

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 5

Physical changes during puberty

Coping with change

hygiene



lesson 1: Physical changes during puberty

LI: To learning about some of the physical changes that happen during puberty

We will be able to:

- ✓ identify some of the external and internal changes that happen to bodies during puberty.
- ✓ explain what happens during menstruation (periods).
- ✓ explain what is meant by ejaculation and wet dreams.

Vocabulary:

wet dream

Vulva

testicle

menstruate

Vagina

penis

erection

uterus

sperm

Growing and changing. What's our starting point?

-  Draw a person about the same age as you.

Think about the changes that will happen to that person as they become a teenager.

-  Write the changes around your picture.

We'll come back to it at the end of the lesson.



Discussion:

What is puberty and does everyone go through it?

According to the Cambridge dictionary it is:

The stage in people's lives when they develop from a child into an adult because of changes in their body that make them able to have children

True or false?

Read the statements below and decide if you think they are true or false.
Click on the statement to reveal the correct answer.

Puberty is when a person's body changes from being a child to being an adult.

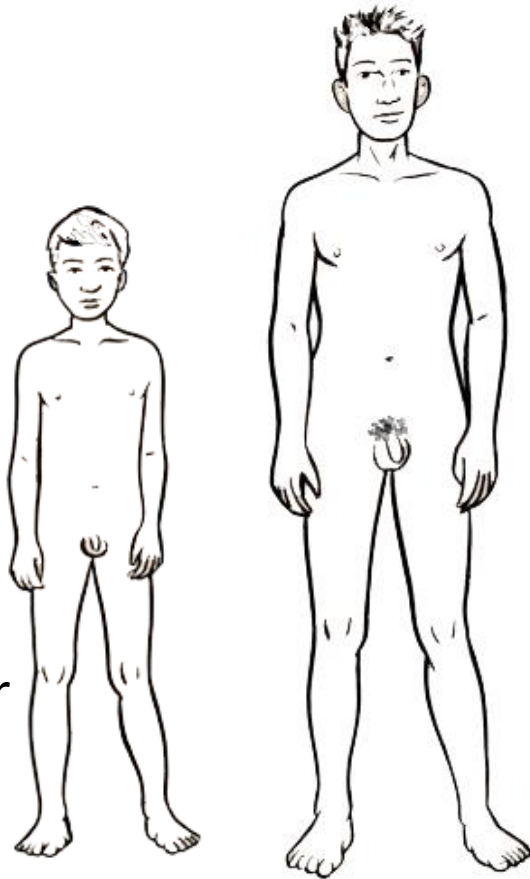
Puberty starts at the same time for everyone.

The changing body

With a partner, talk about what changes the body might go through as a person gets older.

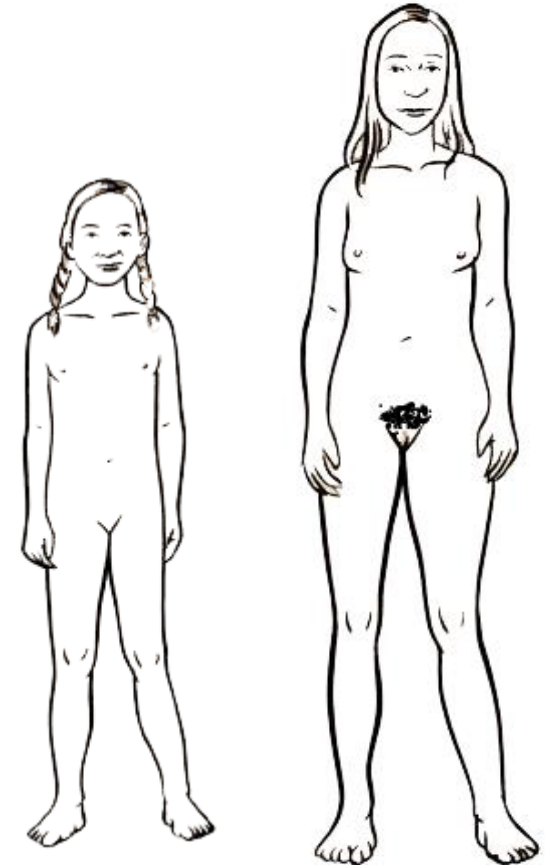
Males:

- Muscle increases
- Penis and testicles grow
- Grow pubic hair
- Grow taller
- Get spots and sweat more
- Get oilier skin and hair
- Get a deeper voice



