

aims

To learn about the physical changes associated with puberty

learning outcomes

- Know the physical changes that happen in puberty
- Know that each person experiences puberty differently

resources

- Book: *Hair in Funny Places*, Babette Cole
- [Body Changes worksheet](#)

activities

1. **Groundrules** In a circle, remind the class of the ground rules for these lessons. 5 mins
2. **Introduction** Explain that in this lesson they will learn more about the stage of our life cycle during which our bodies change from children into young adults / teenagers. Ask if anyone remembers the science word for these changes - puberty. Ask if anyone can spell it. Record this as a title on the board. Remind the class that puberty can happen at anytime between the age of 8 and 16 and that it starts and ends at different times for everybody. Record this underneath the word puberty 5 mins
3. **Hair in Funny Places** Read *Hair in Funny Places* by Babette Cole. As a whole class, list the physical changes that happened to the two parents, caused by 'Mr and Mrs Hormone'. Ask the children to reflect on the female character's concern that she was not developing at the same rate as her friends. Explain what hormones are and that they are activated at different times for different people and for males and females (females often start earlier). Explore how the two parents felt about each other and explain that puberty includes emotional changes such as fancying boys or girls. 15 mins
4. **Body changes** In pairs, give out the [Body Changes](#) worksheet. Ask the pairs to write boys, girls or both on each of the body changes. Delete any statements you think are too advanced for the class. Display the worksheet on the whiteboard and take feedback from the groups, correcting any misunderstandings where necessary. 15 mins
5. **Puberty Discussion** Discuss with the class why puberty can be an exciting time and that there is a lot to look forward to. As a whole class make a list of positive and exciting aspects of entering puberty and starting to grow up, e.g. being given more responsibility, staying out later, getting taller, wearing make-up. 10 mins
6. **Review learning.** 5 mins
 - When does puberty happen?
 - Why do these changes happen?
 - Can we choose whether these changes happen or not?
7. **Go round** – "One good thing about getting older is ...". 5 mins

additional activities

What is puberty? readings

Prepare two short readings about the feelings associated with puberty: *Changes* and *Mel's Story (It's Different for Me!)*, The Care Programme, published by www.d2digital.co.uk, page 63-66). Ask the class to listen carefully to the stories and try to identify the changes associated with puberty that Joshua and Mel learn about. Create a list of changes that happen to boys, girls and both. Discuss each change, correcting any misunderstandings and ensuring that the class understand any difficult words.