

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 6 :

Managing puberty – Emotions

Hygiene

Changes during puberty

How babies are conceived and born



lesson 1: hygiene recap and Managing puberty – Emotions

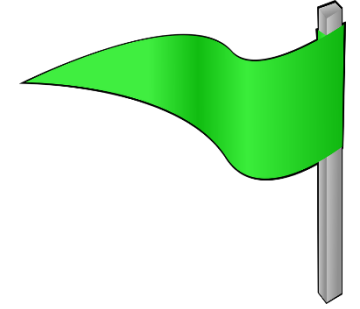
LI: To learn about how to manage feelings and hygiene during puberty.

We will be able to:

- ✔ describe ways of managing physical changes during puberty, including how and why it is important to keep clean.
- ✔ describe how emotions and relationships may change during puberty.
- ✔ explain how and when to get help and support in relation to puberty.

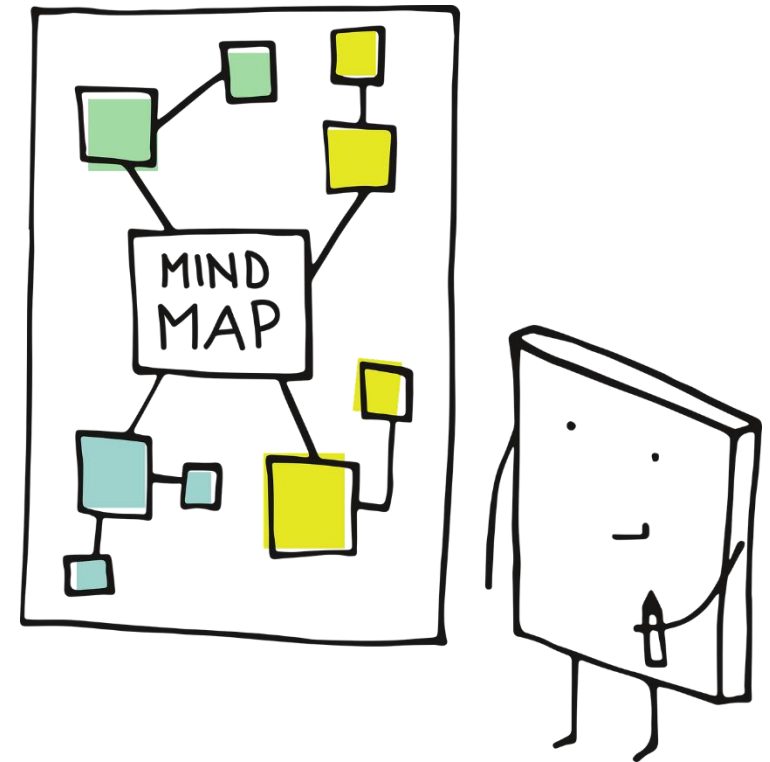
Growing and changing

What's our starting point?



Imagine a young person about your age or a little older. They are going through puberty.

- What might they find difficult about puberty?
- What might they do to manage these challenges?



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

What body parts do you think someone going through puberty might need to pay special attention to while keeping clean?

 Draw a person and write your answers around them.

Hair

During puberty hair can get oilier. Washing hair with warm water and a small amount of shampoo can help to control oil.

Sweat and body odour

During puberty sweat glands become more active than before and sweat can smell stronger.

Showering or bathing everyday using warm water and a mild soap or shower gel can help keep the smell and bacteria under control. Wearing clean clothing can also help to keep clean.

Deodorants cover up the smell of body odour and anti-perspirants reduce sweating.

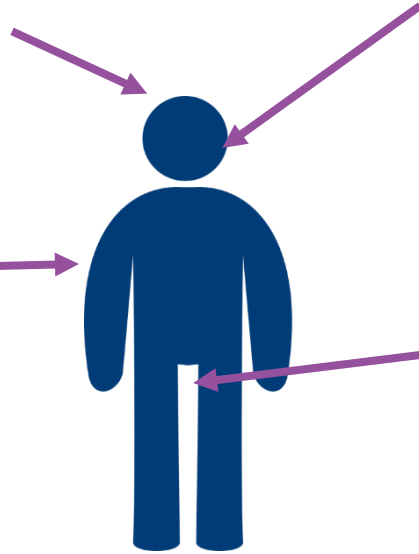
Skin and spots

Skin also gets oilier during puberty. Sometimes this oil traps dirt or germs. While they can be upsetting and embarrassing, they are a normal part of puberty. Everyone will get them at some point in their life, it doesn't mean they have poor hygiene!

Washing genitals

The vulva: Washing the outside part of the vulva with an unperfumed soap every day can help to keep it clean. The inside of the vagina can clean itself and this does not need washing, and cleaning inside can cause irritation.

The penis: Gently washing the penis with warm water and soap each day keeps it clean. If the penis has a foreskin, this should be gently pulled back and washed underneath. This prevents the build up of too much *smegma*, a cheesy-looking substance that can start to smell and build up bacteria.



How often should a person do each of the activities below?

Write the three headings in your book; write an activity from the list under one of the time headings. We will self-assess with a red pen

Click each of the headings to reveal answers.

