



# Science

Puberty, relationships and sex (RSE)

# Aim

- To describe and explain the main changes that occur during puberty.
- To learn about healthy and committed relationships.

# Success Criteria

- I can describe the main changes that occur during puberty.
- I can give reasons why changes occur during puberty.
- I can analyse the similarities and differences between how boys and girls experience puberty.
- I can explain what is meant by the term ***a healthy relationship***.

# Ground rules!

Everyone has a body. Everyone's body changes.

It's important to have the confidence to ask questions. It's important to make time to listen to each other. This game will help you do both!

# Ground Rules

Feeling relaxed? Good!

Before we begin, here are some ground rules to help us learn and be confident.

What ground rules do you think we should have?

Why are ground rules important?

## Ground Rules for SRE

- G** Giggling is okay!
- R** Respect what others say; no put-downs.
- O** Okay to pass on a question or activity if something feels too private.
- U** Understand others' feelings, be sensitive, listen and respect their differences.
- N** No personal questions or stories from pupils or teachers.
- D** Discuss puberty topics responsibly outside the classroom.
- R** Remember to ask questions if you are unsure about anything.
- U** Use the correct names for body parts - ask if you can't remember.
- L** Let the teacher know if you want to speak to them privately.
- E** Encourage others to participate and get involved.
- S** Speak for yourself; use 'I' statements and don't refer to others by name or by pointing.

# Ground Rules

G

Giggling is okay!

R

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Remember to ask questions if you are unsure about anything.

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Use the correct names for body parts – ask if you can't remember.

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Let the teacher know if you want to speak to them privately.

E

Encourage others to participate and get involved.

S

Speak for yourself; use 'I' statements and don't refer to others by name or by pointing.

**Discuss It:** Do you agree with each statement?

# Spot the Difference

Take a look around. We all have a body that comes in different shapes and sizes.

**Discuss It:** What is the same about these pictures? What is different?

**Share It:** Can you explain what you noticed?



Do you think we  
should all be  
the same?

Is it OK to  
look different?

How are you  
different from  
your friends?



# Ice Breaker



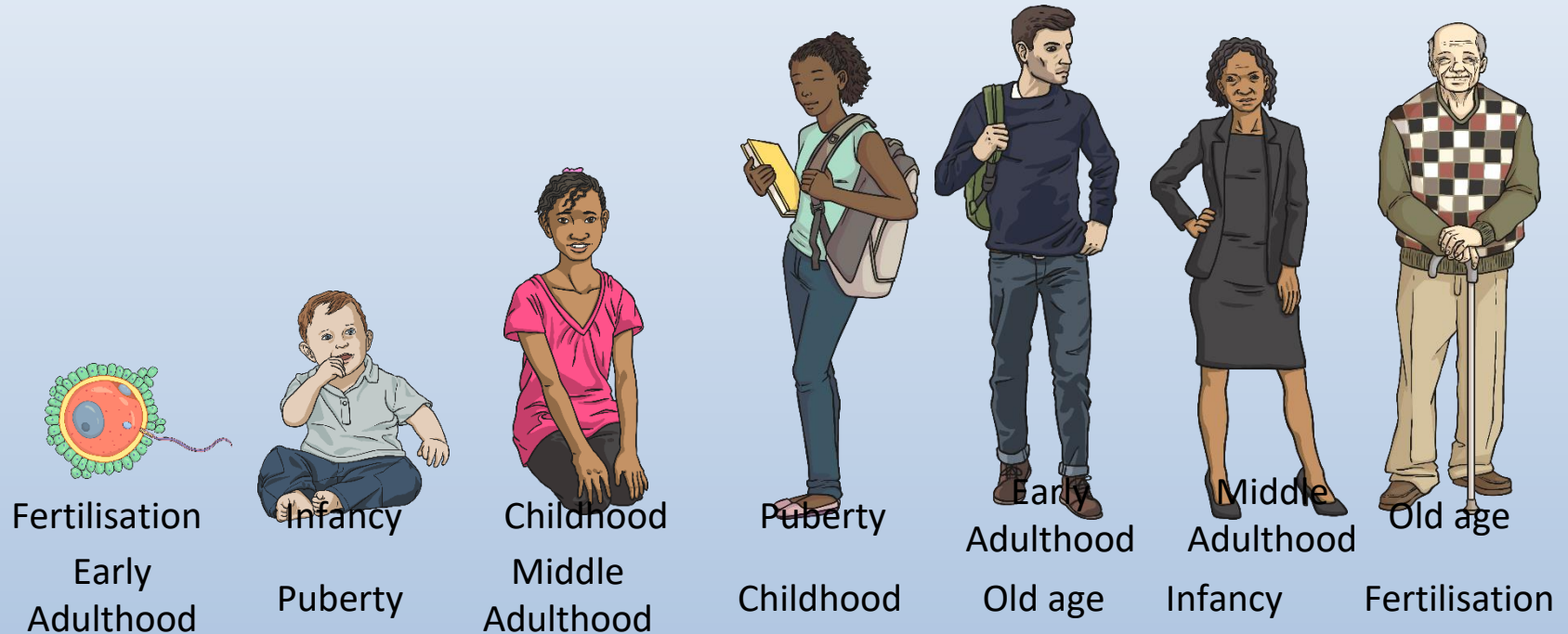
On a post it note, write down everything that comes to your mind when I say the words puberty, sex and relationships.

