

Using blue pen, answer lesson 3's key question.



1



2



3

1. What risks are there in your home? How can you protect yourself and others from these risks?

2. What happens when someone has an asthma attack? What can you do to help someone having an asthma attack?

3. What changes happen to boys and girls during puberty?

**Growing and Changing
Keeping Safe**

4. What does it mean to be resilient? How can helpful thinking make you more resilient?

5. What does it mean to have good self-esteem? What can you do to build your self-esteem?



4

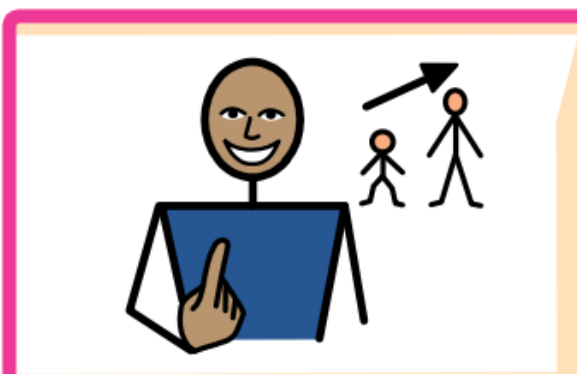


5

LO: To learn about puberty.

Key Questions: What changes happen to boys and girls during puberty?

What changes happen to boys and girls as they grow older?



6 I should be supported to live and grow

Ground Rules

- G** Giggling is okay!
- R** Respect what others say; no put-downs.
- O** Okay to pass on a question or activity if something feels too private.
- U** Understand others' feelings, be sensitive, listen and respect their differences.
- N** No personal questions or stories from pupils or teachers.
- D** Discuss puberty topics responsibly outside the classroom.
- R** Remember to ask questions if you are unsure about anything.
- U** Use the correct names for body parts - ask if you can't remember.
- L** Let the teacher know if you want to speak to them privately.
- E** Encourage others to participate and get involved.
- S** Speak for yourself; use 'I' statements and don't refer to others by name or by pointing.

Review

Before we start, have a go at taking the puberty quiz!
How much do you already know?

Puberty Quiz

1. Read the sentences below and for each one decide whether it is true (T) or false (F).

a. during puberty there are changes to your body T F

b. during puberty there are changes to your moods T F

c. both boys and girls go through puberty T F

d. as our bodies change so do our feelings T F

e. the changes happen at the same time for everyone T F

f. the changes happen all at once T F

Review

Describe 2 changes that happen to boys during puberty.

A:

B:

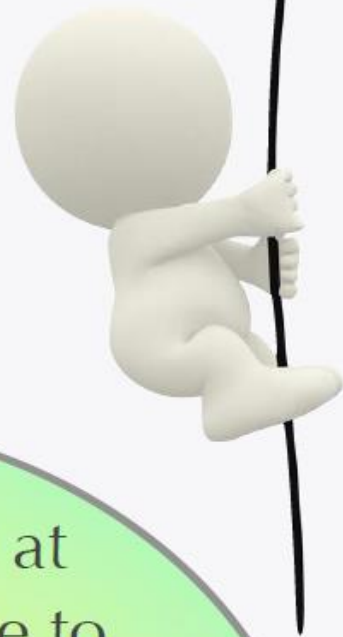
Describe 2 changes that happen to girls during puberty.

A:

B:

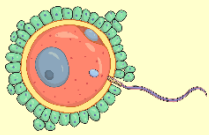
Babies have a growth spurt in the first year or so of their lives, doubling in size and doubling again!

After that, the rate at which they continue to grow slows down considerably. The next big growth spurt comes between the ages of around 10 and 13 for most children; this big change is called **puberty**.



Human Development

Label the pictures with the name of the stage of development they represent:



Fertilisation

Infancy

Childhood

Puberty

Early
Adulthood

Middle
Adulthood

Old age

Which stages of development have you undergone?

Which ones will you undergo?

What is your next stage of development?



Human Development

Puberty

Puberty is the stage of development between childhood and adulthood.

Physical growth occurs so that the body changes to that of an adult, which enables reproduction.

Two parts of the brain - the hypothalamus and the pituitary gland - start to make more of some hormones.

LH is the hormone for growth and FSH is the hormone for hair.