Activities

- Washing hair
- Brushing hair
- Brushing teeth
- Showering or bathing
- Putting on deodorant
- Changing underwear
- Washing PE kit
- Wash day-to-day clothes

Every day

A few times a week

Once a week

Feelings and emotions

Hormones, which are special chemicals in the body, change the body's physical appearance. They can also affect how people's emotions.

-  On the post-it note provided write down an emotions or feelings someone might have during puberty.

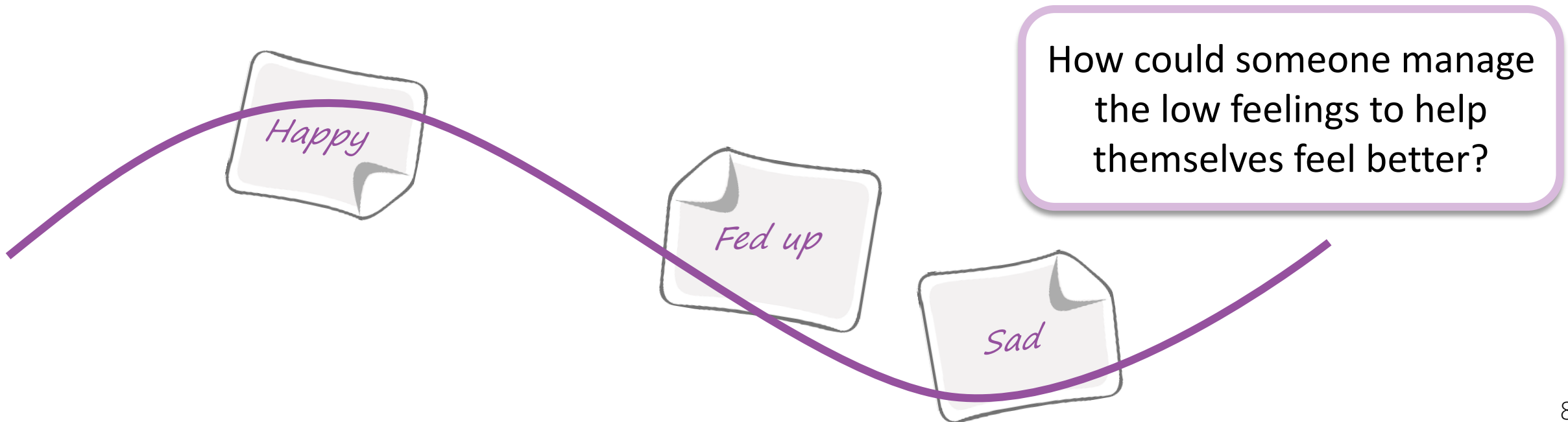
Try not to put what the person next to you has put so we get a different range!



An emotional rollercoaster

Sometimes feelings can change quickly during puberty, one minute a person can feel really happy (or up) and the next they can feel really sad (or low.)

Arrange the emotions and feelings you wrote out earlier on the string line at the front of the classroom. Which feelings are high up? Which feelings are low down? Are there any somewhere in the middle?



New feelings towards others

What do you think emojis like the ones below represent?

Sometimes, as a person goes through puberty, they may develop new feelings for another person that they haven't felt before. They might have a 'crush.'



A person with a crush might feel a tingly feeling, or they might feel like another person makes them really happy. Sometimes it can feel very intense or overwhelming.

A person could have a crush on someone they know, or someone they don't, like a celebrity. It could be towards someone of the same or opposite sex.

Crushes are a natural part of growing up.

ACTIVITY 1:

Sometimes a person might need help and support to manage their feelings during puberty.

Which of the options below do you think would be most helpful to manage each of the situations?

Options:

- Talking to a friend
- Talking to a family member
- Visiting ChildLine for advice, and using services such as 'Ask Sam' on their website
- Reading a book about it
- Doing nothing
- Something else (if you have any other ideas, discuss these with a parent or someone at home)

Situations:


A Cameron keeps feeling really angry about little things. She shouted at her mum and now she's upset.

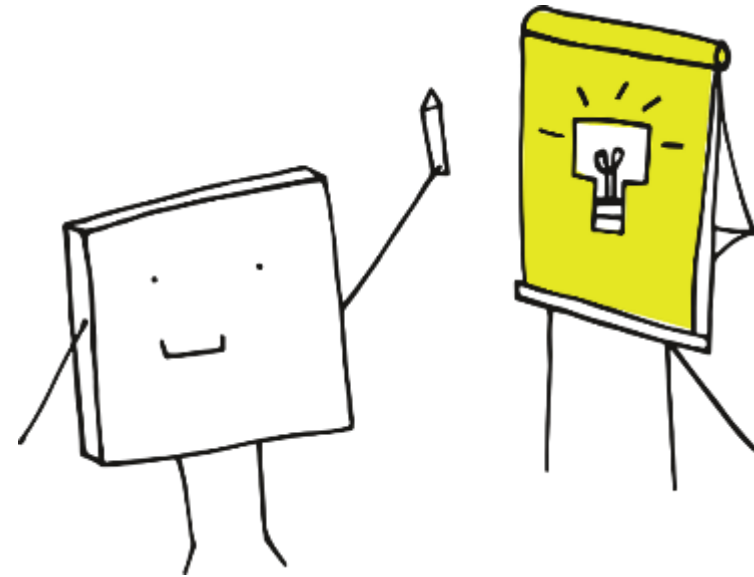
B Devan is worried about the changes that might happen to their body.

