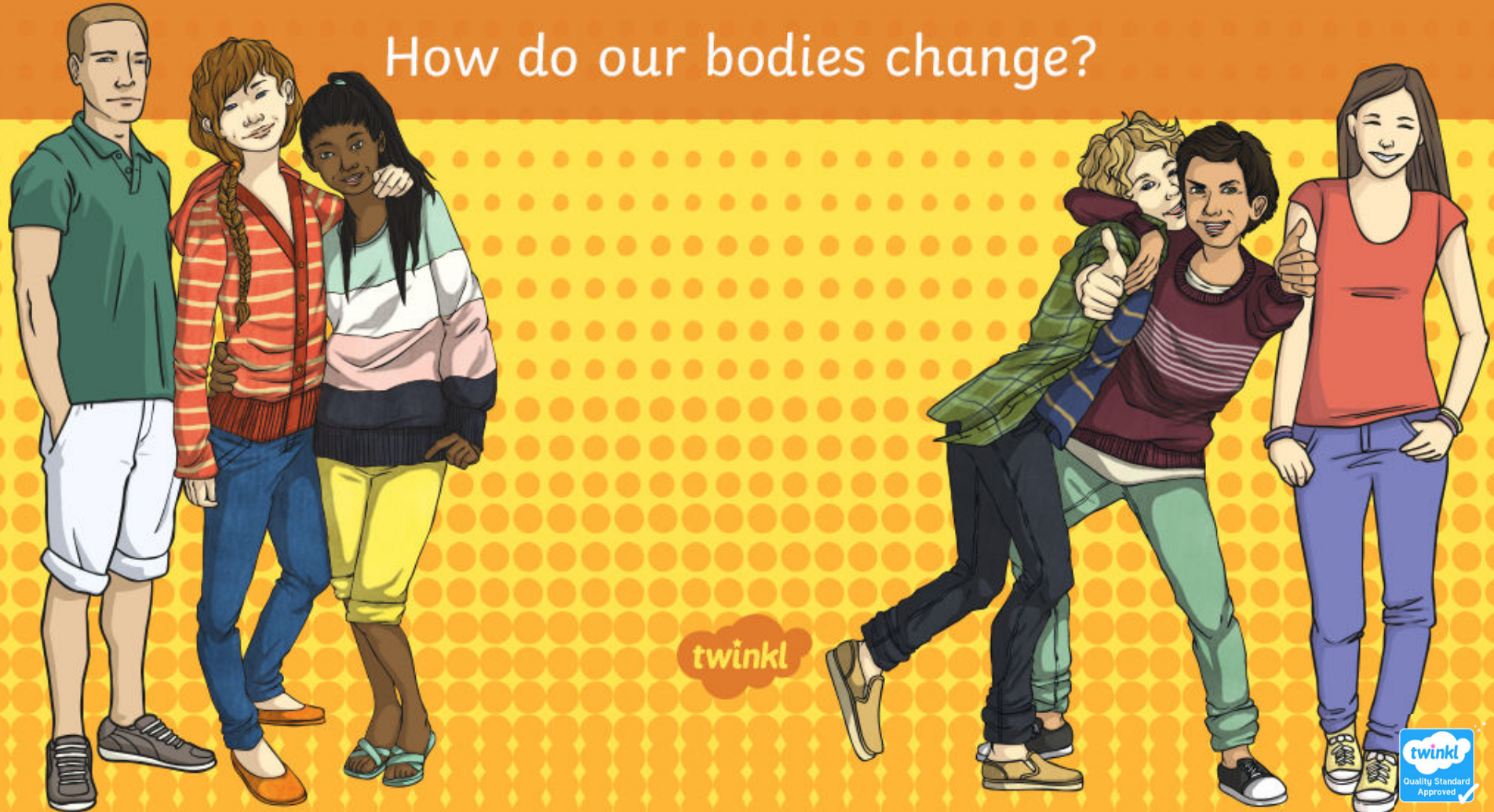


# Puberty

How do our bodies change?



twinkl

twinkl  
Quality Standard  
Approved



Thursday 6<sup>th</sup> June 2021

LO: To learn about the physical changes associated with puberty

I can define puberty: the changes that occur sometime between 8-17 that turns us from children to young adults

I can identify physical changes associated with puberty

I can understand that everyone's experience of puberty is different and that it begins and ends at different times

# Puberty

When do you think puberty happens?

