

Name: _____



NEXT STOP,



PUBERTY!

Student Workbook



The Story of Me... So Far

Puberty is just one stage in your life journey. Think about some other key ages or stages that you've experienced already. Write about a memory you have or what other people might have told you about yourself at that time. It might be a funny story, something you loved or hated at the age, or something that still puzzles you about that time.

Stage	My Story
Newborn	
Twelve months old	
2-4 years old	
5 years old (starting school)	
6-8 years old	
9-11 years old	

Jump Onboard

After you watch the ClickView Miniclip *Jump Onboard*, complete the questions below.

1. Puberty involves _____, social and emotional changes. The changes stop and _____ and everyone experiences them differently and at different _____.

2. Fill the changes below into the table using information from the clip and class discussion.

Acne	Lower self-esteem	Height and weight change	Deeper relationships
More time with friends	Romantic feelings	Voice breaking	Pubic hair
Menstruation	Intense feelings	Conflict with parents/ family	Can you think of any others?

Physical changes	Social changes	Emotional changes

3. Why isn't the internet always a good place to find information about puberty?

Jump Onboard

4. Reflect on what you learned from the clip, and what you already know.

3

interesting
facts I learned
about puberty

2

facts I already
knew about
puberty

1

person I could go
to for help about
puberty and why

Puberty Concerns

In your group, order these puberty concerns from 1 (most concerning) to 10 (least concerning).

	One word: Acne
	Looking gangly and awkward due to the uneven growth of the body, limbs and facial features during puberty
	Face hair, body hair and 'down there' (pubic) hair
	Being the first one in your peer group to start puberty and show physical signs of it
	Being the last one in your peer group to start puberty and show physical signs of it
	Menstruation and wet dreams
	Period leaking visibly on your pants or skirt, or getting a noticeable and unwanted erection
	Developing sexual feelings towards others and yourself
	Not knowing who to ask for help about puberty
	Not understanding or knowing how to manage your own emotions and mood swings

A Helping Hand

On each finger of the hand below, write the name of one person or resource that you could go to if you had questions or concerns about puberty.

In the palm of the hand, list five qualities that your chosen people and/or resources have that explains why you chose them.



Body Talk Scavenger Hunt

Childline.co.uk is a website for young people with information about life, including puberty.

Go to Childline.co.uk and navigate to *Info and advice > You and your body > Puberty*. How quickly can you find the answers to the questions below?

1. It is normal to have one breast that is bigger than the other.

True False

2. It is normal for penises to come in all shapes and sizes.

True False

3. The hair that will begin growing on your private parts is referred to as _____.

4. _____ becomes stickier after ejaculation, and is usually white or grey in colour, but can sometimes be yellowish.

5. List 4 things that can help when a girl experiences period pain.









6. Why do people sweat?

7. Females usually begin puberty between the ages of _____ while males usually begin puberty around the age of _____.

8. Identify two websites you can visit when you are feeling anxious, sad or stressed.





All the Changes

After you watch the ClickView Miniclip *All the Changes*, complete the questions below.

1. Chemicals in the body, called _____, are responsible for puberty and the changes it brings.

2. List two changes you might notice during puberty that should prompt you to go and see a doctor.





3. Fill the changes below into the table using information from the clip and class discussion.

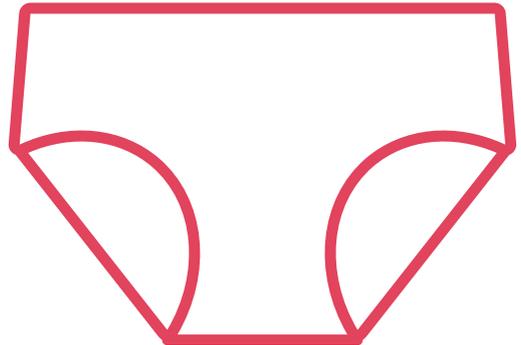
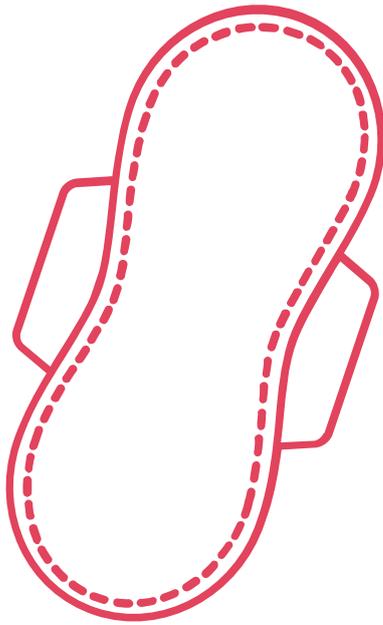
More hair	Taller and heavier	Penis changes shape	Wider shoulders
Discharge in underwear	Wider hips	Menstruation begins	Wet dreams
Vulva changes shape	Pimples	Smellier	Can you think of any others?

