

How does it feel to go
through puberty?



Do Now

Date

True or false? : 'The only thing that changes during puberty is our body'.

Explain your answer with some examples.

True or false? : 'The only thing that changes during puberty is your body'.

False, our brains change as well.

Explain your answer with some examples.

- new hormones can make us feel new or more powerful emotions
- as we grow and develop through puberty our interests and priorities change too
- your relationships change, whether that is with your caregivers or romantic relationships
- your decision making abilities change

Lesson ground rules



-  Listen to others without interrupting
-  Be open and honest
-  Respect each others ideas and opinions
-  Encourage and support everyone
-  Think carefully before sharing anything personal about yourself
-  Don't ask personal questions to students or staff
-  Don't share anything personal about other people

How does it feel to go through puberty?



Knowledge

During puberty, we experience a range of emotional changes.

Life Lesson

I can understand the emotional changes that might happen to me during puberty which can help me manage my feelings.

Key terms



mood		a temporary state of mind or feeling
desire		a strong feeling of wanting to have something or wishing for something to happen
pressure		persuade someone to do something
puberty		the process where a child's body starts to become an adult's body

Puberty



I started puberty in Year 7. I had learnt about it at school, but it was so different actually going through it. I was confused about a lot of stuff, like why my breasts weren't developing as quickly as other girls.

I spoke to my older sister about it and she explained how she felt when she went through it, which helped me understand more about what was happening to my body.



Discuss

A

How can understanding **puberty** help us to accept changes more easily?



How can understanding **puberty** help us to accept changes more easily?

- we can explain how we feel
- gives us a timeline for the changes
- know this is happening to other people as well
- reduces fear and embarrassment

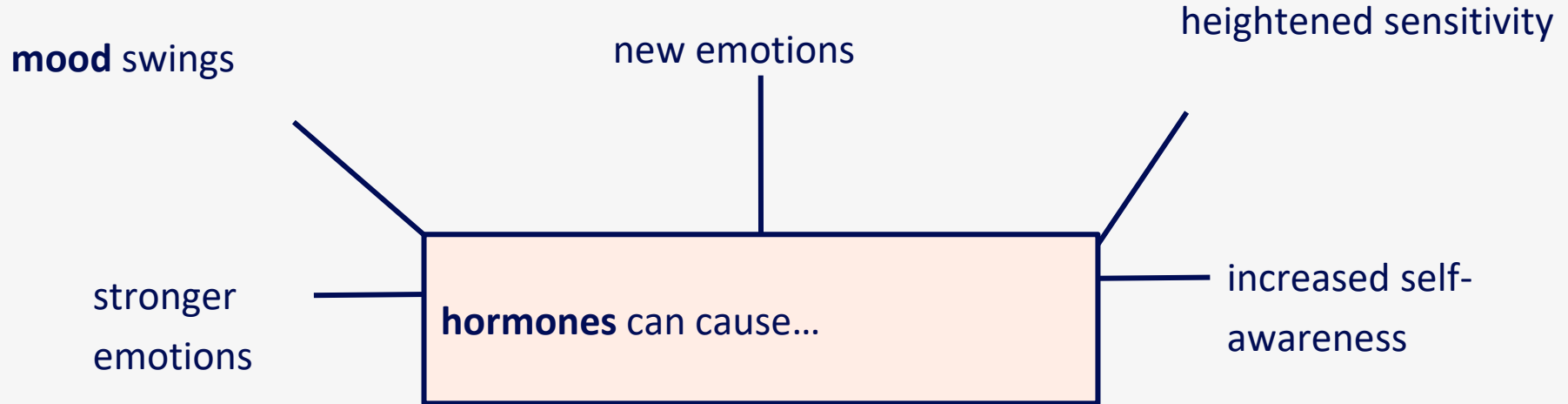
Understanding puberty

There is no 'normal' way to go through **puberty**, and bodies change and develop at different rates and to different degrees.

We can all share similar experiences during **puberty**, and knowing this can help us to better accept these changes.



During **puberty**, our **hormones** change and this can affect our **mood**.



Discuss



B

What emotions do you think people feel more strongly during **puberty**?