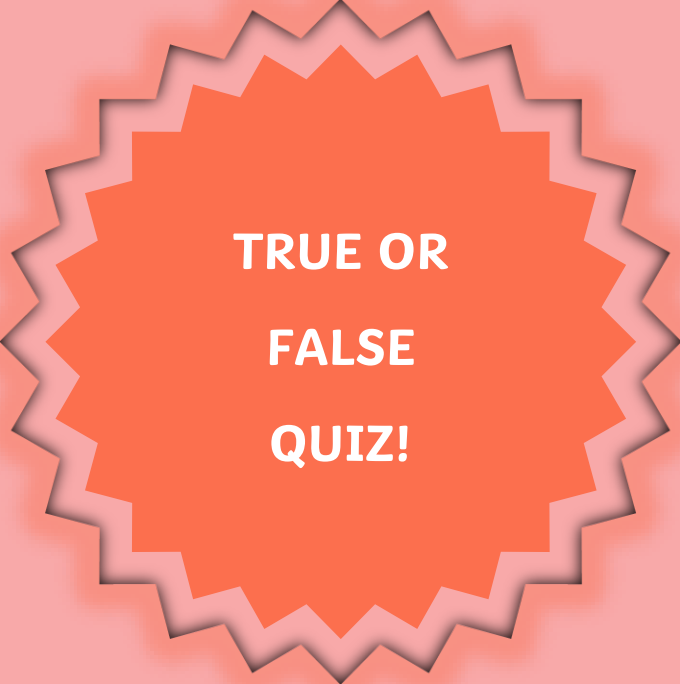


True or False?

Do you know
your facts about
puberty?

Are you getting
your information
from a reliable
source?

Let's find out with the



**TRUE OR
FALSE
QUIZ!**

True or False?

1

If you haven't started puberty by the age of 11, there is something wrong.

True or False?

You're correct - it's false!

Mostly puberty occurs at any time between 11 and 17 but can be earlier.

It is different for each person, and this is perfectly normal - There is no 'Normal' time.

Next Question

True or False?

2

Both boys and girls grow more hair on their bodies.

True or False?

You're correct - it's true!

Both boys and girls develop pubic hair and start to grow hair under their armpits.

Overall, boys grow more hair and grow it on more body parts than girls (including the face and chest). However, how 'hairy' a person becomes is based on the genes you inherit from your parents - Everyone is different.

Next Question

True or False?

3

During puberty, it is normal to start getting spots.

True or False?

You're correct - it's true!

Spots are normal. Some people may get spots, some people do not; it varies from person to person.

If you do get spots, it is important to remember you are not alone.

Acne is when you have a severe breakout of spots and can be painful. Doctors can help to treat this.

Next Question

True or False?

4

When you go through puberty,
your sweat smells.

True or False?

You're correct - it's false!

Sweat does not smell! Sweat is mostly just water after all.

What people refer to as a 'sweaty' smell is actually caused by bacteria on your body mixing with the sweat. It is important to wash (shower or bath) daily to get rid of the bacteria.

Next Question

True or False?

5

All parts of the body grow at the same rate during puberty.

True or False?

You're correct - it's false!

All parts of the body grow during puberty, but it is not true that they grow at the same rate and the same time.

For example, you may notice that you get taller before your feet grow or that you start growing pubic hair before you start getting spots. It's normal for growth to be uneven during puberty.

Next Question

True or False?

6

There is a normal size that breasts (girls) or the penis (boys) have to grow to, otherwise there is a problem.

True or False?

You're correct - it's false!

There is a wide range of shapes and sizes for breasts and penises, which are all normal.

One of the problems that many teenagers going through puberty face today is coping with the images and messages they get about what is 'normal'. Often this does not match reality.

As long as you are developing during this period of your life, then there is nothing to worry about- and remember - we all grow at different speeds.

End of quiz!

When does it start?

Puberty starts at different times for everyone but girls usually start before boys.

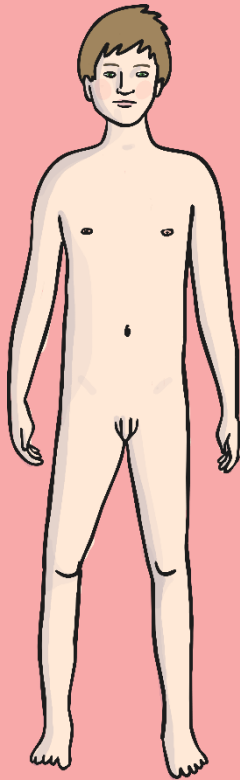
Girls usually start around the ages of 10-11.

