

Do now

Do Now page 13

Big question: What physical changes will I experience during puberty?

Puberty – The time when physical changes happen in the body between the ages of about 11 and 15.

Adolescence – The time between being a child and an adult.

Oestrogen – A sex hormone that helps to control the menstrual cycle and maintain female characteristics.

Testosterone – Male hormone.

Ground Rules

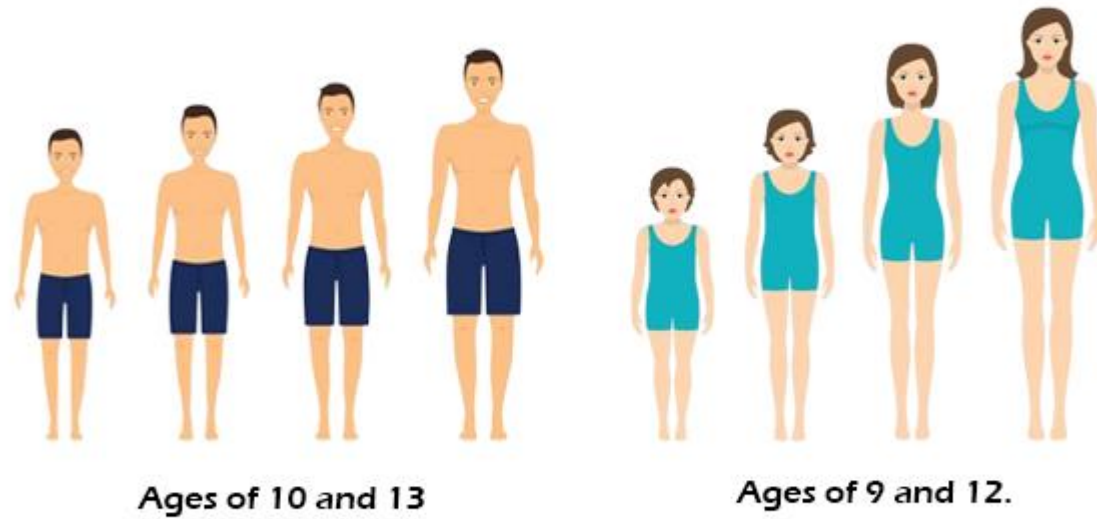
