

RSHE QUESTION POSTBOX

As we have now moved on to Relationship, sex and health education (RSHE) we will have a POSTBOX in our classroom.

There will be a stack of post-it notes next to it. If at any point you have a question or something you wanted to know about linking to RSHE then please take a post-it note write your question and pop it in.








You don't have to put your name on them if you don't want to.

THE TOPICS WE WILL COVER OVER THE NEXT TERM ARE:

- **Hormones and puberty**
- **Personal and oral hygiene**
- **Testicular torsion**
- **Sanitary products and menstruation**
- **Laws in place to protect people**
- **Features of a healthy relationship**
- **Signs of unhealthy relationships**
- **Assertiveness and consent**
- **Online relationships – keeping safe and AI**



Are there any others
you would like to
add??

Openness 	Keep it in the room 	Non-judgemental 
Right to pass 	SAFE LEARNING ENVIRONMENT	Make no assumptions 
Use appropriate language 	Ask questions 	Seek help or advice 

TITLE – PUBERTY AND HORMONES

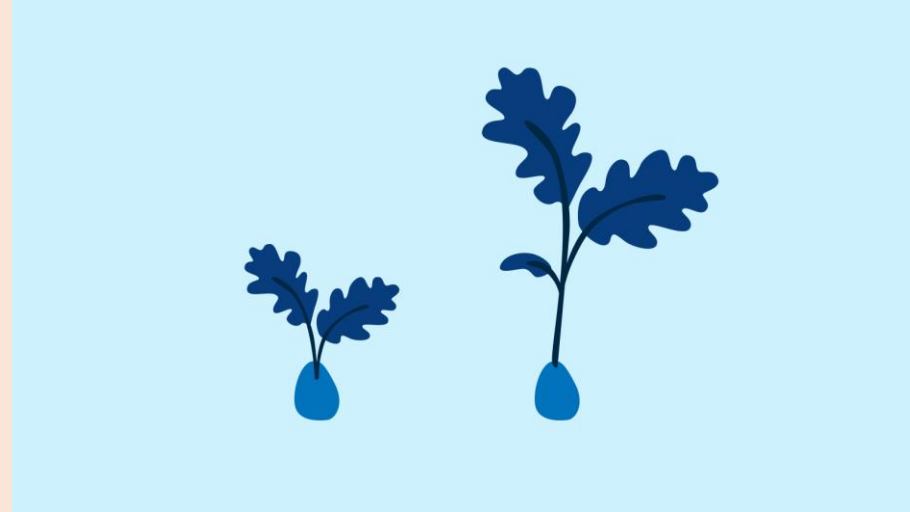
part 1

DATE: 12.01.26



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



3 Minutes

**TODAY'S
BIG
QUESTION**

What do you understand puberty to be?

Puberty happens to everyone — but no two people experience it in the same way.

Why do you think this is?

Have a discussion with your partner then write your ideas down.

Be prepared to share with the rest of the class on the best ideas you agree on





WHAT DO THE FOLLOWING TERMS MEAN?

DEFINITIONS OF KEY WORDS

PUBERTY

ADOLESCENCE

HORMONES

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

ell



WHAT DO THE FOLLOWING TERMS MEAN?

ADOLESCENCE – Is the period of life where a person's body grows and matures from a child to an adult.

PUBERTY – Puberty is the process of physical changes through which a child's body matures into an adult body capable of sexual reproduction.

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

HORMONES – Hormones are chemical messengers that tell the body what to do. In most males: The hormones tell the testicles to make the hormone testosterone and sperm. In most females: The hormones tell the ovaries to make the hormone oestrogen and triggers the growth and release of eggs.



WHAT DO THE FOLLOWING TERMS MEAN?

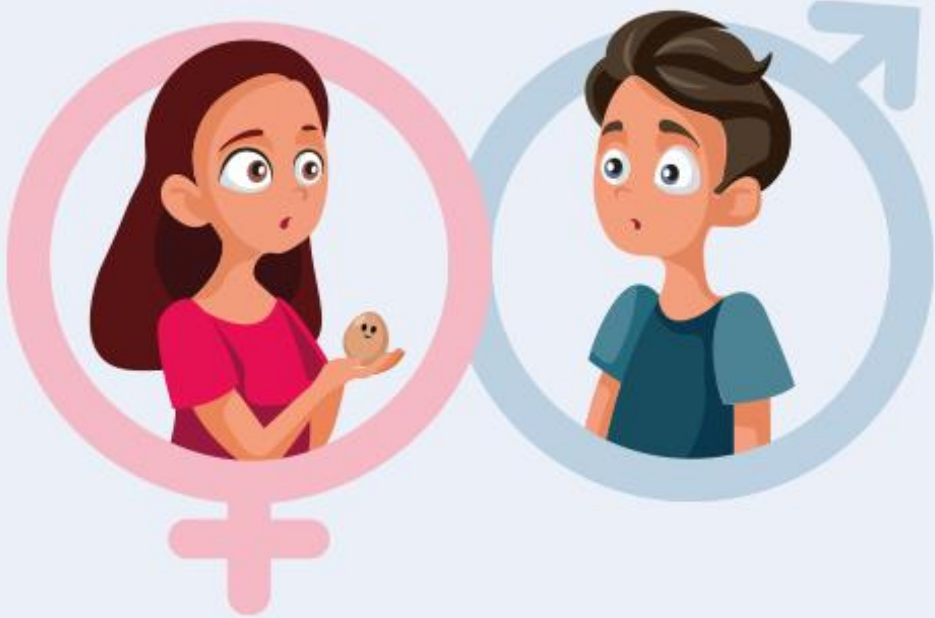


ADOLESCENCE – Is the period of life where a person's body grows and matures from a child to an adult.