I will ask you to read out the words you have written so make sure you think carefully about what you write!

# Human Development



Label the pictures with the name of the stage of development they represent:



Which stages of development have you undergone?

Which ones will you undergo?

What is your next stage of development?



# Human Development

## Puberty

Puberty is the stage of development between childhood and adulthood.

Physical growth occurs so that the body changes to that of an adult which enables reproduction.

Two parts of the brain – the hypothalamus and the pituitary gland start to make more of some hormones.

LH is the hormone for growth and FSH is the hormone for hair.



# Fact or Fiction?

Do you know your  
facts about  
puberty?

Are you getting  
your information  
from a reliable  
source?

Or are you starting  
to believe in  
fiction?

# Fact or Fiction?

**1**

If you haven't started puberty by the age of 11 there is something wrong.

**Fact!**

**Fiction!**

# Fact or Fiction?

You're correct - it's Fiction!

Puberty occurs at any time between 11 and 17. It is different for each person and this is perfectly normal.

**Next Question**

# Fact or Fiction?

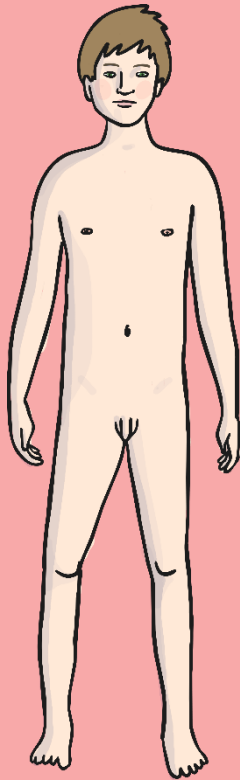
You're incorrect - it's Fiction!

Puberty occurs at any time between 11 and 17. It is different for each person and this is perfectly normal.

**Next Question**

# The Facts

## Puberty for Boys



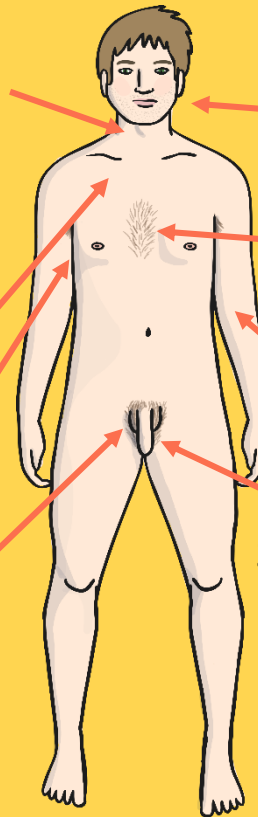
Larynx (voice box)  
grows – 'Adam's  
apple'  
Sweat glands produce  
more sweat

