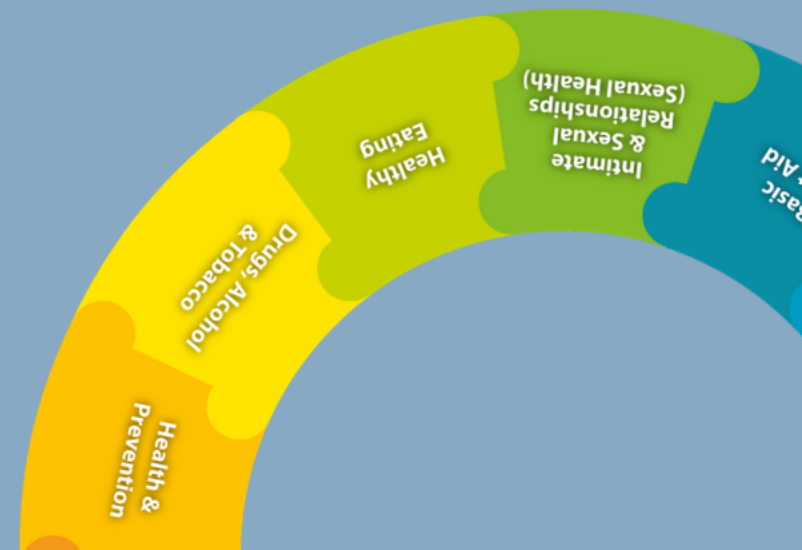


Lesson topic:

Lesson
Question:

How can puberty
affect emotional
health and
wellbeing?

PUBERTY



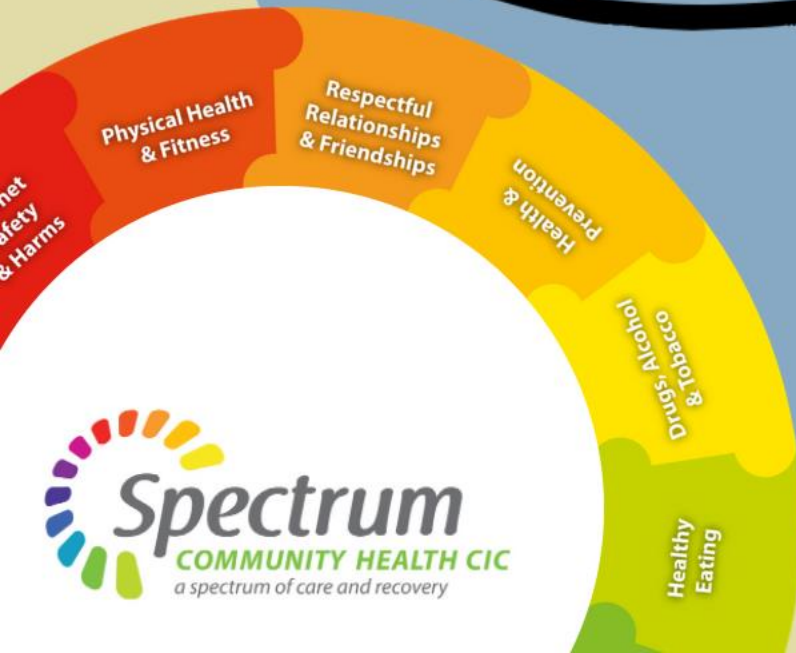
CREATING A SAFE SPACE FOR RSHE

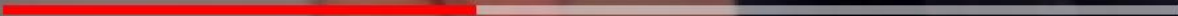
Group Agreement

- We will be kind - no put downs
- We will respect each other
- We will use inclusive and positive language
- We will listen carefully, challenging the statement not the person
- We will not ask or have to answer personal questions
- We will not put anyone 'on the spot'
- We will use correct terms for body parts and sexual activities
- We will be sensitive to diversity, and be careful about making careless remarks
- We will not talk about personal experiences

Topic Question:
What are the changes that happen to a young person during puberty?

Lesson Question:
What affect can puberty have on emotional and metal wellbeing?





What Is Puberty?



What is puberty?

Puberty is the time when your body changes from being a child to a young adult.

Your body is preparing itself to be able to reproduce.

Why does it happen?

Puberty starts when extra amounts of chemicals called hormones start to be produced in the body.

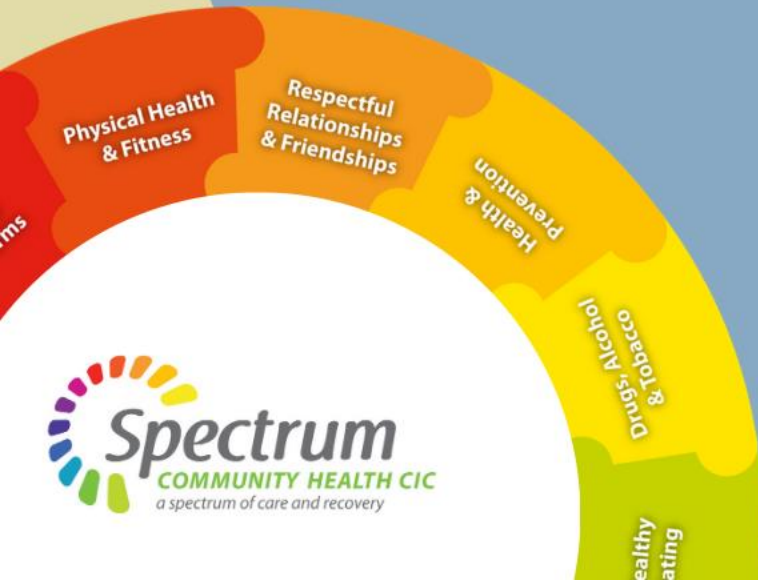
The body produces the sex hormones OESTROGEN, PROGESTOGEN and TESTOSTORONE which are responsible for many different changes in the body.

