



Lealands
High School

Relationships and Sex Education programme

YEAR 7 LESSON 1: **PUBERTY AND** **EMOTIONAL CHANGE**

Do Now: On whiteboards:

How would you define 'relationship'?

Who are the different people we have relationships with?



YEAR 7 LESSON 1: PUBERTY AND EMOTIONAL CHANGES



Learning outcomes:

I can...

- describe the physical and emotional changes that happen during puberty
- evaluate how emotional changes affect relationships
- develop strategies for managing the emotional changes experienced during puberty



Ground Rules

To make everyone feel respected, listened to and safe, we must all:

Respect privacy: We can discuss examples but do not use names or descriptions that identify anyone, including ourselves.

No negative comments to others: Everyone has their own knowledge on this topic. No one knows too little or too much. Therefore, you must be respectful about what others know.

Listen to others: It is okay to disagree with each other, but we should listen properly before making assumptions or deciding how to respond. When disagreeing, challenge the statement not the person.

Use correct terminology: We will be focusing on facts during the session, so only use scientific or acceptable language. Do not use slang.

No judgement: We can explore beliefs and misunderstandings about the topic without fear of being judged.

Choose level of participation: Everyone has the right to choose not to answer a question or join discussion. We never put anyone 'on the spot'.

QUESTION BOX



On a piece of paper, write any questions you have about the topic of puberty and emotional change.


Keep these questions to yourself and keep them anonymous

We will revisit these questions at the end of the lesson to see if we have already answered them.

THINKING ABOUT RELATIONSHIPS

How would you define 'relationship'?

Who are the different people we have relationships with?



What are the
features of a
healthy
relationship?

WHAT IS PUBERTY?

Puberty is the stage in someone's life when they develop from a child into an adult because of changes in their body that make them able to have children. These physical changes are accompanied by emotional changes as we develop our identities and our hormones change.

Biologically
male

Can happen to
anyone during
puberty

Biologically
female

Colour code or label
the changes that
might occur during
puberty into those
which are
'biologically male',
'biologically female',
and 'can happen to
anyone during
puberty'.

PUBERTY CHANGES CARD SORT ANSWERS

**Biologically
male
changes**

**Changes that
can happen to
anyone during
puberty**

**Biologically
female
changes**

| | | | |
|---|---|--|--|
| Voice changes to get deeper | Moods seem to change a lot | Spots might start appearing | Period starts |
| The penis and testes grow | Some people begin to masturbate | Hair starts to grow under arms | Breasts begin to grow |
| Hair starts to grow on face | Start to sweat more and smell differently | The body starts to change shape and size | Hips grow wider |
| Shoulders become wider | Feeling intense emotions | Sexual feelings may begin | A white liquid (discharge) starts coming out of the vagina |
| Sperm starts being produced | Hair may become greasy | Hair starts to grow around the genitals | Eggs start to mature |
| May have spontaneous erections and wet dreams | Confusion about maturity | Can feel teary or angry for no reason | Sometimes nipples become fuller or darker |

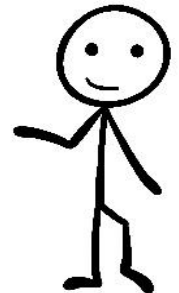
PUBERTY AND FEELINGS

Which of the changes we have just thought about might have most effect on the relationships people have with others?

- Moods seem to change a lot
- Sexual feelings may begin
- Confusion about maturity
- Feeling intense emotions
- Can feel teary or angry for no reason

Let's discuss how these changes might cause challenges for personal relationships.

Can we think of any scenarios that may occur because of this?



PUBERTY AND PARENTS

Task:

- Read the scenarios one at a time
- What could this person do to resolve the problem?



Top tips to keep in mind:

- *Stay calm*
- *Be positive and solution focused*
- *Make clear points*
- *Be open and honest*
- *Be willing to negotiate*

QUESTION BOX



Have we successfully answered this question today?



Questions to be answered in future lessons...

Questions we still need answers to today

SIGNPOSTING

If you want to talk to someone about today's lesson:



- Tutor or Head of Year
- Childline
 - 0800 1111
 - Online chat available at www.childline.org.uk
- Relate Relationships Advice
 - 0300 100 1234
 - Online chat available at www.relate.org.uk
- Brook
 - 0808 802 1234
 - Website www.askbrook.org.uk