

Puberty and emotional changes

Important
– remember
the
classroom
PSHE rules



Scenarios

Can you respond to
the scenarios on the
next slides....



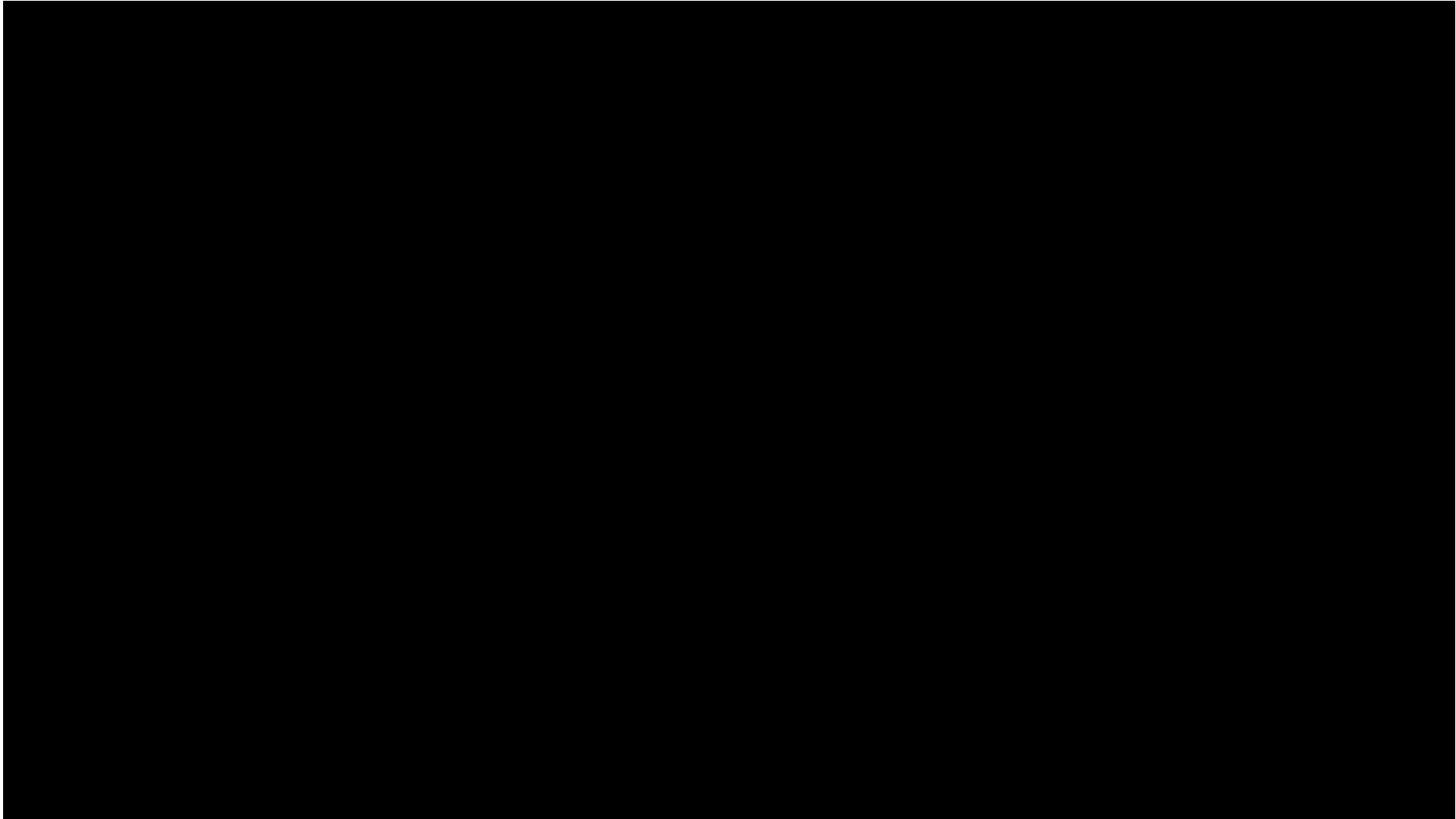
- 1.** I'm really worried that everyone is starting to talk about periods and voice changes and I'm not experiencing any of this. Am I normal?
- 2.** I've suddenly started arguing with my family all the time and it's getting me down. Why can't we get on like we used to?
- 3.** One of my older brother's friends keeps suggesting we spend some time alone together at his place. I really fancy him but something doesn't feel right. What should I do?
- 4.** My auntie keeps forwarding messages and posts about how women should behave before marriage and within relationships. It's making me uncomfortable, and I'm worried I'm supposed to behave in ways that don't feel right. What should I do?