Females:

- Grow breasts
- Hips and waist change shape
- Grow pubic hair
- Grow taller
- Get spots and sweat more
- Get oilier skin and hair
- Get a deeper voice

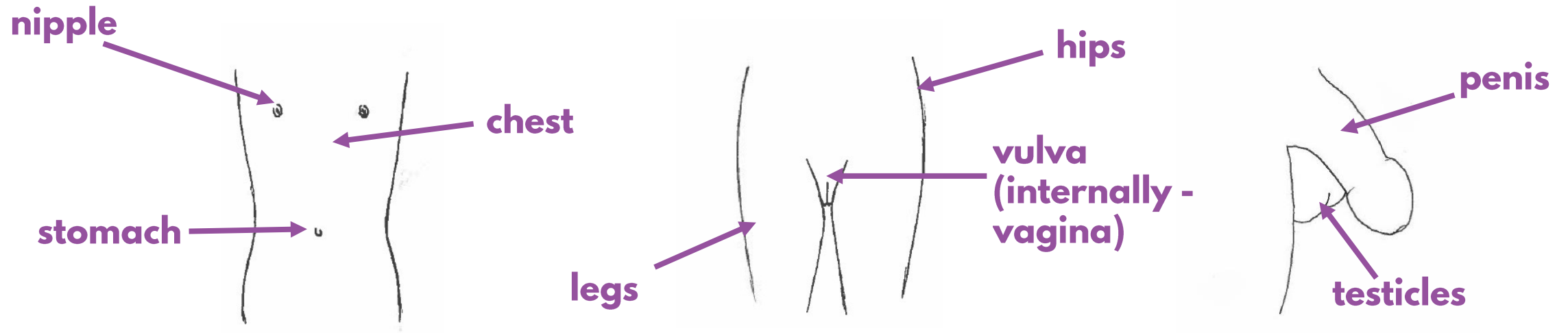


Parts of the body

When we talk about parts of the body, we sometimes use special words with our families, everyday slang words or scientific words.

This can make it confusing to figure out if we mean the same thing. We are going to use **scientific** words to describe body parts.

How many parts can you name in the pictures below?



Click each part to reveal the correct names

Alex has overheard their older sister talking to her parents.

*Can you pick something up for me from the shop?
I've started my period.*

What do you think is happening to Alex's sister?

Write down your answer, or discuss this with a talking partner.

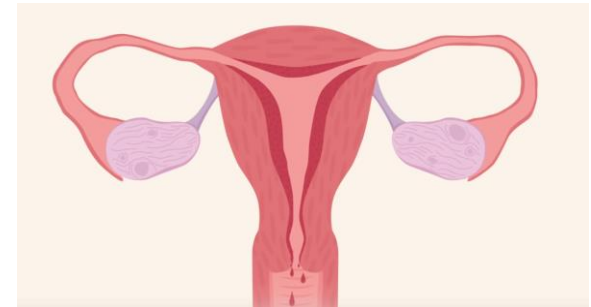
Alex's sister is starting her period, this is a change that happens during puberty.

A period is when females pass blood from the vagina for a few days each month. The scientific name for this is menstruation.