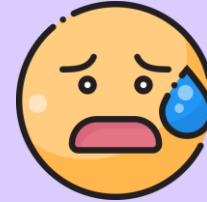
What emotions do you think people feel more strongly during **puberty**?



embarrassment



anger



anxiety



romantic attraction



sadness



excitement

When we are feeling something strongly, it can be hard to understand situations clearly.



When I started **puberty**, I noticed that I felt angry or upset at other people, and would blame them for how I felt.

It can be helpful to share our feelings instead of blaming other people for them.

Expressing feelings instead of blaming can look like:

You always ignore me.



I feel upset when you don't include me.

How might it look for these examples?

You're so annoying, you never listen.



I am frustrated because I don't feel heard.

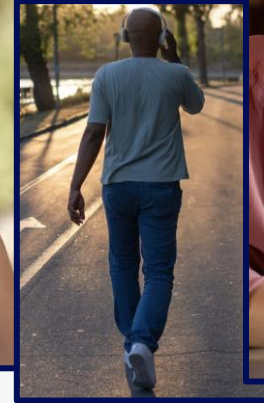
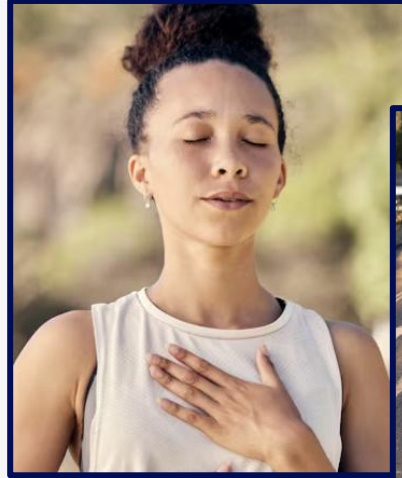
You are always so mean to me, I am sick of it.



The things you've said have upset me and I don't feel respected

We can express ourselves more easily when we regulate our emotions.

Regulating means managing our emotions and reactions. It can help us feel calmer, think clearer and make better decisions.



Discuss

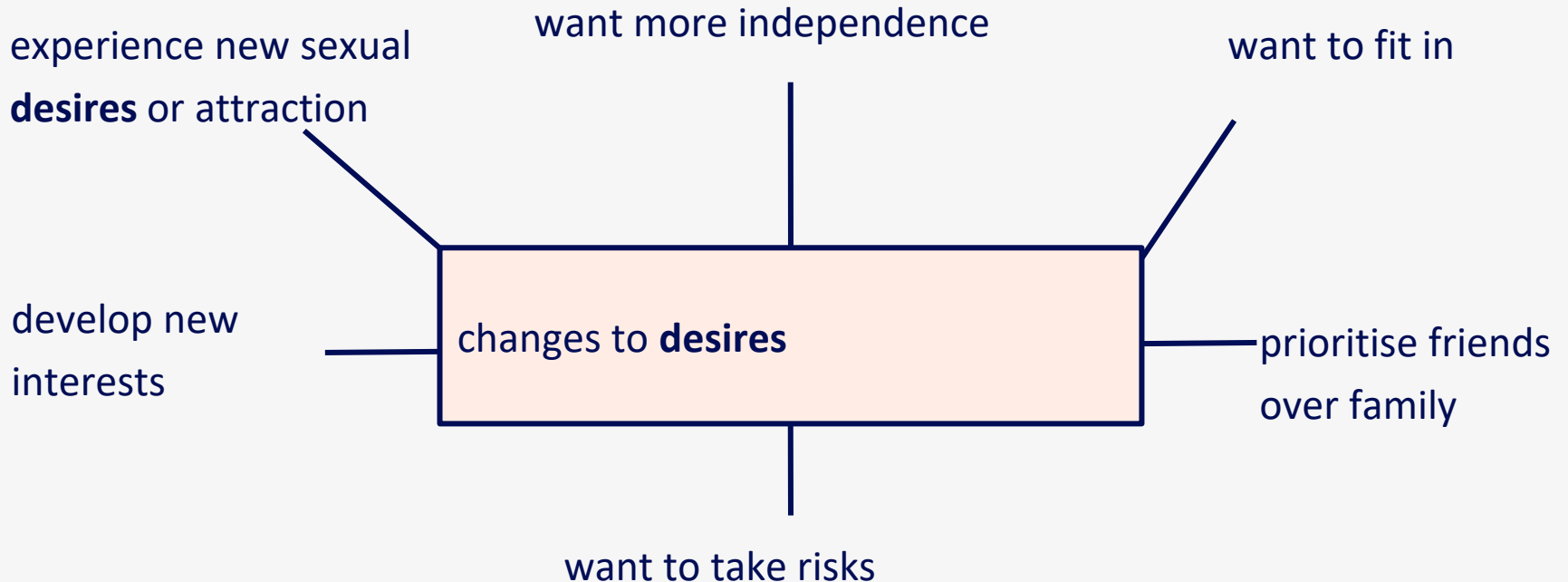
What are some ways we can regulate our emotions?