Topic Question:

What are the changes that happen to a young person during puberty?

Lesson Question:

What affect can puberty have on emotional and mental wellbeing?



Lesson Question:
What affect can
puberty have on
emotional and metal
wellbeing?



1. An 11/12yr old should have 10-12 hrs sleep each night?
2. The more attracted to someone you are, the easier it is for them to make you laugh?
3. Having excessive body hair is linked to higher intellect
4. There can be approximately 300,000 eggs in the ovaries at the age of puberty
5. Once puberty has started 90 million sperm are produced every minute

<input checked="" type="checkbox"/>	<input type="checkbox"/>
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Think about the Changes In Puberty handout, then arrange under these 3 headings...

- Biological male
- Can happen to anyone during puberty
- Biological female

Use highlighters to arrange into these 2 headings...

- Physical changes
- Emotional changes

Which changes do you think are hardest to deal with Say why...

Body shape changes	Moods change a lot	Some people begin to masturbate	Sperm starts being produced
Nipples change shape and colour	Can feel emotional or upset for no reason	Underarm hair starts to grow	Hair starts to grow around private body parts (genitals)
Facial hair starts to grow	More sweaty and more smelly	Voice gets deeper	Hips grow wider
Hair and skin may become more greasy	A whitish liquid (discharge) comes out of the vagina	Spots may appear and sometimes acne occurs	Feel intense emotions
The penis and testicles grow	Shoulders grow wider	Breasts begin to grow	Eggs start to mature
Experience spontaneous erections and wet dreams	Period starts	Sexual feelings may begin	Argue about rights and responsibilities

Reference guide – cards arranged into the correct categories

Biologically male changes	Changes that can happen to anyone during puberty		Biologically female changes
Voice gets deeper	Moods change a lot	Spots may appear and sometimes acne occurs	Period starts
The penis and testicles grow	Some people begin to masturbate	Underarm hair starts to grow	Breasts begin to grow
Facial hair starts to grow	More sweaty and more smelly	Body shape changes	Hips grow wider
Shoulders grow wider	Feel intense emotions	Sexual feelings may begin	A whitish liquid (discharge) comes out of the vagina
Sperm starts being produced	Hair and skin may become greasy	Hair starts to grow around private body parts (genitals)	Eggs start to mature
Experience spontaneous erections and wet dreams	Argue about rights and responsibilities	Can feel emotional or upset for no reason	Nipples change shape and colour

Alcohol
tobacco

Health &
Prevention

Respectful
Relationships
& Friendships

Health

Emotional changes

It is not just your body that changes during puberty – your mind and feelings change too because of the additional hormones in your body


- You may feel lonely and confused
- You may have mood swings (including irritability, tearfulness, overwhelming happiness and confusion)
- You may want more independence
- You may also become argumentative and bad tempered



These feelings and emotions can be a normal part of puberty





Causes of conflict 

- Homework
- Clothes
- Gaming (i.e., X-Box, Playstation)
- Internet usage
- Music choices and volume
- Friends
- Untidy Bedroom
- How you like to relax

How to Reduce Conflict



Talk about how you are feeling

Ask for advice, listen and if you disagree say why

Accept and understand that in life there will always be rules

Try not to lose your temper





- Mental Wellbeing
- Internet Safety & Harms
- Physical Health & Fitness
- Relaxation & Recovery

Vulva



- Clitoris
- Urethral Opening
- Vaginal Opening
- Outer Labia
- Inner Labia
- Anus



Q&A with Dr Ranj | Boys' Puberty | Childline



Watch later



Share



Info

Hi I'm Dr Ranj



MORE VIDEOS



0:01 / 2:55



YouTube



If I haven't noticed any signs of puberty yet...am I ok, what should I do?



Task: Answer the young person's question including these 3 points;

1. Reassure
2. Give factual information
3. Refer for further support

 Physical Changes

The female body mainly produces **progesterone and oestrogen** which start the changes of puberty.
Usually starts between 8-13 years.

The male body mainly produces **testosterone** which start the changes of puberty.
Usually starts between 10-15 years.

Q

Can you now answer the lesson question?
What implications can puberty have on emotional health and wellbeing?

A

I know a little

I know a lot

1

2

3

4

5

6

How much do you know about how puberty affects our emotional health and wellbeing? Please circle one of the numbers



Periods

AMIKA