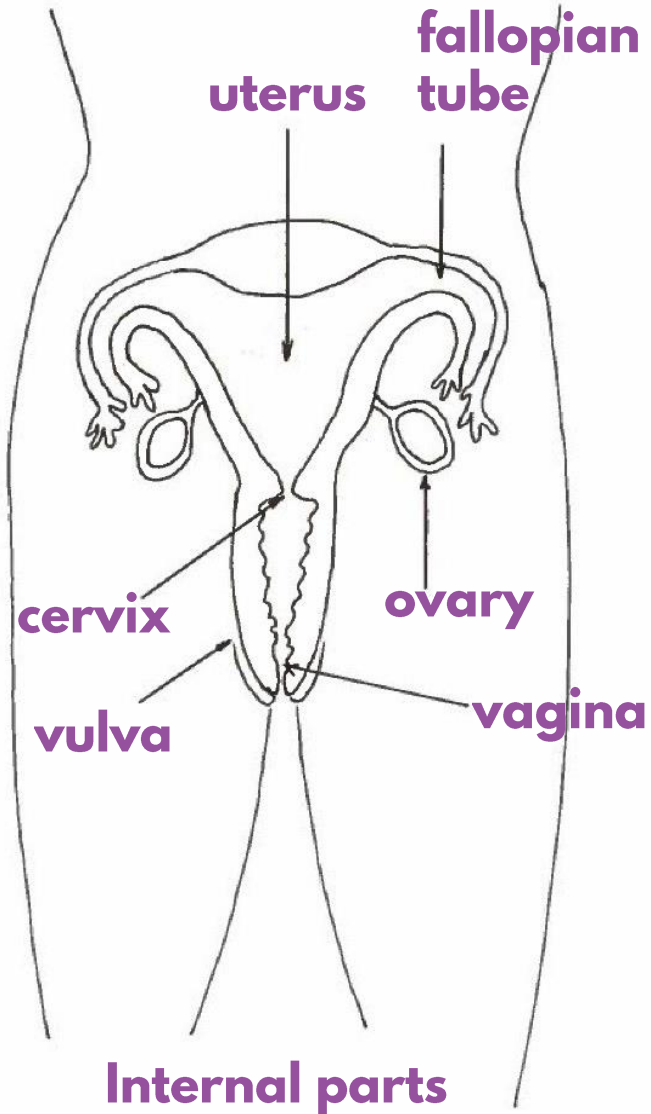
Periods can start at different ages for different people.

Click on this picture to watch a video explaining more →
about periods.

https://www.youtube.com/watch?v=vXrQ_FhZmos

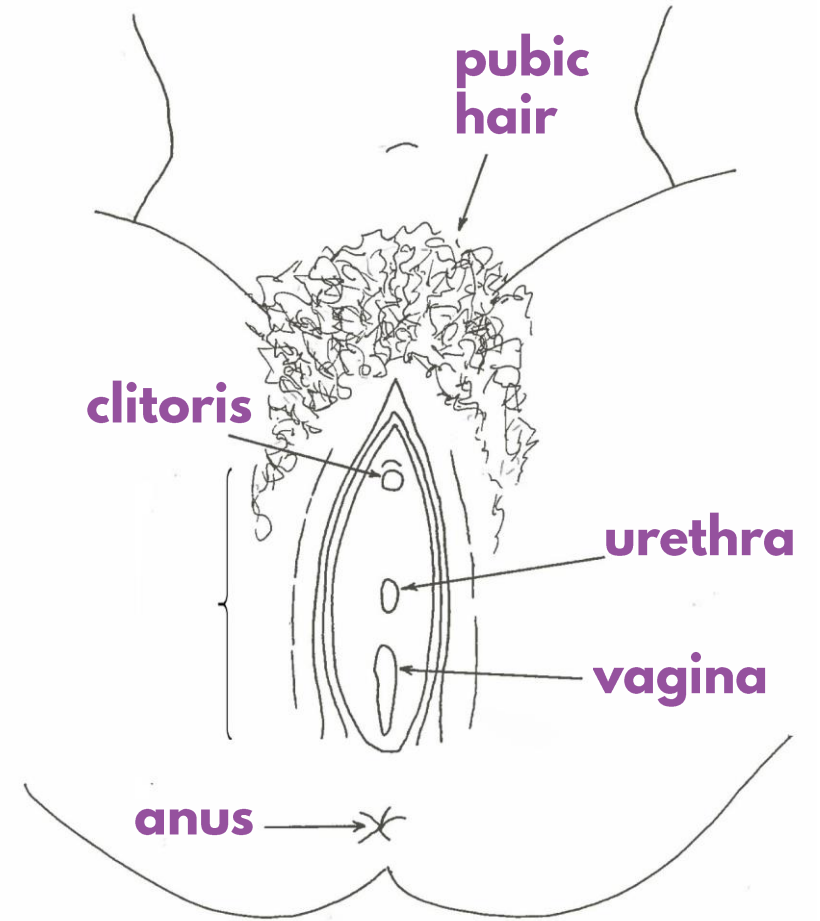


Can you name any of the parts of the female body below using the word bank? *Click on each picture to reveal the answers*