Skin becomes oilier

Grow hair  
under armpits

Grow pubic hair

All parts of the  
body grow



Grow taller

Grow facial hair

Grow hair  
on chest

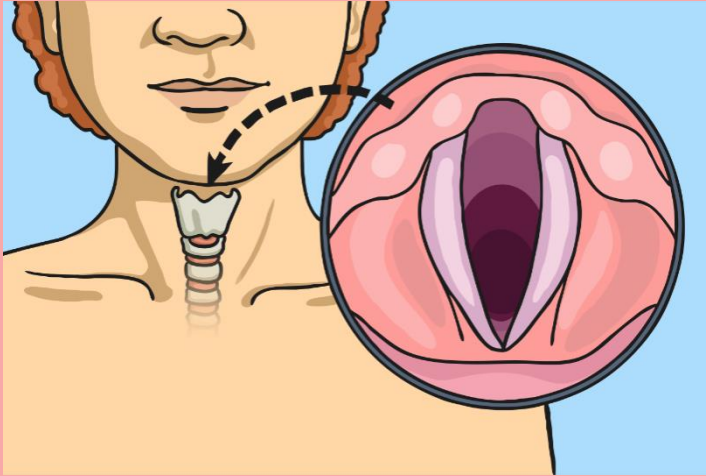
Gain hair on  
arms and legs

Scrotum, testes and  
penis develop

Become more  
muscular

# The Facts

## What's Going on Inside Boys?



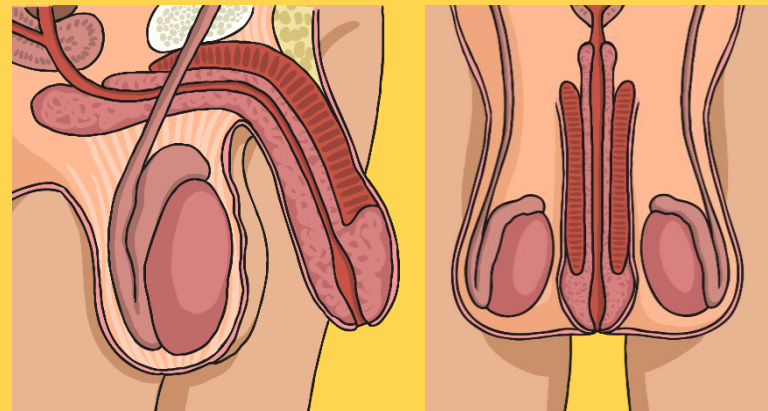
This is the development of the larynx.

This happens to both boys and girls but boys' develop more so have deeper voices.

More laryngeal cartilage is needed to make a deeper voice, this is why boys develop visible 'Adam's apples'.

During puberty the male sexual organs develop. This includes the testicles, scrotum and penis.

The testicles produce the hormone testosterone which stimulates the production of sperm, develops a deeper voice, bigger muscles as well as causing body and facial hair.



# Puberty for Boys

There are lots of signs that a boy is growing up.  
Most boys begin puberty somewhere between the ages of 9 and  
14 – but it's different for everyone.  
Your body will start to change when it is ready  
and everyone grows at his own pace!

## Larynx - Voice

Your voice will gradually deepen but until this settles down you  
could sound croaky and produce some interesting sounds! This is  
your voice breaking.



# Sweat

Hormones can make you sweaty and spotty – good personal hygiene (washing and deodorising) is all important.



# Hair

Armpits, legs, arms, face, chest and the pubic region all become more hairy.



# Height

Your body keeps growing until you reach a height that you will stay at. You may become more muscular too.

# Penis, Scrotum and Testicles

Your penis and testicles grow.  
They may sometimes feel uncomfortable and due to your body producing more hormones (testosterone is one of these), you might get erections when you least expect them!

