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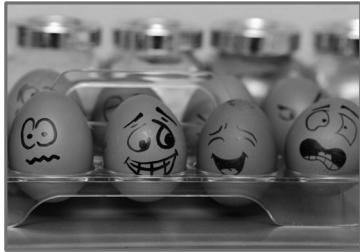
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## Puberty and emotional changes

KS3 Year 7 Lesson 1

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### Learning objective

- We are learning about how the emotions are affected by puberty, how this may affect relationships and how to manage this.

### Learning outcomes

- I can describe the main physical and emotional changes experienced during puberty
- I can evaluate how relationships can be affected during puberty
- I have strategies for managing the emotional aspects of puberty

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## Ground rules



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## Anonymous question box

On a piece of paper, write at least one question you have relating to these topics:

menstrual wellbeing

healthy relationships



consent

managing relationship conflict

puberty and how relationships  
might change during puberty

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## Scenarios



Can you respond to the scenarios?

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## 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?

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## Changes during puberty

Sort the cards to show the different types of physical changes young people experience during puberty:

Biologically male

Can affect anyone

Biologically female



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## 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

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## Managing relationships during puberty

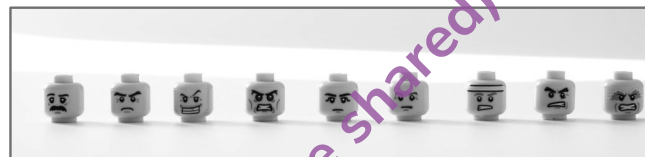
In your groups, pick a scenario and give advice to the character about what they should do next.



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## 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?



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## Question box and signposting support

If you would like further guidance or support:

- speak to a parent/carer, tutor, head of year, school nurse/counsellor or other trusted member of staff in the school

Visit:

- A Better Medway: [www.abettermedway.co.uk](http://www.abettermedway.co.uk)
- Childline: [www.childline.org.uk](http://www.childline.org.uk) 0800 1111



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## More activities

### Puberty products

Look at some different products relating to puberty and discuss:

- How might they be used?
- Why might they be necessary?

### Offering support

Return to the scenarios from the start of the lesson. Can you offer each character an appropriate source of support – who would be best for them to talk to and why?



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