C Lando had a crush and told everyone about it. He doesn't feel the same way anymore and feels a bit embarrassed.

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 managing the challenges a
person might experience during
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:

ChildLine can help. See:
<https://www.childline.org.uk/get-support/> or phone 0800 1111



Lesson 2: Changes during puberty

LI: To know changes that will occur during puberty



We will be able to:

- describe the physical and emotional changes during puberty and how to manage these.
- identify myths and facts about puberty.
- demonstrate how to begin conversations or ask questions about puberty with people who can help us

Growing and changing

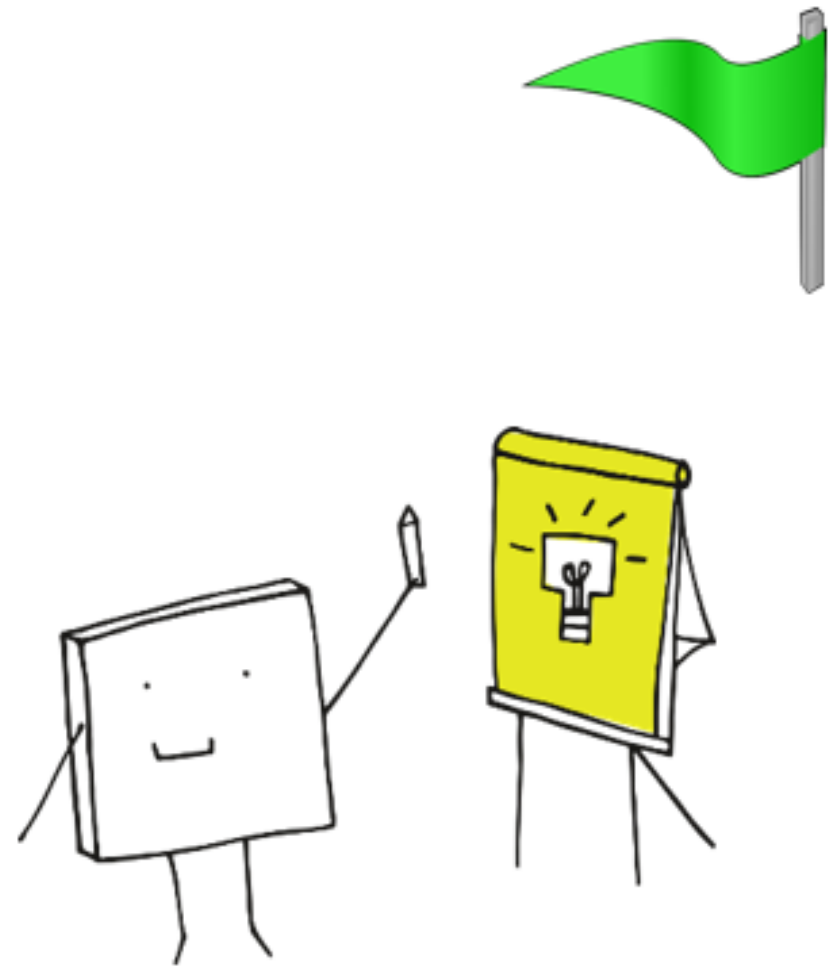
What's our starting point?



On a piece of paper, make a graffiti board with all the words you can think of that relate to growing up and puberty.

You might also like to include some words that describe how people might feel about puberty and growing up.

we will be coming back to it at the end of the lesson.



Quick questions about puberty

Click each card to reveal the answers

**Who
experiences
puberty?**

**When do
they
experience
puberty?**

**What is
puberty?**

Fact or myth?

Click on only the **facts** while avoiding the myths, can you find all **six** facts?

Everybody starts puberty at the same time, around age eight.

Pubic hair grows during puberty.

People's body shape changes when they go through puberty.

Everyone gets tummy ache when they get their period.

It's normal to have mood swings and feel different, strong emotions during puberty.

Oops! That's a myth.



Acne is common during puberty.

Puberty causes people to sweat more.

Voices get deeper during puberty.

Squeezing spots will make them go away.

Pads are the only product available for use during periods.

Puberty is a natural part of growing up and the human life cycle.

Puberty myths

“Everybody starts puberty at the same time.”

Young people begin puberty at different ages, as discussed earlier in the session.

“Everyone gets tummy ache when they get their period.”

Some people experience aches or pains, but it doesn't happen to everyone.

“Pads are the only available product for use during a period.”

There are lots of products that can be used to help manage periods.

For example: Tampons, menstrual cups or period pants. It's all down to personal preference.

“Squeezing spots will help them to go away.”

Most people will experience spots at some point in their lives. Squeezing them doesn't help them go away and may spread bacteria!

Having spots does not mean someone has poor hygiene.

