

Lesson 2

What is Puberty?

Learning Intention

To identify some basic facts about puberty

Learning Outcomes

Discuss male and female body parts using the agreed words

Know some of the changes which happen to the body during puberty

Resources

[Body Part Bingo Cards](#)

[Bingo flash cards](#)

[Body Changes pictures](#)

[Our Bodies worksheet](#)

Activities

1. Ground Rules and Re-cap

In a circle, remind the class of the ground rules for these lessons. Briefly re-cap the previous lesson and remind them of some of the changes that they talked about for teenagers.

2. Define Puberty

Introduce the learning outcomes for this lesson. Check whether the pupils know what puberty is; explain that this is a special time when a child gradually grows and develops into a young adult and both their bodies and feelings change a great deal. Tell the children it can start as young as 8 and carries on during the teenage years.

3. Body Parts Bingo

Split the class into single sex pairs. Explain that each pair will receive a Bingo card with illustrations of parts of the human body, including the private parts. There are four different cards so they can have a different one from the pair sitting next to them. Discuss how the children can manage their feelings while looking at the pictures. Select and show the Bingo flash cards one at a time, naming and discussing each one. As the children identify that the body part is on their bingo card they can tick it off; continue until someone shouts *Bingo!* Lead a discussion with the class, asking questions such as: *Which are female body parts? Which are male? Which parts are both male and female? Which body parts will change during puberty? How will they change?* Correct any misunderstandings. Explain that males and females need their different private parts so that when they are adults they can have a baby if they choose to.

4. Spot the Changes

Display the [Body Changes pictures](#) on the whiteboard. Explain that the pictures show some of the ways that the body changes during puberty. Pair and share observations about what physical changes they can see in the pictures. Feedback as a whole group, highlighting changes that have not been discussed previously. Remind them to use the agreed words for the male and female body parts, which they learned in the previous activity. Try to focus the discussion on what changes they can see in the pictures, (i.e. body hair, spots on face, body shape, breasts, private parts) rather than other changes they might know about.

5. Parts of the Body

Individually complete the [Our Bodies worksheet](#). Feedback answers with the whole class, correcting any misunderstandings.

6. Closing round

Review learning with a closing round: *One way the body changes during puberty is ...*