







3. Following the card sort completed in activity 2, give groups the *Puberty true or false?* cards and ask them to sort the statements into piles. If they are unsure of any of the statements, ask them to create a 'Don't know yet' pile for discussion.

Ask groups to feed back, and reassure them by explaining the following:

- Sometimes children do feel worried about puberty changes.
- Everybody goes through puberty changes.
- There is always somebody to speak to if they have worries or questions.
- Puberty changes are very gradual and don't happen overnight.
- Puberty changes aren't painful.
- They can speak to someone they trust if they need to.

### Extension activity

Ask pupils to use a post-it note or similar to ask one question about puberty and the changes our bodies go through as we grow into adults. You can respond to the questions in a range-appropriate manner at the end of the lesson, or offer a dedicated time for responding if the questions need more consideration. (Treat all questions in a respectful manner. If possible, use phrases such as, "This is a good question", "I am glad someone asked this question" or "A lot of people have questions about this topic" to reassure pupils that their questions are valued.

### Plenary

Discuss with pupils who they could talk to if they wanted to learn more, or if they had more questions about puberty.

Go around the class and praise each pupil for the changes or for one thing they have learned about puberty today.

### Assessment

Use outcomes of discussion and completed *Body outline* and *Puberty: true or false?* worksheets to assess pupils' understanding of learning objectives.