

Do Now

What do we need to know about boys' puberty?

Carlos loves making his own video games. He makes cute animal characters – and provides voices and sound effects for them too. Halfway through recording the voice for a baby dragon, Carlos' voice suddenly started to become very deep and croaky. The dragon did not sound like a baby anymore!

Discuss: What has happened to Carlos' voice? Why?



Explain briefly what we mean by puberty, giving two examples of changes in

Puberty is when...

In boys this usually means...

What do we need to know about boys' puberty?

Learning outcomes:

Identify the changes both males experience during puberty.

Describe the importance of these changes and why they happen and explain the meaning of new key scientific terms related to puberty.



Puberty – a time when adolescents' bodies start to change in order for them to become capable of reproduction.

Male puberty – what changes?



<https://www.youtube.com/watch?v=7slxpPAMQI>

What do you need to do if you've noticed body changes?

What are the top two signs you've started puberty?

What is the hormone which makes boys have their growth spurt?

What does puberty do to your penis?

Will your voice break in one go?

How can we reduce acne (spot) breakouts?

Watch the clips and complete your questions in your booklet. We will then go through the answers together so you can fill in any you've missed.

Male puberty – what changes?



<https://www.youtube.com/watch?v=7slxpPAMQI>

What do you need to do if you've noticed body changes?

Relax – it's a very normal time of life and changes will happen at their own pace.

What are the top two signs you've started puberty?

You sprout a lot of new body hair

What is the hormone which makes boys have their growth spurt?

Testosterone



What does puberty do to your penis?

Makes it grow and have erections – sometimes when you don't want them. You may also have wet dreams.

Will your voice break in one go?

Likely not – it will go up and down for a while and can be amusing (so long as you don't laugh at a friend who isn't also laughing).

How can we reduce acne (spot) breakouts?

Washing regularly and a healthy, balanced diet.

What do we need to know about boys' puberty?



Useful helplines and charities

[Young Minds](#). Child and adolescent mental health charity. Call: 0808 802 5544 (parents' helpline)

[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

<https://www.brook.org.uk/your-life/puberty/> A great information site for teens going through puberty

https://www.betterliveshealthyfuturesbw.nhs.uk/learning_resource/puberty/

Information and help site run by the NHS

Reporting a Concern at Thornden School

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know

How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything