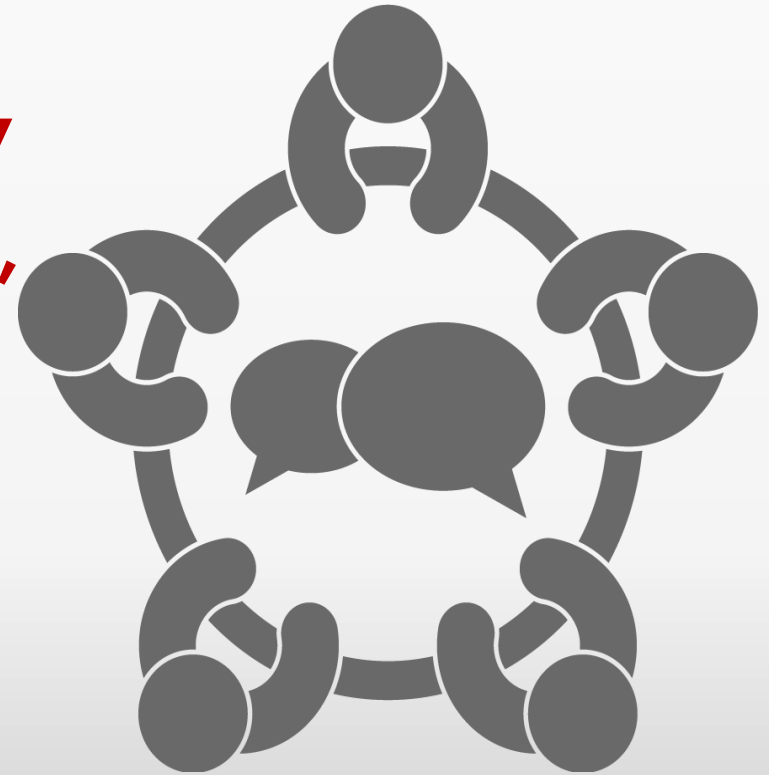
- 1) Write the title and date and underline with a ruler.
- 2) Read the progress questions and consider how well you can already answer any of them.



Changes at Puberty	Boys	Girls
1. The breasts grow larger		
2. The shoulders grow broader		
3. The hips grow broader		
4. Hair grows under the arms		
5. The body becomes more muscular		
6. The monthly periods start		
7. Voice breaks and becomes deeper		
8. Hair grows around the sex organs		
9. Hair and skin become more greasy		
10. Sperm are produced		
11. Ova (eggs) are produced		
12. Likely to feel attracted to opposite/same sex		



**Key Task: Do you
agree with the
statement 'Everybody
goes through puberty,
its easy'**



At the end of the
lesson this will be our
main written task



Structured Talk Instructions:

1. Read and consider the above question so that you can participate.
2. Discuss on your table, ensuring everyone contributes and can answer.
3. No hands for feeding back (if you can't answer it's an 'Off Task' negative).

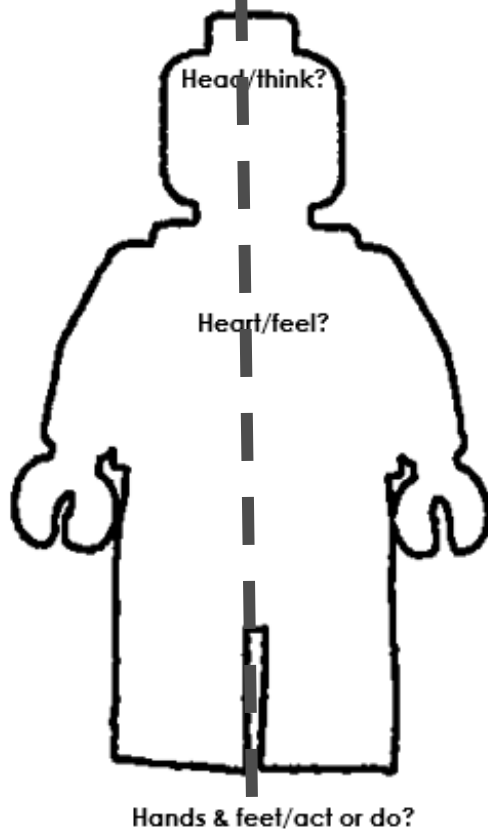
Instructions: as you watch the film look at you answers from before and see if you can add a full sentence explaining two ticks; use this film as MAD time



Puberty Changes 101

Male

Female

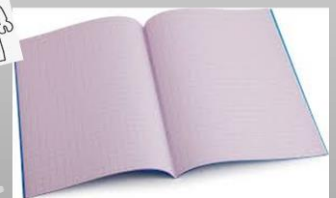


What if...

