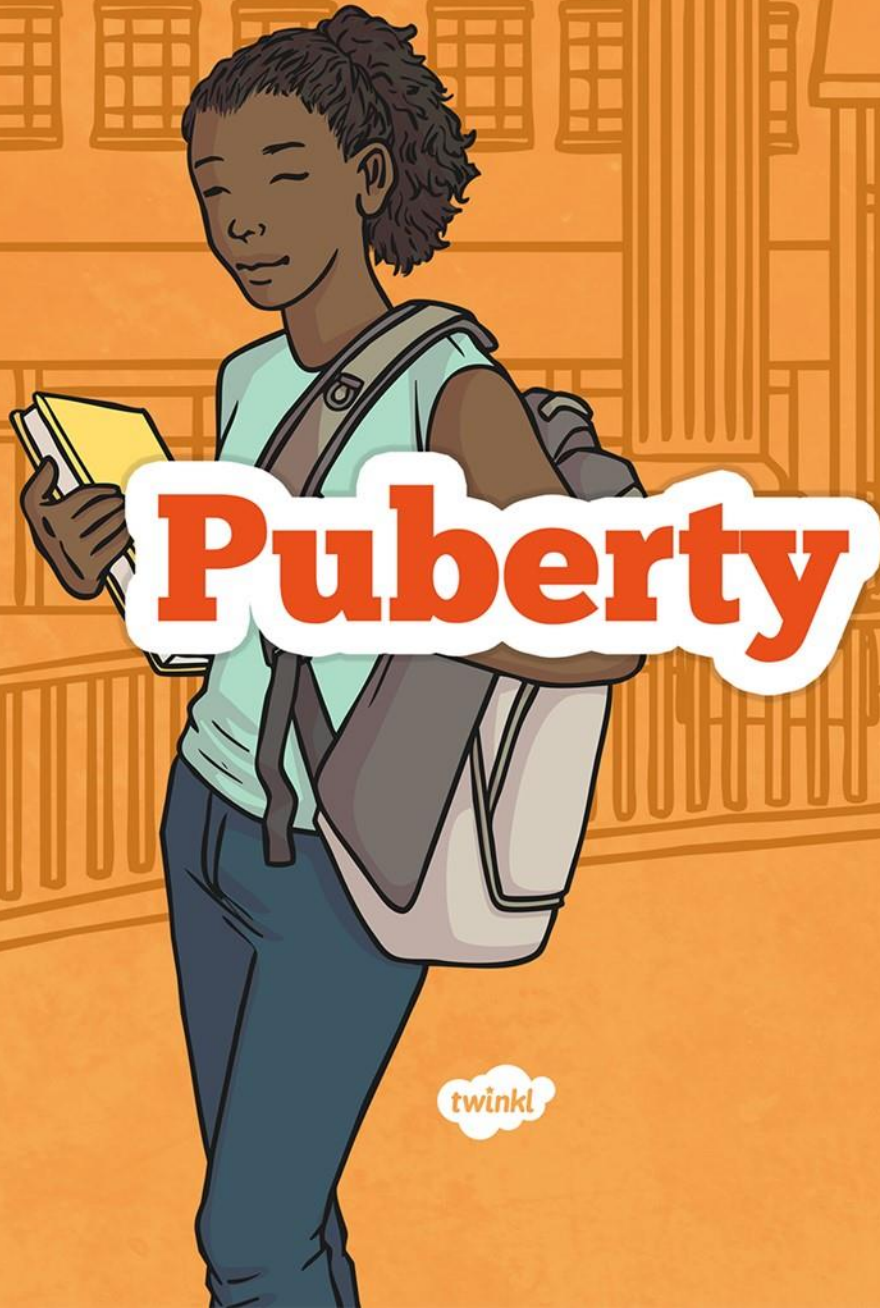




Science

Animals Including Humans



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Aim

- I can describe and explain the main changes that occur during puberty.

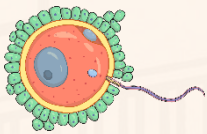
Success Criteria

- I can describe the main changes that occur during puberty.
- I can give reasons why changes occur during puberty.
- I can analyse the similarities and differences between how boys and girls experience puberty.

