

# Puberty

5<sup>th</sup> Grade Sexual Health Lesson

# What questions will this lesson answer?

- What is puberty?
- Why does puberty happen?
- What are the physical, social, and emotional changes of puberty?
- Where can kids get answers to their other questions about puberty?

# Lesson Activities

- There are 3 writing activities in this lesson.
- Complete activities on a sheet of paper.

# What is puberty?

- Puberty is the time when kids start becoming adults.
- Puberty happens to people who identify as girls, boys, neither, both or transgender.
- Puberty usually starts between the ages of 8 and 15.
- During puberty people experience:
  - Physical changes that affect their bodies.
  - Social changes that affect relationships with friends and family.
  - Emotional changes that affect our feelings.

# Puberty and Physical Changes

## **Puberty & You**

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Physical, Social & Emotional Changes

# Activity 1

- Puberty is a time filled with changes!
- Write one thing about the physical changes of puberty that surprised you or you want to know more about.

# Social and Emotional Changes

## **Section 3**

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Social & Emotional Changes

# Activity 2

- Did you notice that most of the changes that happen during puberty are the same for all people?
- List as many physical, social, and emotional changes you can remember from the video that kids of all genders experience.



Your thoughts and  
feelings matter.