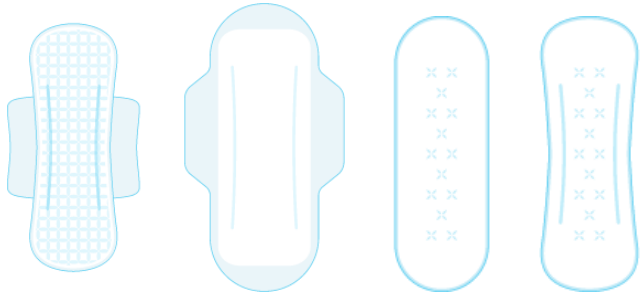
Word bank

anus
cervix
clitoris
fallopian tube
ovary
pubic hair
urethra
uterus
vagina
vulva



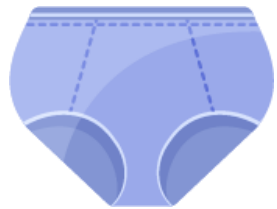
External parts

Clara is in Year 7. Can you think of any products she might use to help manage her periods?



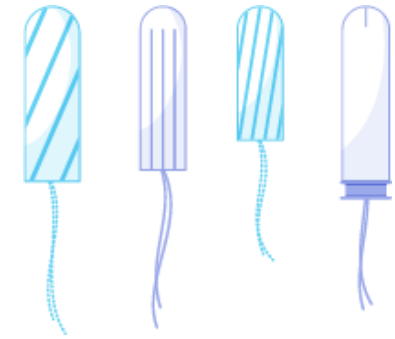
Clara could use a **pad**.

These come in different shapes and sizes and are worn outside the body. Some are reusable and can be washed. Others are disposable.



Clara could use a **period pants**.

These are absorbent and are worn like normal underwear. They can be washed and reused.



Clara could use a **tampon**.

These come in different shapes and sizes. Sometimes they have applicators, and they are worn inside the vagina. They need to be removed and disposed of regularly.

Clara could use a **menstrual cup**.

These are worn inside the vagina to catch blood and can be emptied and reused.



Read Zach's story below:

Zach woke up one morning to find that his PJ trousers were sticky and wet. He was confused and a little embarrassed — for a moment he was worried he'd wet himself.

What do you think has happened to Zach?

Write down your answer, or discuss this with a talking partner.

Zach has had a wet dream.

A wet dream is what happens when the penis becomes erect and ejaculates. This means that semen, which contains sperm cells, has been released from the penis. This is a normal part of puberty for males and is nothing to be embarrassed about.

Click on this picture to watch a video explaining more →
about wet dreams.

