

Planet Puberty

Lesson Plan 5

All About Puberty



This Planet Puberty session pack is intended to be a flexible resource. It can be used as a whole program, group of topics, or individual units to address particular learning needs. Lesson activities are only suggestions and can be tailored to suit the needs of your students. The lesson plan is structured so that the activities build on the key learnings of the previous activity. Some activities may need to be repeated a few times before moving on to the next. This is OK. It is important that students build their knowledge at a pace that is appropriate for them.

Note: Time frames provided are only a guide. You will understand your students and their needs best, so take longer if necessary.

Note: *Indicates a suggested word that might be beneficial to add to a student's augmentative and alternative communication device, in case the word is not already programmed.

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Group Agreement





Before talking about sexuality and puberty topics, it is important to create a safe learning environment. Discuss with students what will make it a safe and comfortable place for them to talk about the changes they might expect during puberty. Write the agreement on the whiteboard or butcher's paper and display in the room. This can be referred to before the start of each lesson. Please refer to Handout 1 for Planet Puberty group agreement cards.

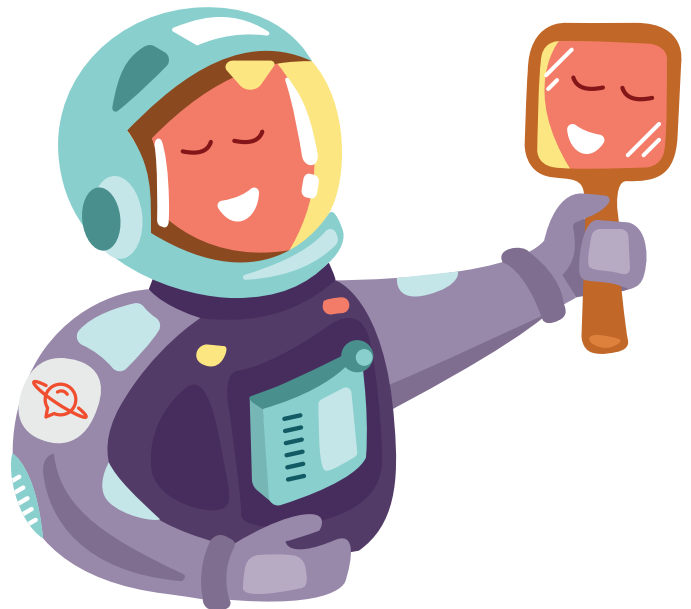
Examples include:

- It's OK to feel embarrassed
- It's OK to laugh or feel nervous
- Listen and be kind to others
- It's OK to ask questions
- If you want to share a personal story, avoid using your name or others' names. Instead, try saying, 'I know someone who...'

Planet Puberty – All About Puberty

Lessons in this session pack include:

| | | |
|--|-------------------------|----|
|  | Learning Outcomes | 1 |
|  | Introduction to Puberty | 4 |
|  | Puberty Changes | 7 |
|  | Puberty Worries | 14 |





Learning Outcomes

Major outcomes

- › Students will be able to identify the different stages of puberty
- › Students will be able to recognise the many changes our bodies go through during puberty
- › Students will be able to identify trusted people in their lives they can speak to if they need support

Glossary of key terms

Body odour – The natural and sometimes unpleasant smell created by sweat and bacteria on the skin. Hormones made in puberty can cause a person to sweat more leading to body odour.

Breasts – Girls start to grow breasts during puberty. Breasts can be different shapes and sizes. Everybody's breasts are different. This is OK. Breasts are private. They can only be seen or touched in a private place.

Erections – An erection is when the penis becomes hard and stiff. It is caused by blood flowing into the tissue of the penis causing it to become thicker, longer and stiffer. When this blood flow stops the erection goes away. Boys can have erections from birth, but they happen more often during puberty. Some erections can be caused by sexual arousal, while others can happen unexpectedly or when a person wakes up. This is normal.