Human Development



Label the pictures with the name of the stage of development they represent:



Early Fertilisation
Adulthood

Infancy
Puberty

Middle Childhood
Adulthood

Puberty
Childhood

Early Old age
Adulthood

Middle Infancy
Adulthood

Old age
Fertilisation

Which stages of development have you undergone?

Which ones will you undergo?

What is your next stage of development?

Human Development

Puberty

Puberty is the stage of development between childhood and adulthood.

Physical growth occurs so that the body changes to that of an adult, which enables reproduction.

Two parts of the brain – the hypothalamus and the pituitary gland – start to make more of some hormones.

LH is the hormone for growth and FSH is the hormone for hair.



Fact or Fiction?

Do you know
your facts about
puberty?

Are you getting
your information
from a reliable
source?

Or are you
starting to
believe in fiction?

Fact or Fiction?

1

If you haven't started puberty by the age of 11, there is something wrong.

Fact!

Fiction!

Fact or Fiction?

You're correct – it's Fiction!

Puberty occurs at any time between 11 and 17. It is different for each person and this is perfectly normal.

Next Question

Fact or Fiction?

You're incorrect – it's Fiction!

Puberty occurs at any time between 11 and 17. It is different for each person and this is perfectly normal.

Next Question

Fact or Fiction?

2

Both boys and girls grow more hair on their bodies.

Fact!

Fiction!

Fact or Fiction?

You're correct – it's a Fact!

Both boys and girls develop pubic hair and start to grow hair under their armpits.

Overall, boys grow more hair and grow it on more body parts than girls (including the face and chest). However, how 'hairy' a person becomes is based the genes you inherit from your parents.

[Next Question](#)

Fact or Fiction?

You're incorrect – it's a Fact!

Both boys and girls develop pubic hair and start to grow hair under their armpits.

Overall, boys grow more hair and grow it on more body parts than girls (including the face and chest). However, how 'hairy' a person becomes is based the genes you inherit from your parents.

[Next Question](#)

Fact or Fiction?

3

During puberty, it is normal to start getting spots.

Fact!

Fiction!

Fact or Fiction?

You're correct – it's a Fact!

Everyone gets some spots during puberty; however, it varies from person to person.

Acne is when you have a severe breakout of spots and can be painful. Doctors can help to treat this.

[Next Question](#)

Fact or Fiction?

You're incorrect – it's a Fact!

Everyone gets some spots during puberty; however, it varies from person to person.

Acne is when you have a severe breakout of spots and can be painful. Doctors can help to treat this.

[Next Question](#)

Fact or Fiction?

4

When you go through puberty,
your sweat smells.

Fact!

Fiction!

Fact or Fiction?

You're correct – it's Fiction!

Sweat does not smell! Sweat is mostly just water after all.

What people refer to as a 'sweaty' smell is actually caused by bacteria on your body mixing with the sweat.

Next Question

Fact or Fiction?

You're incorrect – it's Fiction!

Sweat does not smell! Sweat is mostly just water after all.

What people refer to as a 'sweaty' smell is actually caused by bacteria on your body mixing with the sweat.

Next Question

Fact or Fiction?

5

All parts of the body grow at the same rate during puberty.

Fact!

Fiction!

Fact or Fiction?

You're correct – it's Fiction!

All parts of the body grow during puberty but it is not true that they grow at the same rate and the same time.

For example, you may notice that you get taller before your feet grow or that you start growing pubic hair before you start getting spots. It's normal for growth to be uneven during puberty.

Next Question

Fact or Fiction?

You're incorrect – it's Fiction!

All parts of the body grow during puberty but it is not true that they grow at the same rate and the same time.

For example, you may notice that you get taller before your feet grow or that you start growing pubic hair before you start getting spots. It's normal for growth to be uneven during puberty.

Next Question

Fact or Fiction?

6

There is a normal size that breasts (girls) or the penis (boys) have to grow to, otherwise there is a problem.