Boys usually start around the ages of 11-13.



The Facts

Puberty for Boys



Larynx (voice box)
grows - 'Adam's apple'

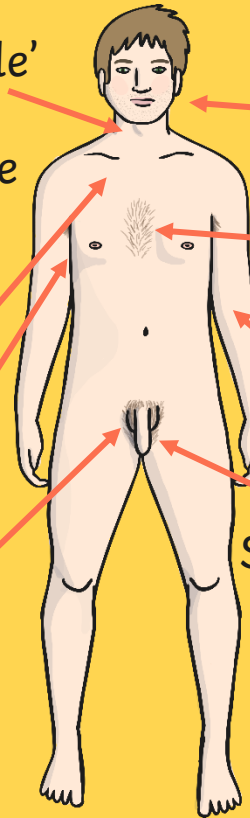
Sweat glands produce
more sweat

Skin becomes oilier

Grow hair
under armpits

Grow pubic hair

All parts of the
body grow



Grow taller

Grow facial hair

Grow hair
on chest

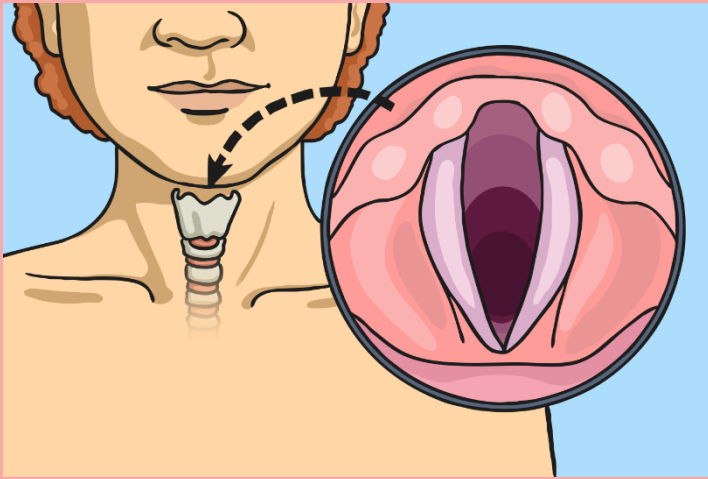
Gain hair on
arms and legs

Scrotum, testes and
penis develop

Become more
muscular

The Facts

What's Going on Inside Boys?



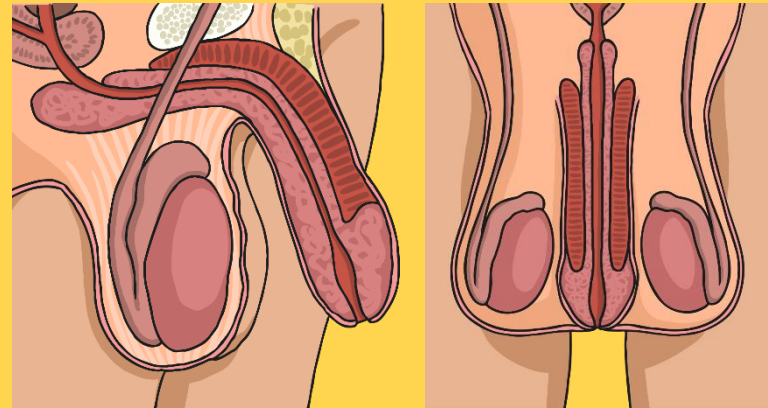
This is the development of the **larynx**.

This happens to both boys and girls but boys' develop more so have deeper voices.

More laryngeal cartilage is needed to make a deeper voice. This is why boys develop visible 'Adam's apples'.