https://www.youtube.com/watch?v=RJtbLfJ_kRk

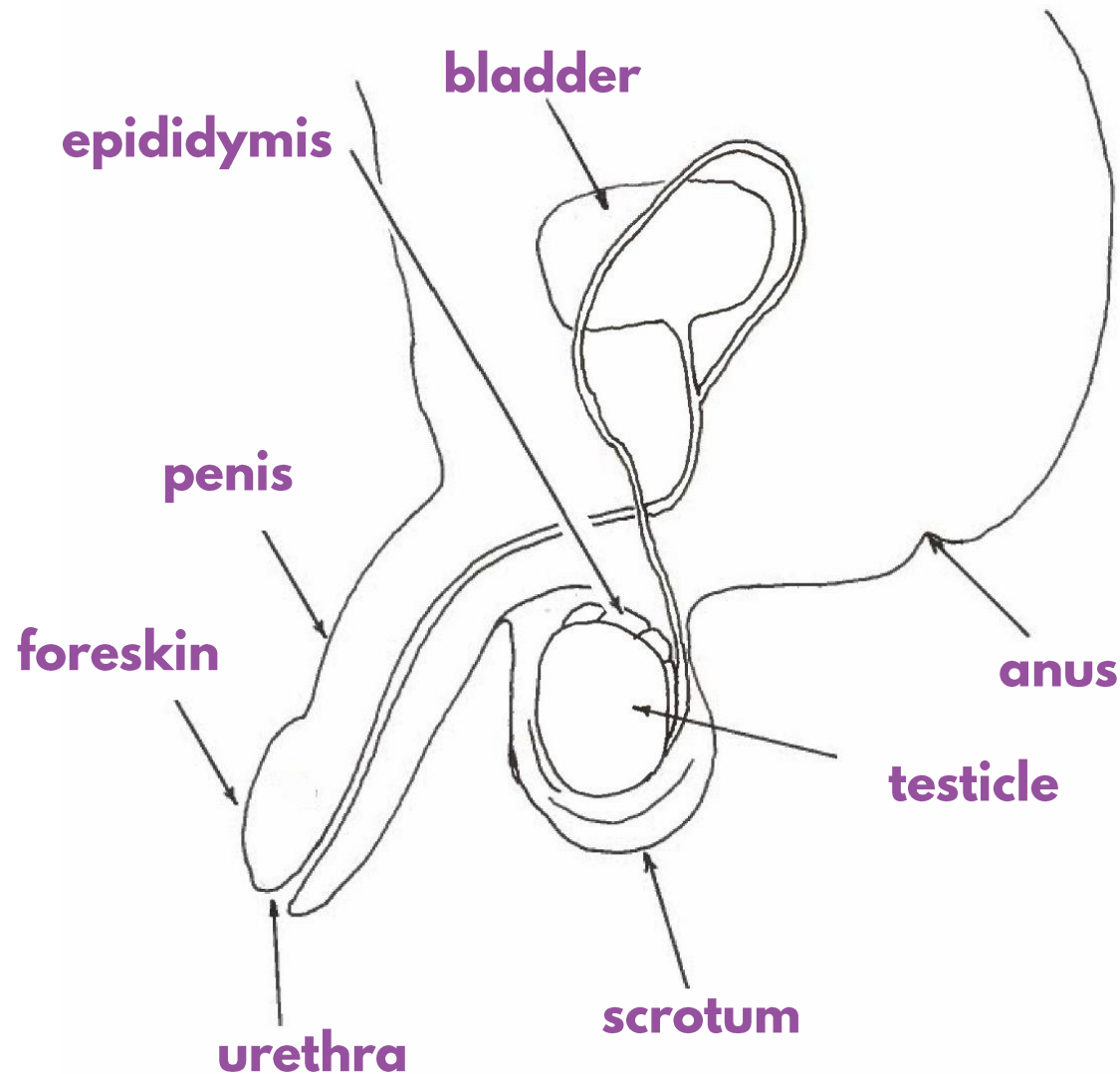


Can you name any of the parts of the male body below using the word bank?

Click on the picture to reveal the answers

Word bank

anus
bladder
epididymis
foreskin
penis
scrotum
testicle
urethra

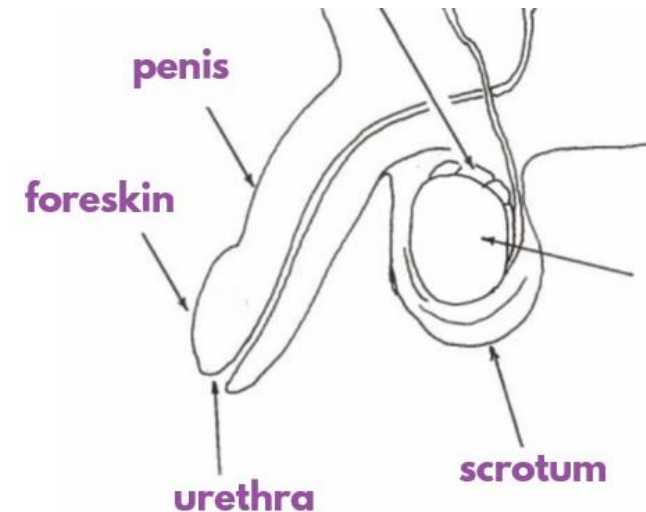


Hygiene for boys genitals

Smegma – smegma is creamy substance which builds up under the foreskin. It is normal but can be smelly if left unwashed. To wash under the foreskin, pull it back gently and gradually and wash around the head of the penis with soapy water.

Some penis's do not have a foreskin; the extra skin that covers the end of the penis (this is called circumcision) so you will just wash the end very thoroughly and wipe away any smegma.

This should be done in a bath or shower as it can be sensitive initially!



What do you think?

Read the questions below and discuss or write down what you think.
Click each statement to reveal the answers.

Can a person go swimming on their period?

Do periods always hurt?

