



Puberty recap

Y6 Lesson 1

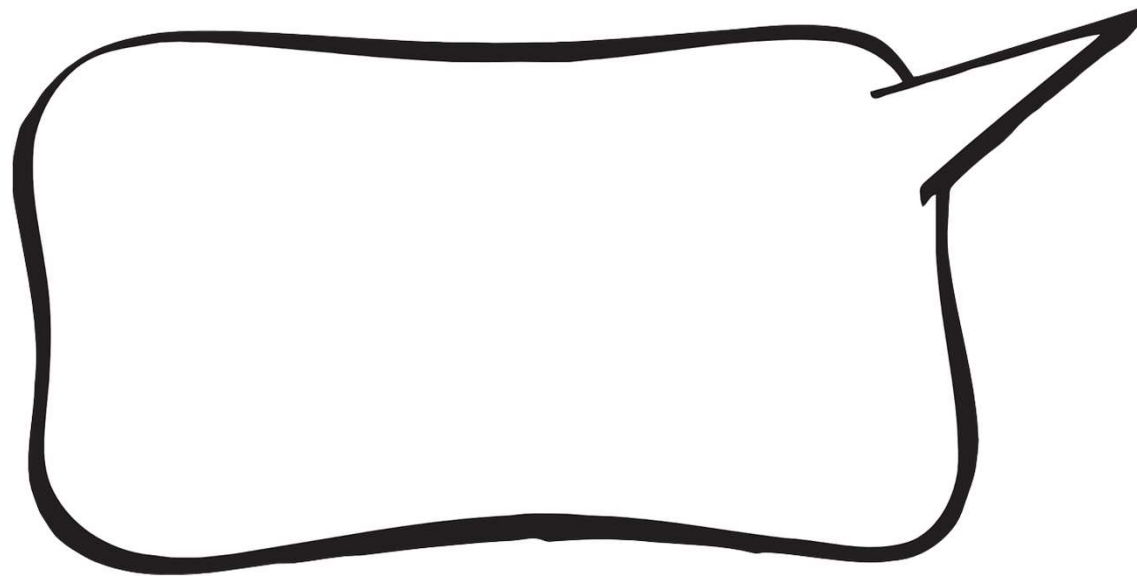
Learning objective

- We are learning about the changes that happen during puberty (recap from Y4-5)

Learning outcomes

- I can describe the physical and emotional changes that occur during puberty and suggest ways to manage them.
- I can identify what is important for young people to know about puberty.
- I can explain where to get help and support for puberty issues or worries.

Ground rules



Graffiti walls

Write what you know about each puberty topic on the graffiti walls.

**Physical
changes**

**Emotional
changes**

Periods

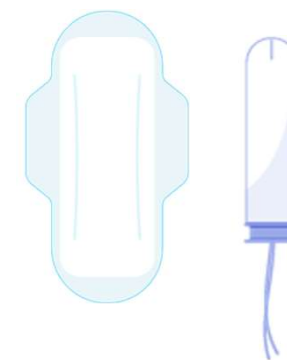
**Wet
dreams**

**Getting help
and advice**

Puberty scenarios

Read the scenario about puberty with your group. Then identify:

- the challenges for the character
 - the information they need
 - ways to manage the situation
- how and where to get help and support



Zones of relevance

AJ is about to start secondary school. In pairs, read the statements and decide what you think AJ might want to know more about, including things that are important **now**, for the **future**, or **not at all**.

Add the statements to the zones of relevance, and include any ideas of your own too.



Planning a conversation

If a young person wanted to talk to their friend, parent or teacher about puberty, what could they say or do?

With a partner, suggest some ideas or write a sentence starter for the young person.



- When would be a good time to ask a question?
- How should the young person go about this?

What has been learnt?

Go back to the graffiti walls from the beginning of the lesson.

- Make any changes to your ideas if you want to.
- Add your new learning from the lesson.

Use a different colour pen or pencil.



Reflection

Think about your learning and share with a partner:

Something I didn't know before this lesson is....

Something I knew but had forgotten is....

Something I would like to know more about is....

Signposting support

If you have any questions or worries about puberty, it is important to speak to a trusted adult – a parent/carer or teacher at school.

www.childline.org.uk can provide support too (phone 0800 1111 to talk to someone).



More activities

Puberty advice

Create a short information and advice leaflet about puberty. The leaflet could be for pupils your age, for younger Y4-5 pupils or for parents. Include headings such as:

- Physical and emotional changes
- What causes puberty?
- Advice on how to manage puberty
- Where and how to get further support

