



Puberty & Boys



LEARNING OUTCOMES

Knowledge, Skills & Actions

To describe the physical and emotional changes that happen to boys through puberty

To understand the challenges that boys face during puberty including erections, wet dreams and body image.

New Vocabulary

Urethra, Prostate, scrotum, testicle, Erections Penis Wet Dreams Ejaculation



Key term

Body Image: the perception that a person has of their physical self and the thoughts and feelings that result from that perception. These feelings can be positive, negative or both and are influenced by individual and environmental factors

3 Minutes



STARTER ACTIVITY

Are girls more concerned with body image than boys when growing up? Explain your answer.

Do boys smell more than girls? Explain

EFFECTIVE GROUND RULES

CREATIVE CURRICULUM

PSHE

EFFECTIVE GROUND RULES

CREATIVE CURRICULUM

Show respect

- By listening
- Not interrupting
- Only 1 person talking at a time

Be open and honest but **no personal comments** – Discussions will be about **'general situations'**

Don't make assumptions about people's values, attitudes, behaviours, life experiences or feelings

You don't have to say things about yourself if you don't want to (**You have the right to pass**)

PSHE CLASSROOM RULES DEALING WITH SENSITIVE TOPICS

There are **no stupid questions**. A question box for anonymous Questions

It's OK to get things wrong

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

Have a **non-judgemental approach**. No Put downs and challenge the opinion not the person

Enjoy the lesson, Challenge your perceptions and **understand how to seek further advice and support**

Use the agreed appropriate Language (**Avoid slang terms**)

Don't show the fact you are embarrassed through silliness

Conversations stay in the room unless it is a **safeguarding issue**



Puberty & Boys



ASSESSMENT FOR LEARNING

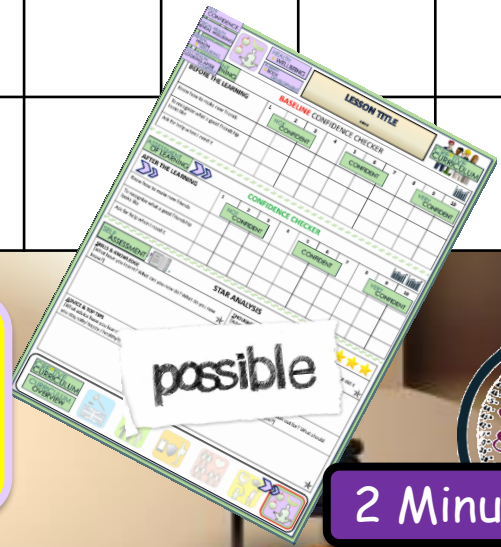
BASELINE CONFIDENCE CHECKER



BEFORE THE LEARNING	1	2	3	4	5	6	7	8	9	10
		NOT CONFIDENT				CONFIDENT			VERY CONFIDENT	
I can identify all parts of the male reproductive system										
I am able to empathise with boys who are going through puberty										
I know the physical and emotional changes that happen to boys during puberty										



Complete a base line assessment of where you think you are at for this lesson
(Discussion or complete sheet)



2 Minutes



	I'm not confident at all		I'm getting more confidence		Confident		Very confident		Super confident
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Puberty and Boys



Play video



What thinking is needed? next steps? Where are we now

What is wrong? Is it safe? can it be done?

THINKING

JUDGEMENT

Wellcast - All About Boys Puberty

Task: Pick one or two colours and answer all the related questions



What facts do I know? What else do I need to know? What do I want to know?

How do I feel about this? What don't I like about this? What do I like about this?

Can something be done? New ideas? What are the solutions/suggestions?