Safe Space

Show Mutual Respect

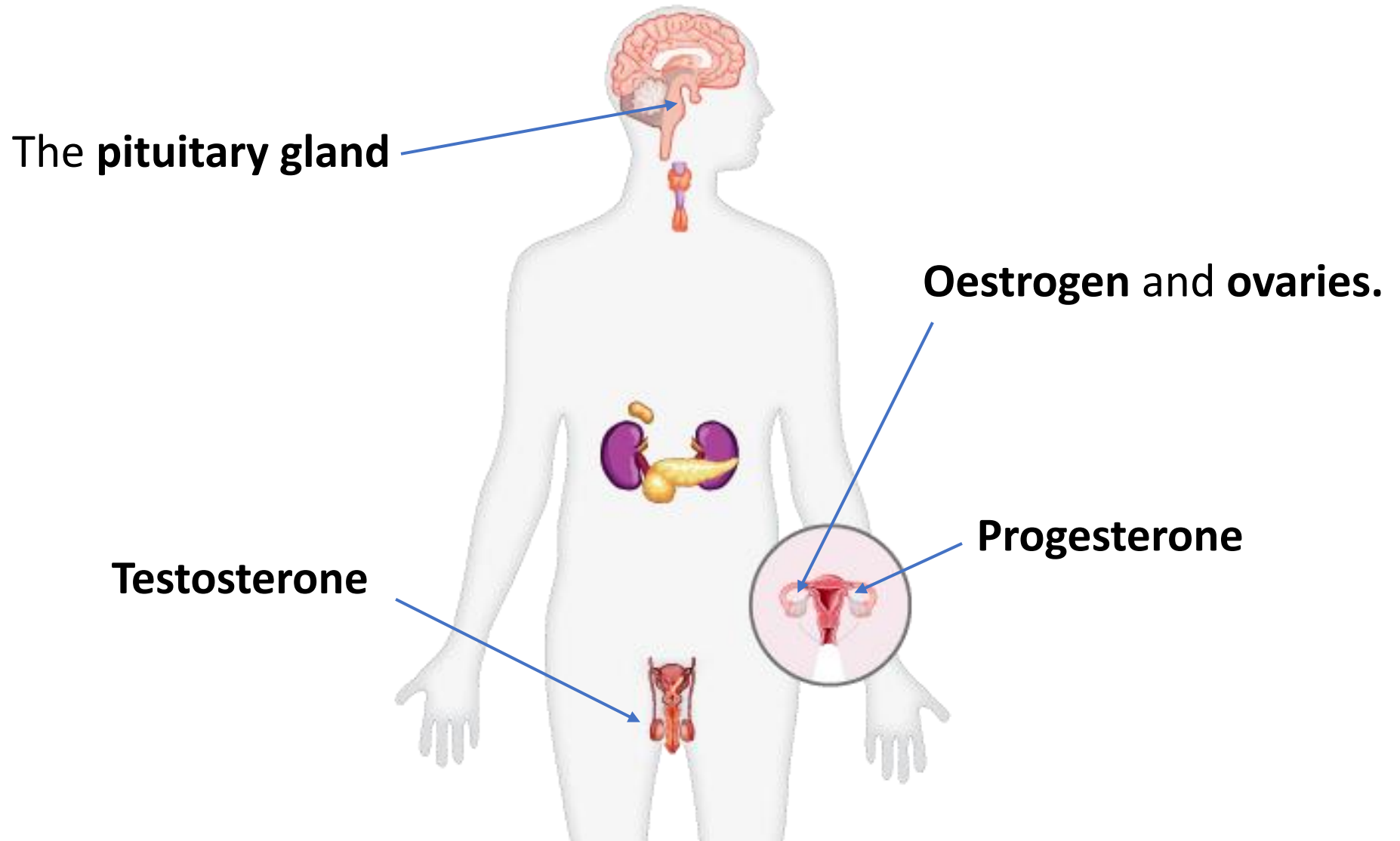
Challenge Yourself

What is puberty and when does it happen?

Puberty is the time in life when males and females develop from children into young adults



How does puberty begin?



MWB quiz

1. Where in the brain do the hormones responsible for puberty come from?

The **pituitary gland** found in the hypothalamus in the brain releases the hormones responsibly for puberty.

