



Notes

for the Y5/6 Puberty lesson guide



Personal, Social, Health & Economic Education

RSE - Year 5



Topics within this year group

	Puberty Puberty is a short animation video that looks at the different changes boys and girls go through during puberty. There is no alternative ending.	Suggested for Year 5
	Image Sharing Image Sharing looks at how we can be pressured in to sending images and how to manage this.	Suggested for Year 5
	Anger Anger looks at the ways in which we can manage our emotions when we are unable to do something we wanted to.	Suggested for Year 5
	Children's Views Within the online portal, you will also find a short video where children share their views on feelings and emotions, relationships, and computer safety.	Suggested for Year 5
	Adults' Views Within the online portal, you will also find a short video where children share their views on feelings and emotions, relationships, and computer safety.	Suggested for Year 5

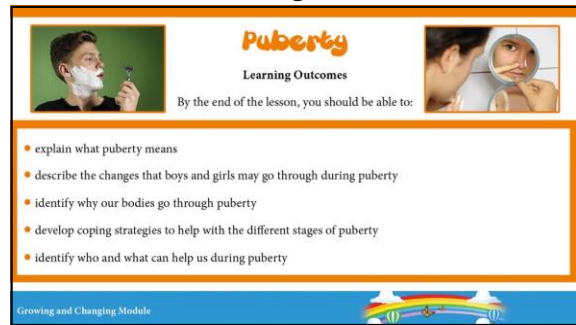
Topic - Puberty

Step-by-step instructions for on-screen lesson guide



1

Starting slide for the lesson.



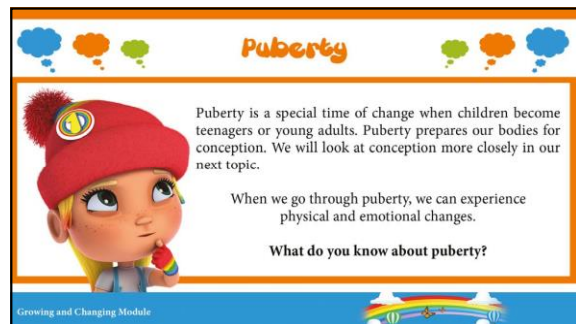
2

Learning outcomes and expectations for this topic.



3

Introduction to the topic.



4

Use the prompts on screen to continue a discussion with your students.



5

Ask your students to complete the baseline activity, in one colour. You will return to this activity at the end of the topic.

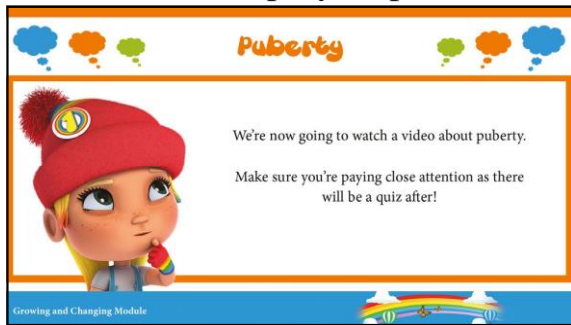


6

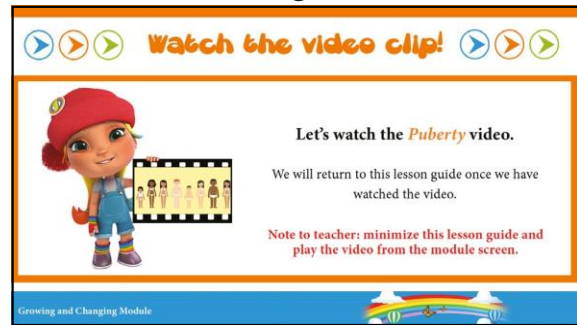
Use the prompt on screen to encourage your students to share their ideas.