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 changes that can affect emotions as hormones change and people's identities develop.

How might relationships change during or after puberty?

The joy of puberty



<https://www.youtube.com/watch?v=d0sK5JeTla0>

7min 21s

No hair (apart from on your head).

Hormone changes but no signs outside. Some guys grow **very fast** right at the end of this stage.

Hormones kick in and testicles **getting ready** to start growing.

No visible changes in figure.

No outside signs of breast growth yet, but hormones are at work.

No outside signs of puberty yet but ovaries are enlarging and hormones are at work.

STAGE 1

STAGE 2

STAGE 3

STAGE 4

STAGE 5

Age range:

9

10

11

12

13

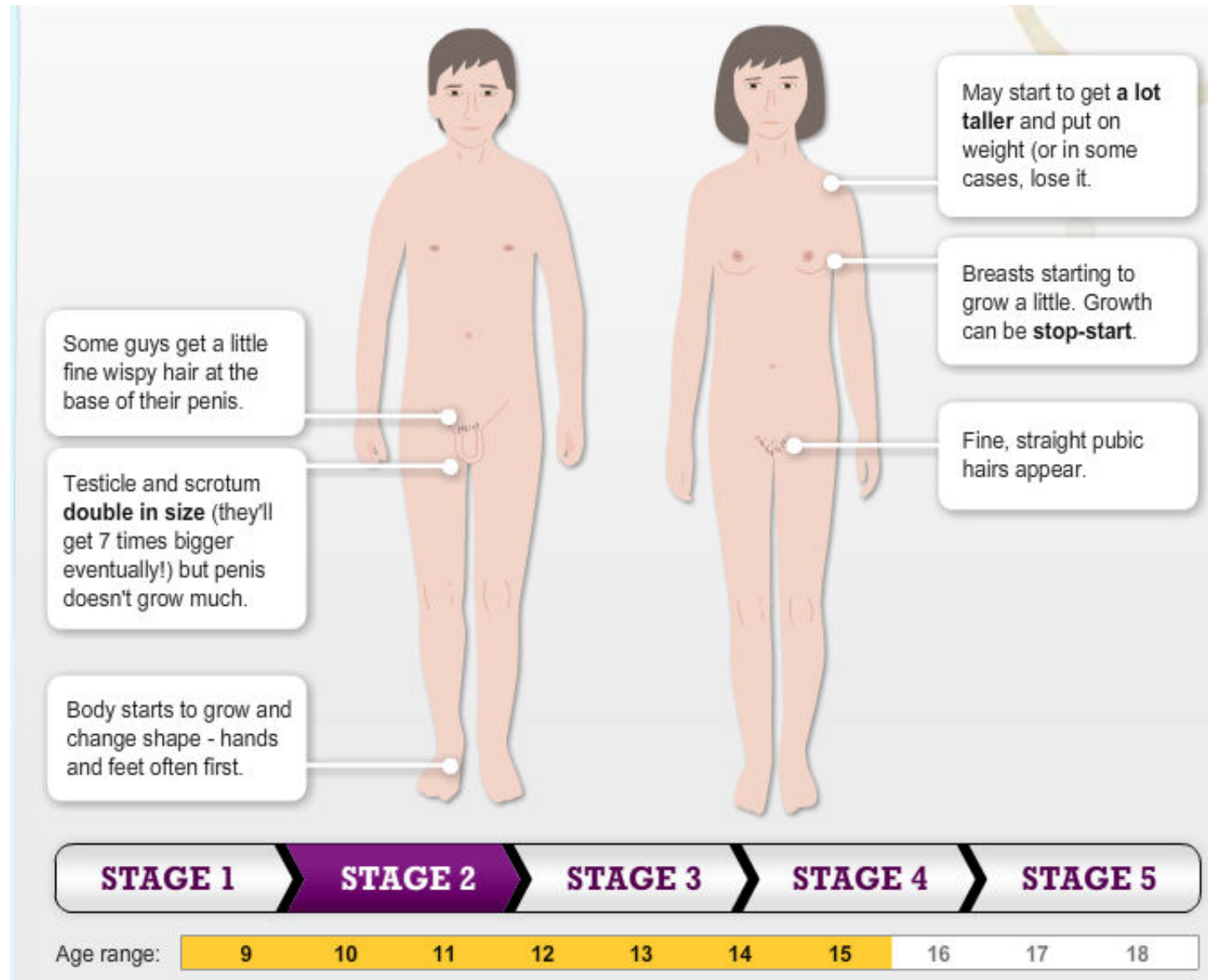
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15

16

17

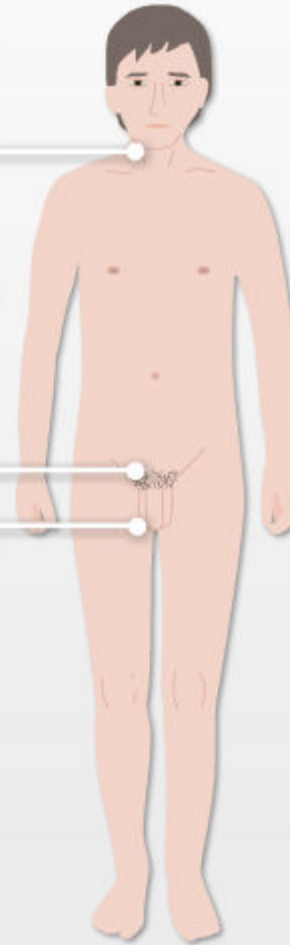
18



Growing fast - up to a quarter of your final height happens during this time! Face shape grows firmer and more adult, shoulders get wider and bigger muscles. Voice begins to slide down, and then crack.

Pubic hair **starts growing**, gets darker and coarser. Some hair around the anus.

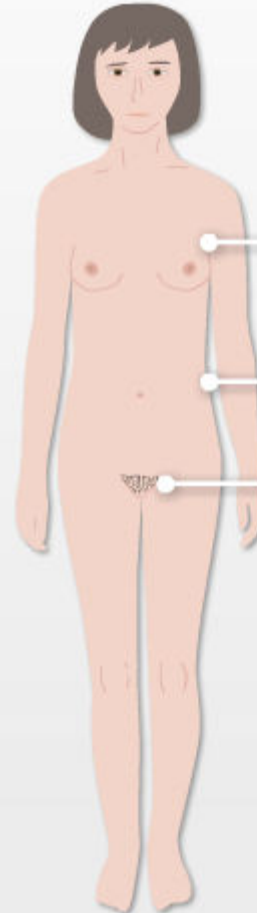
Testicles get **bigger**. Penis gets **longer** but not much wider.



Breasts continue to grow but shapes can **vary enormously**.

Body still growing and shape changes can be **dramatic**.

Pubic hair coarsens and becomes darker, but doesn't spread. Vagina may begin to produce a clear or whitish discharge, and means a girl can expect periods within a year. Some get their **first periods** - others have to wait a while.



STAGE 1

STAGE 2

STAGE 3

STAGE 4

STAGE 5

Age range:

9

10

11

12

13

14

15

16

17

18

Skin gets more oily, leading to spots. **Voice breaks** - or just sinks.

Pubic hair looks like adult's although there is **not much of it**. Underarm and leg hair grows, and wispy hair appears on chin and upper lip.

Testicles still growing - big enough to produce the **100 million sperm** that leak each time you have a wet dream (which happen around now). Penis gets **thicker and longer**.

Breasts get **fuller and rounder** until they are almost adult shape.

Periods start, usually on and off at first. Pubic hair starts to grow into triangular shape of adulthood.

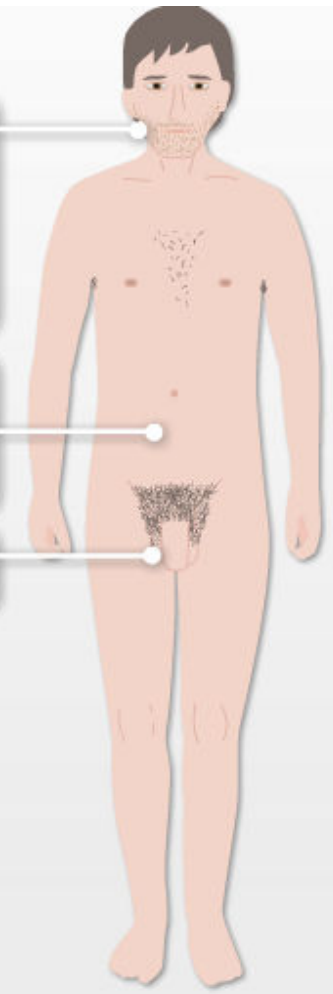
Underarm and leg hairs appear (sigh!).