PUBERTY – Puberty is the process of physical changes through which a child's body matures into an adult body capable of sexual reproduction.

HORMONES – Hormones from the brain trigger the start of puberty. Hormones are chemical messengers that tell the body what to do. In most males: The hormones tell the testicles to make the hormone testosterone and sperm. In most females: The hormones tell the ovaries to make the hormone oestrogen and triggers the growth and release of eggs.

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

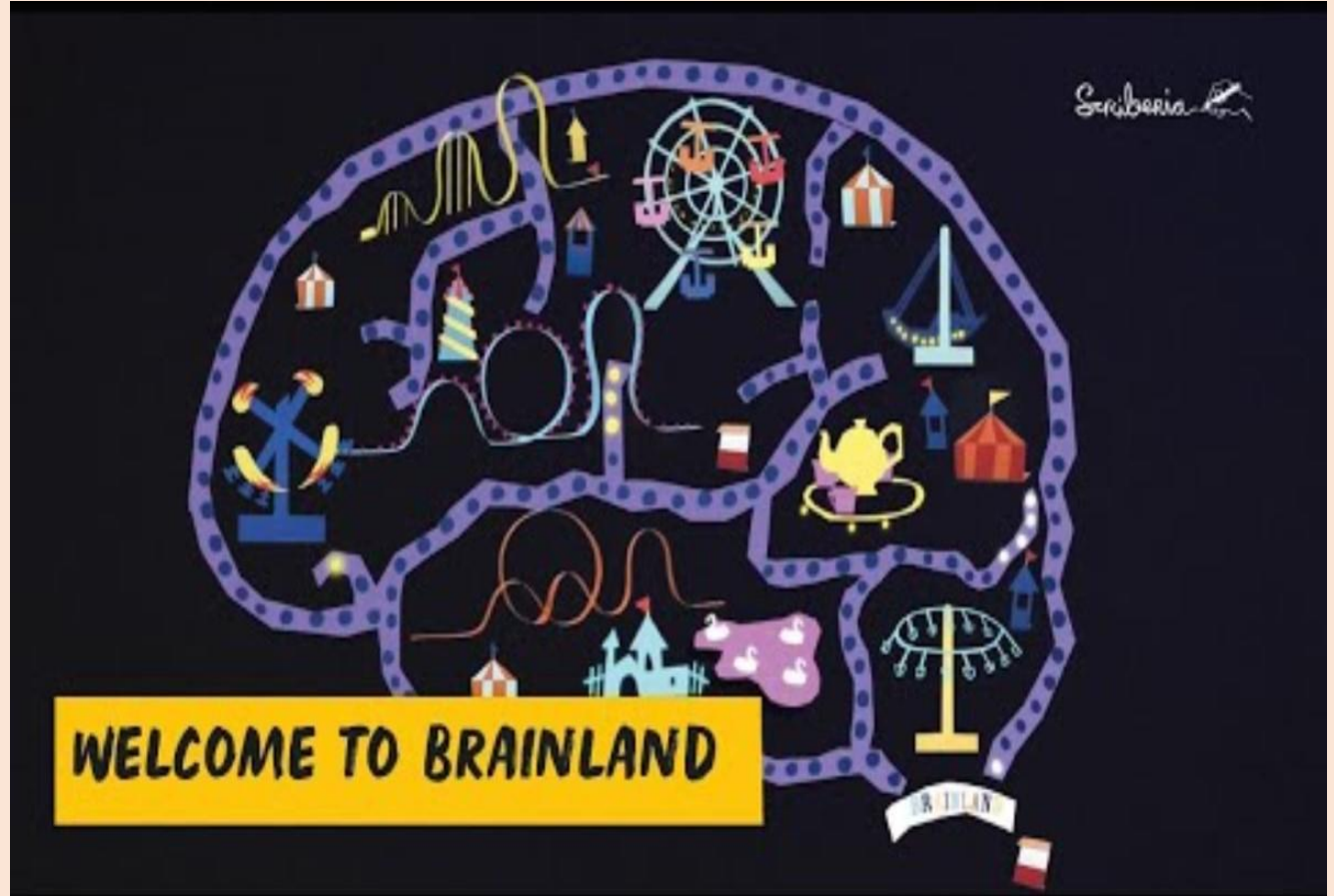
Take more time to make your mind up

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

CAN YOU HELP?

REFLECTION POINT

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 11

Dear Year 7

Why am I different? I've noticed that my body is really starting to change. I have found my mood is changing quite regularly and I have started to grow hair in areas of my body I didn't have before. None of my mates have anything like that yet. I feel a bit self-conscious too because my voice keeps changing, and it's always when I'm talking in class. The other thing I've noticed is I've woken up a few times and have had an erection, what does that mean? Am I the only one this is happening to?

Mikey, age 12

Use your knowledge to help one of these young people with some advice.

What would you say to reassure them and let them know they aren't alone?

What would you tell them about their hormones?

How would others feel?



Complete your
EXIT TICKET
questions on page

.....

These link to the
key knowledge you
need to know for
this block of work