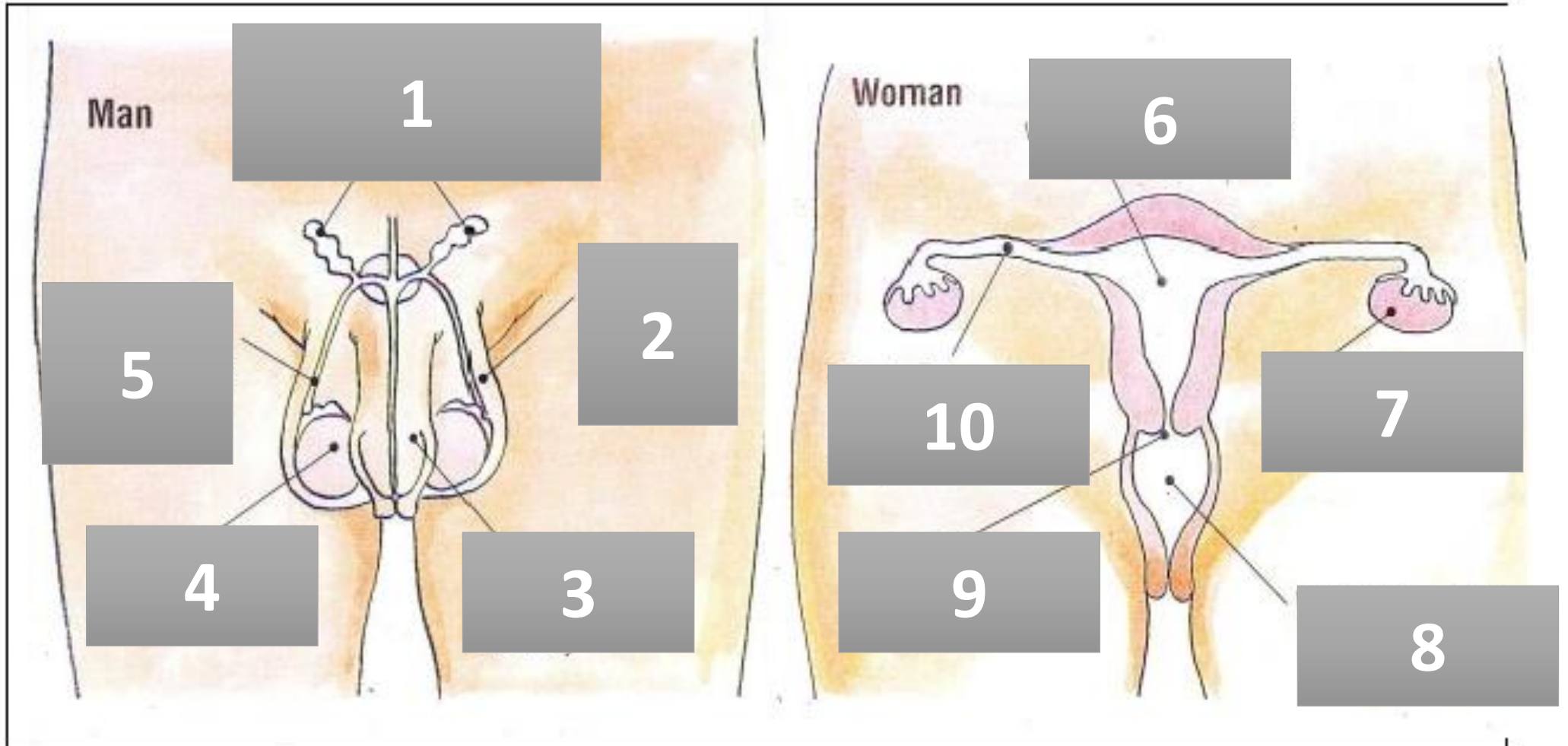
2. What are the names of the female hormones and where are they found?

The female hormones are found in the **ovaries** and they are **oestrogen and progesterone**.