What are some ways we can regulate our emotions?

- deep breathing
- walking away from the situation
- writing down our thoughts and feelings
- pausing and taking five seconds before responding
- talking to someone you trust
- go for a walk or run
- play some sport with friends

During **puberty**, our wants and **desires** change. These will be different for everyone, but we might:





Halfway point

Based on Alex's experience, answer the questions.



Alex

I really didn't know how to react when the girl I fancied rejected me. I felt frustrated and annoyed, but I messaged her more and expressed my feelings and told her it was unfair to ignore me. I felt nervous, but I really wanted her to like me. I don't really understand where all this came from!

Give Alex three pieces of advice on what he should do before he acts on his emotions.

Explain to Alex why this is happening.



Give Alex three pieces of advice on what he should do before he acts on his emotions.

- during puberty, some people develop strong romantic feelings
- take time before acting and “sleep on it”, then you can think more clearly
- checking in with someone you trust, to get their advice
- respect other people's boundaries and give them space if they need it

Explain to Alex why this is happening.

During **puberty**, your **hormones** change and this can lead to more intense emotions and **mood** swings. It can lead to new wants and **desires** such as attraction. It can also lead us to do things we might not have wanted to before, or have been too nervous to try.

What kind of **pressures** did you feel going through **puberty**?



Listen out for

- worries about **puberty**
- understanding ourselves and desires more

Video link: <https://vimeo.com/741966086/f4d22daf97?fl=pl&fe=sh>



Alex was worried about his voice changing, but he felt **pressure** because other boys around him were changing.

He also started to understand his sexuality more.



Lewis found it easy to accept the changes that happened to him during **puberty**, and found it easy to manage the **pressures** and new feelings that came with **puberty**.

During **puberty**, we may face new internal and external **pressures**.

internal **pressures**:

- curiosity
- wanting independence
- fear of missing out
- wanting to fit in

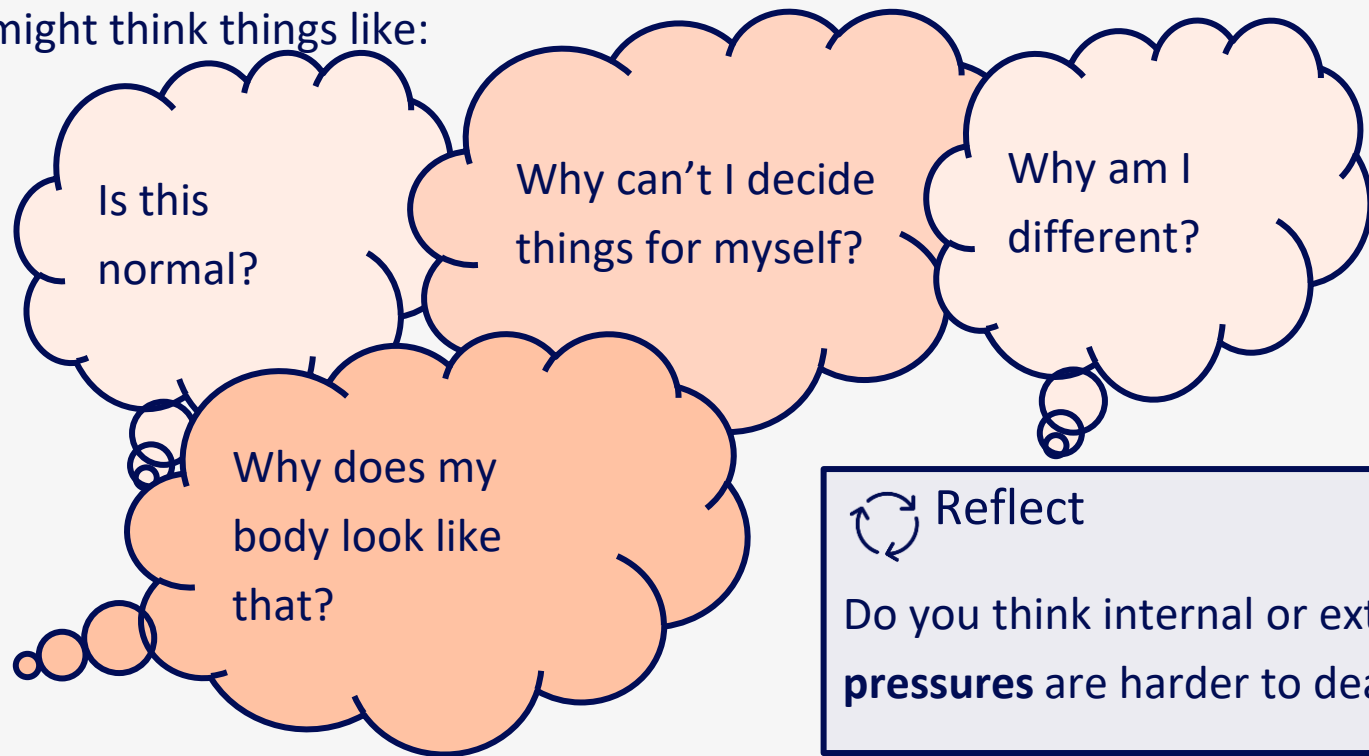
external **pressures**:

- friends or peers
- social media
- school and teachers
- parents
- adverts



Internal **pressures** might make us start to question things we didn't before.

We might think things like:



External pressures

External **pressures** might make us want to:

leave 'childish' things behind

do well in school and exams

dress differently

take risks we wouldn't before

behave a certain way

socialise more



They make make us question ourselves, and think things we didn't before.



I am feeling so much **pressure** from everywhere. When I go on social media, I see people doing things that I wish I could do, and bodies that I wish mine looked like.

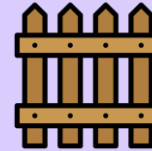
I want to be more independent, but my parents are strict and I really feel like I am missing out.

How do you think we can cope with the pressures we face during puberty?

How do you think we can cope with the **pressures** we face during **puberty**?



notice your feelings and think before acting



set boundaries if we feel **pressured** to do something we don't want to



talk to someone you trust about how you feel



reflect on your choices and possible consequences



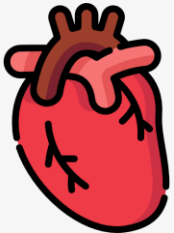
practice self-care and be kind to yourself



think before you act or make a decision about something

Split into teams of two, one of you will act as the 'head' the other will act as the 'heart'.

You will be shown two scenarios that someone might face in **puberty**. You must discuss how this might feel (heart) and how this person should act (head).



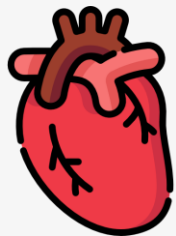
Heart: how might the person feel in this scenario?



Head: What should the person do to cope with this situation?

Anita's parents have set a curfew for when she hangs out with friends after school. Her friends don't have the same curfew and she feels like she is missing out when she goes home early.

She gets home one evening and feels really annoyed at her mum and dad for making her come back.



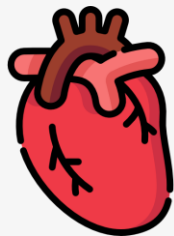
Heart: how might the person feel in this scenario?



Head: What should the person do to cope with this situation?

Activity - Extend

James' friends have been talking about girls that they like, but James doesn't feel the same way. He noticed recently he is feeling an attraction to a boy in his class. He isn't sure why he feels differently to his friends, but doesn't want to bring it up. He feels really confused and isn't sure whether or not to pretend and just go along with what his friends say.



Heart: how might the person feel in this scenario?



Head: What should the person do to cope with this situation?

Activity - possible answers

Anita's parents have set a curfew for when she hangs out with friends after school. Her friends don't have the same curfew and she feels like she is missing out when she goes home early.

She gets home one evening and feels really annoyed at her mum and dad for making her come back.



Anita is feeling a **desire** for more independence and frustration with her parents. She also feels a **desire** to fit in, her **hormones** will be making these feelings stronger.