INFORMATION

FEELINGS

CREATIVITY



5 Minutes

THINKING
HATS

A



B



C



D



E



F



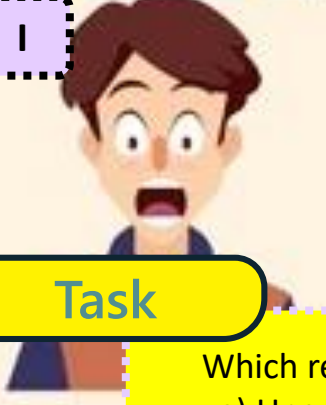
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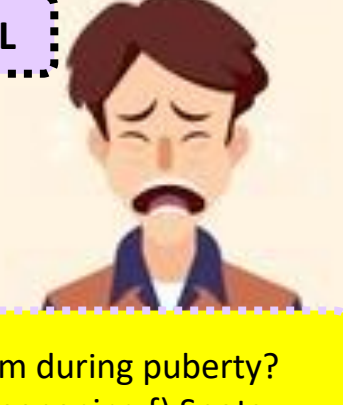
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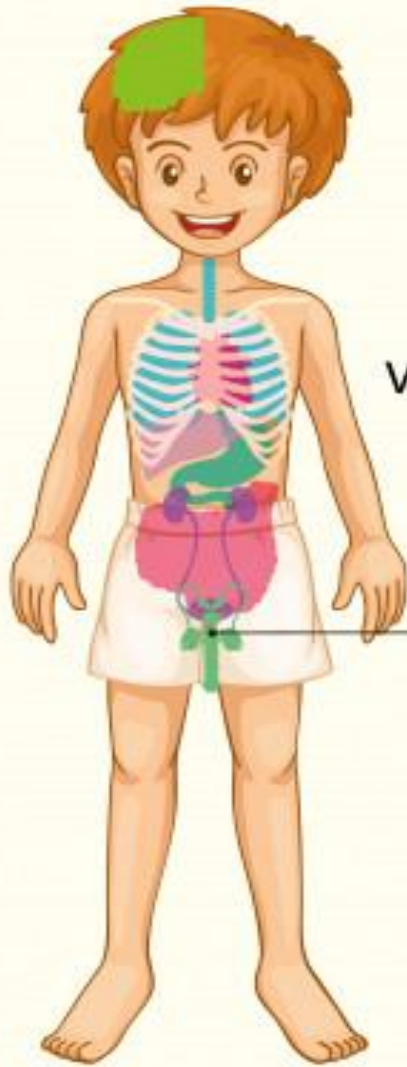
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Task

Which reaction do you think boys have to the different things that happen to them during puberty?
a) Unexpected erections b) Wet dreams c) Penis growth d) Pubic hair e) Voice deepening f) Spots

