

# GRAFITTI WALL

USING THE SPACE YOU HAVE BEEN GIVEN ON PAGE 4. CAN YOU ADD AS MUCH KNOWLEDGE AS YOU HAVE ON THE TOPICS YOU WILL BE COVERING THIS HALF TERM.

WE WILL THEN ADD MORE AT THE END, TO SEE WHAT YOU KNOW NOW VS IN 5 WEEKS TIME.

THE TOPICS YOU WILL COVER ARE:

1. PUBERTY AND HORMONES
2. PERSONAL AND ORAL HYGIENE
3. GROWING UP AND THE LAW ON VIOLENCE AGAINST WOMEN
4. ASSERTIVENESS AND CONSENT

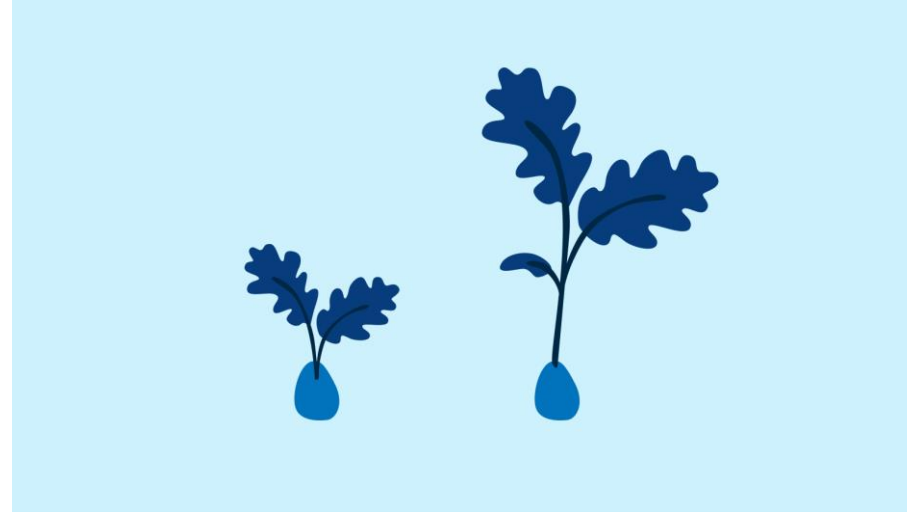
# TITLE – PUBERTY AND HORMONES

DATE:



## In today's lesson we will:

- Describe the emotional, social and physical changes that may happen during puberty
- Empathise with those that are starting puberty and understand how to support them
- Understand that everyone develops differently during puberty.



TODAY'S  
BIG  
QUESTION

Why can puberty be  
worrying time for many  
people?



3 Minutes



DISCUSSION  
QUESTIONS FOR  
TODAY

USE THE SPACE AT  
THE BOTTOM  
OF PAGE 5 TO WRITE  
DOWN YOUR IDEAS

WHAT DO THE FOLLOWING  
TERMS MEAN?

