BRAMHALL
HIGH SCHOOL

NAME:	
Teacher:	Form:

HEALTH & WELLBEING

Yr 7 Work booklet 2 - Oct- Dec 2026

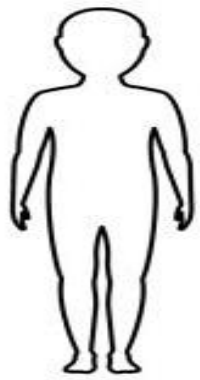
PUBERTY & BODY DEVELOPMENT



Match up

Adolescence	These cause the changes that happen during puberty
Puberty	Is the period of life between child and adulthood
Hormones	Is the time when sex organs begin to work

Male bodies start to produce a lot more _____and female bodies start to produce a lot more _____and _____. These will then trigger physical and emotional changes in the body.



Puberty Recap – Changes that happen (Physical and Emotional)

Physical Changes

Key physical changes

- ❑
- ❑
- ❑
- ❑
- ❑

Social Changes

You may…….

.

- ❑
- ❑
- ❑
- ❑
- ❑

Emotional Changes

You may…

- ❑
- ❑
- ❑
- ❑
- ❑

My discussion topic……

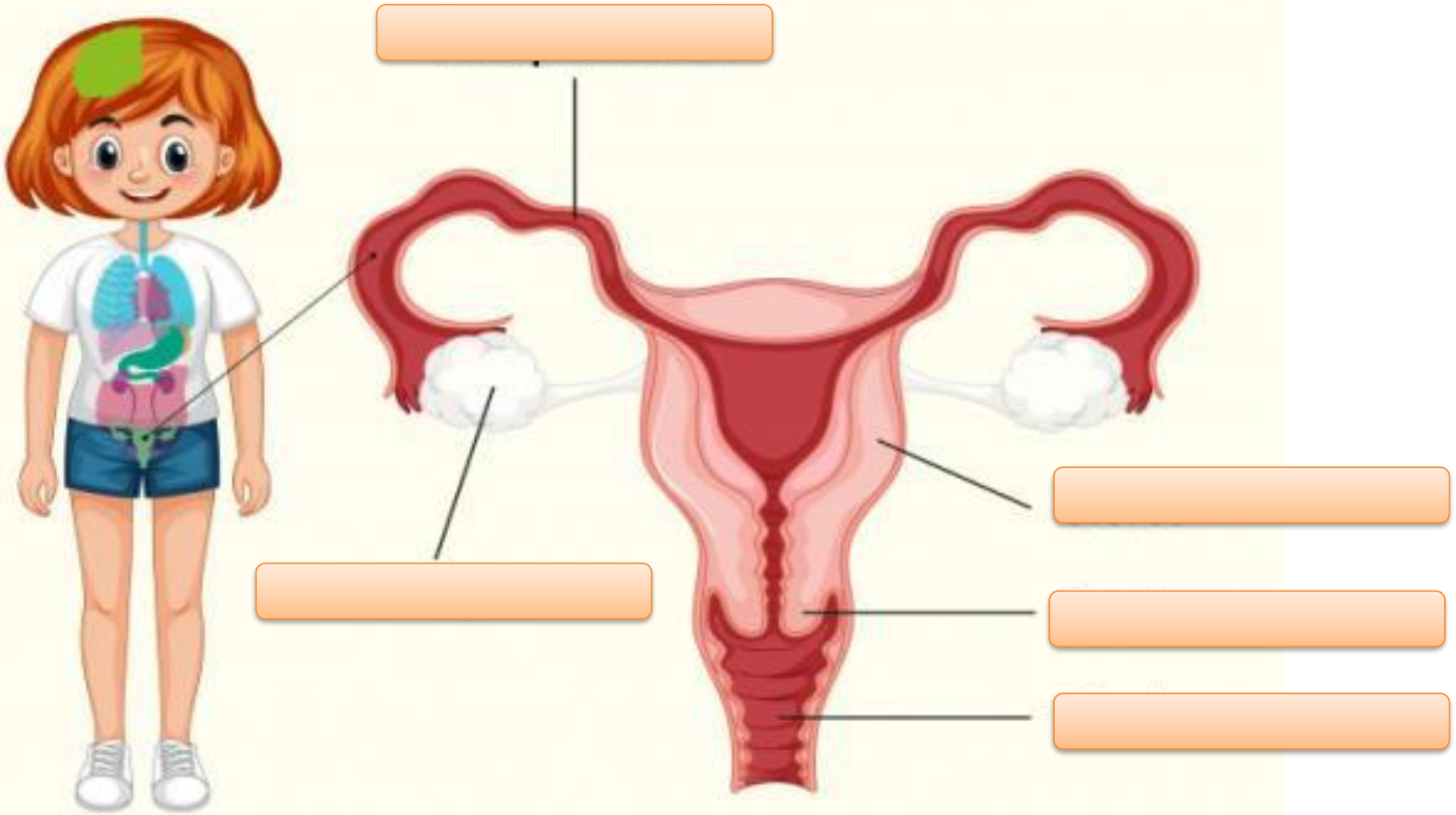
Lesson title: Girls Puberty

Matching Activity

Ovulation	**Premenstrual Syndrome**	**Panty Liner**	**Discharge**	**Fallopian Tube**
The ‘monthly blues’ feeling just before your period begins	The mucus the cervix produces to keep the vagina clean.	Where the eggs travels from the ovaries to the uterus	A smaller pad for when your period is light	When the egg is released from the ovary

FEMALE REPRODUCTIVE SYSTEM

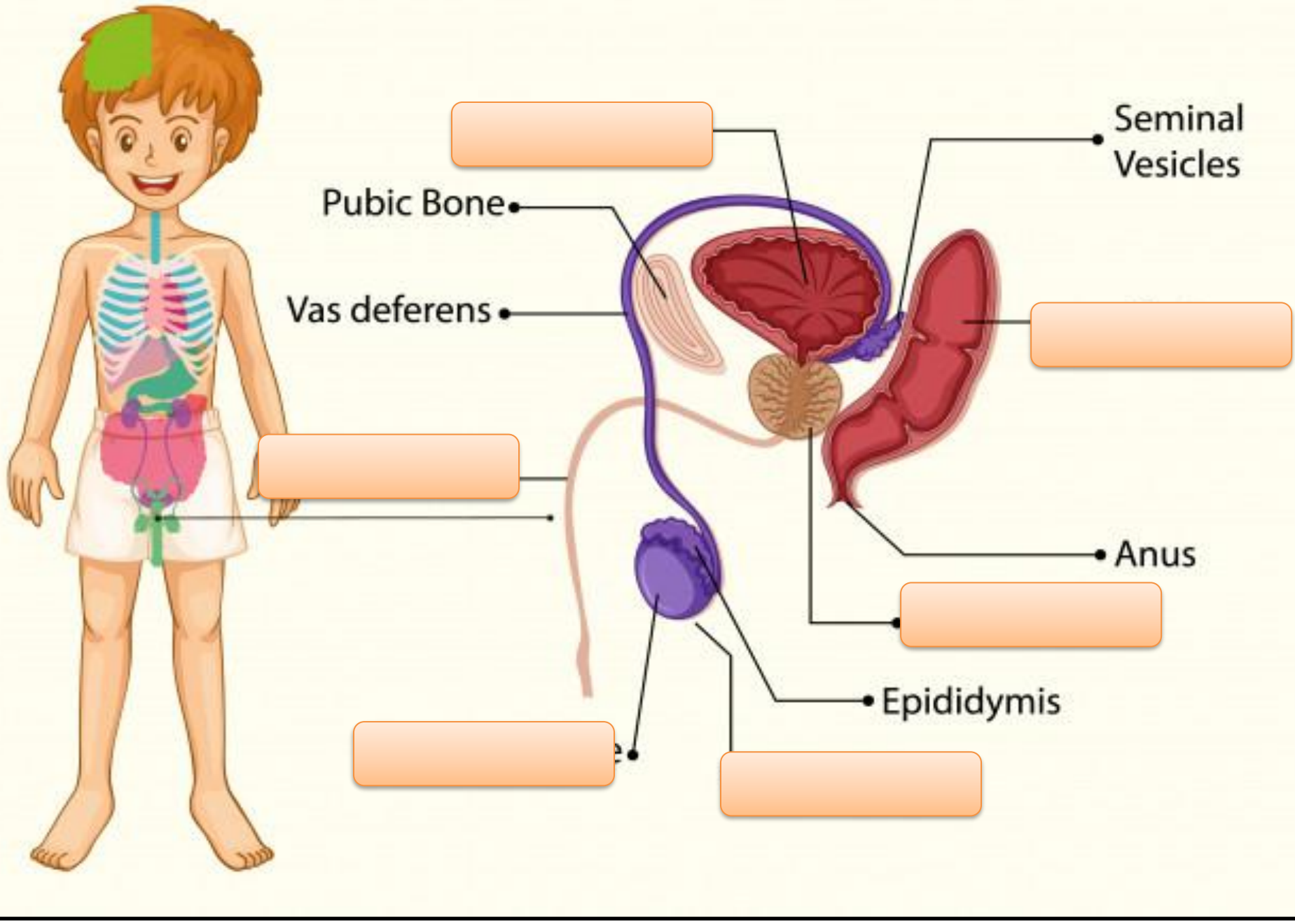
Label the parts below



Typical PMS (premenstrual symptons).....