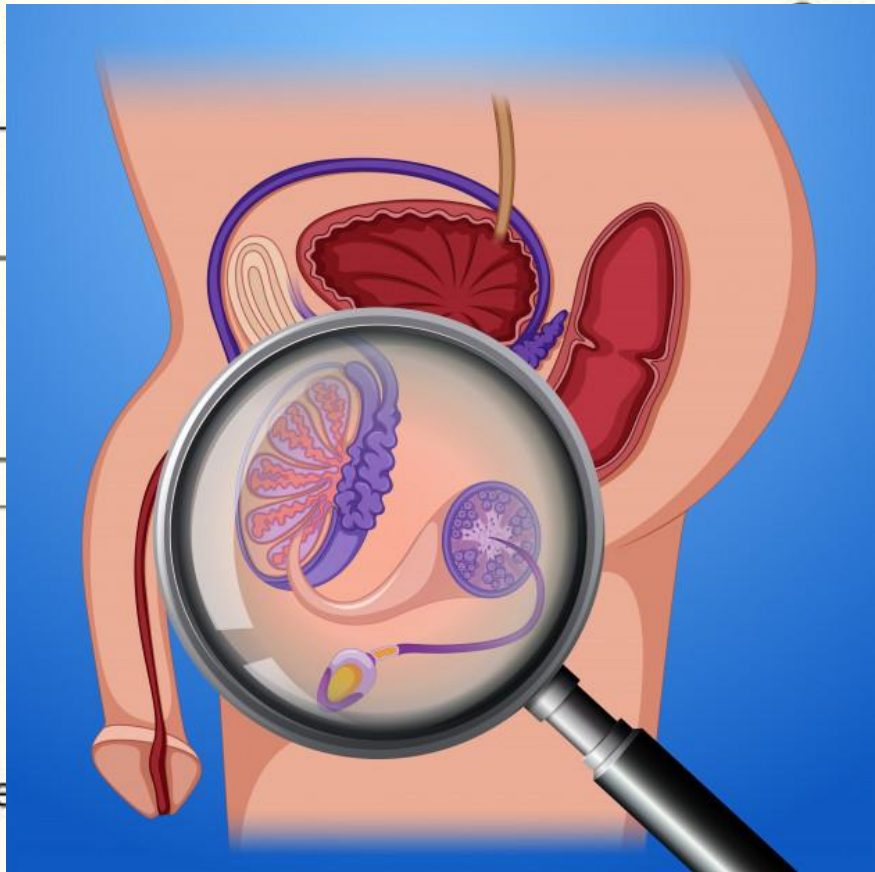
Male Reproductive System



Pubic Bone ●

Vas deferens ●

Urethra ●

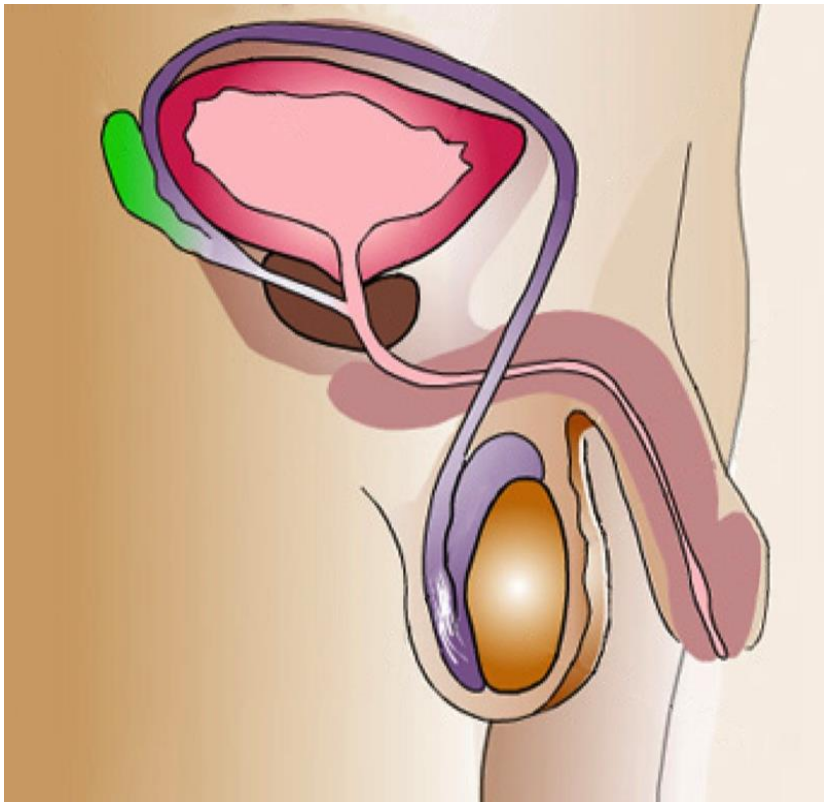


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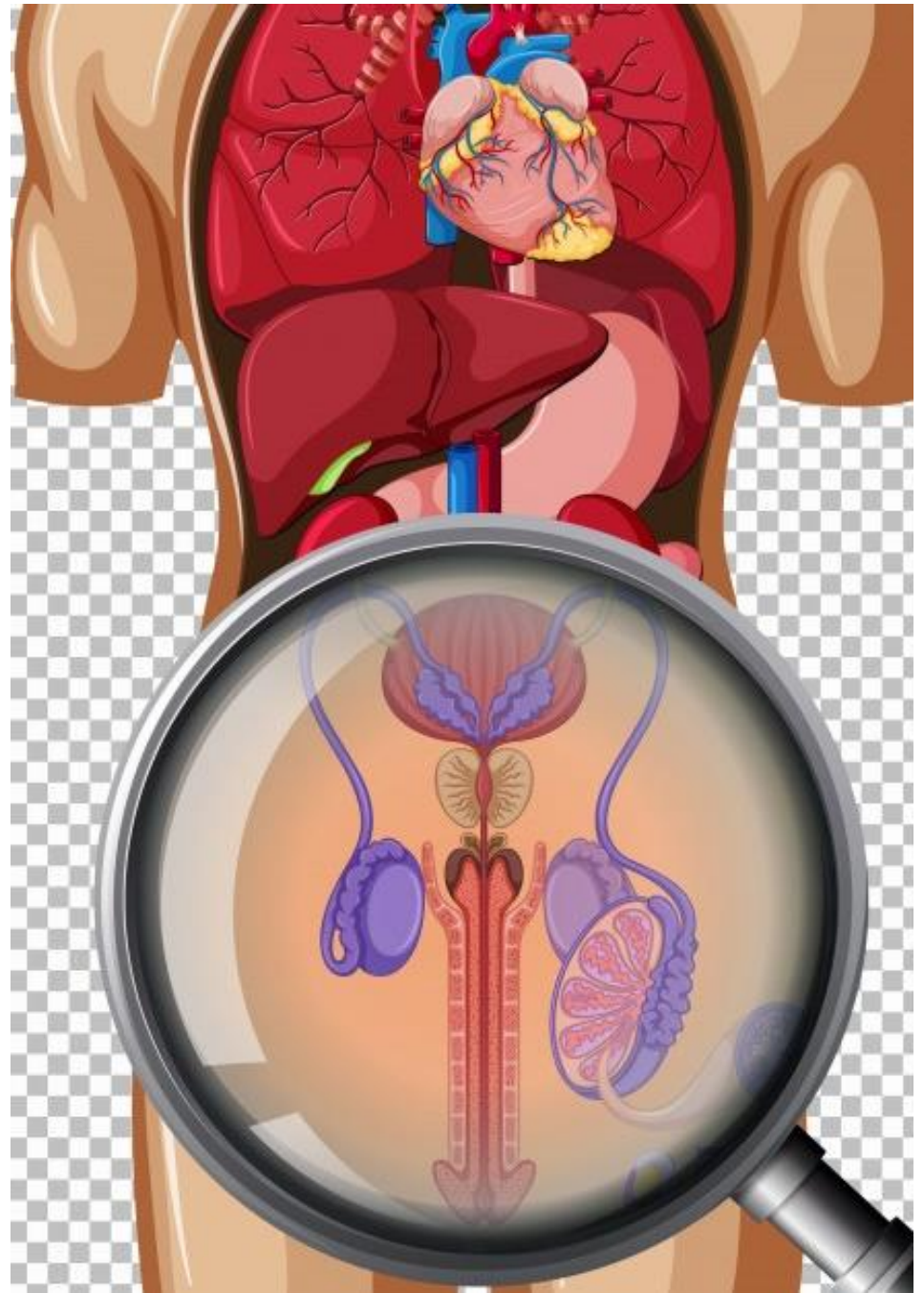
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When puberty begins the testicles start to produce sperm. Sperm are tiny cells that are needed to reproduce.



ERECTIONS

An erection happens when **extra blood flows to the penis**. This causes the penis to **harden and lengthen**.

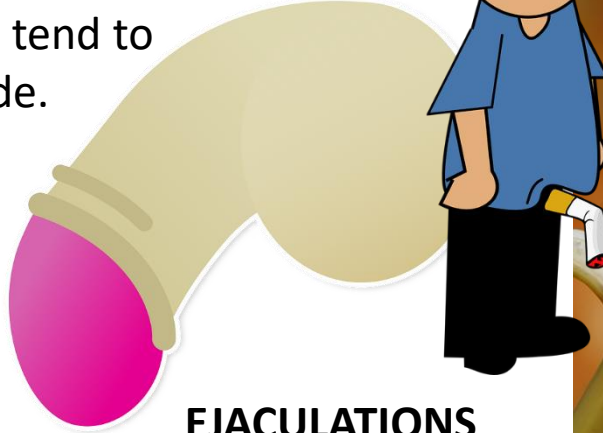
Most erections are **not** straight, and tend to either curve upwards or to either side.

