

Unit Aims:	To develop further knowledge around the emotional and physical changes during puberty.
Lesson duration:	1 hour
Organisation:	Mixed Sex
Resources required:	<ul style="list-style-type: none"> ✓ <i>Puberty Sentences</i> ✓ <i>Puberty Quiz & Answers</i> ✓ <i>Question Box & paper slips/Post-it Notes</i> ✓ <i>Flipchart paper & pens</i>

Intended Learning Outcomes:

- Explore body changes that happen during puberty
- Explore known and appropriate language around puberty
- Reinforce facts about puberty and sex and to challenge myths

Introduction:	Time	Grouping
<p>1. Establish/ or recap ground rules In a circle, go through the ground rules that you have set for these lessons. Ensure you explain - don't ask personal questions, confidentiality and the right to pass.</p>	5mins	Whole Group
<p>2. Puberty sentences matching words activity The <i>Puberty Sentence Cards</i> need to be cut up. Give each student half a card, they then have to find their partner and read out the complete sentence, this reinforces the first activity. Alternatively, the class can do this in small groups.</p>	15 mins	Whole Group
<p>3. Facts about puberty and sex – Puberty Quiz Two methods of completing this activity: (a) Active as a Group: Place a true card at one side of the room and false at the other side and unsure in the middle. Students move to the card, according to how they feel/think about the statements from the <i>Puberty Quiz</i>. OR (b) Individually: Individually complete <i>Puberty Quiz</i>.</p> <p>Go through the answers with the students and explain any learning points. Discuss answers given; ask why they have moved to where they are standing. Dispel any myths and pick up on some of the misinformation they put down in the brainstorm.</p> <p>Questions 1 and 11 might present different views depending on family values. Questions 9, 10, 13 and 14 will need to be handled sensitively as they may involve personal issues for some students.</p>	20 mins	Whole Group Or Small Groups

<p>4. View Puberty Video Clip from Lilets There are many chapters to choose from depending on your group) Schools can also become part of the Schools scheme and can access leaflets and sanitary products free of charge. https://www.youtube.com/watch?v=8z8lZm_xDxU&list=PLoBOQgFRfj0ncdJD4CUkPxTG9uFjxbWv8</p>	<p>10 mins</p>	<p>Whole Group</p>
<p>4. Review & Closing Activity (plenary): Ask it Basket Write on a piece of paper two things they want to know more about. Either answer these as part of this session or come back to these as a follow up.</p>	<p>10mins</p>	<p>Whole Group</p>