Physical changes?  
Emotional changes?



It starts and ends at different times for everybody.

puberty occurs some time between the ages of 8 and 16

male and female sex hormones become very active and are responsible for growth and development during puberty

puberty changes are a normal part of growing up

each person will start puberty at a slightly different time and will develop in their own way

- it's important to respect these differences

some changes happen only to males, some only to females; some happen to both

the whole process of change can take a few years

Physical changes that happen to both girls and boys

Body Hair

Body size

Oily skin (developing spots)

Sweating



Emotional changes that happen to both girls and boys

Mood swings

Crying

Aggression

Self-conscious

Change in relationships

Sensitive

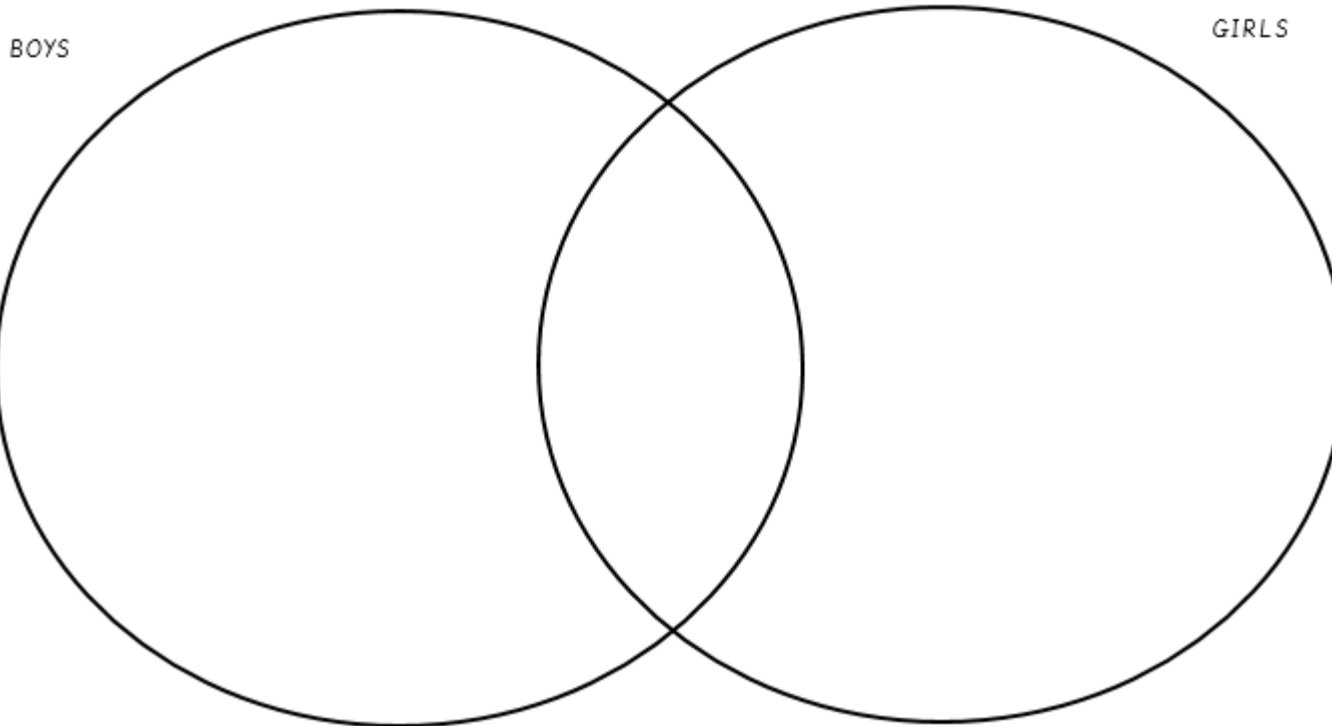
Feeling uncertain

Peer pressure

<https://www.youtube.com/watch?v=TRyOcLSJDzk>

# Main Task

Complete the Venn diagram showing changes for boys and girls during puberty.



# Next Step: Thought bubble

*A child in year 4 is worried about starting puberty. What advice would you give them to reassure them?*



What have you learnt  
about puberty?

When it happens?

Why?

Which changes happen to boys and  
which to girls?

Write an anonymous question  
about the video and puberty on a  
post it note

Next lesson we will get into groups  
of boys and girls and talk about  
the specific changes you will go  
through.