Male Reproductive System

Label the parts below



Complete this Plenary as a written task

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

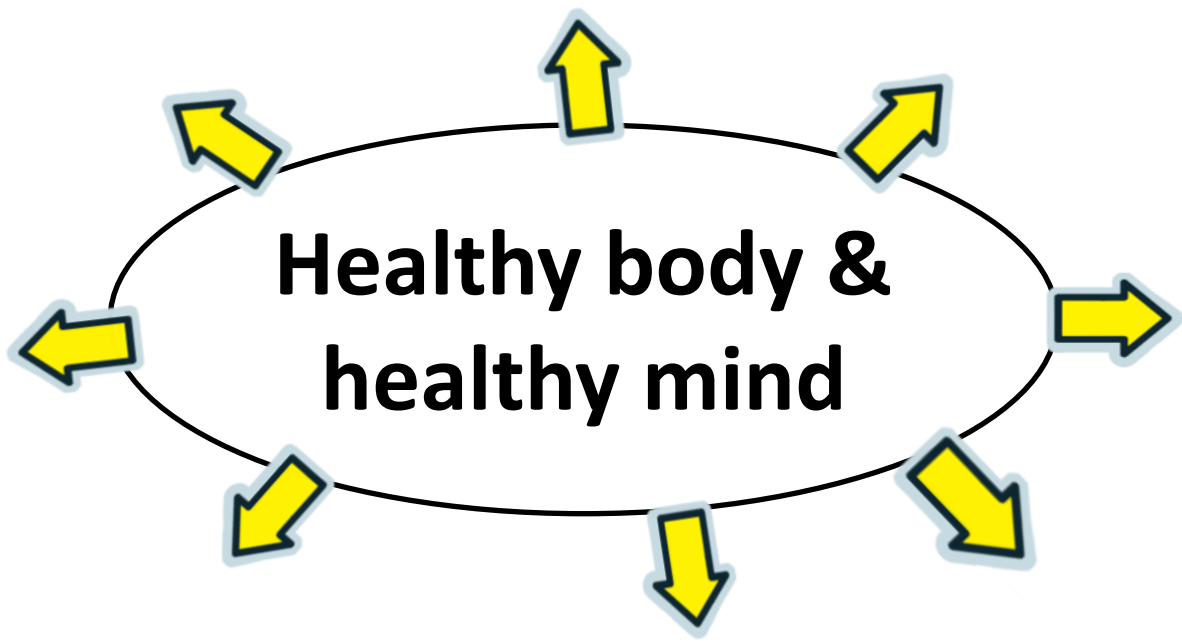
A question I would like to ask is…….

Empathy Task-

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

ACTIVITY – write a reply back

More than once a day	Every day	Every other day	Every week	Every 2 Weeks



What does self-esteem mean?



_____

_____

_____

_____

Self esteem Quiz- Write down the points you've scored yourself for each question.

Quiz	
1)	6)
2)	7)
3)	8)
4)	9)
5)	TOTAL

Copy your results sentence below

Ways to boost self esteem- copy out your favourite ones below

10 questions covering all five lessons. Circle True or False, or circle the correct letter.

1. Puberty happens because your body starts producing more hormones.

True / False

2. Which hormone increases the most in girls during puberty?

A) Testosterone B) Oestrogen

C) Insulin

3. Most girls start their periods after the age of 8.

True / False

4. Which of these is a feminine protection product?

A) Panty liner B) Plaster

C) Bandage

5. Wet dreams are a normal part of puberty for boys.

True / False

6. What mainly causes body odour?

A) Bacteria reacting with sweat B) Eating too much fruit

C) Drinking water

7. Everyone goes through puberty at exactly the same age and rate.

True / False

8. Which of these can help boost your self-esteem?

A) Comparing yourself to others online B) Accepting compliments and being kind to yourself

C) Ignoring your own feelings

9. If you're worried about changes during puberty, you should keep it a secret and never tell anyone.

True / False

10. Who could you talk to if you're worried about puberty?

A) A trusted adult, like a parent or teacher B) No one – just work it out alone

C) Only people you don't know online

/10