

Growing-up and life cycles

(if you have any questions during these lessons please write it on a post-it note, fold it up and put it in the box on my desk – no names needed!)

Year 4 :

Puberty for boys and girls

Periods

Hygiene



lesson 1: Puberty

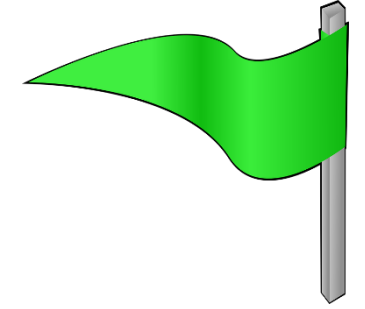
LI: What is puberty?

We will be able to:

- ✓ The changes we have already been through since reception
- ✓ Why we go through puberty
- ✓ Describe some changes we go through during puberty

Growing and Life Cycles

What's our starting point?

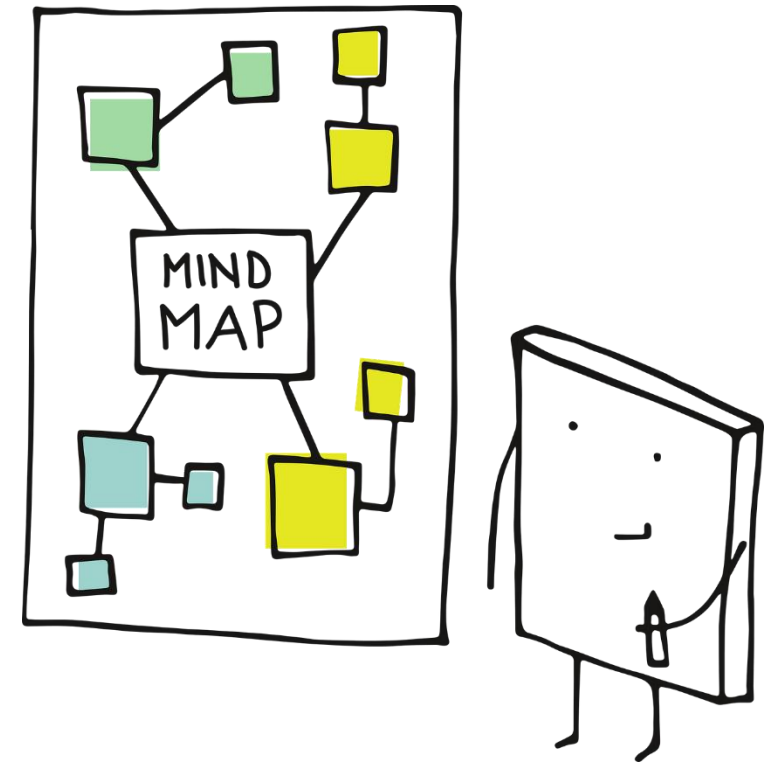


Imagine a young person about your age or a little older.

- What changes may they go through during puberty?



Draw a mind map and try to include as many answers to the two questions above as you can.



Discussion point – What do you know already about puberty?



What is puberty?

- a time when we experience changes in our bodies
- something that everyone experiences - it happens at different times for everyone
- something that starts for girls between the ages of 7 and 12 and for boys between 9 and 14
- something caused by chemicals in our bodies called hormones
- a very slow process that happens gradually
- a normal change that everybody goes through
- the beginning of our bodies changing into adult bodies.

Discussion Point: Look at the picture below – what physical changes happen to us as we become adults?



Look at the following statements – do they happen to boys girls or both?

Boys, girls or both?

periods start

**muscles grow
bigger**

voice gets deeper

**hair grows under
arms**

may get spots

**breasts start to
grow**

get taller

**hair grows on the
face**

start to sweat more

hips get wider

Activity 1

From our discussion, label some of the changes that may occur during puberty – they can be male, female or changes that happen to both sexes.

Label some of the difference that may happen during puberty to get us ready for adulthood
– they can be male or female changes; or changes that both genders go through.



Activity 2 – True or false

Write true on one side of your white-board and false on the other
I will read each statement aloud and you need to show either true or false using your white-board.

Sometimes children do feel worried about puberty changes.

Everybody goes through puberty changes.

There is always somebody to speak to if you have worries or questions.

Puberty changes are very gradual and don't happen overnight.

Puberty changes aren't painful.

You can speak to someone you trust if you need to at home or at school.