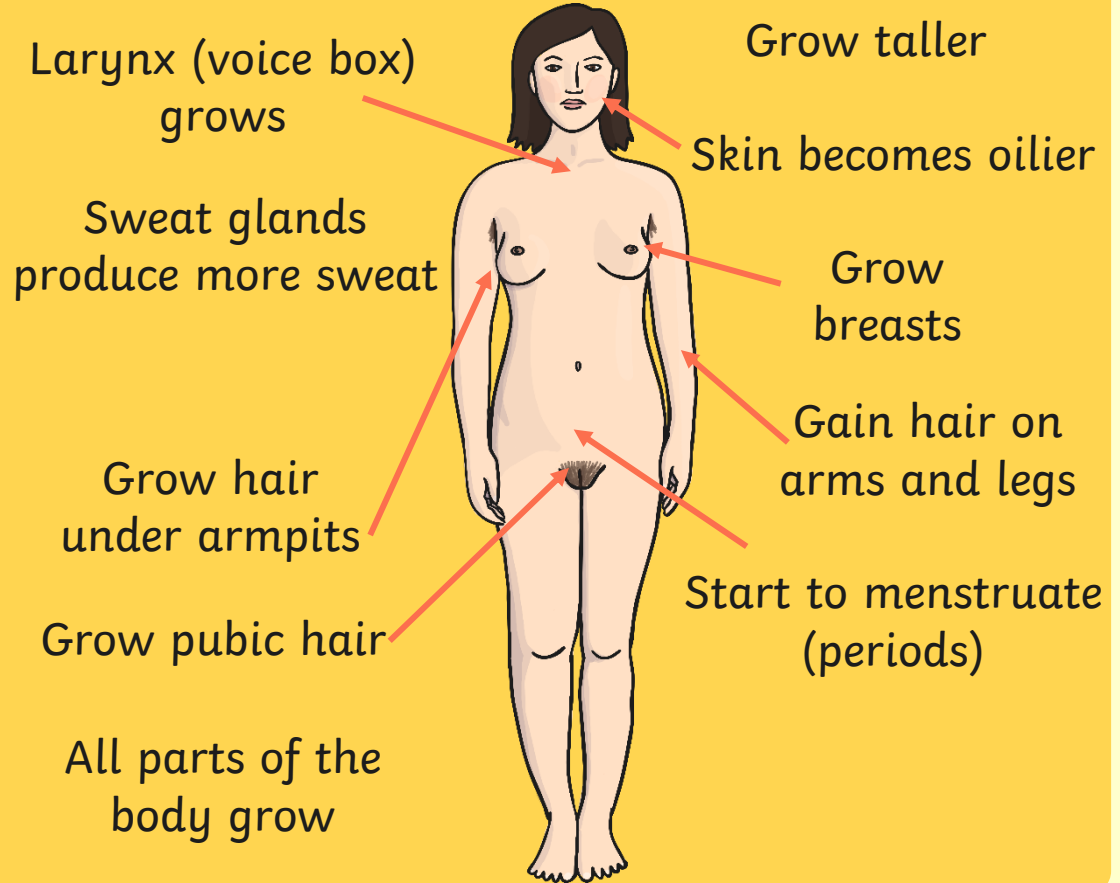
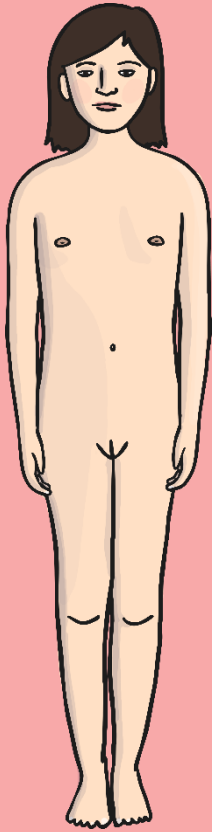
During puberty, the male reproductive organs develop. This includes the testicles, scrotum and penis.

The hormone testosterone leads to boys developing a deeper voice and bigger muscles as well as causing body and facial hair to grow.



The Facts

Puberty for Girls



Larynx (voice box)
grows

Grow taller

Skin becomes oilier

Sweat glands
produce more sweat

Grow
breasts

Grow hair
under armpits

Gain hair on
arms and legs

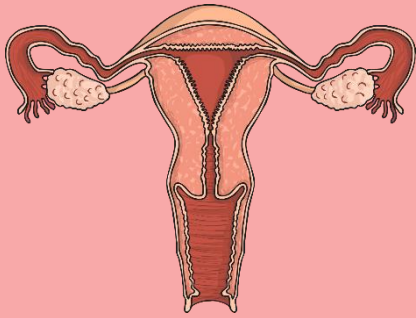
Grow pubic hair

Start to menstruate
(periods)