Topic - Puberty

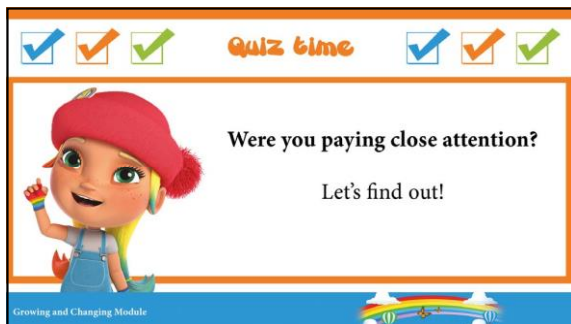
Step-by-step instructions for on-screen lesson guide



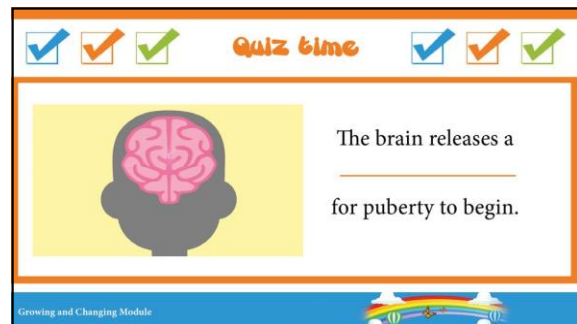
7 Introduction to the video.



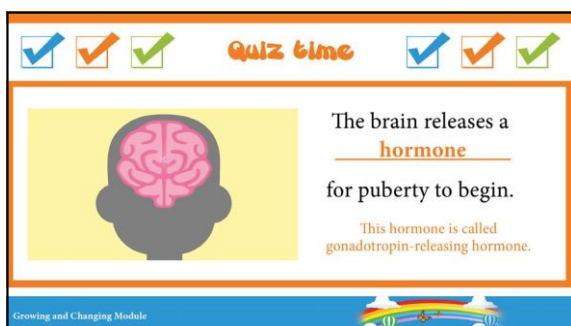
8 Minimize the lesson guide and play the Puberty video. *This video is approximately 5 minutes.*



9 Encourage your students to get ready for the quiz.



10 Question one.



11 Answer to question one.



12 Question two.

Topic - Puberty

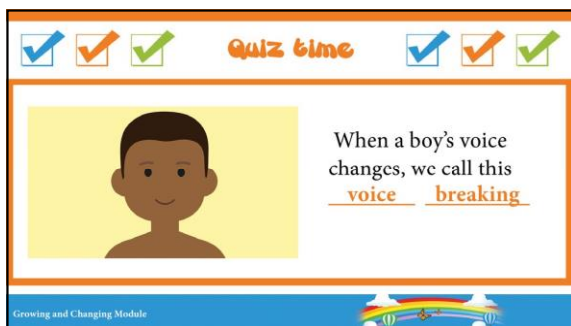
Step-by-step instructions for on-screen lesson guide



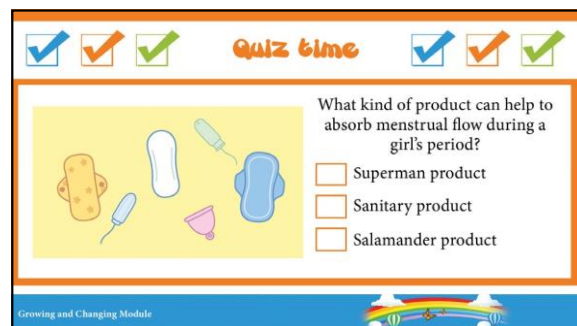
13 Answer to question two



14 Question three.



15 Answer to question three.



16 Question four.



17 Answer to question four.



18 Question five.

Topic - Puberty

Step-by-step instructions for on-screen lesson guide

Quiz time

True or false?

Periods can last between 2-7 days.

TRUE

Growing and Changing Module

19 Answer to question five.

Quiz time

What is a wet dream?

☐ When semen is ejaculated from the penis during sleep

☐ When you dream about water

☐ When you dream about swimming

Growing and Changing Module

20 Question six.

Quiz time

What is a wet dream?

☒ When semen is ejaculated from the penis during sleep

☐ When you dream about water

☐ When you dream about swimming

Growing and Changing Module

21 Answer to question six.

Quiz time

If you experience a wet dream, what action may you need to take?

