

Lesson 3

What is Puberty?

Learning Intention

To learn about the physical changes associated with puberty

Learning Outcomes

Know about the physical and emotional changes that happen in puberty

Know that each person experiences puberty differently

Resources

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

Activities

1. Ground Rules

In a circle, remind the class of the ground rules for these lessons.

2. Introduction

Explain that in this lesson the class will learn more about the stage of the human lifecycle in which children develop into young adults, or teenagers. Ask if they remember the science word for this time of change (puberty). Ask if they can spell puberty and write it 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.

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. Explore how the two parents felt about each other and explain that puberty can include emotional changes such as being attracted to other people.

4. Body Changes

In pairs, give out the [Body Changes worksheet](#). Ask the pairs to tick the male, female or both columns for each of the body changes. Display the worksheet on the whiteboard and take feedback from the groups, correcting any misunderstandings where necessary.

5. Puberty Discussion

Discuss with the class why puberty can be an exciting time and that there is a lot to look forward to. On the whiteboard, 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.

6. Review learning

- When does puberty happen?
- Why do these changes happen?
- Can we choose whether these changes happen or not?

7. Go-round

Finish with a go-round: *One good thing about getting older is ...*

Additional Activities

To explore changes in puberty use the interactive puberty bodies on:

<http://www.bbc.co.uk/science/humanbody/body/interactives/lifecycle/teenagers/>

