

PSHE

Safety and the Changing Body

Emotional changes in puberty

Vocabulary

- attraction
- puberty
- change
- feelings

Key questions

- What do we know about puberty?
- What other changes happen during puberty?
- Who can help with problems?
- What do I know now about puberty that I didn't at the start of these lessons?

I will know...

- I understand that puberty may change my feelings as well as my body.
- I understand that everyone is different and these differences are normal.
- I know who I can talk to if I am worried about anything.

Question box from last lesson.



Ground Rules

- Please remember that:
- Respecting other people's ideas.
- There are no silly questions.
- We don't share stories or information that is shared- unless someone is unsafe.
- That we are all different and that is fine.

What have we learnt so far?

- With a partner write down three things they have learnt over the last two lessons.
- In groups of four make a list of five things you have learnt in the last 2 lessons.
- In groups of eight make a list of seven things you have learnt in the last 2 lessons.

The focus so far has been on the physical changes you will go through, but there are other changes that you will experience.

In groups using the Activity: Puberty scenarios.
Come up with an answer for each scenario.

We will discuss each scenario as a class after you have worked in your groups.

Scenario 1

Gemma, Nyla and Jessica have been friends for years. Gemma and Nyla both say they have started their periods. Nyla says Jessica is a baby because she hasn't started yet. Gemma doesn't think it is fair for Nyla to pick on Jessica. Jessica is worried that something is wrong with her because both her friends have started.

- What can Gemma say to Jessica?
- What can Gemma say to Nyla?
- Who could Jessica talk to?

Extension question

Nyla hasn't started yet, why might she have told her friends she has?

Scenario 2

Mario has lots of friends both boys and girls. Recently he has started feeling differently about one of the girls. He thinks she is really pretty and doesn't seem to be able to speak to her without getting his words muddled and blushing. Some of his friends have noticed and are teasing him about it.

- What can Mario do?
- How could his friends help him?
- Who could Mario talk to?

Scenario 3

Alexia has been friends with Sofia for a couple of years. Recently she has started to look at Sofia differently and is feeling attracted to her. She is thinking that she might be gay.

- Why might Alexia be feeling this way?
- Who could she talk to?
- Is Alexia gay because she feels attracted to a someone of the same sex?

Extension question

Why is puberty a time when Alexia starts to feel attraction to other people?

Scenario 4

Rowan and Kai have been friends for a while, but they sometimes fall out. Recently Kai has noticed that Rowan is a bit smelly and he thinks some other children in the class have noticed too. Rowan and Kai are getting on really well at the moment, so Kai is a bit worried about upsetting Rowan.

- What could Kai say?
- What might happen if Kai doesn't say anything?
- Who else might be able to help?

Extension question

What changes are happening to Rowan which is making him smell differently?

Scenario 5

Poppy and Maya have been friends since they started school. Recently Poppy has been moody and doesn't always want to play with Maya. She has made friends with some other girls that she didn't used to like. It's making Maya feel really unhappy.

- Why might Poppy be moody?
- How might Maya feel?
- What can Maya do?

Extension question

What might happen to Maya and Poppy's friendship as they both grow up and go through puberty?

Remember.

Puberty is a time of change and you will all have a mixture of feelings and experiences.

Sometimes other people might act in a way that is out of character and they might not seem themselves.

It is a time when you might need to make allowances for other people.

There is always someone that you can talk to if you have any concerns.

- What other changes happen during puberty?
- Who can help with problems?

Repeat the 'Draw and write' activity from Lesson 3.
This is to see how much you have learnt during these lessons.

Statement 1 - A boy and girl aged about 13 are walking down the road.
Draw a picture of the boy and the girl.

Statement 2 - The boy and girl are talking about change. Draw or write some differences you could see in the boy and girl from when they were younger.

Statement 3 - Changes can't always be seen, draw or write some other changes the boy and girl might be experiencing.

We will compare you first versions with you current versions, to see how much you have learnt.

- What do I know now about puberty that I didn't at the start of these lessons?

Question box for this lesson.



Summary

- Remember there is always someone you can talk to-
- Your parents or other family.
- Teachers and TAs.

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