☐ Wash yourself

☐ Ask a parent/carer to wash your sheets

☐ Tell a parent/carer if appropriate

Growing and Changing Module

22 Question seven.

Quiz time

If you experience a wet dream, what action may you need to take?

☒ Wash yourself

☒ Ask a parent/carer to wash your sheets

☒ Tell a parent/carer if appropriate

All of these actions can be taken if necessary.

Growing and Changing Module

23 Answer to question seven.

Quiz time

True or false?

Girls cannot go swimming whilst they are having their period.

Growing and Changing Module

24 Question eight.

Topic - Puberty

Step-by-step instructions for on-screen lesson guide

Quiz time

True or false?
Girls cannot go swimming whilst they are having their period.

FALSE
Girls can go swimming whilst they are having their period. However, they need to use the correct sanitary products to do so.

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25

Answer to question eight.

Quiz time

Puberty can start between the ages of...

☐ 1-10
☐ 8-17
☐ 18-25

Growing and Changing Module

26

Question nine.

Quiz time

Puberty can start between the ages of...

☐ 1-10
☒ 8-17
☐ 18-25

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27

Answer to question nine.

Quiz time

True or false?
We all go through puberty at the same time and grow at the same rate.

Growing and Changing Module

28

Question ten.

Quiz time

True or false?
We all go through puberty at the same time and grow at the same rate.

FALSE
We all grow at different rates and can start puberty at different times

Growing and Changing Module

28

Answer to question ten.

Quiz time

What can help us manage the changes to our body odour?

☐ Washing regularly and using deodorant
☐ Taking regular naps
☐ Eating lots of fried food and chocolate

Growing and Changing Module

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Question eleven.

Topic - Puberty

Step-by-step instructions for on-screen lesson guide



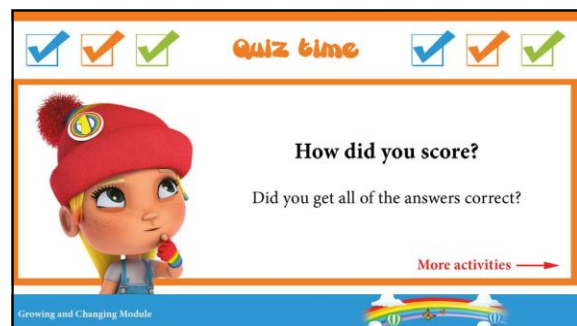
30 Answer to question eleven.



31 Question twelve.



32 Answer to question twelve.



33 How did your students score?



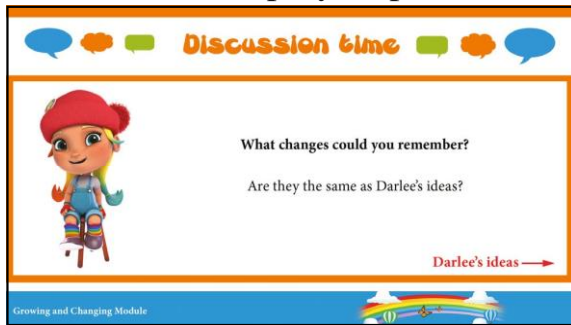
34 Use the prompt on screen to continue a discussion with your students.



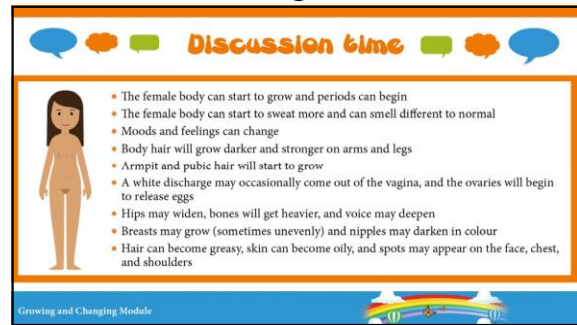
35 Ask your students to complete the activity.