Erections can **happen at any time**:

- When you touch it
- Have exciting/sexual thoughts
- See someone attractive
- Or for no reason at all!

Did you know?

*Smoking can cause
erectile dysfunction
some men*



EJACULATIONS

Sometimes semen (sperm and fluids) spurts **out of the penis**.

This is called an **ejaculation**. It happens when **muscles at the base of the penis start to expand and contract** (tighten).

This pushes the semen **through the urethra** and **out through the tip** of the penis.

But this won't happen every time you have an erection.



WET DREAMS

Sometimes you can **ejaculate when you are asleep**.

This is called a nocturnal emission, more commonly known as a “**wet dream.**”

It happens **without you knowing** about it, and it's not necessarily because you are dreaming about sex.

You may notice that your pyjamas or sheets feel **wet or sticky** when you wake up.

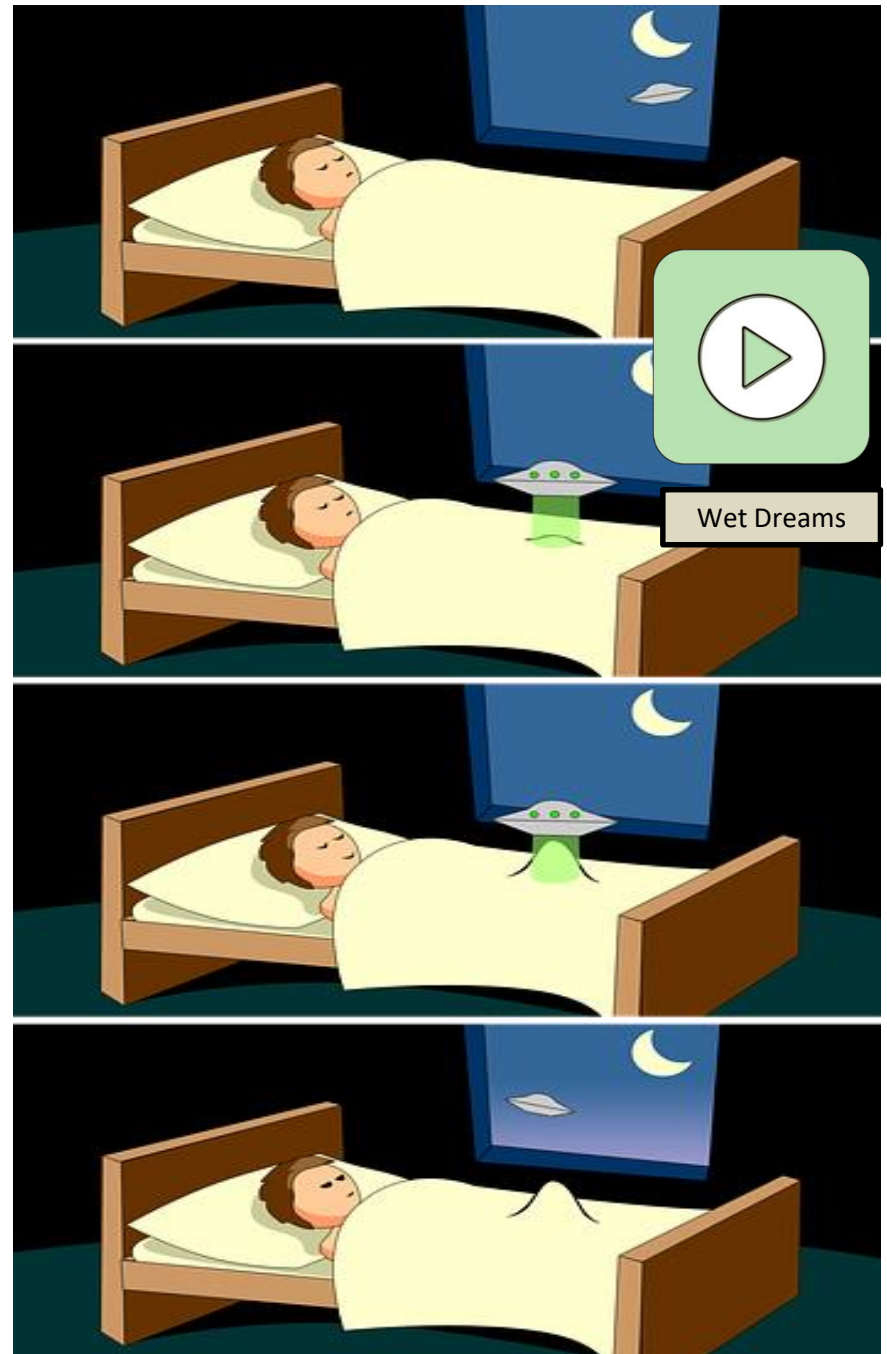
Most males experience wet dreams between the ages of **12 to 18**.