More hair on face - shaving soon, which turns it to bristles. Some guys have chest hair, others develop it as they go into their 20's.

Nearly adult height and build, although some men carry on growing until they're over 20.

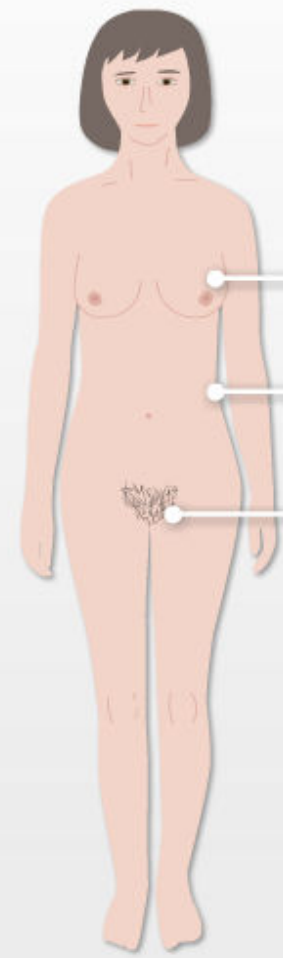
Genitals **fully grown**.



Breasts are **adult shape** (although going on the pill may increase breast size later).

Usually **fully grown** with adult figure by this stage.

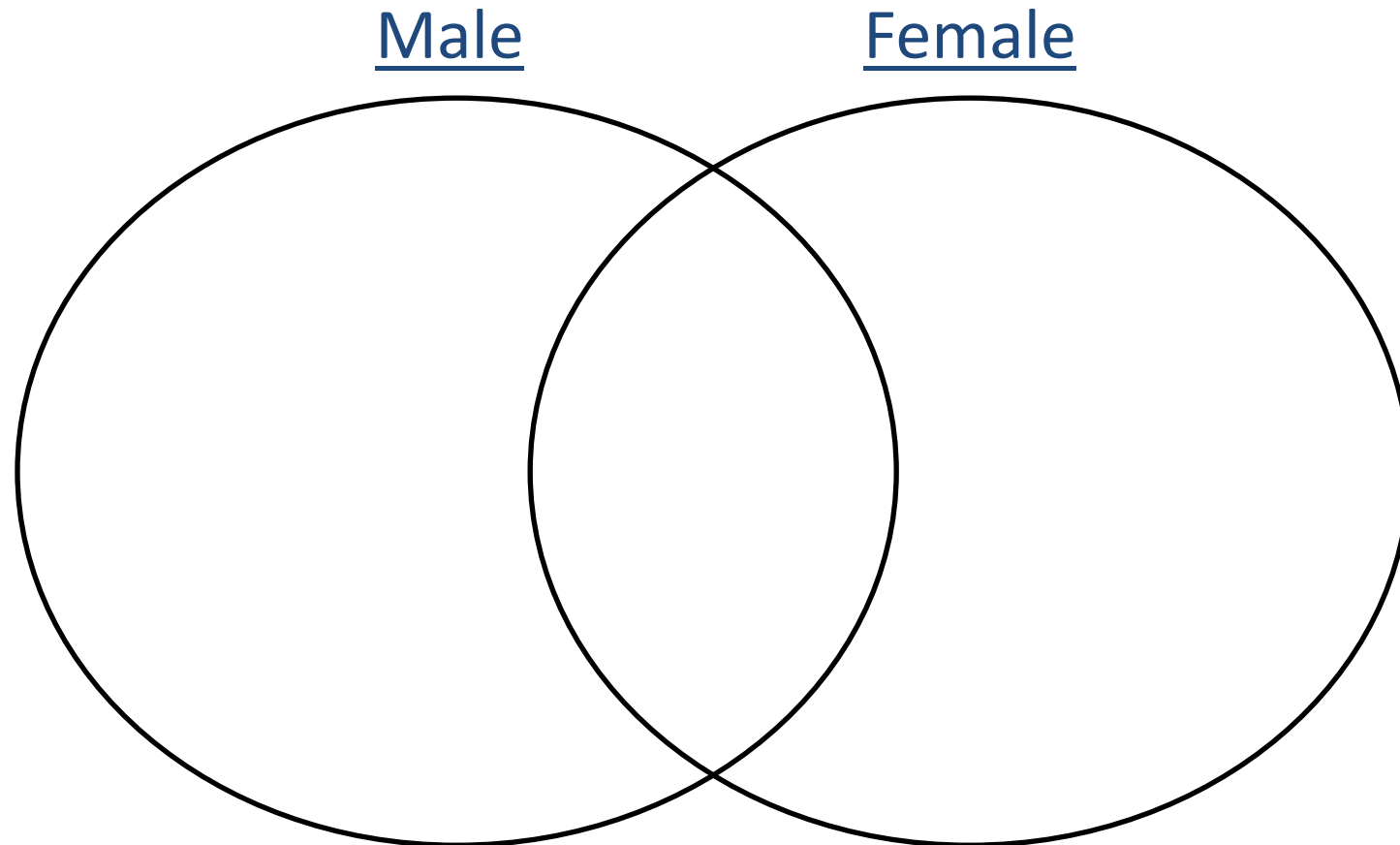
Periods happen **regularly**, and the ovaries start to receive an egg each month.



Age range:	9	10	11	12	13	14	15	16	17	18
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What did you learn?

Draw these two circles and then.....



- a) Breasts develop
- b) Sperm is produced
- c) Reproductive organs develop
- d) Voice breaks
- e) Testicles grow (7x)
- f) Periods start
- g) Grow taller
- h) Pubic hair grows
- i) Shoulders broaden
- j) Facial hair develops
- k) Ovaries grow
- l) Hormones change
- m) Hair grows under arms

**Which of these statements
are about:**

BIOLOGICALLY FEMALE?

BIOLOGICALLY MALE?

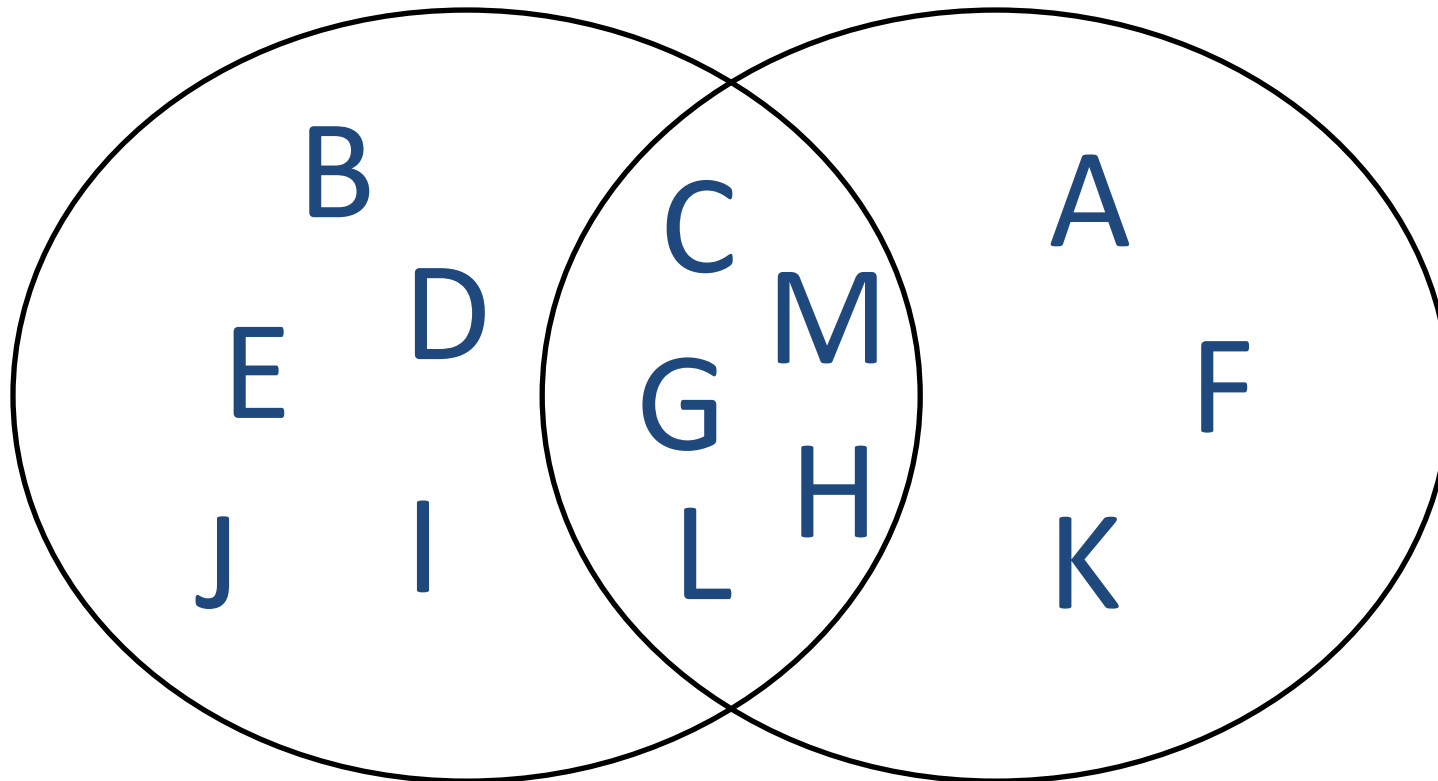
CAN AFFECT EITHER?

**Write the letter in the
correct segment of your
circles.**

Puberty

Boys

Girls



Changes during puberty



Which of these changes are likely to affect the relationship young people have with others?
(This might include friends, family, or romantic relationships).

Mood
seems to
change a
lot

Sexual
feelings
may begin

Confusion
about
maturity

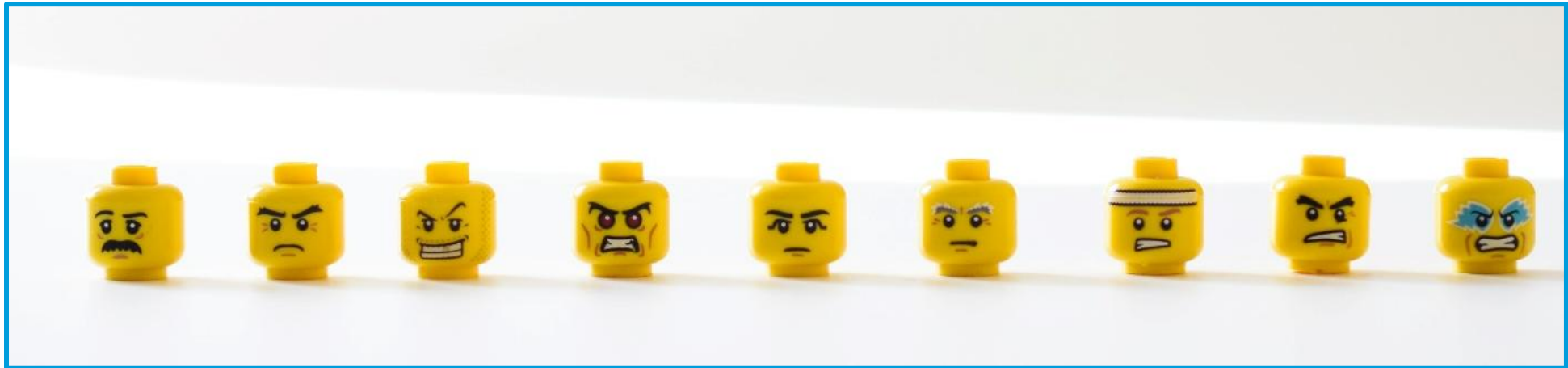
Feeling
intense
emotions

Can feel
teary or
angry for
no reason

Social and Emotional Changes

Managing emotions suggestions

Can you suggest any ways young people can manage the difficult emotions, mood swings and unpredictable reactions that sometimes occur during puberty?



<https://youtu.be/Edd3wurzsgU>

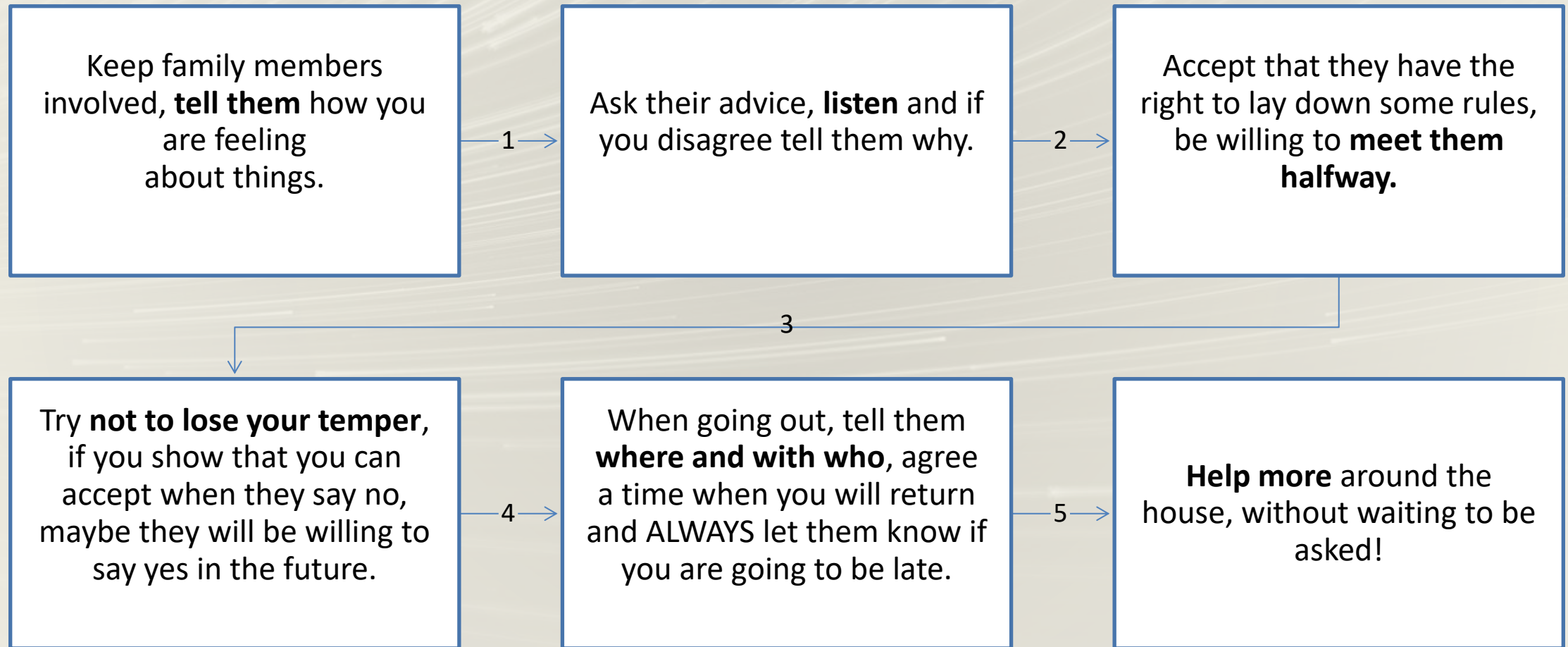
If link doesn't work – start at 2.35

What can cause conflict with parents?

- Homework
- Clothes
- Games consoles (i.e. Wii, X-Box, Playstation)
- Internet usage
- Music choices and volume
- Friends
- Bedroom
- Choice of leisure activities



How to avoid conflicts at home during adolescence.



What's your advice?

My parents are so strict. Everyone else is allowed to stay out much later than me, and they all hang out in town together. My parents have so many rules and say I have to be back straight after school so I can do my homework and chores. I wanted to hang out with friends, so I came back late a couple of times last week and now I'm grounded for a month. I hate being a teenager!

My emotions are all over the place. One moment I feel really happy and over-excited and then the next I feel really down. Often, when I'm sad, there isn't really any reason for it. My mum keeps asking what's wrong, but it's hard to explain it to her. She thinks there must be a reason why I'm sad and when I say "Nothing" she thinks I'm keeping secrets from her.

Where to go for more information.

<https://www.what0-18.nhs.uk/health-for-young-people/growing/puberty>

<https://www.lil-lets.com/uk/>

<https://www.always.co.uk/en-gb/>