Topic - Puberty

Step-by-step instructions for on-screen lesson guide



36 What changes could your students remember?



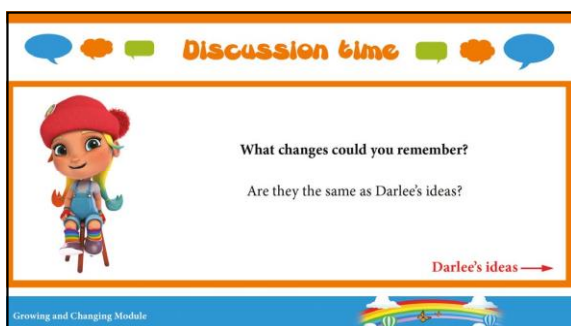
37 Share the information on screen with your students and ask them if there is anything they would like to add to their 'Female Body' activity.



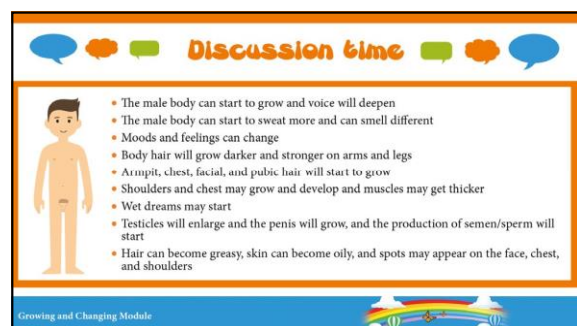
38 Use the prompt on screen to continue a discussion with your students.



39 Use the prompt on screen to continue a discussion with your students.



40 What changes could your students remember?



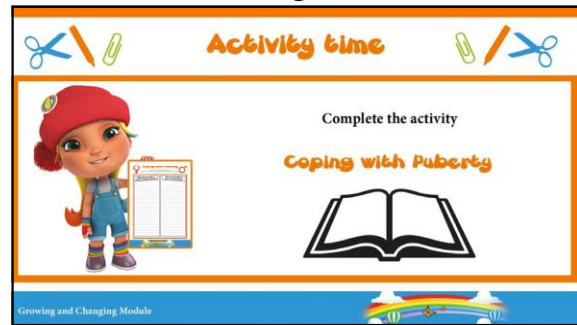
41 Share the information on screen with your students and ask them if there is anything they would like to add to their 'Male Body' activity.

Topic - Puberty

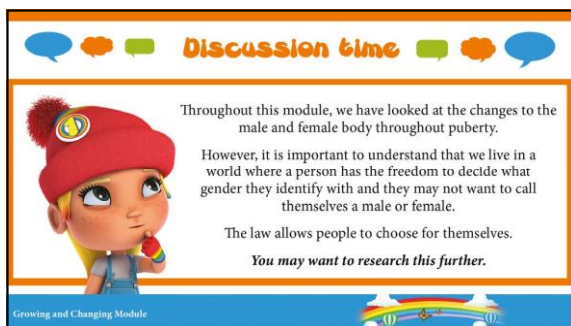
Step-by-step instructions for on-screen lesson guide



- 42 Use the prompt on screen to continue a discussion with your students.



- 43 Ask your students to complete the activity.



- 44 Share the on-screen information with your students.



- 45 Ask your students to read the following letters and create some responses to help each of the children with their worries.



- 46 What advice could your students give to Tommy?



- 47 What advice could your students give to Freya?

Topic - Puberty

Step-by-step instructions for on-screen lesson guide

 **Activity time** 

Although I was born a boy, I do not feel like a boy and do not want people to treat me like a boy.
What can I do to make my school friends understand and support me?

Tate, aged 11 

Growing and Changing Module

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What advice could your students give to Tate?

 **Activity time** 

I don't want to go to school because I am getting spots and everyone will laugh at me.
I feel embarrassed and I want to hide.

Holly, aged 11 

Growing and Changing Module

49

What advice could your students give to Holly?

 **Activity time** 

I'm worried about growing facial hair. I've never shaved before and I don't know what to do.

Antoni, aged 11 

Growing and Changing Module

50

What advice could your students give to Antoni?

 **Activity time** 



There's someone at school who I really like. They are always nice to me and I think they are really smart. I think about them a lot and I don't know what to do. Is it normal to feel this way about someone?

Ahmed, aged 11 


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51

What advice could your students give to Ahmed?