Clicked too far and left the game too early?

Just press the ← direction key on your laptop or swipe back on your phone or tablet to continue!

“The size of a person's breasts and penis is determined during puberty.”

People keep growing and changing over their lives, young people are still growing so it is not possible to know what they will look like as an adult.

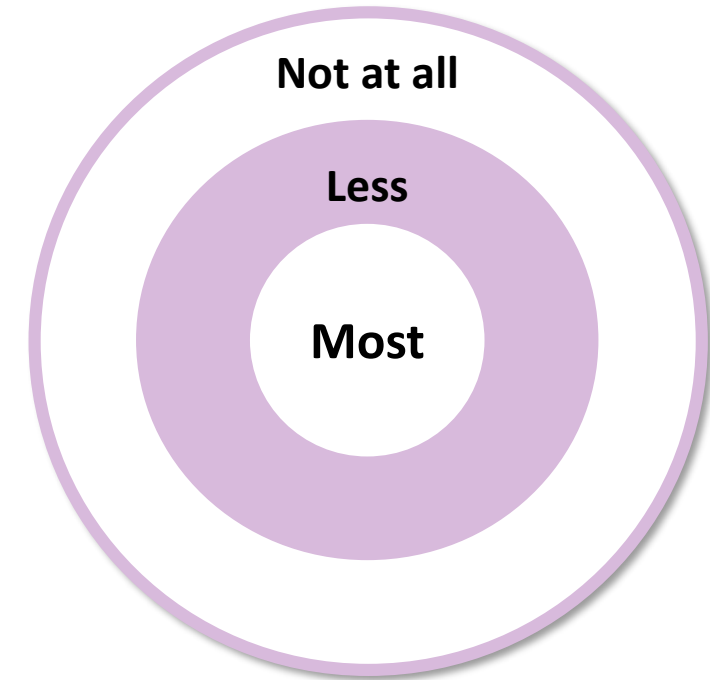
Zones of relevance

In your book, draw three circles like the ones in the diagram.



Write each of the statements below in the circle that shows how important you think this information is for a young person to know during puberty.

How to talk to parents about puberty	How often to wash their hair	When their friends grow pubic hair	How to use a menstrual pad
How to use tampons or other products	How to manage a wet dream	What type of bra to buy	How it feels to fancy someone
Who to ask questions about puberty	Which books or websites about puberty are best	How to shave	Who their friends fancy
How to apply make-up	Which products would help with spots	The best type of deodorant	How to help a friend who's a bit embarrassed



Bear in mind that friends may not want to share information about who they fancy or about what changes have happened to them.

It's important to be kind and respect their privacy.

Growing and changing

Where are you now?

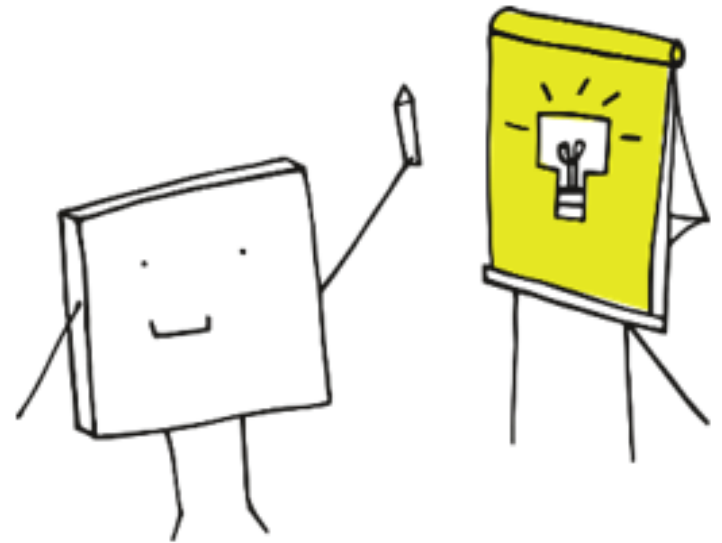


Look back at your graffiti board.

Can you add or change anything about puberty and growing up?

Write out and finish these sentences :

- Something I didn't realise before this session is...
- Something I knew but had forgotten is...
- Something I would like to know more about is...



Remember!

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lesson 3: Life cycles – where babies come from

LI: To know how a baby is made

We will be able to:

- _identify the links between love, committed relationships / marriage, and conception
- _explain what sexual intercourse is, and explain that this may be one part of an intimate relationship between consenting adults
- _How a baby is conceived

Concept conversation: how babies are made

A group of children, about your age, from a school not far from here, were having a conversation about how babies are made. This is what they said...

Pupil A: I thought that babies were delivered to their parents by a special bird—like the one you see printed on 'Congratulations on your new baby' cards.

Pupil B: I was told that babies are collected from the chip shop!