IT IS NORMAL!

You will experience wet dreams **less frequently as you grow older**, you will have more control over your body.

Task

- 1) Explain what an erection is and what causes it
- 2) Describe the process of ejaculation (penis, urethra, semen, contraction, muscles)
- 3) What is a wet dream?





Dear Year 7

I feel so ugly. My face is covered in spots all the time, it's sore and red. I think it is acne but why has it happened so suddenly?

Am I ugly? I feel ugly and like everyone is thinking this
Robert, age 14

Talking points

- I think that ...
- I don't think... is right because...
- My opinion is...
- I would argue the same because...
- I disagree with... because
- Building on what
- An alternate way of looking at this is...
- I sort of agree, however....
- In my view...
- I would challenge what... said because ...

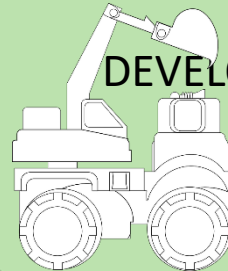
AGREE



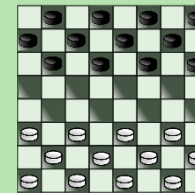
DISAGREE



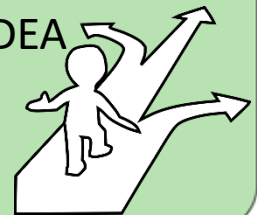
DEVELOP



CHALLENGE



ALTERNATE
IDEA



It is vital to understand that introductory strength and conditioning does not start with heavy back squats, but instead with bodyweight exercises, the use of elastic-resistance bands and any other low-level strength exercises/modalities.



There are many benefits to resistance training both physiologically and psychologically if done properly.

Taking supplements bought from the internet or a shop and focusing on how you look and not fitness is damaging to boys during puberty as physical growth can be uneven. Trying to get a six pack can be dangerous as the bones may not be able to support the muscle.



I'm getting spots and excessive oil in my hair and skin

I think I have a lump in my testicles

I'm being picked on at school

I'm experiencing wet dreams

I'm growing lots of body hair

I'm feeling down about things



Task

- 1) Who could you speak to for advice on each of these issues.
- 2) What advice would you give a young boy who is worrying about some of these things

A young boy has written to you to ask about what will happen to him during puberty.

ACTIVITY - write a reply back

You should include the following:

(Success criteria)

- ✓ Explain the physical changes that may happen to him
- ✓ Explain the emotional changes
- ✓ Talk about wet dreams, erections and keeping clean
- ✓ Where he could get help or advice, and that he does not have to conform to stereotypical views of what a boy should do.
- ✓ Explain that it is perfectly normal and that every boy must go through it at some point
- ✓ Any other advice or tips you can offer

LEARNING OUTCOMES



STOP!

Let us review our learning outcomes for this lesson
Knowledge, Skills & Actions

PAIR & SHARE

ASSESSMENT FOR LEARNING

Confidence Checker



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Complete the confidence checker of where you think you are at for this lesson (Discussion or complete sheet)



3 Minutes

←

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IMPORTANT INFORMATION

SEEKING SUPPORT

Enjoy the lesson, Challenge your perceptions and understand how to seek further advice and support



IMPORTANT INFORMATION



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT WE WOULD ADVISE ONE OF THE BELOW:



SPEAK TO YOUR PARENTS/GUARDIANS OR HEAD OF YEAR, TRUSTED ADULT OR FRIEND IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW - IT IS ALWAYS IMPORTANT TO TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- <https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/> NHS
- <https://www.childline.org.uk> Has support for Puberty - Boys & Girls
- <https://kidshealth.org/#cattake-care> Information on a variety of topics
- <https://www.brook.org.uk/your-life/puberty/> Brook Health lives for young people



CORE
THEME 5

2 Minutes

SIGNPOSTING
SUPPORT

HELP & SUPPORT
SERVICES

FURTHER
INFORMATION



REFLECTION PLENARY

I know if I need further support or help I could speak to.... or contact...