Self-image

During puberty we may become more self-conscious about what we look like and compare ourselves to others. This is normal! However we need to be aware that the media has a different sense of beauty and often uses computer programming to airbrush or change the image. We should therefore be mindful about comparing ourselves to celebrities or pictures posted on the internet as this may not be a true reflection of what they look like in real life (often they do not know this has taken place and is not how they want to be seen).



**Be proud
of who
you are;
be
yourself!**

Reflection:

Who Could you talk to if you wanted to learn more about puberty?

Can you say one thing you have learned today about puberty?

Remember!

If you feel worried about puberty or what you have learned during this session, talking to an adult you trust is one of the best ways to find help.



Talk to a trusted adult at home

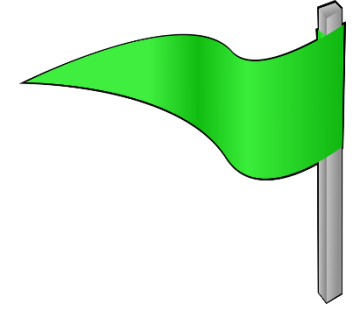
ChildLine: www.childline.org.uk
0800 1111

If you want to talk to someone other than a parent:

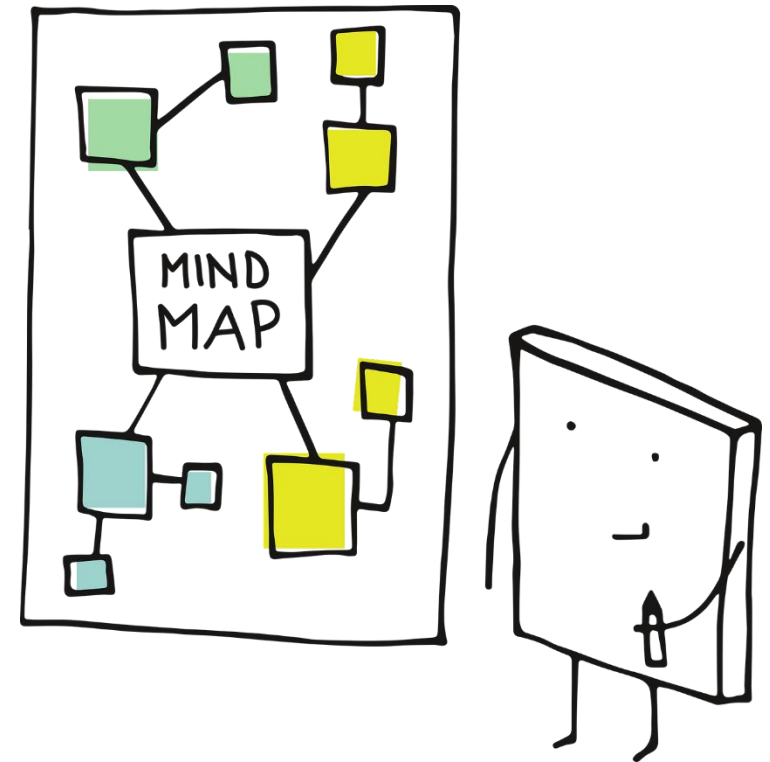
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Growing and Life Cycles

What's our end point?



Go back to our original mind map that we did at the beginning and try and add two more things you have learnt today.





lesson 2: Why do girls menstruate?

LI: To be able to say what menstruation is and why it occurs

We will be able to:

- ✓ Describe what menstruation is.
- ✓ Why girls have periods
- ✓ Products that can be used

Does anybody know what a period is?