Start by folding your body outline in two so you have a male and female side

You will add notes on this sheet throughout the lesson.

Remember to not simply write what is happening, try to explain why it is happening





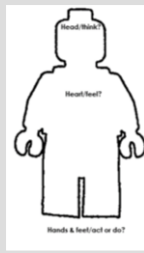
Puberty!

Instructions: as you watch the film look at you answers and see if you want to make any changes; use this film as MAD time. Add your thoughts to the correct side of the figure in the handout.



Instructions:

As you watch the film, make notes that explain the specific changes that occur and WHY they are happening; ensure it is on the correct side of your outline





The changes that occur might affect the way you **feel, think and act**;
Can you think of any example of this?

Add an example inside your human being, **on the correct side.**



Head, hands, heart



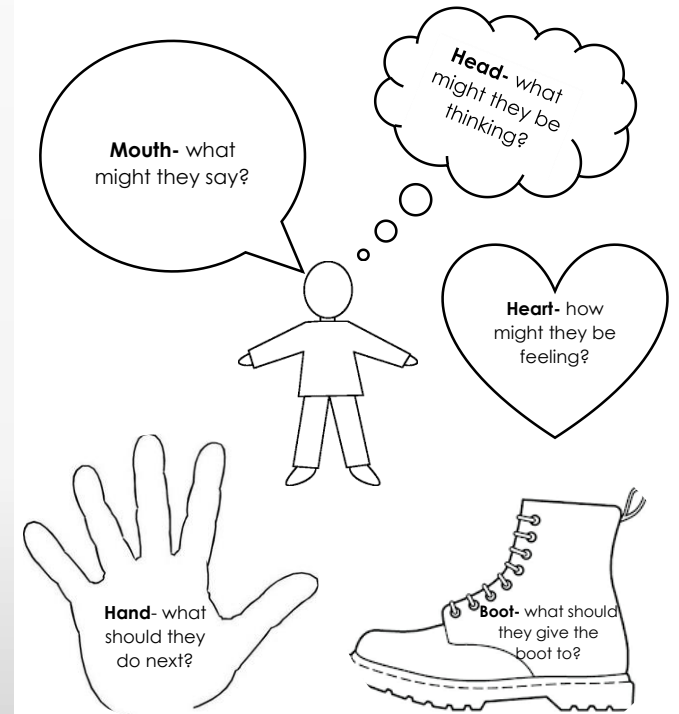
Key Task: Do you agree with the statement 'Everybody goes through puberty its easy'?

At puberty, a variety of changes might take place.

These include... for boys.
They include... for girls.

Some people find these changes difficult because...

Empathy, one of our school values we looked at last time, can be important here because...



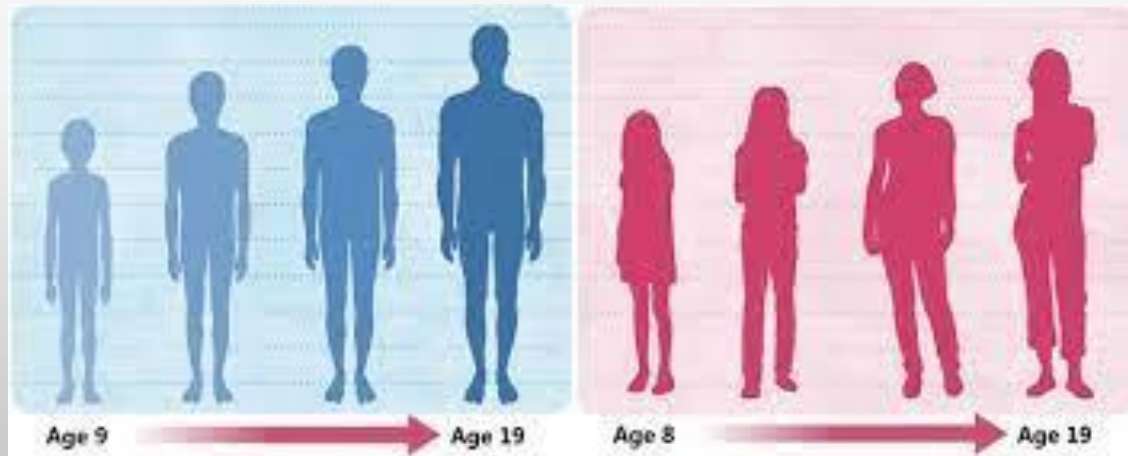
Instructions:

Copy and complete, or write in your own words, the answer to the question above.