Before I could/would say and do ... but now I feel I am able to say

Before I only knew ... now I also know ...

I supported others by...

One thing I didn't realise was... now I know that...

The key words for this lesson are...

I always knew ... but now I can see how it connects to...

The most important thing I have learnt today is...

I'm really proud of the way I have...

I used to feel ... but I now feel ..

I would like to learn...

A question I would like to ask is...

Before I thought that ... but now I realise..

One assumption of mine that was challenged was...

Today I have tried to...

Next lesson I would like to..

Before I would have done... Now I will ...

Before I would have said ... but now I will say...

A problem I overcame today was...

2 Minutes





Discussion topics



Can I boy help
it if he gets an
erection?

What parts of
puberty do boys
worry about
most?

How do boys
stay smelling
good after sport?

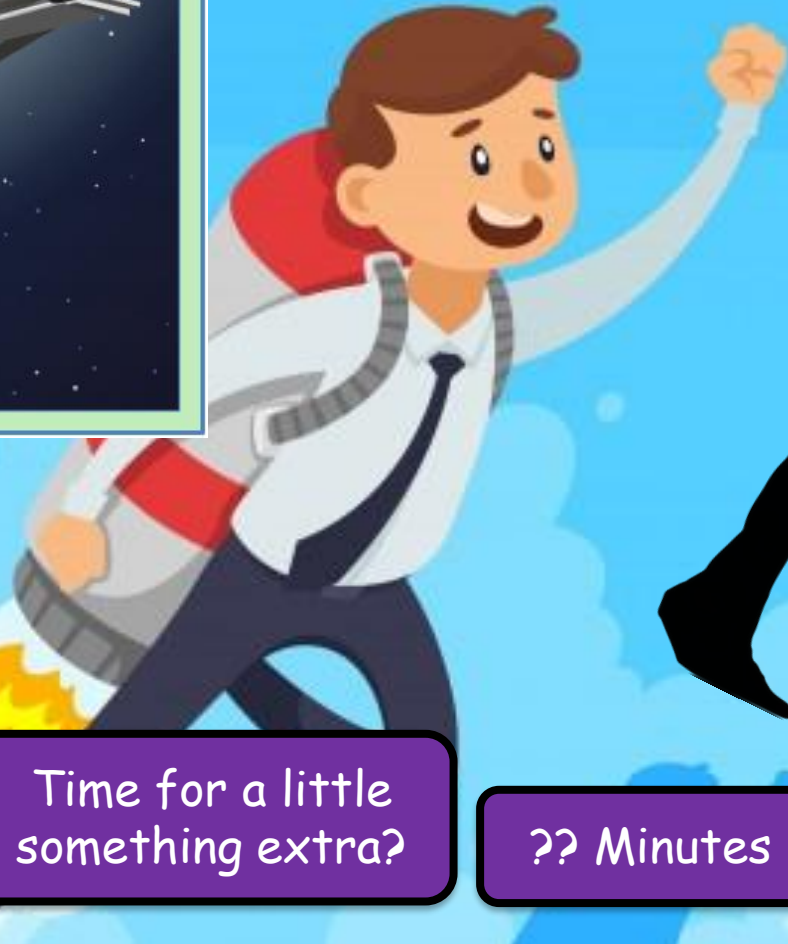
Why is it
important for
young people to
be taught about
puberty?

Do boys talk
about their
feelings more
than girls?
Why?

Make up a
discussion topic

REFER TO MINDFULNESS

➤➤➤ POWERPOINT



Time for a little something extra?

?? Minutes