ADOLESCENCE  
PUBERTY  
HORMONES



# WHAT DO THE FOLLOWING TERMS MEAN?

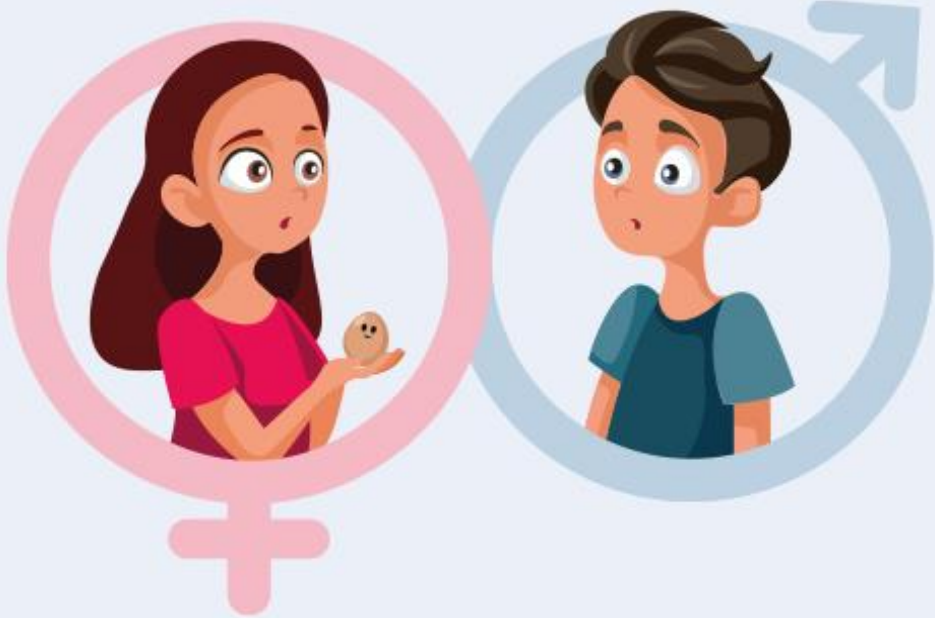
## DEFINITIONS OF KEY WORDS

PUBERTY

**WRITE THESE DEFINITIONS ON  
PAGE 6 OF YOUR BOOKLET**

HORMONES

# INTRO TO PUBERTY



## Did you know?

*About 1 in 2,000 babies are born Intersex, which means the baby has a mixture of characteristics that are typically considered male and female. It's a naturally occurring biological variation. There are 40 different variations, and they can be chromosomal, hormonal, genetic or physical. What this means is we cannot say the changes that people go through are either MALE or FEMALE they can be both.*

Puberty is when your body begins to change from the body of a child to that of an adult. We're talking about stuff like developing breasts or growing facial hair.

**It helps to know about the changes that puberty causes before they happen. That way, you know what to expect.** It's also important to remember that everybody goes through changes no matter what. No two people are exactly alike, but one thing everyone has in common is that we all go through puberty.

Puberty starts because a person's body begins producing a very large quantity of **sex hormones** that they were only producing in small amounts before. As these new chemicals are developing in the body it is creating changes in the body, changes in emotions and sexual feelings.

Most male bodies start to produce a lot more **testosterone** and most female bodies start to produce a lot more **oestrogen** and **progesterone**. These will then trigger physical and emotional changes in the body

One of the biggest differences between a person who has gone through puberty and somebody who has not is that an adult body has the ability to reproduce or make a baby.

## Puberty Recap – Changes that happen (Physical and Emotional)

### Physical Changes

Physical changes to the body

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

### Social Changes

The way you interact  
with others

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

### Emotional Changes

The way you think

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

WATCH THE VIDEO ON THE NEXT SLIDE AND WRITE BITS OF INFORMATION  
YOU LEARN FROM IT ON PAGE 7 OF YOUR BOOKLET

# LET'S FIND OUT WHAT HAPPENS

- USE THE SPACE IN YOUR BOOKLET TO TAKE NOTES
- ALSO ADD ANYTHING YOU KNOW HAPPENS TO BODIES DURING PUBERTY.



- [CLICK HERE TO PLAY THE VIDEO](#)

# Puberty Recap – Changes that happen (Physical and Emotional)

## Physical Changes

Get taller  
Develop breasts (starts as tiny swellings underneath the nipples)  
Weight Gain  
Grow Hair (Arms, legs genitals, facial)  
Acne and Spots  
Hair texture changing  
Sex Hormones are produced  
Voice deepens  
Menstruation starts  
(Ovulation, clitoris hardens and becomes more sensitive, Vaginal wetness)  
Wet dreams  
Hips widen  
Shoulders broaden  
Voice cracks  
Muscle growth  
Sweat will smell  
Brain undergoes Remodelling  
Penis and testicles grow bigger and darkens in colour (Sperm produced, Erections, ejaculation)  
Nipples grow larger and become more sensitive

## Social Changes

May...  
want to take more risks  
  
want independence  
  
have more conflict with others (Parents and teachers and friends)  
  
be more interested in being with friends  
  
feel the impacts of peer pressure more  
  
Concerned with how others view you  
  
start developing sexual feelings for others

## Emotional Changes

May...  
  
Mood swings  
  
Anxiety and stress levels increase  
  
Intense feelings (happiness, anger, fear, disgust, paranoid, sadness) feel hungrier  
  
Feel more self conscious about things  
  
Take more time to make your mind up  
  
Thinking about your identity and who you are



But what happens to our brain??

We've looked at the physical changes that happen within a male and female body. But the physical changes that we see/feel aren't just the only thing that changes... our brain goes through a dramatic change too.

Can you learn the knowledge to answer the challenging questions on page 7.



[CLICK HERE TO WATCH](#)

## REFLECTION POINT

### PAGE 8

Dear Year 7

Why am I different? My friends in school are all wearing bras and most of them have started their periods. Not much has happened to me yet! I've only grown a bit of pubic hair and my breasts aren't doing much. I'm nearly 13 years old and much taller than the rest of them! Am I abnormal?

Shree, age 12

# CAN YOU HELP?

Use your knowledge to help Shree understand what is going on.

Can you tell her about her hormones and how they impact her body. Can you link it to explain how she isn't the only one that will be feeling different?

How would others feel?