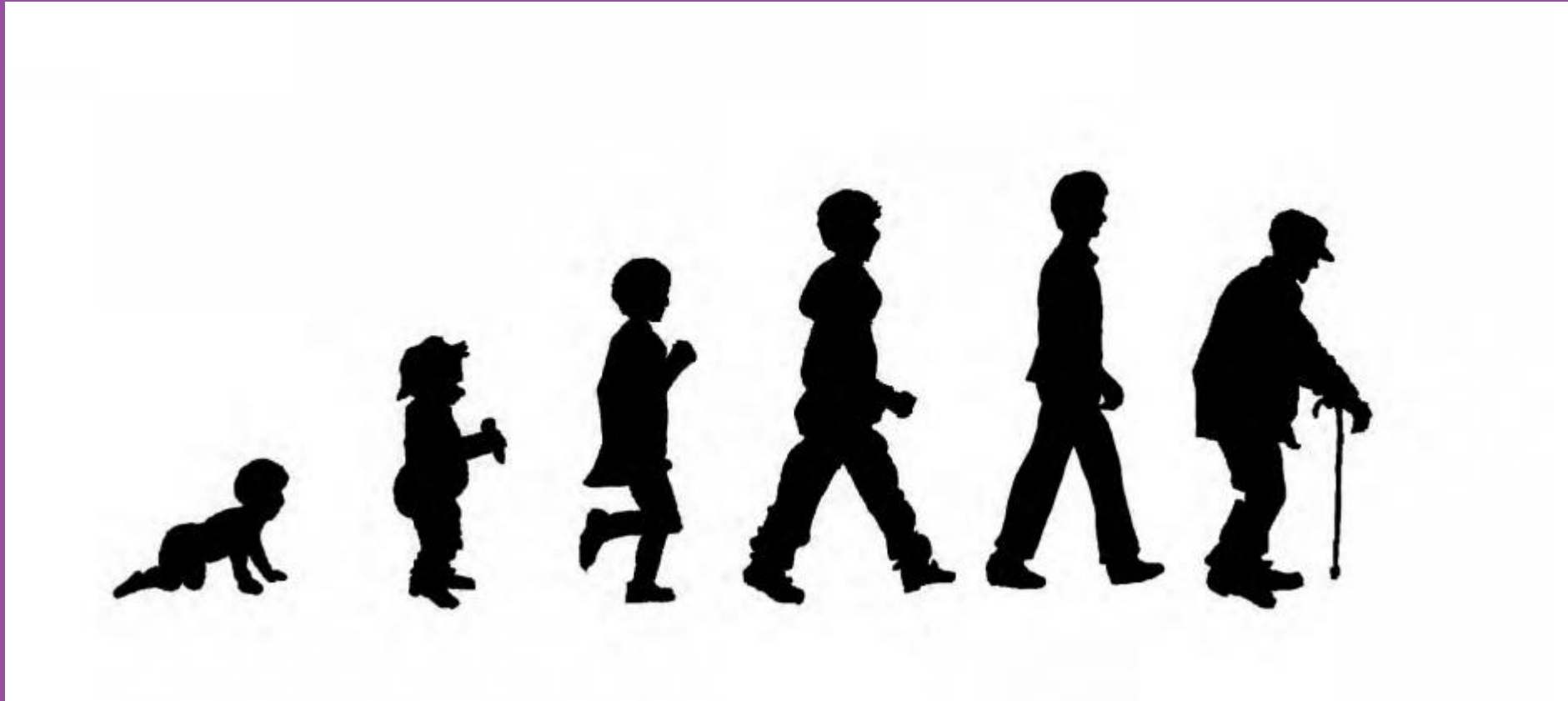
Pupil C: That's so silly! I know how babies are made. They start as a tiny seed, and when it is time they grow into a baby inside their mum's tummy—it takes years and years for a baby to grow.

Do you agree with any of the pupils? How do you think babies are made?

In your book draw a speech bubble and write down your own view or idea of how a baby is made

Do the writing first and draw the bubble around it afterwards

Today's lesson will focus on adult relationships. Point out where on the human life cycle we will be focussing?



Discussion 1:

Work in pairs to discuss the different ways that two adults who are part of a loving couple might show their commitment, care and love for each other.

There are lots of ways people express love and show they care deeply for another person. Some ways may be very personal and private between the couple, and others may be more public

to tell each other they love each other;

to tell other people they love each other;

to hold hands; to kiss; to cuddle;

to sleep together; to have sex;

to get engaged; to get married; to have a civil partnership;

to buy each other special gifts; to wear a special piece of jewellery (such as a ring);

to live together; to rent or buy a house together;

to go on holiday together;