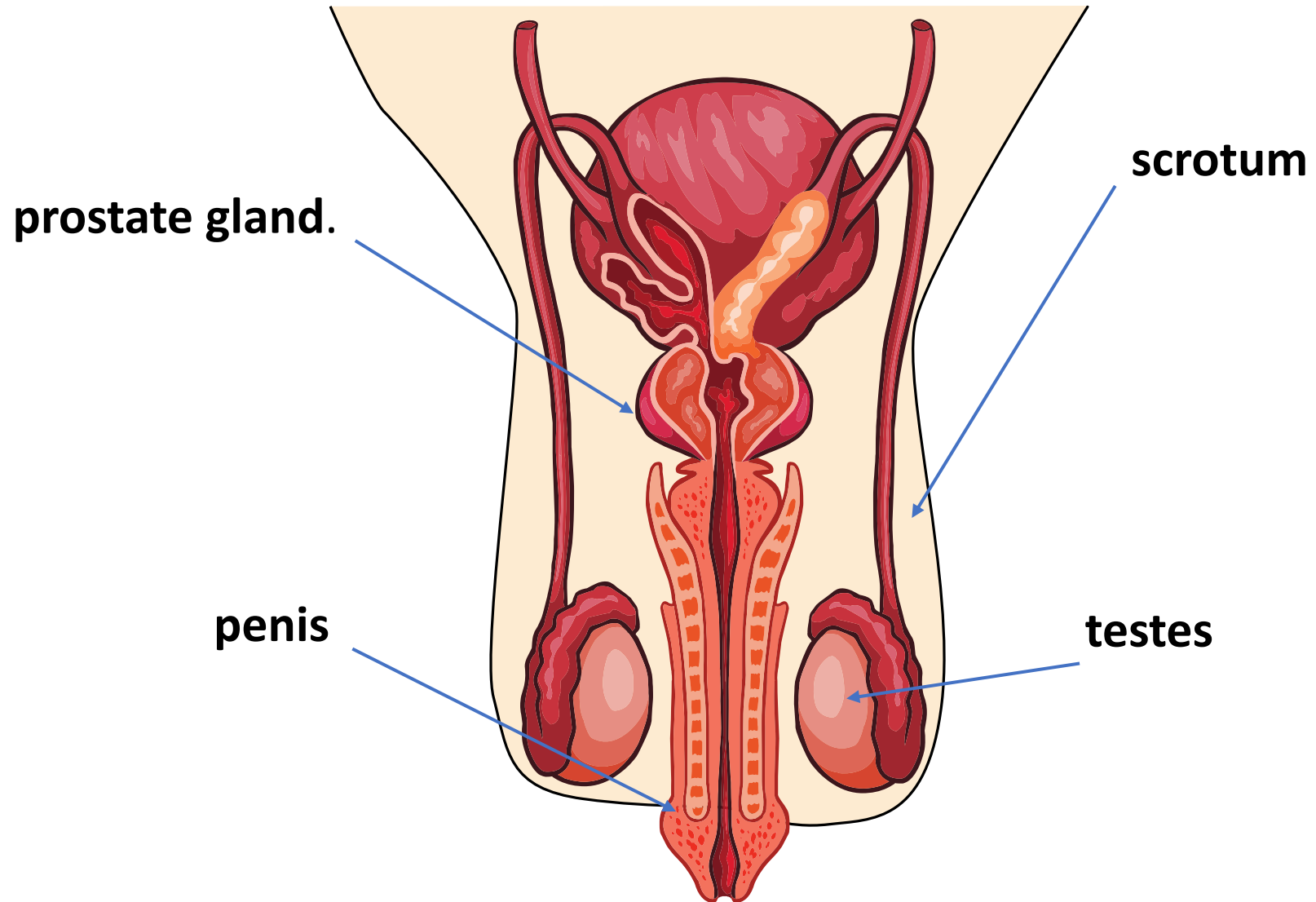
3. What is the name of the male hormone and where is it found?

The male hormone is found in the **testes** and it is called **testosterone**.

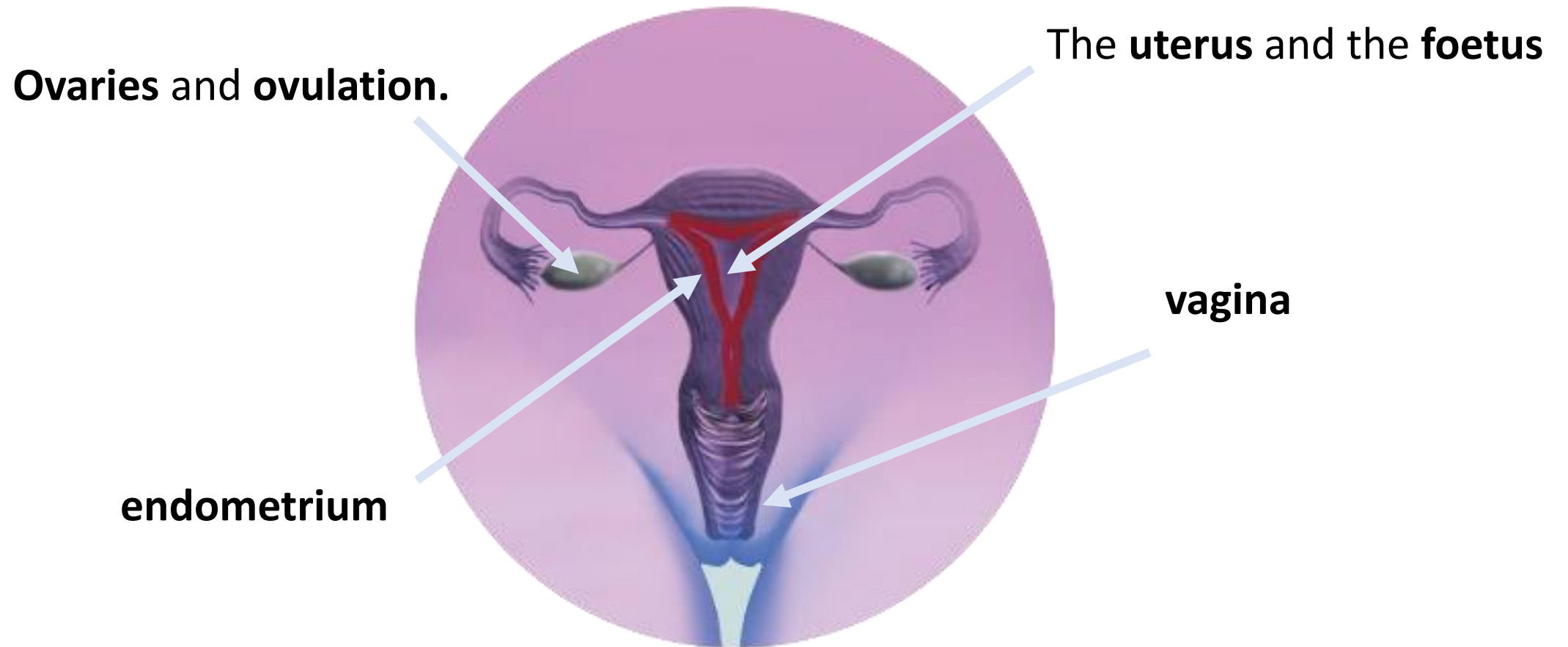
Label the diagrams



How do male reproductive organs change?



How do female reproductive organs change?



Do these changes occur to males or females?

Task two page 15

Do these changes occur to males or females?

males or females

1. The ovaries get larger and produce oestrogen and progesterone. Eggs in the ovaries ripen each month and are released.

2. The prostate gland which produces the fluid in semen, grows.

3. The endometrium (lining of the uterus) thickens and breaks down during the menstrual cycle.

4. The scrotum holds the testes. This grows larger, becomes covered in hair and the skin texture becomes more wrinkly.

5. The penis becomes bigger. Boys will have more frequent erections and may have wet dreams.

6. The testes get bigger and begin to produce sperm.

7. The uterus gets bigger and develops the endometrium each month. If an egg is fertilised the foetus develops here.

8. The vagina becomes self-cleaning as it produces discharge.

What physical changes occur during puberty?

Hair and skin become oily. Spots can develop and hair becomes thicker.

Hair grows in the armpits and on the genital area, this is known as **pubic hair**.

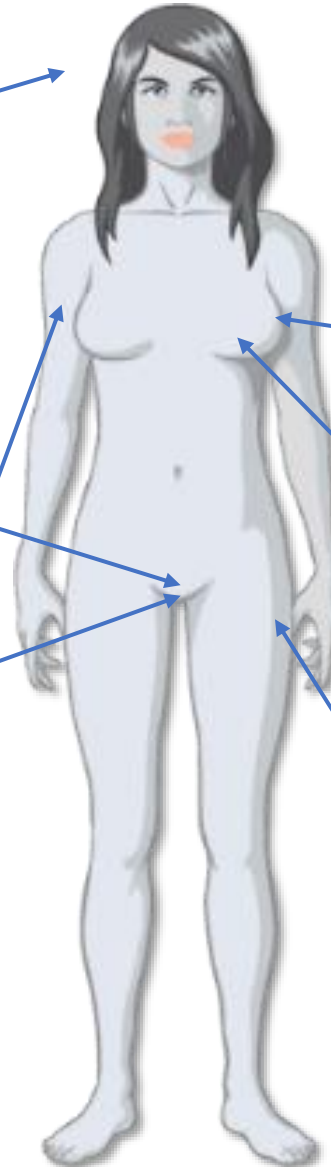
Periods start.