All parts of the
body grow

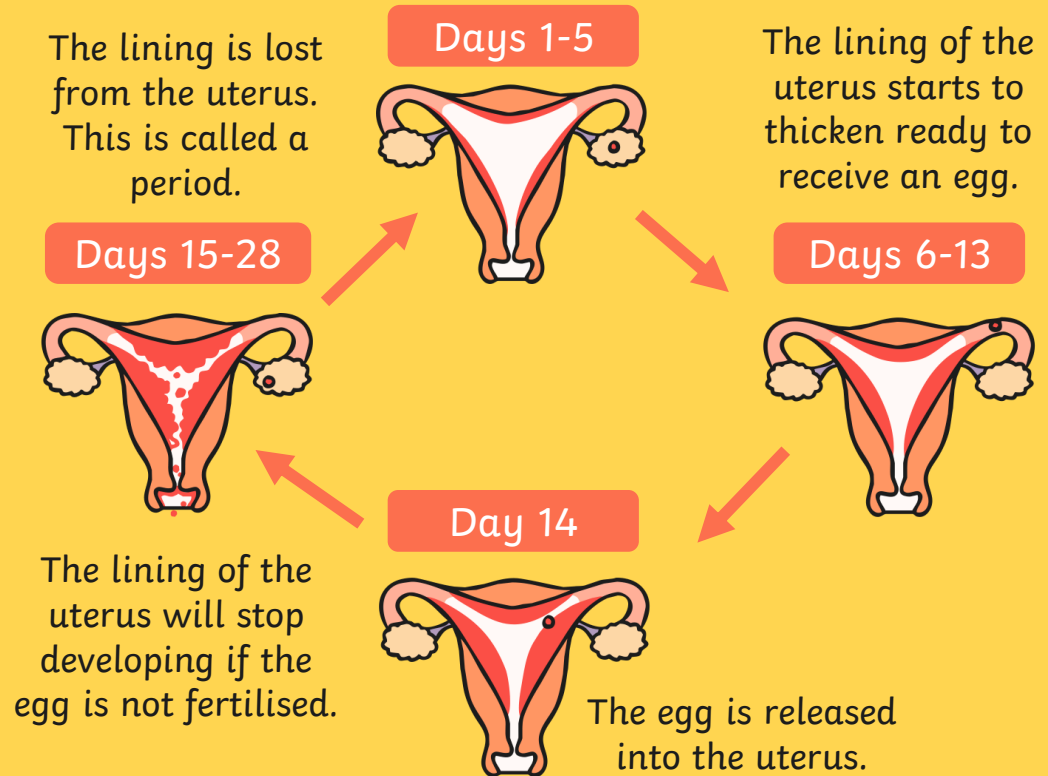
The Facts

What's Going on Inside Girls?



Ovaries produce the hormones oestrogen and progesterone. They also produce eggs. All girls going through puberty start their periods – this means they have started to produce eggs.

Menstrual Cycle (Period)



Emotional Changes

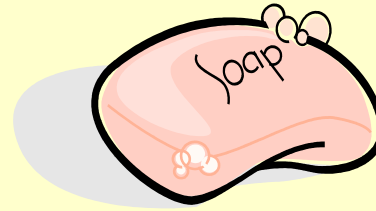
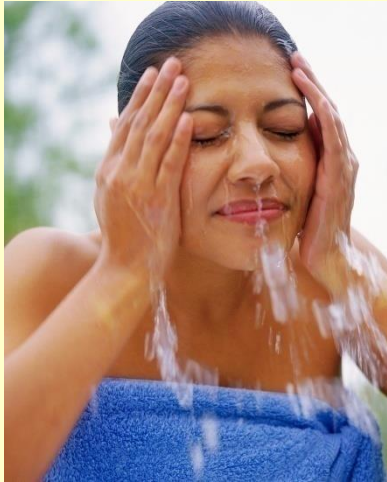
It is not just your body that changes during puberty - your **mind and feelings** change too.

Sometimes:

- You may feel **lonely and confused**.
- You may have **mood swings** (including irritability, tearfulness, overwhelming happiness and confusion).
- You may want **more independence**.
- You may also become **argumentative and bad tempered**.

Teach

Personal Hygiene What do we do?



Sweat



Sweat is your body's natural way of helping you to cool down.

