

Lesson 2 Male and Female Changes

Learning Intention

To understand male and female puberty changes in more detail

Learning Outcomes

Understand how puberty affects the reproductive organs

Describe how to manage physical and emotional changes

Resources

[Pictures of male and female reproductive organs](#)

[Puberty Changes Teacher Guide](#)

Menstrual Cycle animation

[Male Pictures](#)

[Puberty Card Game \(one set per group\)](#)

[Puberty Card Game answer sheet](#)

[Puberty Card Game whiteboard summary](#)

Model materials: dried spaghetti (fallopian tubes) and poppy seeds (eggs)

Selection of sanitary wear (tampons, sanitary towels, panty liners)

Anonymous questions from Lesson 1

Activities

1. Recap

In a circle, remind the class of the ground rules from the last lesson. Ask the pupils what they remember from the first session, reminding them that both physical and emotional changes happen during puberty. Use the [Pictures of male and female reproductive organs](#) to recap on the main body parts.

2. Learning Outcomes

Refer to the learning outcomes on the whiteboard and discuss what they mean. Explain that in this session we will be looking at some of the main puberty changes that happen to males and females in more detail.

3. Menstruation/Periods

Ask questions to establish what the class understands about menstruation (periods) so far. Use the whiteboard to show an animation of the menstrual cycle which can be found at:

http://www.kidshealth.org/teen/your_body/body_basics/female_repro.html

Pause the animation after each section, ensuring that the class understands what has happened. Discuss the changing visuals and explain the commentary if necessary. Show the class the poppy seeds and spaghetti, which represent the approximate size of the female egg and the width of the fallopian tubes.

Discuss how the menstrual cycle impacts on a woman's feelings and explain that just before, and during a period women can feel physical pain and discomfort and also feel tense or moody. At your discretion show different types of sanitary wear (tampons and pads) and explain how they work.

4. Male Changes

Discuss some of the key changes that happen to boys during puberty, such as sperm production, testicles 'dropping', erections and wet dreams. Support this by referring to the [Male Pictures](#) and use the [Puberty Changes Teachers Guide](#) to help with explanations. Discuss how these changes might impact on a boy's feelings and moods and reinforce that they are a normal part of growing up.

5. Puberty Card Game

In small single sex groups, hand out copies of the [Puberty Card Game](#). Ask the children to take turns to read out a card. The whole group should then try to reach a consensus on whether the statement is true, false or they don't know and place the card in the appropriate pile. Circulate and support the groups to achieve the task.

6. Card Game Feedback

With the whole class, go through the statements, checking answers and using the [Puberty Card Game whiteboard summary](#) to display the answers. Use key points from the [Puberty Card Game answer sheet](#) to reassure the class about puberty changes and discuss how these might be managed.

7. Anonymous Questions

Refer to the anonymous questions and explain which ones have been covered in this lesson. Address any outstanding issues and remaining questions.

8. Closing Round/Review

In pairs, discuss what has been covered in the lesson. Finish with a closing round: *One thing I have learnt about puberty today is ...*

Lesson 2 can also be supported by using the interactive Puberty section on the BBC Science website at: <http://www.bbc.co.uk/science/humanbody/body/interactives/lifecycle/teenagers/>

Additional Activities

What is the Menstrual Cycle?

In small groups give out the [What is the Menstrual Cycle? cards](#). Ask the children to place the cards in a correct order to show they have understood the menstrual cycle. As a whole group sequence and discuss the pictures and correct misunderstandings. Use the [Menstrual Cycle whiteboard summary](#) to help.

Menstruation Card Game for Girls

For work with groups of girls, this activity offers more detailed information about menstruation. In small groups give out the Menstruation Cards, ask children to read out the statements on the cards one at a time. The whole group can try to reach a consensus on whether the statement is true or false or they don't know and place the card in the appropriate pile. Reassure the children that this is a learning activity and putting cards in the 'Don't Know' pile is okay. Circulate and support the groups to achieve the task. Use the answer sheet or the [menstruation card game whiteboard summary](#) to feedback to the whole group.

Puberty Card Game Continuum

This game can also be done by allocating three areas of the room True/False/Not Sure. Read out the cards or display on the whiteboard one by one, using the [Puberty Card Game whiteboard summary](#). Ask the children to move to the appropriate area of the room. Discuss each answer as you go.

Experiences of Puberty

Use a book about puberty aimed at teenagers to read out a selection of young people's personal experiences of, and worries about puberty, for example what it's like to start a period or getting an erection. Discuss the feelings described by each person and how effectively they managed the situation.

Suggested reading:

Everything You Ever Wanted to Ask about Willies and Other Boy's Bits, Tricia Kreitman; (e.g. pp 48–51 for puberty worries about erections and wet dreams)

Everything You Ever Wanted to Ask about Periods ... Tricia Kreitman (e.g. pp 40-43 for puberty worries about periods)

These books are also a good source of information for answering pupils' questions.