Mood swings – It is normal for feelings to change quickly during puberty. Feelings can also be bigger and stronger. A person might feel happy and then quickly become upset or annoyed at small things. These are called mood swings. These feelings might look very different to what your child was like when they were younger. This can seem scary for children and parents.

Periods – A period means that a woman's body is ready to have babies. A tiny egg comes out of the ovaries and travels to the uterus each month. During this time the lining inside the uterus thickens with blood. If a woman does not get pregnant that month, the egg and the lining of the uterus comes out as blood through the vagina.

Pimples – During puberty, the face and body begin to sweat more, and a layer of oil and dirt can build up and cause pimples. This is normal. Pimples can happen on other parts of the body like a person's back, chest and bottom.

Pubic Hair – The hair that begins to grow in the pubic area during puberty. For girls, this includes the vulva, around the anus, the top of the thighs, and the mons pubis (just below the belly button). For boys, it grows around the penis, the testicles, and the anus.

Sexy feelings – Having sexy feelings is a normal part of growing up and is different for everyone. Sexy feelings might be thinking about someone a lot, wanting to touch, kiss or hug someone, having ‘butterflies’ in your tummy, feeling flushed or ‘hotter’ in your body, tingling in your private body parts, wanting to touch your private body parts.

Wet Dream – Ejaculation can also happen when a person is asleep. This is called a wet dream. Wet dreams happen to a lot of boys during puberty. Not all boys will get wet dreams. This is OK.



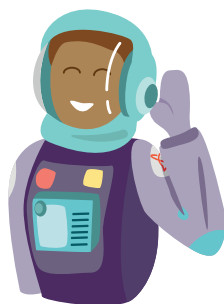
Handout 1

Group Agreement Cards



It's OK to feel embarrassed

Planet Puberty



Listen to others

Planet Puberty



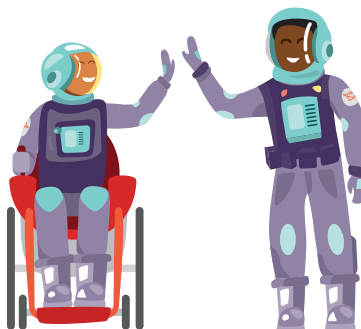
Be quiet when others
are talking

Planet Puberty



It's OK to ask questions

Planet Puberty



Be kind to each other

Planet Puberty



Introduction to Puberty

Lesson Details



Learning Intention

To introduce the concept of puberty.



TIMING
25-30
MINS

Key messages

- › Puberty is the time when a child's body starts changing into an adult body
- › During puberty, many changes happen to a person's body and emotions

Resources

- › Planet Puberty 'Life Stages' images (Handout 2)
- › This session requires the purchase of books online. Books relevant to this session plan include:
 - ★ Special Girls' Business.
 - ★ Special Boys' Business.
 - ★ What's Happening to Ellie?
 - ★ What's Happening to Tom?
- › Whiteboard & whiteboard markers/butcher's paper & permanent markers

Preparation

Print Planet Puberty 'Life Stages' images (Handout 2) large enough to assist with visual impairments.

Purchase one of the books listed in the Resources above.

1 Introduction to Puberty

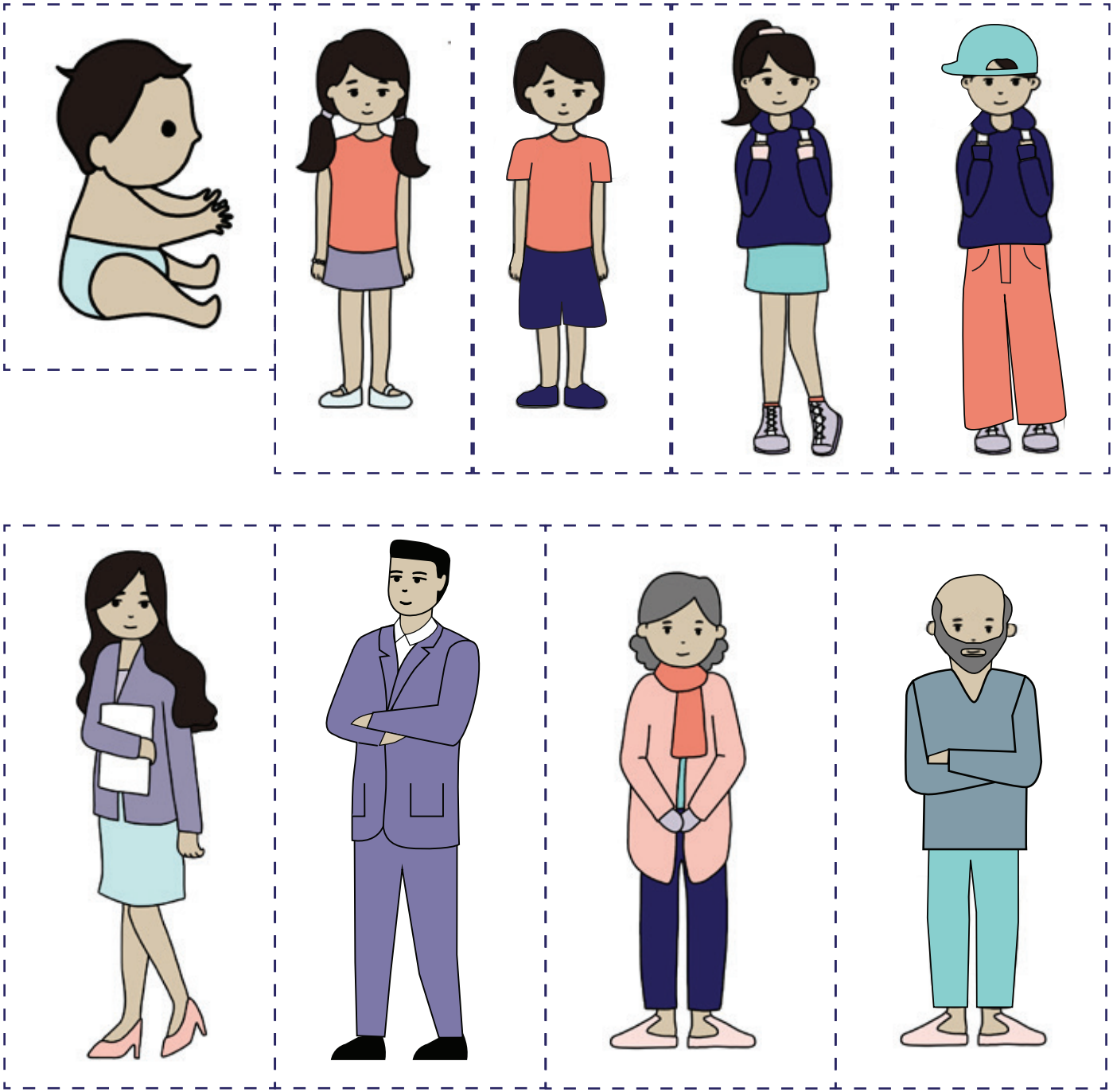
Instructions

- › Start the session by writing the word 'puberty' on a large piece of butcher's paper. As students learn a new word related to puberty in this session pack, add this word to the butcher's paper. This is so students have a visual aid to hang on the wall to remind them of the concepts within this session pack. Refer back to this concept map throughout the session pack.
- › Ask students, "what do you think the word 'puberty' means?" Write their answers around the word 'puberty'. If they are not sure about anything to do with puberty, you can ask them "what changes happens to your body when you grow into an adult."
- › Display the 'Life Stages' images to the class (Handout 2).
- › Using the images, discuss with students:
 - ★ What is being shown in the image?
 - ★ How is the person in the image changing over the stages?
 - ★ Which stage are students at?
- › Point out on the life stages images, the image during which puberty* happens.
 - ★ Puberty is when a child's body starts changing into an adult body. It is an important part of everybody's life. It means you are growing up
 - ★ Puberty happens at different times for everyone
 - ★ Puberty changes do not happen all at once. They happen at different times over a few years
- › Read one of the books on puberty from the suggestions listed in the Resources:
 - ★ Special Girls' Business.
 - ★ Special Boys' Business.
 - ★ What's Happening to Ellie?
 - ★ What's Happening to Tom?
- › Conclude the lesson by reassuring students that puberty is a natural part of growing up.

Reflection

Ask students to reflect on the different life stages we go through and some key changes that may happen during that stage.

Life Stages – Please print at A3 size



Puberty Changes

Lesson Details



Learning Intention

To explore the physical changes that occur during puberty.



TIMING
20-25
MINS

Key messages

- › Everyone goes through puberty. It's a normal part of growing up
- › During puberty, many changes happen to a person's body and feelings
- › Puberty happens at different times for everyone
- › Puberty changes do not happen all at once. They happen at different times over a few years

Teacher's note

This lesson involves some basic understanding of male and female private body parts. It is suggested that the correct names for body parts are introduced to students either prior or following this lesson if they are not already familiar with the terms.

For more information, please refer to the Identifying Private Body Parts lesson plan within the Planet Puberty Private and Public session pack.

Resources

- › Planet Puberty 'Label Cards' (Handout 3)
- › Planet Puberty 'Puberty Picture Cards' (Handout 4)
- › Whiteboard
- › Blu tack

Preparation

Print Planet Puberty 'Label Cards' (Handout 3) large enough so students can see them clearly if they are on the whiteboard.

Also print the Planet Puberty 'Puberty Picture Cards' (Handout 4), enough for at least one between two students, if not all students.

Instructions

- › Place the Planet Puberty 'Label Cards' (Male, Female, and Both) (Handout 3) in three different areas in the classroom or in three separate columns on the whiteboard.
- › Tell students that they will each be given a picture card showing a puberty change and they will need to decide which heading to place it under.
- › Hand out a 'Puberty Picture Card' (Handout 4) to each student (have students work in pairs if the class is larger).
- › As each student places a card under a heading, ask them to explain their choice and reasoning. Make corrections and assist students as needed.
- › Conclude the lesson by reminding students of the key messages.

Reflection

Encourage an open discussion with students so they understand that we all go through puberty at different times in our lives. It's a unique experience for everyone.



Handout 3

Label Cards

BOTH

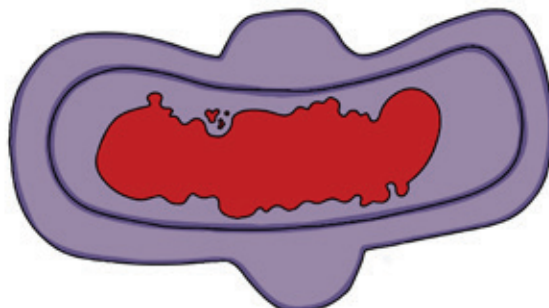
MALE

FEMALE

Puberty Picture Cards



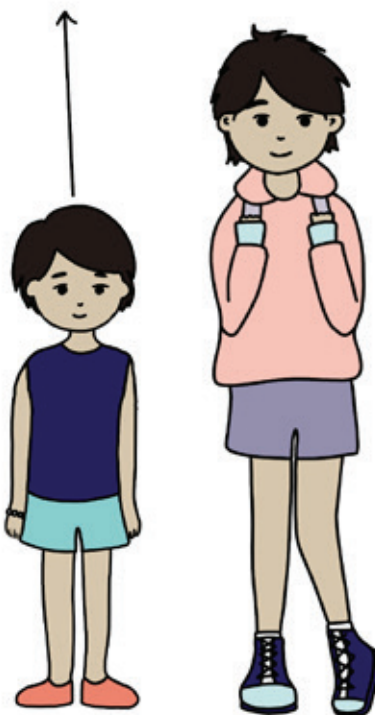
Wet dreams



Period



Body odour



Growing taller

2 Puberty Changes



Underarm hair



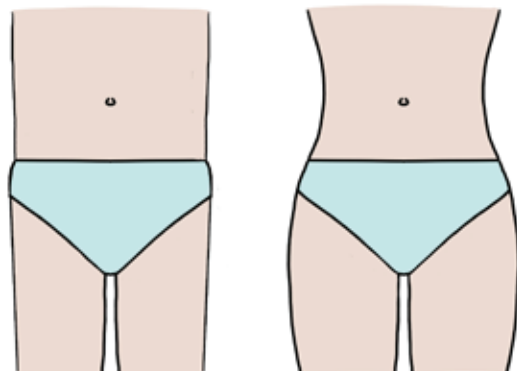
Mood swings



Pubic hair



Pimples



Hips widen



Facial hair growing

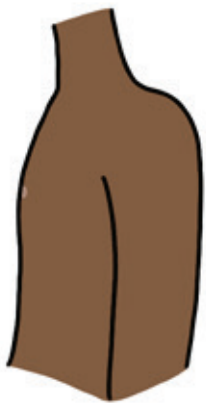


Muscles growing

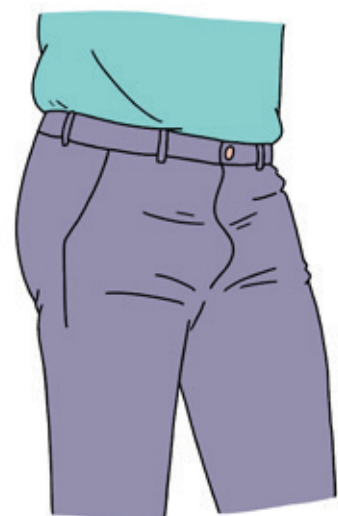
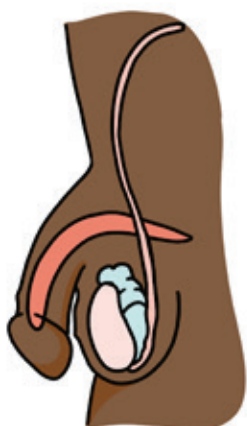


Voice deepens

2 Puberty Changes



Breasts grow



Erections



Learning Intention

To explore the physical changes that occur during puberty.



TIMING
12-15
MINS

Key messages

- › Everyone goes through puberty. It's a normal part of growing up
- › During puberty, many changes happen to a person's body and feelings
- › Puberty happens at different times for everyone
- › Puberty changes do not happen all at once. They happen at different times over a few years

Teacher's note

This lesson involves some basic understanding of male and female biological private body parts. It is suggested that the appropriate names for body parts are introduced to students either prior or following this lesson if they are not already familiar with the terms.

For more information, please refer to the Identifying Private Body Parts lesson plan within the Planet Puberty Private and Public session pack.

Resources

- › Planet Puberty 'Puberty Picture Cards' (Handout 4)
- › Whiteboard & whiteboard markers

Preparation

Print the Planet Puberty 'Puberty Picture Cards' (Handout 4) large enough for students to see if they are displayed at the front of the classroom.

Instructions

- › Display all the Planet Puberty 'Puberty Picture Cards' (Handout 4) on the whiteboard. Describe what is on each card, otherwise point to each image and ask students to call out what they see.
- › Remind students that:
 - ★ Each person will go through the changes of puberty at the time that is right for them
 - ★ It is normal to sometimes feel confused and embarrassed when going through puberty
 - ★ It is good to talk to people you trust about your puberty worries
- › Ask the class if they are worried about any of the changes displayed in the picture cards. Students can be invited to point to or select a puberty change card from the board.
- › From the discussion, clarify any misconceptions that may exist around puberty changes. Provide students with reassurance that puberty changes are normal and that strategies to help deal with the changes will be explored in future lessons.
- › Make a list on the whiteboard of who/where they can go to for help with puberty worries or questions.

Reflection

Puberty can be a confusing time for everyone, ensure students have a trusted person they can speak to if they have any question.