to decide to have a baby together

WHAT IS MEANT BY SEXUAL INTERCOURSE

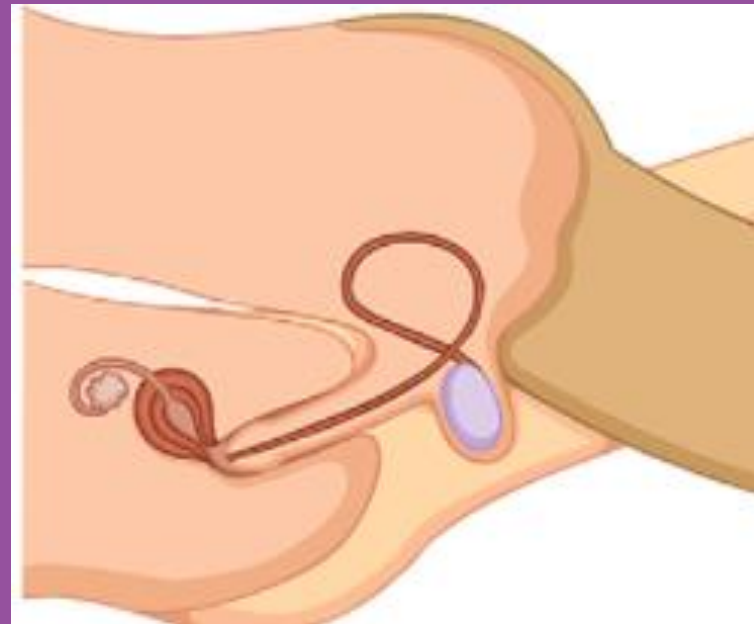
sex (or sexual intercourse) is just one way that adults (of opposite or same sex couples) may choose to show their love and care for each other. There are other words other than sexual intercourse, i.e. making love, sleeping together or having sex.

Discussion 1:

why might these other terms be used instead?

WHAT IS SEXUAL INTERCOURSE:

Sex (or sexual intercourse) is when a man's erect penis is inserted into a woman's vagina - This must occur between two consenting parties and should feel good. Sexual intercourse between a man and a woman can lead to pregnancy if the male ejaculates whilst the penis is still inside the vagina.



CONSENT:

‘consenting’ or ‘consent’ —is when both adults **agree** and feel comfortable and happy about what is happening. Adults being pressurised or persuaded to agree to something is not consenting, and that making or persuading someone to do something sexual that they’re not happy, makes them feel uncomfortable or do not want to do is wrong and against the law.

Consent does not just relate to sexual intercourse—consent applies to everything (touching someone's hair, to holding hands, cuddling and kissing). This is for everyone not just adults!

A couple might also decide to have a baby together, and sexual intercourse is a way a man and a woman can make a baby together.

There are other ways too that can be used by opposite or same sex couples to have a baby including;

IVF,

assisted conception

Surrogacy

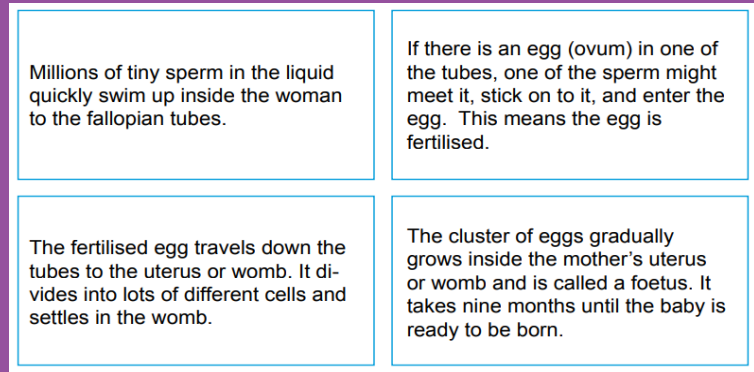
adoption

Sexual intercourse is just one part of sex or intimacy between two consenting adults. When sex occurs between a man and a woman they could have a baby. The sperm from the male travels through the vagina and into the uterus – if an egg is present it can be fertilized and grow into a baby.

Activity 1:

Cut out the 8 statement cards you have in front of you – try and put them into order of how a baby is conceived

Do not stick them in your books yet!



Once every one has sequenced all 8 cards we will go through them, reading them and making sure you understand the order, vocabulary and process – change any that are wrong and then stick them into our books.

Catch-up Quiz

What is sperm?



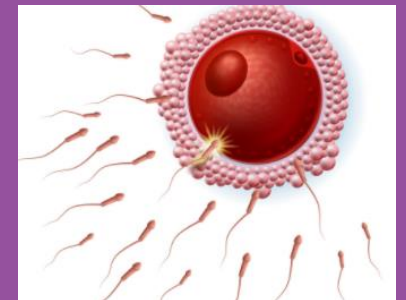
Who has the ovum?



What is it called when the sperm burrows into the ovum?

Can a women get pregnant every time she has sex?

How does the sperm get to the ovum?



Quick reflection:

From what we have done so far today – can you write on your post-it note any questions you may have.

We'll continue the lesson by looking at pregnancy –

look at the following statements; do you think they're true or false?

A human baby is born after nine months in the mother's uterus (womb).

Women feel sick when they are pregnant.

Babies are born through their mother's vagina.