Bodies become taller and heavier.

There is increased sweating, especially from the armpits and feet.

Breasts begin to develop and grow.

Hips widen.



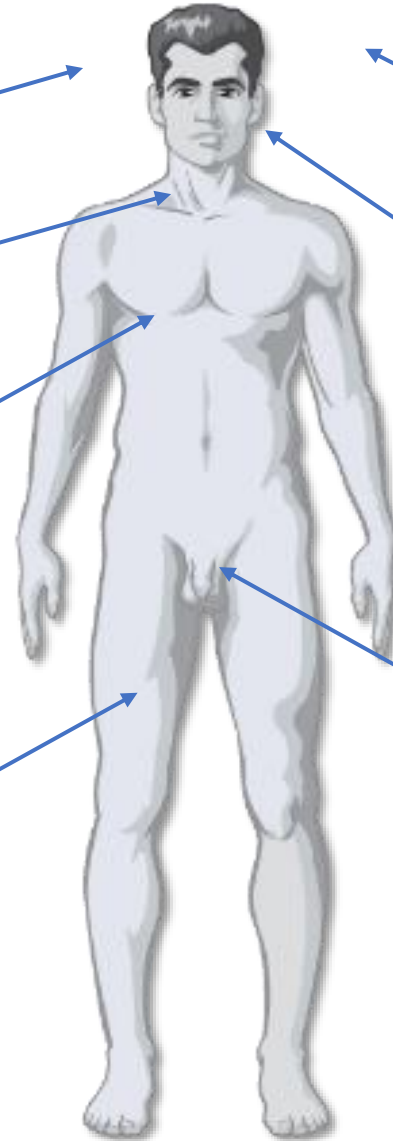
What physical changes occur during puberty?

Hair and skin become oily.
Spots can develop.

Voice deepens.

There is increased sweating,
especially from the armpits
and feet.

Bones increase in size and
mass.