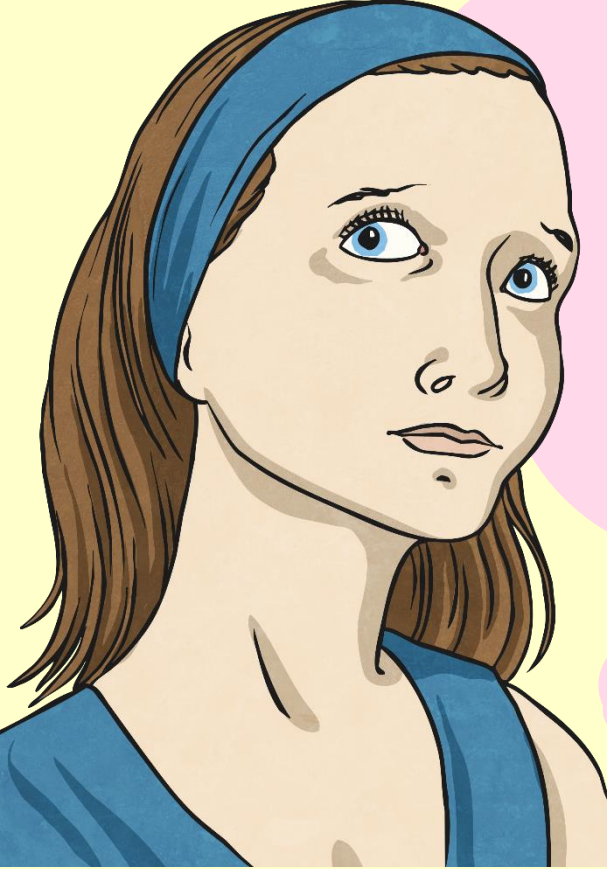
Sweat can also sometimes become smelly when the chemicals it contains mixes with bacteria that live naturally on your skin.

It is important to wash daily to remove the bacteria and sweat that build up to help you stay hygienic.

Slides 30-39 are for the girls' group to learn more about their periods

Boys' group - go to slide 41.

When Will My First Period Start?



Usually between 10 to 16 years old;
about 2 years after your breasts develop;
after you grow pubic hair

REMEMBER – Every girl is different!

Why Do Periods Start?



Periods are caused by hormone levels changing within your body.

It is nature's way of preparing your body for having a baby when you are older.

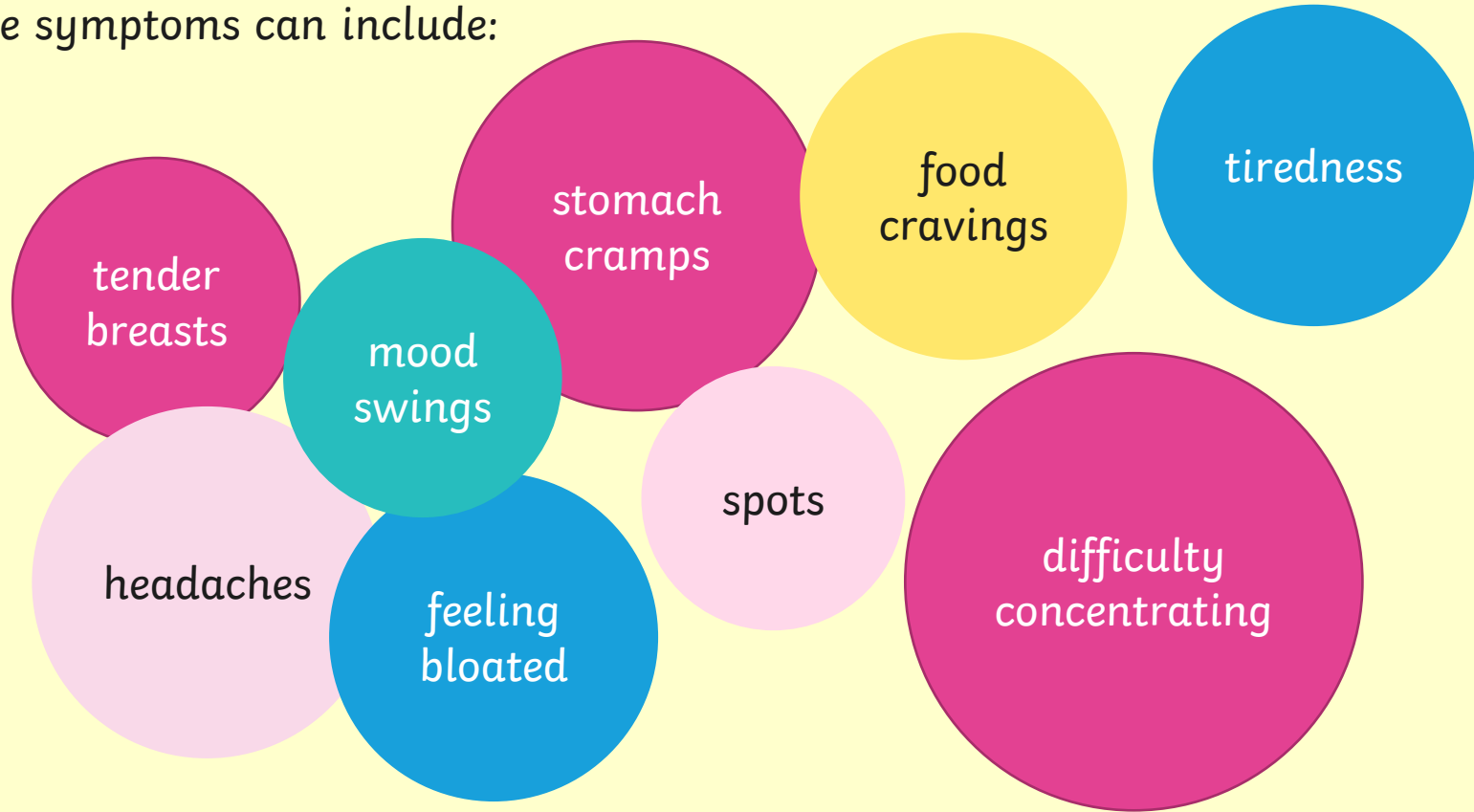
Periods are a normal part of the female reproductive cycle.