Female changes	Both	Male changes

All the Changes: Females

After you watch the ClickView Miniclip *All the Changes: Females*, complete the questions below.

1. Getting her _____ is one of the biggest changes a girl goes through during puberty. Periods come about once a _____ and last about _____ days, sometimes more or sometimes less.
2. Write two facts from the video and your own research about menstrual pads and period underwear.



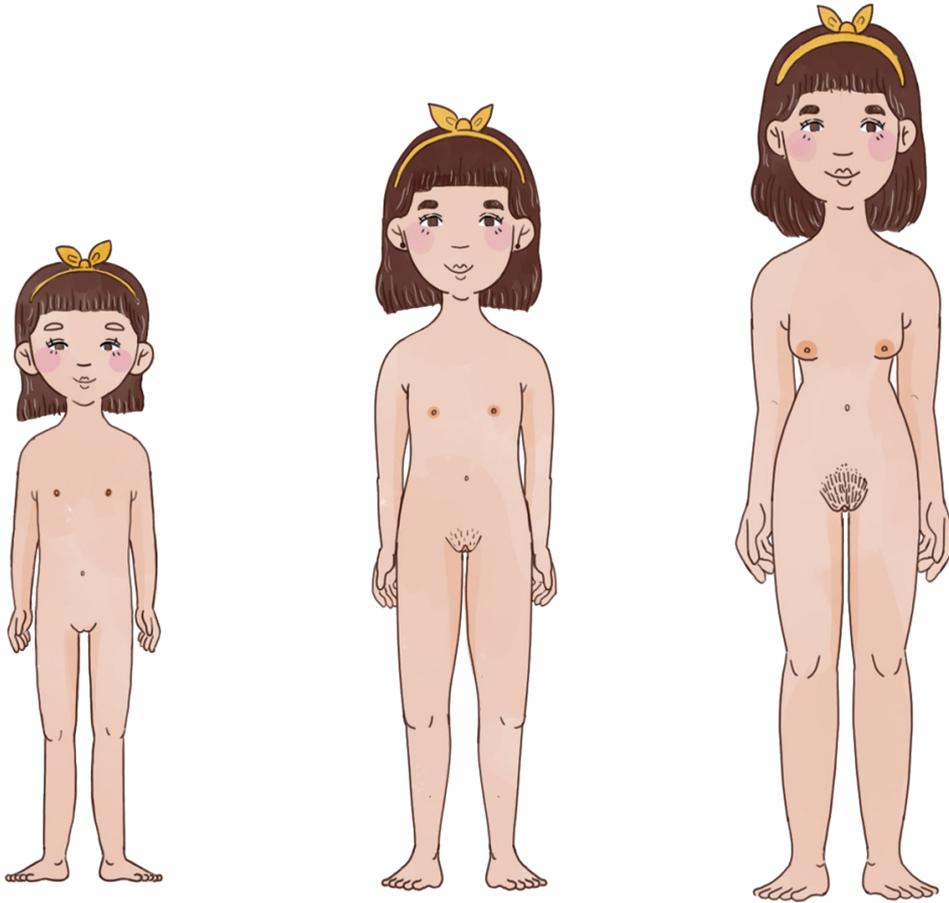
👉 _____

👉 _____

👉 _____

👉 _____

All the Changes: Females



3. List as many changes to a female's body during puberty as you can. Start with the changes you can see in the image above, then try to list some that you can't see.

Changes you **can** see:

-  _____
-  _____
-  _____
-  _____
-  _____
-  _____

Changes you **can't** see:

-  _____
-  _____
-  _____
-  _____
-  _____
-  _____

All the Changes: Males

After you watch the ClickView Miniclip *All the Changes: Males*, complete the questions below.

1. Both girls and boys can get _____ during puberty, but they are more obvious for boys. _____ comes out of a boy's penis while he is asleep and can wet his pyjamas and sheets. This is totally normal, but boys might like to learn how to use the _____ machine to help with the clean up.