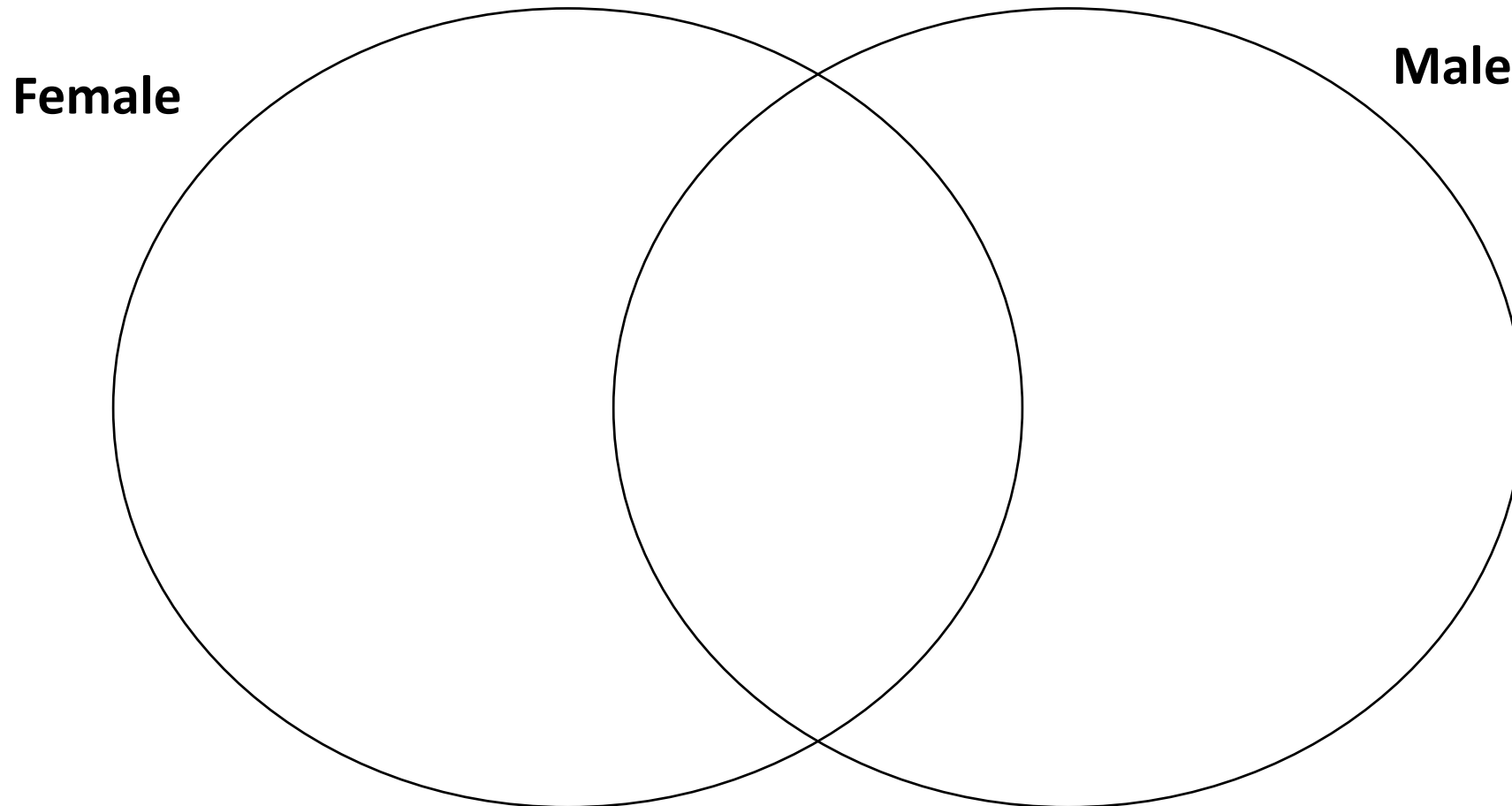
Bodies become taller and
heavier.

The jaw and nose gets
bigger. The face grows
longer.

Hair grows on the face,
armpits, genital area (pubic
hair), and may grow on the
chest, arms and legs.

Venn Diagram

Task two page 15 Complete a Venn Diagram to show the physical changes with affect males, females and both.



Venn Diagram

Female	Both	Male
<ul style="list-style-type: none">• Hair becomes thicker.• Periods start.• Hips widen.• Breasts begin to develop and grow.	<ul style="list-style-type: none">• Hair and skin becomes oily.• Spots may develop.• Bodies become taller and heavier.• Hair grows in the armpits.• Pubic hair grows.• Increased sweating, especially from the armpits and feet.	<ul style="list-style-type: none">• Voice deepens.• The jaw and nose get bigger.• The face grows longer.• Hair grows on the face, chest, arms and legs.• Bones increase in size and mass.

Discussion

- What are the similarities and differences in physical changes that occur in males and females?
- What challenges do young people face during puberty?
- How can young people support each other during puberty?

NHS website or your GP

www.nhs.uk

Childline

www.childline.org.uk

0800 1111

You can also:

- Speak to a member of staff at school – your Form Tutor, Head of Year or Key Worker. Any member of staff is here to help!
- Send an email to safe@castle-tmet.uk.
- Speak to an adult that you trust – this might be a sibling, a parent or grandparent. As long as this person is trustworthy then it's a good idea!