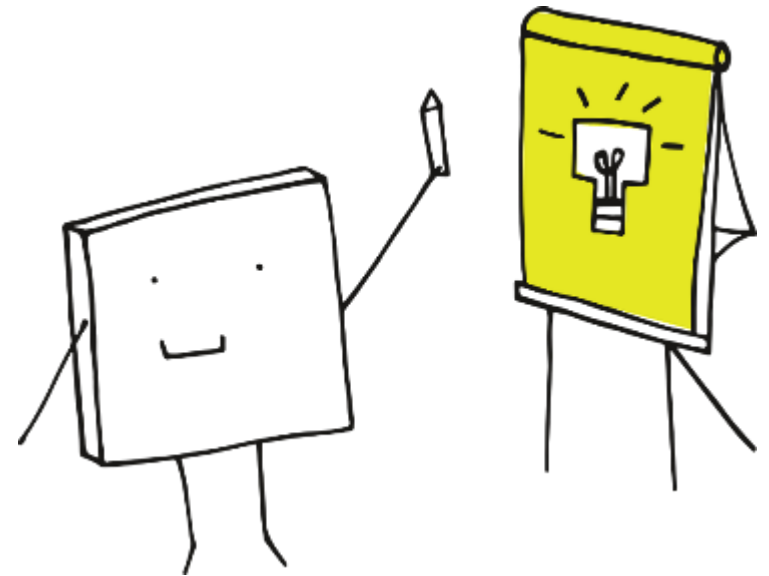
Do all boys have wet dreams?

Does a person who is going through puberty have to shave?

Growing and changing. Where are you now?

Look back at your picture of a person about your age from when we began learning about puberty in this session.

Can you add to or change anything that you have written around the person, about the changes that might happen to them as they grow up?



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:

ChildLine can help.

See: <https://www.childline.org.uk/get-support/>

Or phone 0800 1111



lesson 2: Coping with change

Vocabulary:

puberty

hormones

menstruation

sperm

eggs

ovaries

penis

testicles

vagina

LI: To know how to cope with the changes of puberty

- **We will be able to:**
- identify changes that happen during puberty and why they happen
- describe ways to manage these changes, and where to get help if needed.

What questions do we have about puberty?

On your post-it note write down any questions you may have about puberty

No question is too big, too small or too silly.

What causes puberty to start?

Hormones are chemicals in the blood that cause puberty to start, and make the changes to our bodies.

When your body is ready, your brain sends a message to the rest of your body.



Puberty changes

- **Hips widen:** Hips get wider to help a woman carry and give birth to a baby.
- **Hair grows under arms, in pubic area and on legs:** Hair absorbs sweat particularly under the arm pits and in the pubic area.
- **Periods start (menstruation):** All girls have periods and can start these from the age of 8 onwards (usually around 12 to 13 years of age). When a girl has her period, the lining of the womb and a very tiny egg leave the body once a month through the vagina. Sanitary pads help to absorb that lining (blood). Pads should be changed at least every 3 to 4 hours.
- **Children get taller:** This is something you will have already experienced before puberty but you continue to grow taller into adulthood.

Puberty changes



- **Spots:** Spots are caused by hormones during puberty which can make skin greasy. When dirt from the grease gets trapped and then infected, spots can form.
- **Greasy hair:** Hormones can cause hair to be more greasy.
- **Emotions:** Emotions can change quickly from happy and cheerful one moment, to grumpy and cross the next. These changes are called mood swings.
- **Breasts:** Girls' breasts start to develop. In the future, they may use their breasts to feed a baby.
- **Sperm:** Boys start to produce sperm in their testicles from around the age of 13 to 15. The sperm is mixed in a white fluid called semen.
- **Facial hair:** Boys might start to see hair growing on their faces. Some boys and men shave this hair as they get older.

Puberty changes



- **Deeper voices:** Boys' voices start to get deeper. Some boys notice the pitch of their voices going up and down for a while until eventually they stay deep.
- **Muscles develop:** Not everyone has large muscles, and you definitely do not automatically get a six pack during puberty! Boys often get more muscular (broader) in the top part of their bodies.
- **Wet dreams:** These sometimes happen when boys are asleep. Sperm leaves the testicles, is mixed in a white liquid called semen and comes out of the tip of the penis. Often, boys may wake up thinking they have wet the bed. Wet dreams are the body's way of releasing sperm from the body. Wet dreams are natural and not harmful.

Look back at your questions are there any you are now able to answer for the information given over the last few slides?



Activity 1:

I am the shortest person in my year group and I feel so small next to everyone else!

What advice could we give this person?

Information we could include;

- _puberty is normal
- _Puberty happens at different times for different people
- _That change will come including growing taller
- _ Their body is normal
- _That everyone goes through feeling stressed or worried about their body but they should be proud of who they are and what they look like!

