

aims

To explore the emotional and physical changes during puberty

learning outcomes

- Explain the main physical and emotional changes that happen during puberty
- Ask questions about puberty with confidence

resources

- DVD: Living and Growing, Unit 2, Programme 4, *Changes*
- [Anonymous questions template](#)
- [Male and Female Body pictures](#)

activities

1. **Ground Rules** In a circle introduce yourself and ask the class questions to help them establish some ground rules for these lessons. Ensure you include the following: listen to each other; treat each other with respect (this includes no laughing at each other, no put downs). 5 mins
2. **Introduction** Explain that the lesson will be about the changes that occur during puberty. 10 mins
3. **Go-round** Introduce the children to the idea of physical and emotional change by using a go-round. Ask each child to complete the following sentence: ‘One change that has happened to me since I was small is...’
4. **Learning Outcomes** Refer to the learning outcomes on the whiteboard and discuss what they mean. Use questions to establish what puberty means, when it happens, to whom, and why? 10 mins
5. **Puberty Brainstorm** In pairs ask children to discuss the question: “What changes do you expect to take place as you grow older?” Share ideas and record them on the board. Organise the lists into changes that happen to males, females, and both. 10 mins
6. **DVD Changes** Explain to the class that they are now going to see a film about puberty, and in particular about the physical changes that occur as we grow older. Show Living and Growing, Unit 2, Programme 4, *Changes*. Stop the film as the children walk away from the shop saying “One day we’ll be grown ups maybe even mums and dads” – “Give you a race”. 15 mins
7. **DVD Discussion** Immediately after the film ask the children to reflect in pairs on what they’ve seen e.g. What did I learn? What surprised me? Discuss the film with the class, asking open-ended questions about puberty. Were there any additional changes mentioned in the film that we haven’t talked about so far? In what ways do feelings change during puberty? Use the [Male and Female body pictures](#) to support the discussion if necessary. 10 mins
8. **Anonymous Questions** Ask the pupils to write [anonymous questions](#) using the template - “After the lesson I wanted to know...”. This can be used as a needs assessment and can inform future lessons. Explain that the children’s questions will be answered during the next two lessons. 5 mins

9. **Closing Round/Review** In pairs discuss what they have learned today and use a go-round to close the lesson e.g. "One thing I learnt today was ... ". 5 mins