Take a Risk activity: share your ideas with the class

‘Everybody goes through puberty- it’s easy’

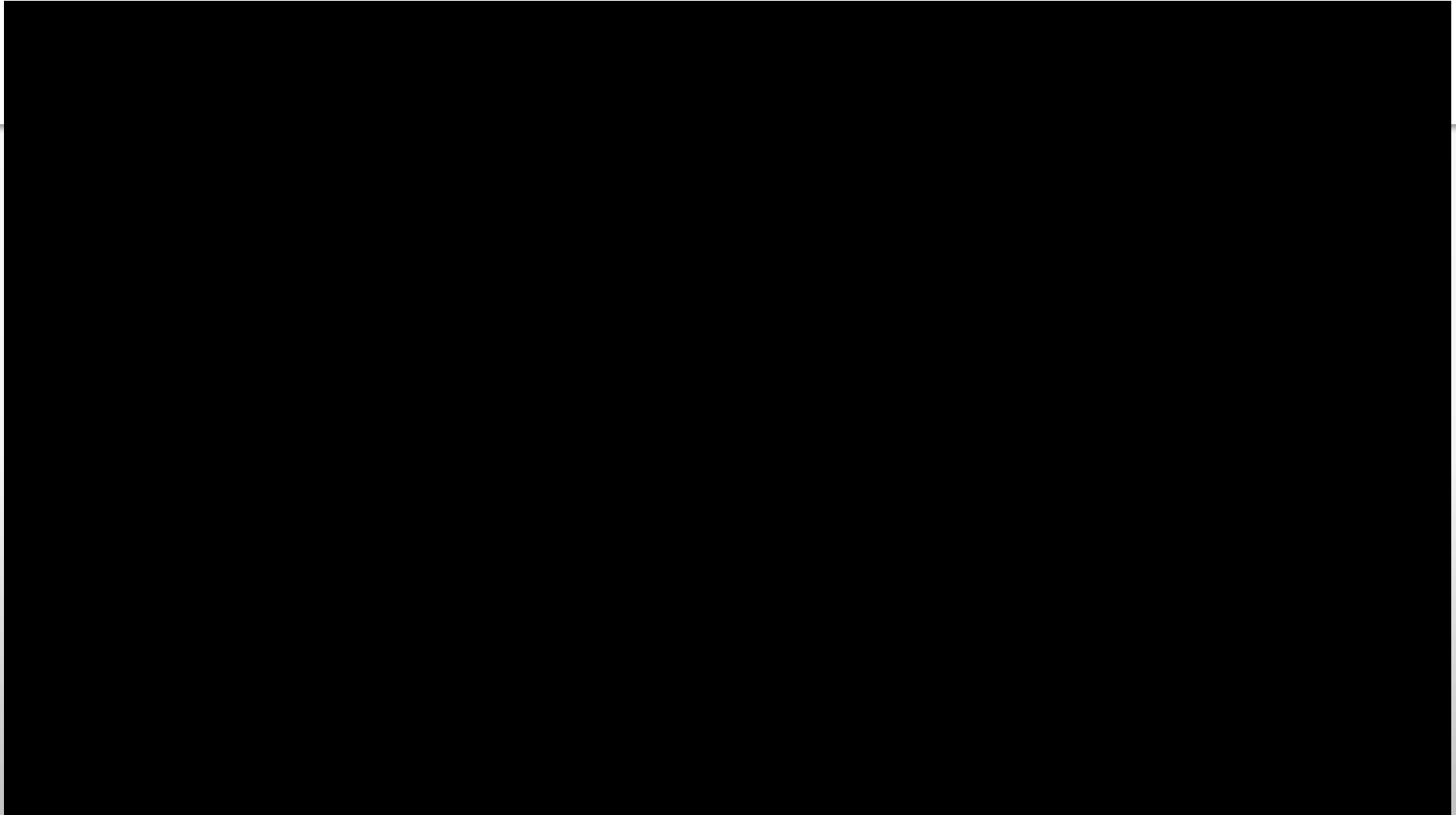
How far do you agree with this statement? Be prepared to justify your answers



Instructions:

- 1) Whilst the register is taken, quietly think about the statement.
- 2) Write down how much you agree or disagree with this statement.
- 3) What do you think the title is for today's lesson?

Add extra notes to your outline, using the video below



Instructions: Write full-sentence notes in response to the questions above.

Progress Review Question:

New Vocabulary: Puberty, hormones, desire, emotional, angry, insecurity, pain, acne, body conscious, pituitary gland, prefrontal cortex



Explain where to seek advice and support about the changes that occur during puberty



Identify ways of managing the changes that occur during puberty



Describe the physical and emotional changes that occur during puberty



Instructions:

1. Choose the most challenging progress question you can answer.
2. Aim to write a short paragraph using full sentences





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Puberty

What you need to know