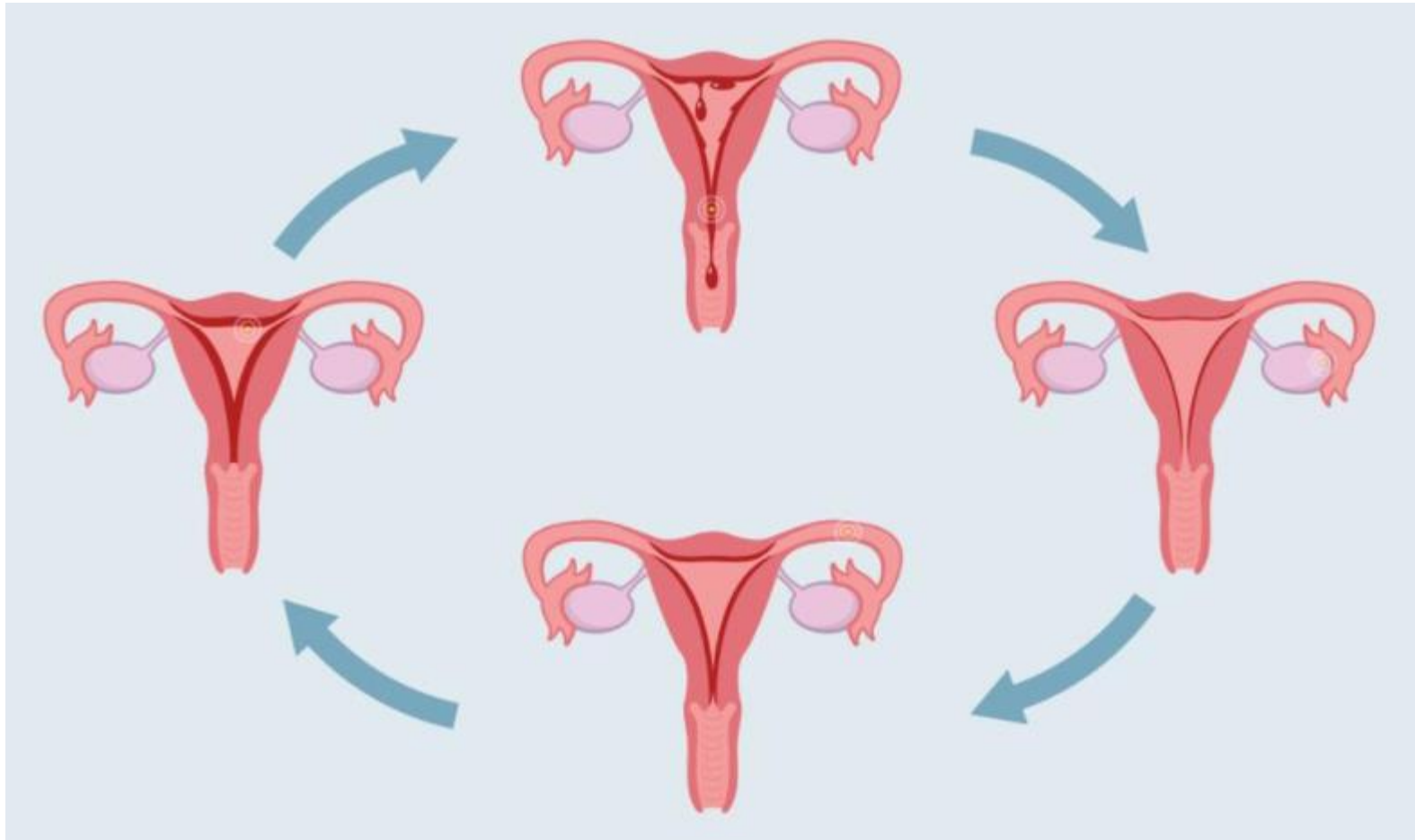


Periods

Periods are:

- a change that only happens to girls
- a very special process inside a girl's body when an egg is released each month
- something that all females experience.

Menstruation is a very special change that the body goes through – when the body is ready hormones are produced which starts the monthly cycle. The monthly cycle consists of the ovary releasing a tiny egg (smaller than a poppy seed). This egg travels through the fallopian tube towards the uterus – while the egg is travelling the uterus gets ready to receive the egg by creating a special lining of blood. If the egg is not fertilised the body will want to get rid of it and the blood lining ready for the next cycle. This then becomes the monthly period – the period generally lasts anything from 2 to 7 days. The whole cycle from start to finish usually take around 28 days (this can different for some).



What is happening outside?



During a period, you will notice a dark brown or red fluid coming out of the vagina when you go to the toilet.

You will see this when you wipe yourself with toilet paper, or in the toilet water. It is nothing to worry about.

How can I keep clean and hygienic?

It is important to have daily baths or showers.

Wearing a sanitary pad stops the red fluid getting onto your clothes.

Pads should be changed about every four hours, unless you are sleeping, then you can wear one for as long as you are asleep.



How does a period feel?

Some girls have tummy cramps when they have a period.

It can help to hold a hot water bottle on your tummy to help with these cramps.

There are also medicines that can help with the pain, but you must check that it is safe to take these first.



Will it change my life?



All females have periods, and you will get used to having them each month.

If a period gives some pain or makes you feel uncomfortable, you can find ways to help.

Having periods is normal and natural, and there is always someone you can talk to or information you can find if you need it.

Activity 1- Periods: myth or reality?

In a small group – read each card – decide whether it is a fact or myth

Make two piles – one which contains the facts and one that contains the myths
- we'll go through these together once you've made the two piles

Using a sanitary pad helps keep a girl clean and hygienic when she is on her period.

You shouldn't have a bath if you are having a period.

You can't go swimming when you have a period.

Everyone knows if a girl is having her period.

Activity 2

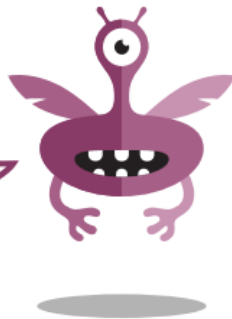
Letter to planet Borg

My name is Blerk and I am from the planet Borg. I have been sent on a mission to find out what periods are.

Please can you give me some facts to take back to my planet?



Hi! My name is Blerk and I am from the planet Borg. I have been sent on a mission to find out what periods are. Please can you give me some facts to take back to my planet?



Reflection:

Write down any questions you have or any aspects you still don't understand on a post-it note for the question box.

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lesson 3:Hygiene

LI: To be able to say how we can keep ourselves clean

We will be able to:

- ✓ identify and describe the difference between essential and luxury products for hygiene
- ✓ explain the need for certain products and how to use them
- ✓ Explain the importance of bodily hygiene as we grow and change.

Starter Activity – How do we keep clean as we grow?

In your book create a mind-map of how we keep ourselves clean
What does the word hygiene mean?



Hygiene

As we grow and change, we need to focus more on our hygiene. As we get older our brains send a message to our bodies to make some new changes, which are caused by chemicals in our bodies called hormones. One of these changes is that we start to sweat more – this sweat can smell more as the bacteria on our bodies break it down. This is normal but it is very important that we keep ourselves clean in different ways to remove sweat and bacteria from our bodies.

Consider the routines of any older and younger family members in your house and what they do to stay hygienic (e.g. shaving etc.)

What I do to keep myself clean

What other member of my family do

Essential, useful or luxury?

Essential: Something you need to use and will use daily or often

Useful: Something that is good to have and you may use occasionally

Luxury: A treat, something you might want to use for special occasions

Class/group activity

Hygiene lucky dip!

Choose something from the bag and answer the following questions:

- What is the product and what is it used for?
- How often would someone need to use it?
- Is it an essential, useful or luxury item?
- Why do you think this?

Activity 2

Create a new hygiene product that would keep someone of your age clean and hygienic.

You will need to design an advert for this product.

When designing your adverts, you should consider:

- The name of the product
- How the product will work
- The bottle and label design
- Reasons how and why it can be used to maintain personal hygiene.

You will need to share your adverts with the class to 'sell' your individual products; explaining why they should be an important part of a hygiene routine.

Reflection:

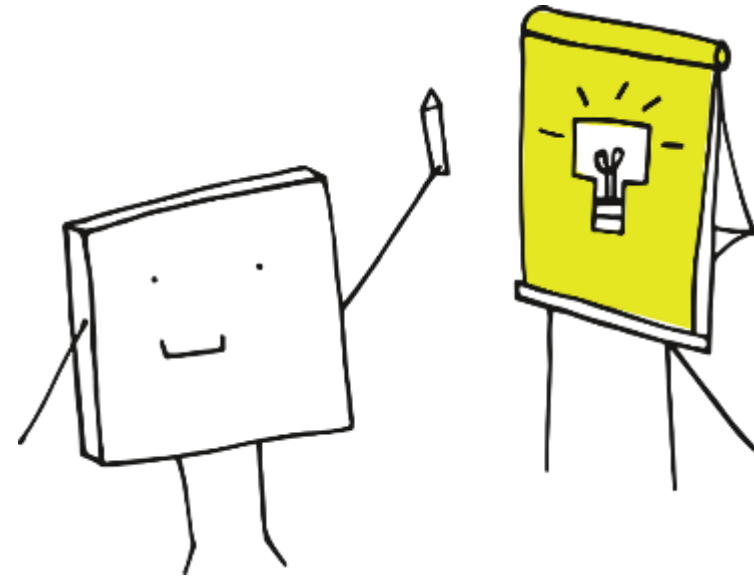
- What have you learnt about hygiene products?
- Might you start using products differently or more regularly?
- How often should you be using hygiene products?
- Are there any products you've learnt about that you will be using in the future?

Growing and changing. Where are you now?

Look back at your mind map from the start of the session.



Can you add to or change anything that you have written about personal hygiene e.g. why we have to do it, how frequently or consequences if we don't!



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