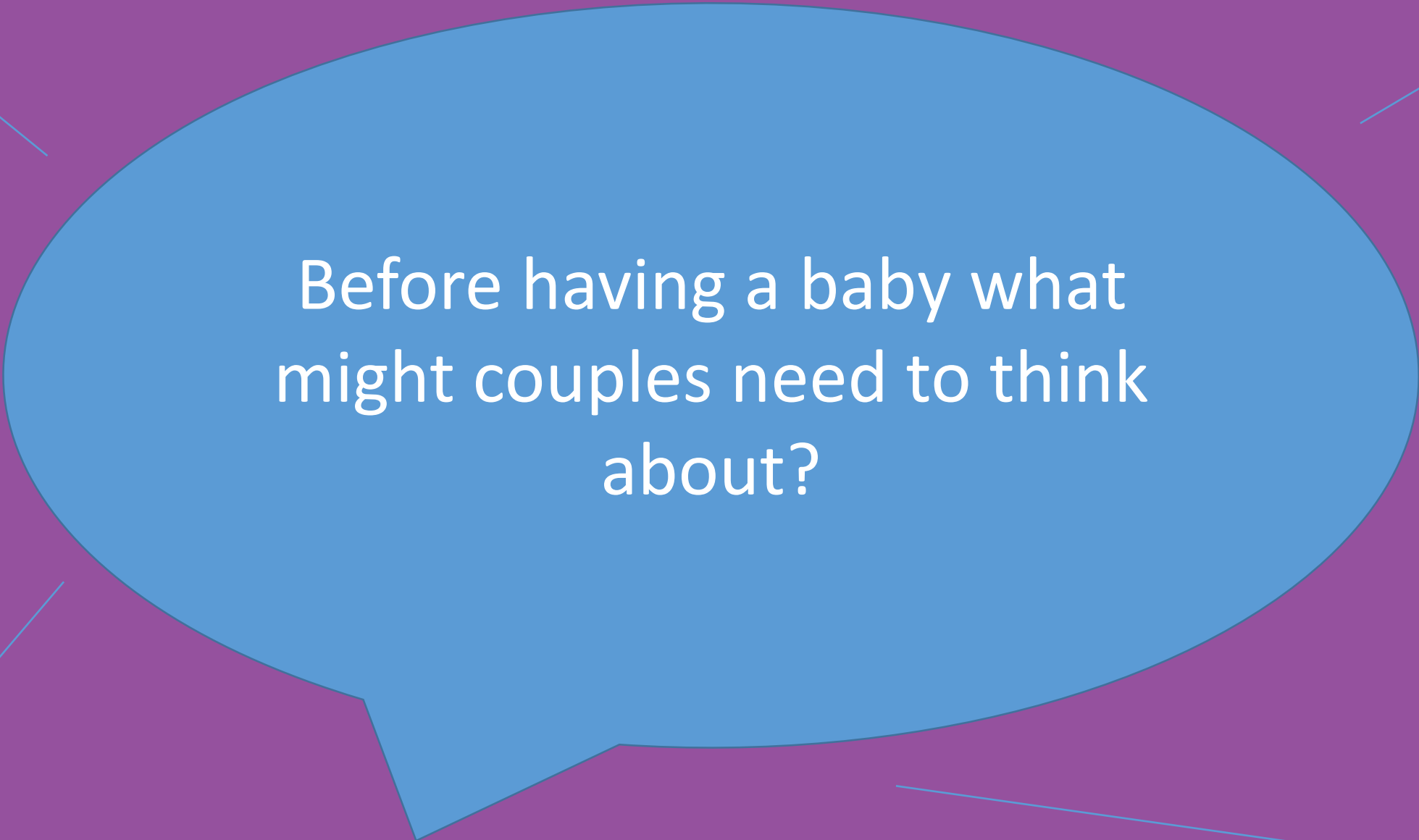
Twins are made
when two sperm find
two eggs.

Only females can
give birth to babies.

Sexual intercourse is
the only way a baby
can be made.

A couple can prevent
a baby being made
during sexual
intercourse.

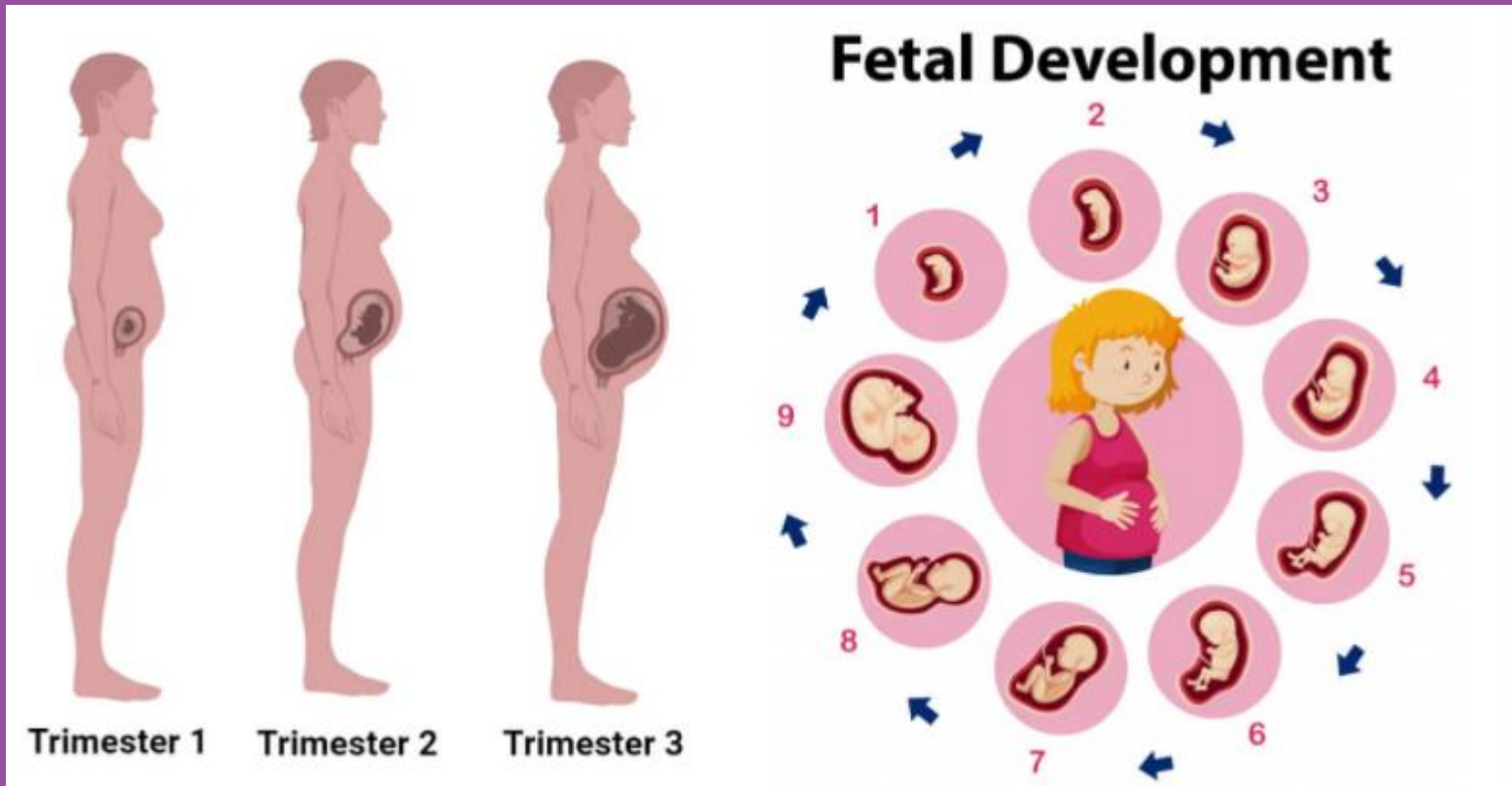
Not everyone has a
baby.



Before having a baby what
might couples need to think
about?

How a baby is born

This diagram shows the development of a foetus and a Mother during pregnancy -



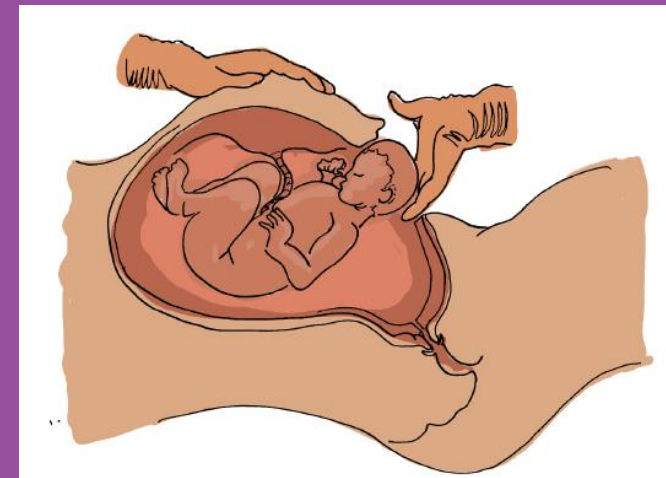
Does anyone know how the baby is born?

Birth

It takes about 40 weeks for a baby to develop in the uterus. This time is called **gestation**. After this, the baby is ready to be born. The cervix relaxes and muscles in the wall of the uterus contract. Waves of muscle contraction push the baby out of the mother's body through the vagina – if the baby cannot be born naturally then a C-section can take place instead.

Video simulation of birth

<https://www.babycentre.co.uk/v1027490/inside-pregnancy-labour-and-birth-video>



In your book copy out the following adding in the blank words –

Pregnancy and Birth:

It takes about _____ weeks for a baby to develop in the uterus.

This time is called **gestation**. The baby develops over _____ trimesters. Initially, the baby is a small groups over cells but eventually takes on the shape and features as the _____ progresses.

After this, the baby is ready to be born. The cervix relaxes and muscles in the wall of the uterus _____. Waves of muscle contraction push the baby out of the mother's body through the _____.

Word Bank: three, contract, forty, pregnancy, vagina

Pregnancy and Birth:

It takes about forty weeks for a baby to develop in the uterus. This time is called **gestation**. The baby develops over three trimesters. Initially, the baby is a small group of cells but eventually takes on the shape and features as the Pregnancy progresses.

After this, the baby is ready to be born. The cervix relaxes and muscles in the wall of the uterus Contract. Waves of muscle contraction push the baby out of the mother's body through the Vagina.

Reflection: True or False

Sexual intercourse should only happen between two consenting adults?

If sexual intercourse takes place a baby could be conceived?

It is really easy to bring up a baby?

It takes approximately 50 weeks for a baby to develop inside the mother before it is born?