Fact!

Fiction!

Fact or Fiction?

You're correct – it's Fiction!

There is a wide range of shapes and sizes for breasts and penises, which are all normal.

One of the problems that many teenagers going through puberty face today is coping with the images and messages they get about what is 'normal'. Often this does not match reality.

As long as you are developing during this period of your life, then there is nothing to worry about.

End of quiz!

Fact or Fiction?

You're incorrect – it's Fiction!

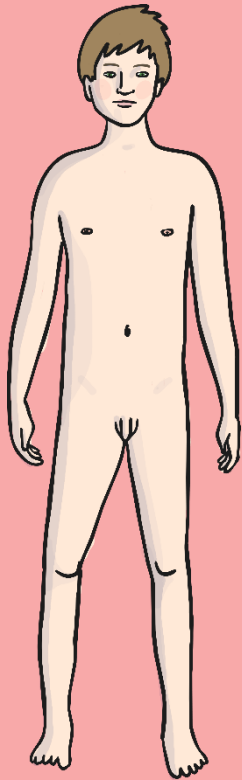
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As long as you are developing during this period of your life, then there is nothing to worry about.

The Facts

Puberty for Boys



Larynx (voice box)
grows - 'Adam's apple'

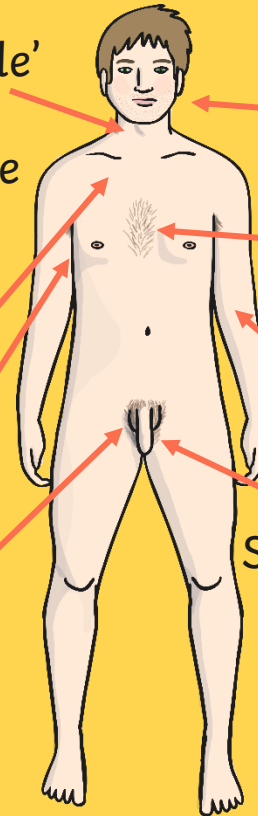
Sweat glands produce
more sweat

Skin becomes oilier

Grow hair
under armpits

Grow pubic hair

All parts of the
body grow



Grow taller

Grow facial hair

Grow hair
on chest

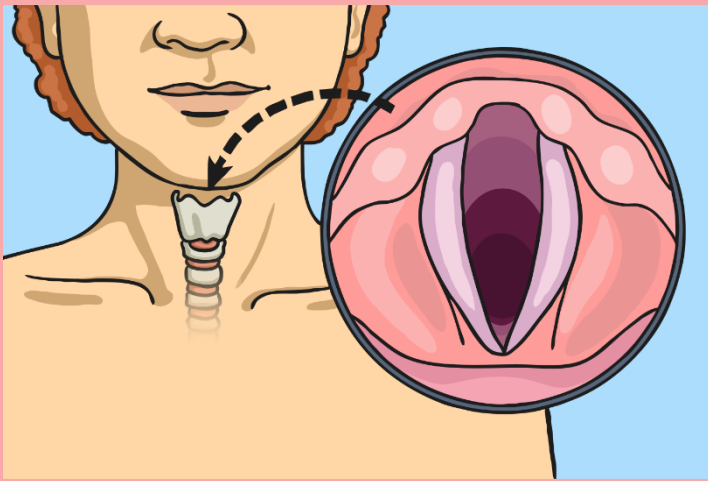
Gain hair on
arms and legs

Scrotum, testes and
penis develop

Become more
muscular

The Facts

What's Going on Inside Boys?