## Emotion - Hormones

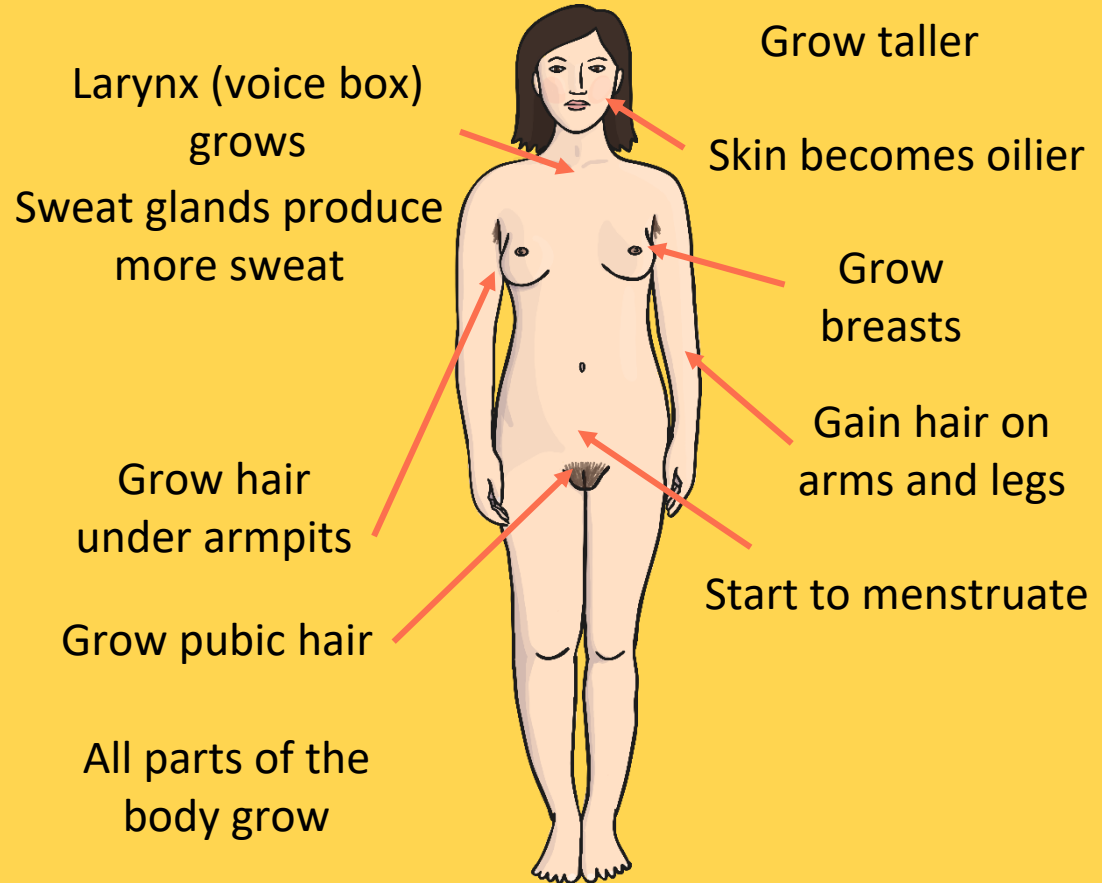
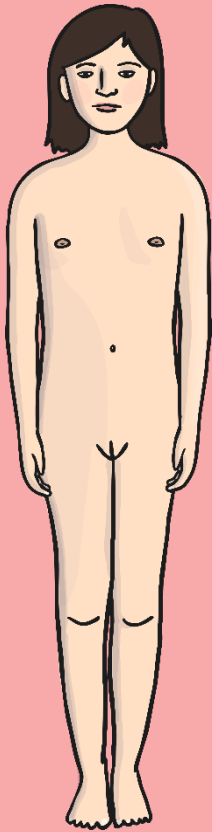
The extra hormones may also cause you to have mood swings but this will improve in time as your body grows and you come to understand it.

## Wet Dreams

You start producing sperm which may be ejaculated (released from your penis) during sleep – don't worry, this is perfectly normal!

# The Facts

## Puberty for Girls











LO: To understand the changes in an adolescent human body during puberty

# AH: Puberty for Other Animals

Match the animal with the changes that take place to it during puberty.

## Puberty for Animals Cards

	Bottom part of shell changes shape
	Metamorphosis - changes from larvae to an adult
	Gains colourful feathers
	Changes colour
	Develops thick cheek pads
	Changes in fur
	Develops a crest
	Grows a mane

**LO: To understand the changes in an adolescent human body during puberty**

# Puberty for Other Animals

**How many did you get correct? Look below for the answers:**



Gains colourful feathers



Develops thick cheek pads



Grows a mane



Develops a crest



Bottom part of shell changes shape



Metamorphosis - changes from larvae to an adult



Changes in fur



Changes colour

# Aim



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# Questions? Questions?



Remember...  
puberty is not a secret!

Every adult or older teenager  
has already experienced it,  
so if there's anything you  
feel worried about,  
they will probably understand.