Anita should reflect on why her parents have set this curfew, and whether this expectation is there to keep her safe. She should pause and reflect before reacting to her parents

Activity - Extend possible answers



3



Do

James' friends have been talking about girls that they like, but James doesn't feel the same way. He noticed recently he is feeling an attraction to a boy in his class. He isn't sure why he feels differently to his friends, but doesn't want to bring it up. He feels really confused and isn't sure whether or not to pretend and just go along with what his friends say.

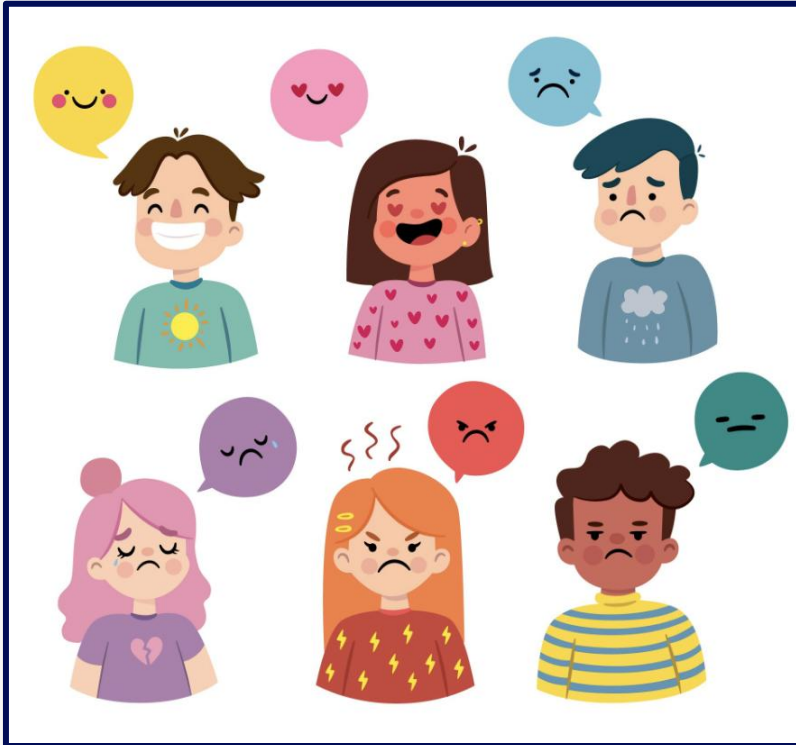


James is experiencing sexual **desire**, this may be a new feeling caused by **puberty**. These feelings have made him aware of his sexuality, but he also has a **desire** to fit in.



James should speak to someone he loves and trusts about how he feels. He should also reflect on the **pressure** to fit in, and decide whether or not doing so will make him happier or safer.

List five emotional changes we might experience during **puberty**.



- mood
- desire
- risk
- reactions
- regulation

List five emotional changes we might experience during **puberty**.

- more sensitive to things happening around us
- strong new emotions
- harder to regulate our emotions
- sexual **desire** and attraction
- take more risks
- want independence

Which of the following statements about **puberty** are true?

everyone feels the same way about
and during **puberty**

strong emotions can make it difficult
to navigate **pressures**

hormones can cause us to experience
new emotions

everyone is excited and ready to go
through **puberty**

Where to get support



childline

ONLINE, ON THE PHONE, ANYTIME

We're here for you,
whatever's on your mind.
We'll support you. Guide
you. Help you make
decisions that are right for
you.

Find out more on the
[Childline website](#)

YOUNGMINDS

However you're feeling
right now, things can
get better. And we're
here to help.

Find out more on the
[Young Minds website](#)



You can get more
information about puberty
on the Sheffield Children's
NHS Foundation Trust
website.

Find out more on the
SCNHSFT [website](#).

How confident do you feel about this topic?

 Reflect





Feedback

We regularly update our lessons, to make sure that our resources remain relevant, appropriate and engaging for young people.

If you'd like to let us know what you think, please complete [this form](#). It takes as little as 30 seconds and you only have to answer the questions that are relevant to you.



Life Lessons supports teachers to deliver outstanding relationships, sex and health education.

We aspire to a world where all young people are equipped to be healthy, make good decisions and navigate the social and emotional complexities of life.

[Discover our approach to learning](#)