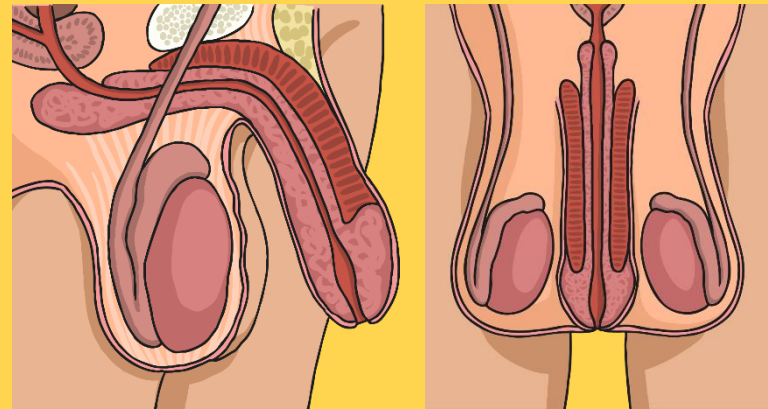
This is the development of the **larynx**.

This happens to both boys and girls but boys' develop more so have deeper voices.

More laryngeal cartilage is needed to make a deeper voice. This is why boys develop visible 'Adam's apples'.

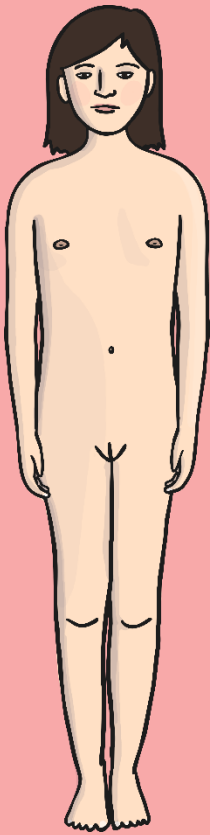
During puberty, the male sexual organs develop. This includes the testicles, scrotum and penis.

The testicles produce the hormone testosterone which stimulates the production of sperm, develops a deeper voice and bigger muscles as well as causing body and facial hair to grow.



The Facts

Puberty for Girls



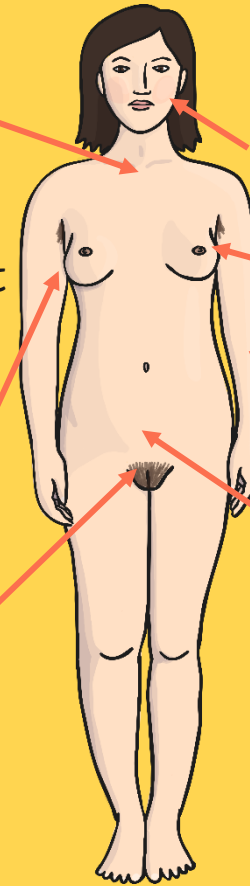
Larynx (voice box)
grows

Sweat glands
produce more sweat

Grow hair
under armpits

Grow pubic hair

All parts of the
body grow



Grow taller

Skin becomes oilier

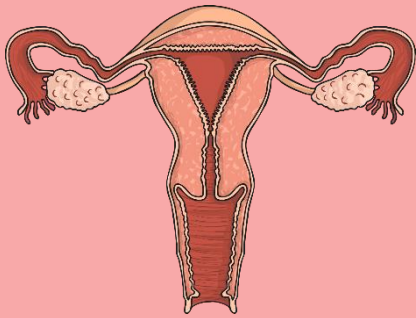
Grow
breasts

Gain hair on
arms and legs

Start to menstruate

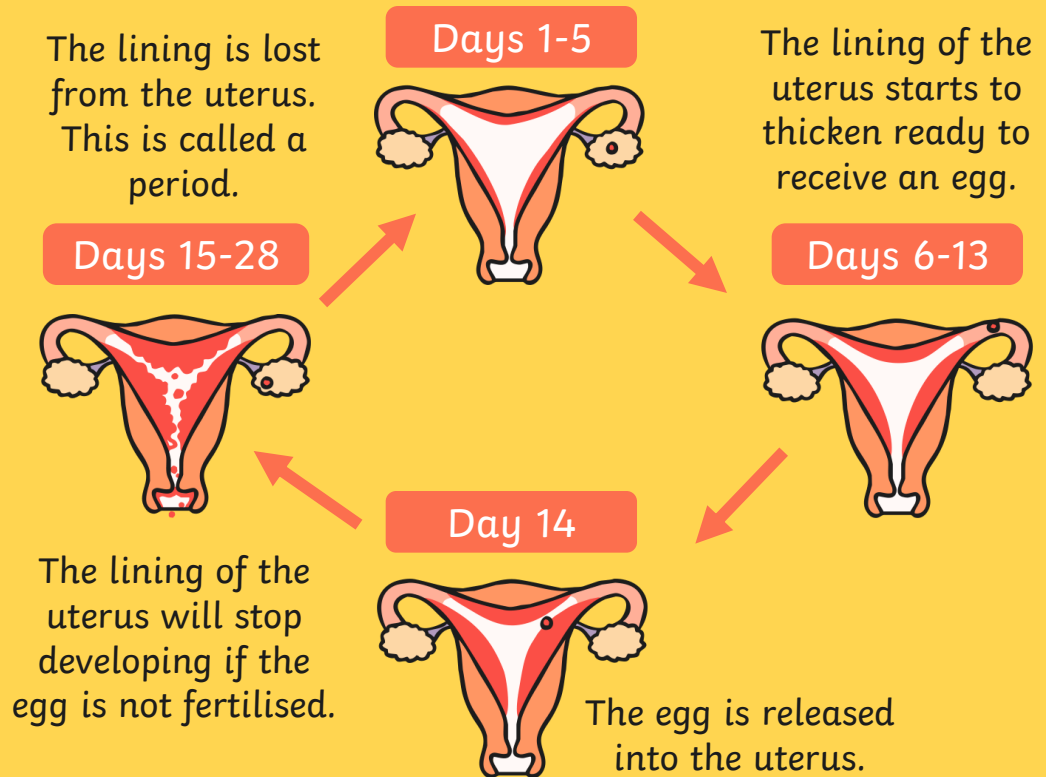
The Facts

What's Going on Inside Girls?



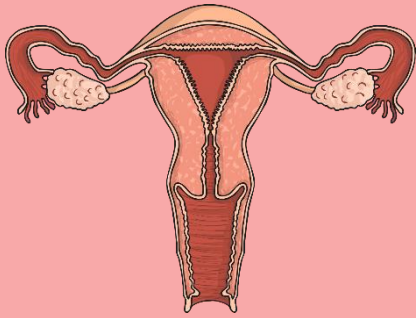
Ovaries produce the hormones oestrogen and progesterone. They also produce eggs. All girls going through puberty start their periods – this means they have started to produce eggs.

Menstrual Cycle (Period)



The Facts

What's Going on Inside Girls?



Ovaries produce the hormones oestrogen and progesterone. They also produce eggs. All girls going through puberty start their periods – this means they have started to produce eggs.

Emotion

The hormones in your body that cause changes to occur during puberty may also affect your mood. You may have highs and lows and feel a bit more emotional especially near the time of your period.



Changes During Puberty



Changes during Puberty

Changes during Puberty

Label these changes on the bodies:

- Skin becomes oilier
- Pubic hair grows
- Hair grows under armpits
- Hair grows on face
- Hair grows on arms and legs
- Breasts develop
- Testicles, scrotum and penis develop
- Grow taller
- Larynx develops
- Menstruation starts

Why does puberty occur?

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Science Year 5 / Animals Including Humans | Puberty | Lesson 3

Puberty for Other Animals



Match the animal with the changes that take place to it during puberty.

Puberty for Animals Cards

	Bottom part of shell changes shape
	Metamorphosis - changes from larvae to an adult
	Gains colourful feathers
	Changes colour

	Develops thick cheek pads
	Changes in fur
	Develops a crest
	Grows a mane

Puberty for Other Animals



How many did you get correct? Look below for the answers:



Gains colourful feathers



Bottom part of shell changes shape



Develops thick cheek pads



Metamorphosis - changes from larvae to an adult



Grows a mane



Changes in fur



Develops a crest



Changes colour

Aim



- I can describe and explain the main changes that occur during puberty.

Success Criteria

- I can describe the main changes that occur during puberty.
- I can give reasons why changes occur during puberty.
- I can analyse the similarities and differences between how boys and girls experience puberty.