Activity 2:

- Choose another question from the selection that maybe a common question for a person going through puberty (you may want to choose the same as someone else so you can work with a partner)
- Stick the question in your book and underneath write a piece of advice – **remember** to make the person feel normal and that although everyone goes through puberty that it happens at different times for all of us!

I keep shouting at my sister for no reason, even when she hasn't done anything wrong. Why is this happening?

I have lots of spots on my face and I think that everyone is staring at them.

I haven't even noticed any of the puberty changes yet and I am in Year 5. Is this normal?

I don't want puberty to happen to me. What can I do?

What should I do if my period starts when I'm at school?

Am I going to grow a beard?

I am the shortest person in my year group and I feel so small next to everyone else!

This morning I woke up and my bed sheets were slightly wet but I hadn't wet the bed. Is this normal?

Reflection:

Let's read out each question and people can read out the advice that they give – if you want to add any advice to your own that you have heard (magpie) then add this underneath using your red pen.

I keep shouting at my sister for no reason, even when she hasn't done anything wrong. Why is this happening?

I have lots of spots on my face and I think that everyone is staring at them.

I haven't even noticed any of the puberty changes yet and I am in Year 5. Is this normal?

I don't want puberty to happen to me. What can I do?

What should I do if my period starts when I'm at school?

Am I going to grow a beard?

I am the shortest person in my year group and I feel so small next to everyone else!

This morning I woke up and my bed sheets were slightly wet but I hadn't wet the bed. Is this normal?

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:

ChildLine can help.

See: <https://www.childline.org.uk/get-support/>

Or phone 0800 1111



lesson 3: Hygiene

Vocabulary:

Hygiene

Hormones

Glands

Odour

Chemicals

LI: To know why personal hygiene is important during puberty

We will learn;

Why are body smell and produce new odours

How we can look after ourselves so we maintain a good standard of hygiene.

Watch the following video about puberty and hygiene

<https://www.youtube.com/watch?v=00BYyDr8Xdg>



As you watch the video take note of the why our bodies may smell differently

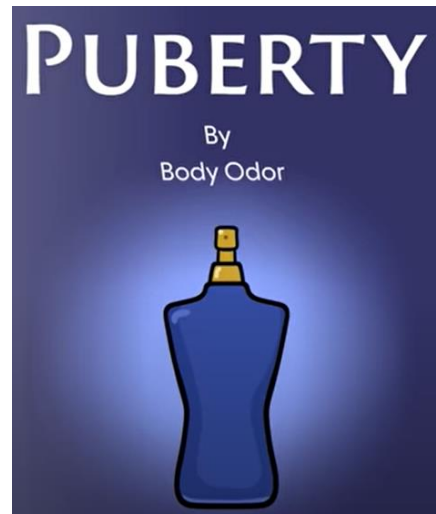
Did you remember all of these?

We produce more sweat than we used to because of new hormones being produced

Sweat Glands produce new chemicals during puberty which produce new odours

Sweat is produce from new places such as the genitals and under the arms during puberty

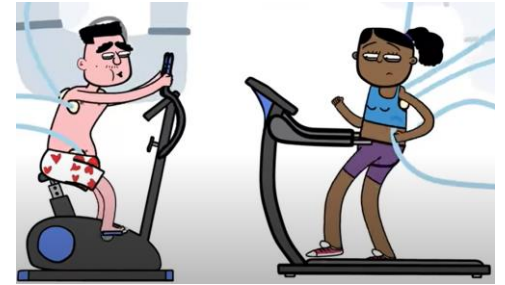
We produce oil from our oils glands during puberty also which can mix with the sweat odour



Discussion Point:

How can we make sure we are cleaner and smell fresher during puberty and adulthood?

Activity 1:



Using the information we have found out and talked about in the lesson can you create a poster to support your peers about hygiene during puberty – it must include;

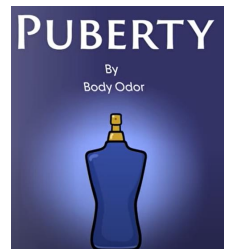


_ A title (make it quirky/fun)

_ Information as to why we may smell more/produce more sweat during puberty

_ How we can improve our hygiene by keeping cleaner during puberty and adulthood.

_ Be colourful and have pictures/diagrams



Reflection:

As you get older and go through puberty what could you do to ensure you maintain good hygiene?

What could be the consequences if you don't?