 **Activity time** 



My armpits are getting hairy. Should I shave them? Or is it okay to let them grow?


Shedena, aged 10 

Growing and Changing Module


52

What advice could your students give to Shedena?

 **Activity time** 

 **Return to the activity**
Is there anything you'd like to change?
(Make changes in a different colour to highlight your learning)

What I know about puberty



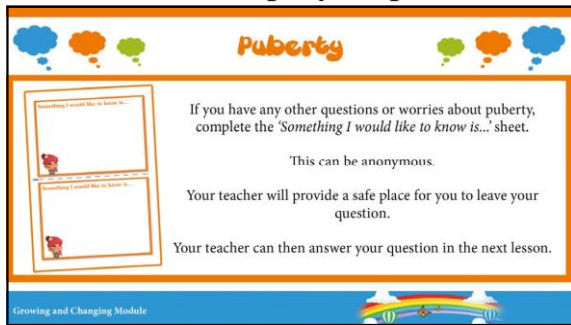
Growing and Changing Module

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Ask your students to return to the baseline activity. Would they like to add or change anything?

Topic - Puberty

Step-by-step instructions for on-screen lesson guide



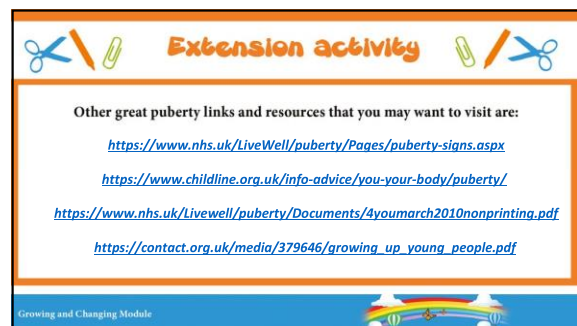
- 54 Download the 'Something I would like to know is...' sheet from the portal and offer your students the opportunity to ask more questions after the lesson. You will need to provide an ask-it-basket for this activity.



- 55 End of topic. You may want to complete our extension activities.



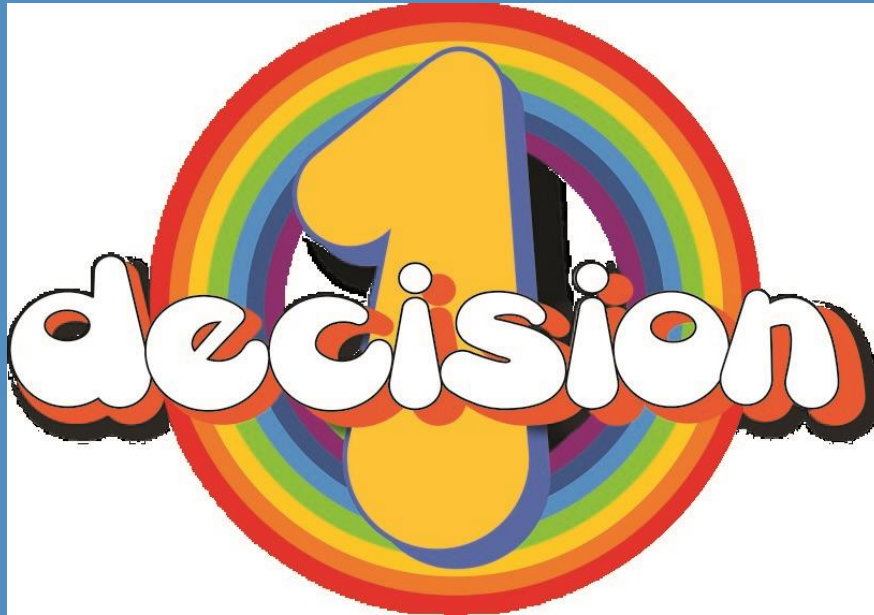
- 56 If you would like to explore this topic further, visit the Betty for Schools resource.



- 57 If you would like to explore this topic further, use the links provided on screen.



- 58 The extension activities are now complete and you have come to the end of the Puberty topic. **Remember to revisit the assessment guide when you have completed all of the topics within the module.**



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