

**It's embarrassing to talk about puberty.**

Do you agree with this statement?

Why might some people feel awkward when discussing puberty?



**Puberty is exactly the same for everyone.**

Do you agree with this statement?

Can you give any examples of how people might experience puberty in different ways?

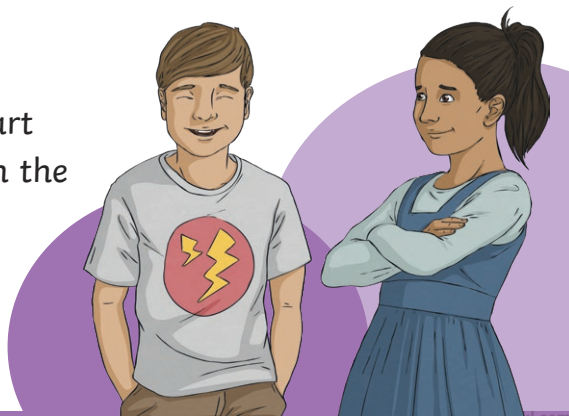


This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

**Puberty always starts at age 11 in females and age 12 in males.**

Do you agree with this statement?

Should you worry if you start puberty earlier or later than the average age?



**You can learn everything you need to know about puberty online.**

Do you agree with this statement?

What are the pros and cons when it comes to finding information online?



**It's helpful to know about puberty before it happens to you.**

Do you agree with this statement?

What are the benefits of knowing about it?

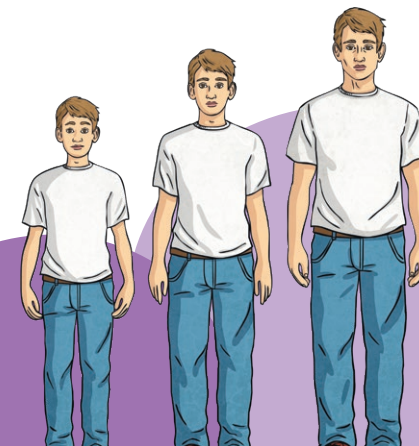
Can you prepare for puberty?



**Starting puberty means you are an adult.**

Do you agree with this statement?

What is adulthood? When is adulthood?

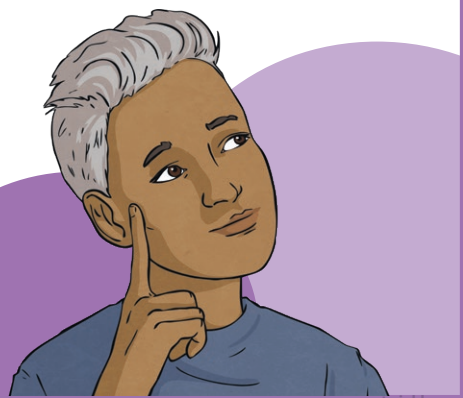


This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

**Only girls need to learn about menstruation.**

Do you agree with this statement?

Would there be benefits of boys learning about periods too?



**Your personal hygiene routines might need to change when you reach puberty.**

Do you agree with this statement?

What might you have to do differently and why?

