



Title: Puberty?

DATE:

Ready to Learn Reminders

- Sit in the seating plan.
- Take your coat/hat/scarf off.
- Get equipment out (including green pen).
- Write title, date, subheading and underline – keep your book beautiful!
- Complete DNA in silence.



Starter

Do Now Activity

Retrieval Practice



1. What are two things that you learned about in class last term? How do you think they are relevant to you or your life?

Puberty and the changes in me.

Objectives

By the end of this lesson I will:

- Have created a set of ground rules that the class agree on for PSHE lessons.
- Look at what I already know about puberty.

Starter

1. Copy date, title and objectives.
2. Copy and answer the following question in **one complete sentence**:

What is puberty?

Key Words:

Puberty

Guidelines

KW



EFFECTIVE GROUND RULES

CREATIVE
CURRICULUM

PSHE

EFFECTIVE GROUND RULES

CREATIVE
CURRICULUM

Show respect

- By listening
- Not interrupting
- Only 1 person talking at a time

You don't have to say things about yourself if you don't want to
(**You have the right to pass**)

It's OK to get things wrong

Enjoy the lesson,
Challenge your perceptions and
understand how to seek further advice and support

Be open and honest but **no personal comments** – Discussions will be about 'general situations'

PSHE CLASSROOM RULES

DEALING WITH SENSITIVE TOPICS

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

Use the agreed appropriate Language
(**Avoid slang terms**)

Don't show the fact you are embarrassed through silliness

Don't make assumptions about people's values, attitudes, behaviours, life experiences or feelings

There are **no stupid questions**. A question box for anonymous Questions

Have a **non-judgemental approach**. No Put downs and challenge the opinion not the person

Conversations stay in the room unless it is a **safeguarding issue**

What is Puberty?

The time when your body
begins to develop and change
as you move from child to adult.

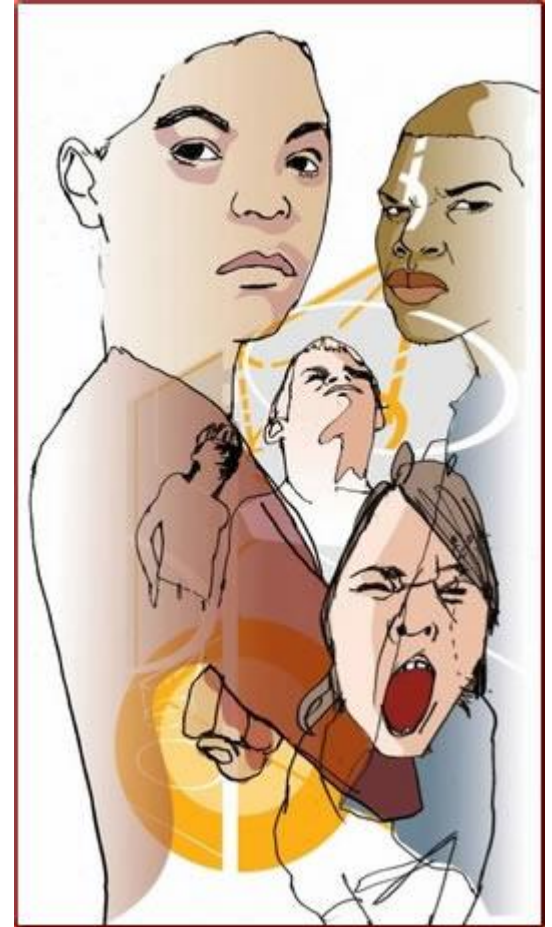


What is Puberty?

<https://www.youtube.com/watch?v=6Dg2eMCx9TE>

Discuss in pairs:

1. What are **physical** changes?
2. What are **biological** changes?



What is Puberty?

- An increase of hormones in the body.
- Body changes (height, hair growth, body shape) **Physical**
- Seeing yourself as an individual
- Seeing others in a different way (parents, teachers, etc) **Emotional**

Puberty causes

- **Physical changes** – including rapid growth spurts, and the development of the body.
- **Psychological changes** – these can cause teenagers to become moody, self-conscious and aggressive.
- **Behavioural changes** – these can cause some teenagers to experiment with new and potentially risky activities, such as smoking, drinking, alcohol.

Plenary Triangle

