Learning Objectives

- To understand the changes that happen during puberty.
- I understand changes that happen during puberty for boys, girls and both.
- I can name the parts of the body.
- I can use my knowledge to answer other people's problems.

Before the lesson

Watch
- Pupil video: Puberty (including the clitoris).
- Pupil video: Puberty (alternative version, excluding the clitoris).

Have ready
- Large pieces of paper labelled: 'Boys', 'Girls', 'Both – you may need two or more sets depending on the size of the class and groups.
- If you have any children who are gender-neutral, think about how you will support them during this lesson.
- Paper and pencils to write questions (see Wrapping up).
- A Question box (see Wrapping up).
- Link: 'NHS website' (optional) – this is an external website and we do not have control over its content – please check before showing to the children.

Print
- Activity: Body parts quiz (see Classroom resources).
- Activity: Body parts quiz: multiple choice (see Classroom resources).
- Activity: Body parts quiz answers (see Classroom resources).
- Activity: Problem pages (see Classroom resources).

Attention grabber

1. Explain that in this lesson we are going to be talking about puberty. Remind the children about the ground rules for PSHE lessons and ask if there are any rules the children wish to add. You may wish to include a rule that the children must use the correct scientific names for the parts of the body.

2. Explain that you want to find out how much the children know and remember about puberty.

Arrange the children in small groups and give each group one of the large pieces of paper headed either Boys, Girls or Both. On their piece of paper, they need to write down all the changes that they know about which happen during puberty relevant to the heading on their

paper.

Give the groups a couple of minutes to do this and then swap the papers between the groups. Tell the groups to read what is on the paper and only add new ideas. Give them two minutes to read what is there and then two minutes to add anything extra. Repeat the exercise again, rotating the papers with different groups so that each group should have had a go with each of the headings.

3. As a class, discuss and address any major misconceptions.

Key question

- What happens during puberty?

Main event

1. Show whichever version of the *Pupil video: Puberty* you choose, especially if you feel the children need additional consolidation of their learning. It is recommended to pause at the following intervals to go over what has been said:

puberty men and women 00:00 – 00: 25

female external organs 00:26 – 00:40

female internal organs 00:41 – 00:50

male organs 00:54 – 01:02

puberty male 01:12 – 02:09

puberty female 02:10 – 02:40

2. Establish what pupils know/remember about the different body parts. Ask the children the questions in the *Activity: Body parts quiz*, keeping the quiz fast-paced and fun. Use *Activity: Body parts quiz: multiple choice* for pupils who need it.

This activity can be done as a class, individually or in pairs.

Correct any misconceptions and clarify using whichever version of the *Pupil video: Puberty* you prefer (with or without the clitoris).

3. Arrange the children in groups and give each group one of the letters from *Activity: Problem pages scenarios*. You might want to create additional letters if there are issues that you need to address within your class.

Explain that the groups are going to write a letter in response to the problem they have been given. Discuss their responses as a class.

Key questions

- What are the correct names for the parts of the body?
- What problems might people have during puberty and how can I help?

Wrapping Up

1. Introduce your Question box, explaining that it is a closed box into which the children can put any questions anonymously. You will answer any questions in the box in the next lesson. Emphasise that there are no silly questions and that if anyone wants to ask something there is a good chance someone else will also want to know.

2. Explain that in the next couple of lessons the children will be revisiting periods and will learn about how babies are made and born.

3. Give each child a piece of paper and invite them to write any questions they may have. If they have no question, ask them to write, 'no question' on their paper so that it is not obvious who is writing a question and who is not. Ask all the children to put their pieces of paper in the Question box and show them where it will be for the next few days in case they think of something that they want to add to it. This is also an opportunity to signpost reliable sources of information such as the 'NHS website'. You might also want to have some suitable books available in the classroom for children to access.

Stress that it is fine to have questions and this is a safe place to ask them.

Glossary

- puberty
- cervix
- fallopian tube
- vagina
- clitoris
- labia
- bladder
- scrotum
- breasts
- change
- ovary
- uterus
- vulva
- vaginal opening
- penis
- testicle
- sperm duct
- nipples

Assessing pupils' understanding and progress	Differentiation
Pupils with secure understanding indicated by: Understanding of changes that take place during puberty. **Pupils working at greater depth indicated by:** Ability to use their knowledge in a scenario to help someone else.	**Pupils needing extra support:** Should be given the *Activity: Body parts quiz: multiple choice* version. **Pupils working at greater depth:** Should be asked to give a range of suggested solutions for the problem page scenarios.

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