



# ALL ABOUT THE CHALLENGES OF PUBERTY

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| <b>Summary</b>            | Students will explore the challenges that puberty brings, understand that they are perfectly normal, and learn how to care for their changing body, both inside and out. They will also learn how to empathise with others who are about to go through puberty, creating guides to help them through it.                                                                                                                                                      |
| <b>Time needed</b>        | 1 hour, with potential extra homework time.                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Age</b>                | 11-14                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Learning outcomes</b>  | <p><b>By the end of the lesson:</b></p> <p><b>All</b> will understand the challenges that puberty brings, that they are perfectly normal, and how to deal with them.</p> <p><b>Most</b> will be able to empathise with others who are about to go through puberty and help create a resource to help guide them through it.</p> <p><b>Some</b> will produce useful guides to puberty aimed at a Year 6 audience, in a variety of media.</p>                   |
| <b>What you will need</b> | <ol style="list-style-type: none"><li>1. Changing Body Lesson 2 <b>Worksheet 1</b>: What challenges does puberty bring with it and why?</li><li>2. Changing Body Lesson 2 <b>Worksheet 2</b>: Puberty Survival Guide</li><li>3. Art card and materials, a selection of magazines for images – you could ask students to bring some in from home.</li><li>4. Video recording equipment, or let your students use their mobile phones for this class.</li></ol> |
| <b>Activity note</b>      | This is a lesson that can be taught in a mixed group.                                                                                                                                                                                                                                                                                                                                                                                                         |



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| STARTER | <p><b>Starter: What challenges does puberty bring?</b> (15 mins)</p> <p>Hand out <b>Worksheet 1 - 'What challenges does puberty bring with it? Why?'</b> Begin by asking students to answer the questions using just their knowledge and beliefs. (They may not know what PMS is at first – this is fine, leave those questions as there will be a research activity next, although you can tell them that it stands for 'pre-menstrual syndrome'.)</p> <p>Next, ask students to research the questions online to find the most up-to-date answers, and then revisit their worksheets. You can direct them to the <b>Always Website (<a href="http://www.always.co.uk">www.always.co.uk</a>)</b> as one place to find information about the how the body changes during puberty. As students are researching, ask them to keep a record of the best sites they find for explaining these challenges that come with puberty, as these will help them with the main activity.</p> <p>Compare their researched answers with their initial answers.</p> <ul style="list-style-type: none"><li>• Are there any surprises?</li><li>• Have the students learned new things during their research?</li><li>• Are there any areas they would like to research further?</li><li>• Are they happy that the sites they have found give reliable information?</li></ul> |
| MAIN    | <p><b>Main activity: Puberty Survival</b> (30 mins)</p> <p>The students' first challenge is to think back to how they felt in Year 6 when puberty was just beginning. What would they tell their 10/11-year-old selves now to reassure them?</p> <p>Hand out <b>Worksheet 2 - Puberty Survival Guide</b>.</p> <p>The second challenge is for the students to create guides to puberty that are appropriate for Year 6 students. These guides could be factual, scientific, humorous or cartoony. They could be created using a selection of art materials and pictures from magazines and online, but they need not be limited to paper resources. Students could present their work digitally - as PowerPoints, or even as short films made on mobile phones. Let them unleash their creativity.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| PLENARY | <p><b>Plenary</b> (15 mins)</p> <p>Share the guides to puberty, and peer assess each other's work in a positive, supportive way. Some students will have finished their guides, others may need more time, and still others may be producing something so ambitious that extra time is needed.</p> <p>Give these students the opportunity to outline what the finished article is going to be like, and perhaps set finishing it as a homework task. Presentations of completed work could be made at the beginning of the next lesson.</p> <p>If you have a relationship with a local primary school, you could choose to share these guides with them.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |