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INTERNATIONAL

Sexuality Education Lesson Plans



PHYSICAL CHANGES

DURING PUBERTY



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ABOUT THIS LESSON . . .



This lesson plan is one of several, scripted lesson plans that are available to support in-school or out-of-school delivery of comprehensive sexuality education (CSE) around the globe. The scripted lesson plans are designed to incorporate use of AMAZE educational videos that address the lesson plan topics and can be used to supplement existing lesson plans or resources that you may already be using in the delivery of CSE.

Ideally, learning about any specific CSE topics should provide learners with the opportunity to develop, apply and practice learning in the domains of knowledge, skills and attitudes. In these lesson plans we provide as an example, only a few of the primary learning outcomes that could be targeted, recognizing that a single lesson is often not enough to achieve mastery of any one learning outcome or adequately cover more than one learning domain. Teachers are encouraged to schedule and deliver follow-up lessons that reinforce intended learning outcomes of these lessons/CSE topics, and to take advantage of other opportunities both in, and outside the classroom that enable learners to reflect on attitudes and practice and reinforce a skill.



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International Technical Guidance on Sexuality Education Alignment

Key Concept 6: The Human Body and Development.

- Topic 6.1: Sexual and Reproductive Anatomy and Physiology, ages 12-15
- Topic 6.3: Puberty, ages 9-12 and 12-15/15-18+

Prior Recommended Content

Students have an awareness about puberty and some of the physical changes that take place during puberty.

Target Age-Range

11 - 12+

Time

45 minutes

PREPARATION:

- Access and preview the **Boys' and Girls' Puberty** videos to be familiar with the content.
- Test playing the video so that it's ready to view during the lesson, either queued up to the start (to avoid ads) on [YouTube](#), off of an [AMAZE playlist](#), or a downloaded version.
- On the blackboard, pre-write a table with three columns and multiple rows.

MATERIALS NEEDED:

- Computer with internet access and speakers
- Projector and screen, laptop, or tablet
- Video links: [Top Signs Girls are in Puberty](#) and [Top Signs Boys are in Puberty](#)
- Chalk and blackboard or wall
- Educator Resource: Changes during Puberty

OTHER RELATED VIDEOS:

- [Boobs and More](#)
- [What is a Wet Dream?](#)



LEARNING OBJECTIVES:

By the end of this lesson, students will be able to:

1. Define puberty as a developmental stage characterized by physical, emotional and social changes, marking the transition from childhood to adulthood. (Knowledge)
2. Identify and describe at least five physical changes that take place during puberty (Knowledge)

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PROCEDURE:

Step 1

Say that today's lesson is going to focus on puberty and the different types of changes that young people experience. Say, "Puberty is something everyone goes through starting at around your age and over their teen years. It has to do with all the ways our bodies change to prepare us for becoming adults. This includes how we change physically, emotionally, and socially." Ask the students what things come to their mind when they think of puberty and call on a few of them to share their responses.

Next, explain that puberty is a time when a person's body, feelings, and relationships change from a child's into an adult's and mention some of the related replies that students just shared. Go on to say that changes during puberty can be physical, emotional, and social and that some young people experience puberty sooner than others, and that it's totally normal. For example, most girls start noticing the changes of puberty as young as age 8–9 or maybe not until ages 12–13. While most boys start noticing the changes of puberty at ages 10–11 or maybe not until ages 13–14. (5 minutes)

Step 2

Ask the students to brainstorm any physical changes of puberty they have heard of or have questions about.



Note to the Educator: Consider providing options for students to contribute anonymously by writing their responses on slips of paper or allowing them to discuss in smaller, gender-specific groups before sharing with the whole group if needed to foster a comfortable environment for sharing.

As students share their responses, write them in one of three columns on the blackboard that you have not labeled yet, so it looks something like this (depending on what they say):

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Grow hair on face	Start to grow taller	Breasts develop and may start wearing a bra
Erections happen more often and for no reason	Develop pubic hair around genitals and under arms	Ovulation and menstrual periods begin
Voice gets deeper	Might get acne or pimples	Hips get wider

Once the students have brainstormed a good number of physical changes, make sure the list includes the physical changes listed below. Use the Teacher Background – Puberty resource to help inform the discussion. Next, ask them to look at the three categories you have created with their responses and suggest what each category is. Once they have figured out the answer, write Boys, Both, and Girls on the top of each column so it looks like this:

BOYS	BOTH	GIRLS
Grow hair on face	Start to grow taller	Breasts develop and may start wearing a bra
Erections happen more often and for no reason	Develop pubic hair around genitals and under arms	Ovulation and menstrual periods begin
Voice gets deeper	Might get acne or pimples	Hips get wider
Shoulders get broader	Sweat or perspire more	Daily vaginal discharge

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Sperm production begins and ejaculation is possible	Hormone changes cause more sexual feelings	
Nocturnal emissions happen to some, not all		

(18 minutes)

Step 3

Next, ask students to reflect on the activity by asking the following questions and calling on volunteers to share their responses:

- What was it like to think through the different physical changes that young people experience during puberty?
- What did you notice as changes were being mentioned and noted on the blackboard?
- How can learning about these changes be helpful when going through puberty?
- What did you learn about puberty today that you didn't know about before? (5 minutes)

Step 4

Explain that next you will show a video about girls' puberty and another video about boys' puberty: **Top Signs Girls are in Puberty** and **Top Signs Boys are in Puberty**.



Explain that both videos review physical changes that take place during puberty and that the video on boys' puberty also mentions emotional changes, which both boys and girls can experience too. Ask students to pay close attention to see if there are any additional physical changes mentioned in the videos that



were not yet discussed and if so, to make note of them. Once the videos are done, ask students:

- What was it like to watch these videos?
- What are some of the physical changes that the videos talked about that had not been mentioned yet? (note these on the table as they are said)
- What did you learn today about when changes in puberty might take place that could be helpful when going through puberty?

Affirm key points raised by the students and if not yet mentioned, note that the videos helps us understand the physical changes that boys and girls experience during puberty along with some of the emotional changes.

(15 minutes)

Step 5

Conclude the lesson by drawing on key points raised by students upon concluding the previous activity and be sure to note the summary points below. *(2 minutes)*

KEY SUMMARY POINTS

- Puberty is when a child's body turns into an adult's body.
- Changes experienced during puberty are completely normal and often start sooner for girls than boys.
- Everyone goes through puberty at a time that's right for their body and this can vary between people.
- There are a lot of physical changes during puberty that happen to everyone and some are experienced just by boys and some just by girls.

OPTIONS FOR ASSESSMENT OF LEARNING OBJECTIVES UPON CONCLUDING THE LESSON

The discussion following the brainstorm and the video will help the educator determine whether the students understand physical changes that take place during puberty and how these changes are normal and vary between people.



ADAPTATION TIPS FOR VIRTUAL DELIVERY

In the event of virtual delivery, use a digital platform like google classrooms or zoom and note student responses on a virtual whiteboard.

ADAPTATION FOR LOW RESOURCE AND/OR LARGE CLASS SETTINGS

In the event of lack of internet, download the video onto a computer or laptop ahead of time to show the video offline. In the event that there is no large screen, consider projecting the video on a wall or if there is more than one computer or laptop available, split students into groups to watch the video simultaneously on separate computers or laptops. As this lesson does not include group work or require moving, it should be feasible in a classroom setting with large numbers of students in a limited space.

EDUCATOR TIPS FOR PARENTS

As part of broader parental outreach, consider sharing the videos and engaging with them early on, such as during a parents meeting, and sharing these tips with parents upon delivering the lesson.

- It is essential to have conversations about topics like puberty with your children so that they know that they can come to you with questions. Starting these conversations earlier, when children are younger, can make the discussions easier and more natural for both you and them. The easiest way to start these conversations is to talk about issues as they come up in everyday life, like when visiting with family or watching television or videos on social media.
- If you're watching television together and notice something like an advertisement for deodorant or acne medication, use it as a starting point for discussion. You can then use this time to ask open-ended questions like "What do you think about this?" or "Do you have any questions about these changes?" Explain how these changes are normal and that people experience physical changes during puberty at different ages.
- Consider buying menstrual pads for your daughter. When you get home and unpack the groceries, tell her that you bought these for her. Explain that you know that she hasn't gotten her period yet and that it may still be a while, but you want her to know that these things are here for her when she needs them. You can go on to talk more about how to use them and/or tell her you are always there for her, whenever she wants to talk more about these things.

Educator Resource: Changes During Puberty

Use this background material to help guide discussion on the physical changes of puberty with your learners.

CHANGES TO BOTH BOYS & GIRLS

Start to grow taller

All children going through puberty experience a growth spurt where they start to grow taller as all of their body grows bigger.

Develop pubic hair around genitals and under arms

Pubic hair starts to grow around the genitals, meaning the penis and scrotum on a boy and the vulva on a girl. Hair also starts to grow under the arms. This hair is sometimes a different color than the hair on the top of the head and some people choose to shave their underarm hair, but that is a personal decision.

Might get acne or pimples

The hormones that cause someone to go through puberty also trigger more oil to develop on the skin of their face. In some people this extra oil on their face can cause them to develop pimples or acne. Generally washing daily with soap and water can help reduce the amount of pimples a person gets, if they get any at all.

Sweat or perspire more

Even though everyone sweats when they are hot, during puberty the sweat glands start to produce sweat when a person is nervous or upset. This sweat also has a strong odor now when it did not before. People going through puberty may want to bathe more often and possibly use deodorant under their arms to help manage the new body odor.

Hormone changes cause more sexual feelings

The hormones that cause a person to go through puberty not only cause physical changes but also cause new or more sexual feelings and desires. This might result in someone having new romantic feelings or sexual thoughts, which are a normal part of development. Some adolescents may also choose to explore their bodies or touch their genitals for pleasure, called masturbation. Masturbation is a personal decision, does not harm someone physically, and should be approached without stigma or judgement.

CHANGES TO GIRLS

Breasts develop and may start wearing a bra

Girls' breasts and nipples gradually grow and develop over many months and even years so that if she chooses to have a baby later in life, she can feed the baby from her breasts if she wants to. There is a wide variety of breast shapes and sizes and no matter what they end of looking like, they will be sensitive to sexual touch and able to nourish a baby. Girls may choose to wear a bra to provide support for their breasts in order to feel more comfortable.

Ovulation and menstrual periods begin

As a girl goes through puberty, inside her body the ovaries will start to release an egg or ovum, generally about once every four weeks. This process is called ovulation. It is during this time when the egg is traveling from the ovary, down the fallopian tube, through the cervix and into the uterus that she is **MOST ABLE** to become pregnant if sperm are present. If the egg does not join with a sperm and implant, the lining of the uterus is shed and the blood and tissue leaves through her vagina once a month called "having a period." The bleeding can last from between 2–10 days and girls can use maxi pads or tampons to catch the blood and then throw them away after they have been used. A girl can also experience cramps during her menstrual period when the uterus is contracting to shed the lining.

Hips get wider

The hips of a girl start to get wider so that her pelvis can support a pregnancy should she decide to have a biological child during her lifetime.

Daily vaginal discharge

The inside of the vagina cleans itself out every day and during puberty, girls might notice more clear to white discharge in their underwear or on the toilet paper when using the bathroom. This daily discharge, as long as there is no strong odor and it does not change color, is very normal. Girls might notice that the discharge becomes clearer and slippery around the time when she is releasing an egg from an ovary. That is also quite normal. Girls might also notice wetness in their underwear when they wake up, as it is possible for girls to have sexually arousing dreams and/or orgasms while they sleep.

CHANGES TO BOYS

Grow hair on face/chest

The amount of hair a boy grows on his face and chest is based on his genes, meaning it's determined by his father and likely to be very similar to his other male relatives. Boys generally develop hair around their mouth, cheeks and neck around the face, and on the chest to some degree. Some boys might choose to remove this hair through shaving, but that is a personal decision.

Erections happen more often and for no reason

Erections are when the penis fills with blood and gets harder and bigger, standing away from the body. Although boys get erections from when they were very young, during puberty they get more frequent erections and sometimes for no reason. There is no harm to a boy if he has an erection and does not have vaginal sex as his erection will go away on its own without any physical harm to him at all.

Voice gets deeper

As a boy gets taller, the vocal cords thicken and lengthen due to the influence of increased testosterone levels. This causes their voices to gradually get deeper and maybe crack sometimes as their vocal cords adjust to these changes. The Adam's apple in the neck will start to stick out a bit and become more noticeable.

Shoulders get broader

A boy's shoulders will start to grow broader as one of the changes in his skeleton that occurs during puberty.

Sperm production begins and ejaculation is possible

Sperm are the tiny cells a boy makes in his testicles during puberty. They combine with other fluids to create something called semen. Only after a boy has started going through puberty can his body create sperm and semen and release it from the tip of his penis when he ejaculates. Generally, semen is about a teaspoon of whitish fluid containing hundreds of millions of sperm.

Nocturnal emissions happen to some, not all

Sometimes called a "wet dream," it is normal for some boys to experience ejaculation of semen while they are asleep. It often happens as a result of the hormones in his body and is normal if it does happen and totally normal if it never happens.