

This lesson has been designed to consolidate pupils' previous learning about puberty. Pupils should have already learned about puberty in year 4 or year 5, but this lesson gives them the opportunity to recap and review their understanding of puberty, before introducing lessons on how babies are made. It will also allow pupils to recap key vocabulary used in later lessons.

### Questions your child may ask after the lesson:

- How did you feel about puberty?
- Who did you talk to about puberty?
- How old were you when you started puberty?
- Will my voice get deeper?
- When did your voice get deeper?
- Will I have mood swings during puberty?
- Did you have mood swings during puberty?



### Resources for Parents:



[Lara's first period](#)

[Sticky situation](#)

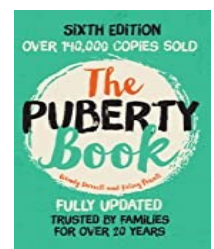


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CHILDREN ABOUT  
SEX, RELATIONSHIPS  
AND GROWING UP](#)



[Hair in Funny  
Places](#)



[The Puberty  
Book](#)



[Signs Girls are in Puberty](#)

[Signs Boys are in Puberty](#)