2. List the four reasons from the clip why boys might get an unexpected or unwanted erection.









3. Circle or tick the statements about male puberty that are true.

A boy's scrotum drops lower and gets darker because of testosterone

Boys might get a tender chest during puberty

Another name for a larynx is an Anthony's Apple

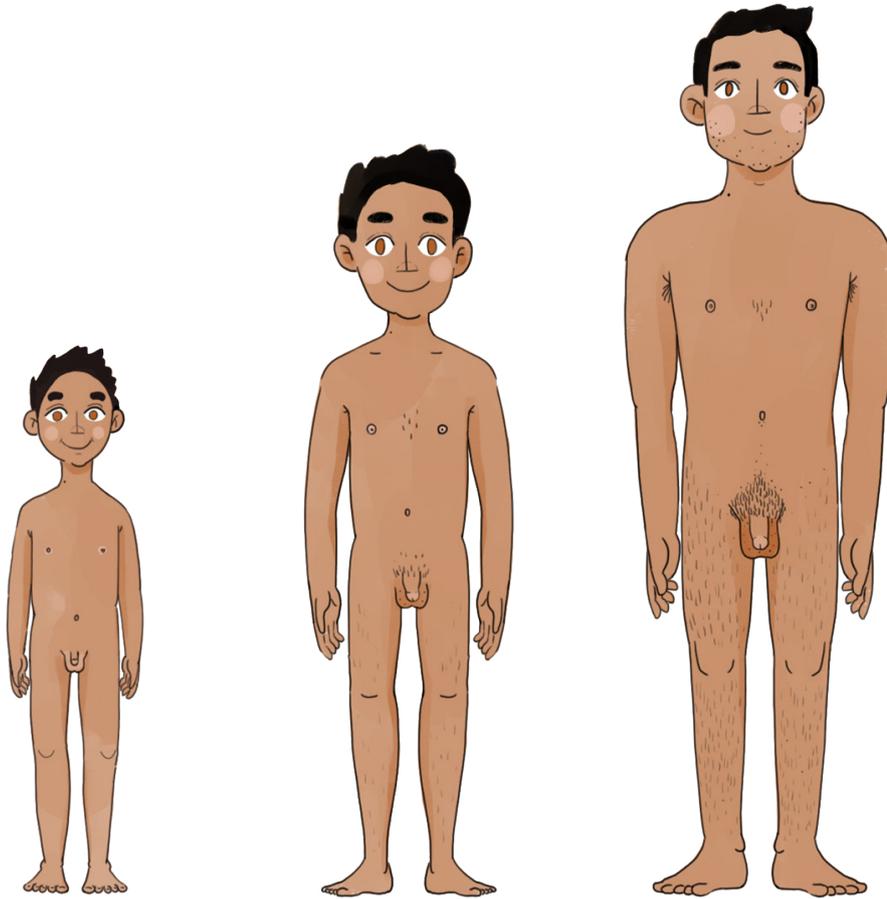
A boy's penis should always be the length of his palm

A boy's scrotum drops lower and gets darker because of estrogen

The penis, scrotum and testicles all get bigger during puberty

The shape of a boy's face stays the same all through puberty

All the Changes: Males



4. List as many changes to a male's body during puberty as you can. Start with the changes you can see in the image above, then try to list some that you can't see.

Changes you **can** see:

👉 _____

👉 _____

👉 _____

👉 _____

👉 _____

👉 _____

Changes you **can't** see:

👉 _____

👉 _____

👉 _____

👉 _____

👉 _____

👉 _____

Ask the Puberty Pro

Ask the Puberty Pro is a pretend Instagram account where kids can ask questions about puberty to be answered by experts. Today, YOU are a guest expert on Ask the Puberty Pro! Read the questions below and choose one to answer. You may need to do some extra research and remember to be respectful and sensitive in your response.

Dear Puberty Pro,

Help! This morning at school I felt a little bit wet in my underpants. I thought for a second that I must have done a tiny wee without noticing. I went to the toilet to check but the little wet patch didn't look or smell like wee. It was kind of slippery and it didn't really smell much at all. Is there something wrong with me?

Damp Sam

Dear Puberty Pro,

It's official: my face looks like a pizza. I have pimples on my forehead, my cheeks, my chin. Even my back and bottom! What's worse is that all my friends have clear skin. I think I must be the only one in the world who has pimples this bad. What can I do?

Spotted Shea

Dear Puberty Pro,

My little sister walked in on me in the shower... I don't think I was doing anything wrong, but I was using my fingers to have a feel around and inside my private area. It felt good - until my sister barged in! She ran out screaming for our Mum. Am I going to be in trouble/grounded for life? What should I tell my Mum?

Ashamed Ash

Dear Puberty Pro,

Well, I'll never live this down... I was talking to Kate at recess, who I've been friends with since we were five. But for some reason, today it felt different. I began to feel a bit tingly in my underwear and before I knew it... well, I don't have to spell it out... It was obvious to everyone! Why did this happen, and how can I stop it from happening again?

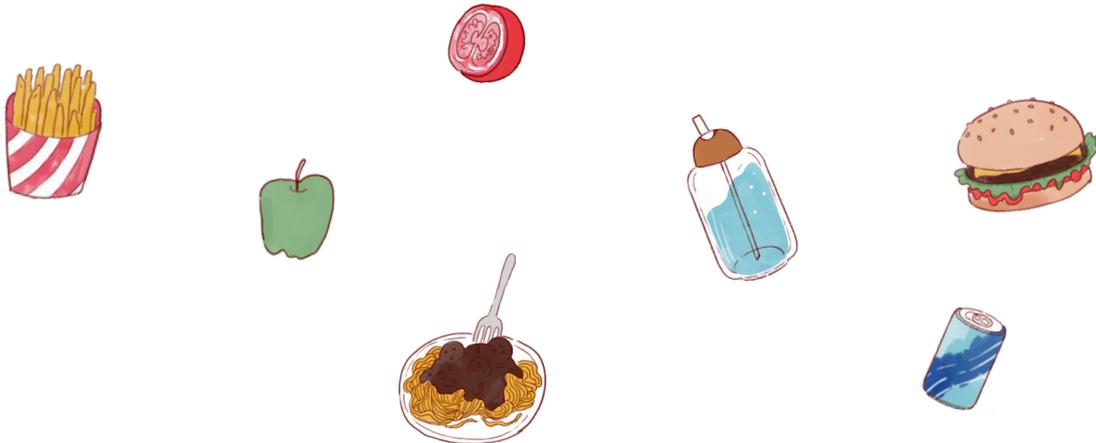
Rigid Riley

All the Feels

After you watch the ClickView Miniclip *All the Feels*, complete the questions below.

1. _____ swings are a very normal part of puberty. They happen due to the number of _____ inside your body rapidly increasing like they've never done before and never will again!

2. Circle or tick the foods that can help regulate and boost your mood.



3. Explain why food and drinks containing caffeine should be avoided, particularly during puberty.

4. List 3 types of movement mentioned in the video that you can do to help your mood. Then, list another 3 of your own suggestions.

 _____

 _____

 _____

 _____

 _____

 _____

All the Feels

5. Masturbation involves touching and feeling around your _____ area. It is totally fine so long as you do it in _____. It's also totally fine if you don't want to do it at all.

6. List 3 ways to try and keep BIG FEELINGS under control, as suggested in the video.









Lessons from a Puberty Survivor

Interview a member of your family or a family friend who is over 18 years of age about their experience of puberty.

1. At what age did you begin puberty, and what was the first sign?

2. Compared to your friends, do you remember developing early or late? What feelings did you have about this, or about those who developed earlier or later than you did?

3. How did you find out about what was happening to you and your body? What did you do if you had questions or concerns about it?



Lessons from a Puberty Survivor

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4. Do you remember having mood swings when you were going through puberty? Is there anything you did to help your emotions?

5. What was the most difficult part of puberty for you?

6. How did you feel about your body and yourself during puberty and after puberty?

7. What one piece of advice would you give to someone who is nearing puberty?

Who Are You?

After you watch the ClickView Miniclip *Who Are You?*, complete the questions below.

1. During puberty, you may find that your relationships with your family and _____ change. You might develop interests that are _____ to theirs. You may also feel sad or _____ some of the time and find it hard to ask their help. Don't worry, this is normal. Just make sure to seek help when you need it.

2. What should you do if you ask an adult for help and they don't know how to help you or suggest things that aren't helpful?

3. Fill in some of the words mentioned at the end of video about the rollercoaster of puberty.