Partner Talk: What questions do you have about periods?

What Symptoms Will You Have?

Many girls will experience PMS (Pre-Menstrual Syndrome).

The symptoms can include:



Partner Talk – What could you do to help ease some of these symptoms if they occur?

PMS - Things You Can Try!

- Eat a well-balanced diet.
- Take part in some gentle exercise.
- Use a hot water bottle or use a heat pad.
- Have a warm bath.
- Massage your stomach.
- Have a nice warm drink.



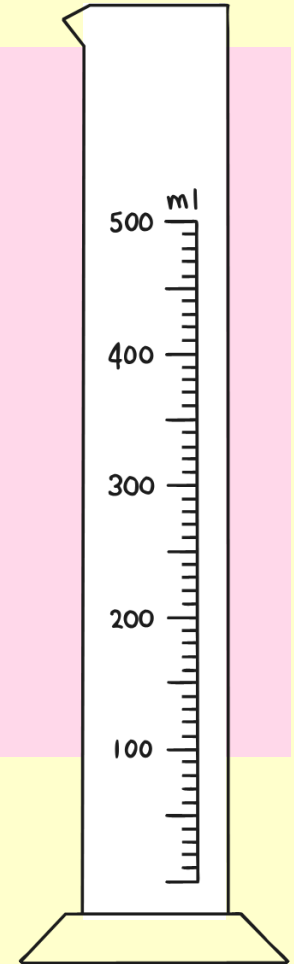
During Your Period: What Happens?

Bleeding can last between **3 and 8 days**.

Blood flow may be heavier in the first few days.

The average blood loss is only around **80ml**
(roughly 3 tablespoons).

Periods happen once a month, but **your body takes time to get into a routine** so for the first year or so the time between each period may vary.



During Your Period: Feminine Protection

There are **three** types of protection you can use during your period to absorb the blood and to stop it getting on to your clothes/underwear.

Some of the same products can also be used for vaginal discharge.

It is a personal choice and different for each girl.



Sanitary
towels



Tampons



Pantliners

Partner talk: What do you know already about the three types of feminine protection?

Pantliners

These are worn outside your body in your underwear.

They are best used:

- when your period is light;
- in addition to a tampon;
- in between periods to absorb discharge;
- to help keep you fresh every day.



Sanitary Towels

These are worn outside your body in your underwear.



There are many different absorbencies depending on how heavy your period is.

Some have sticky tabs called 'wings', which help provide extra protection to the sides of your underwear.

They should be changed frequently to keep fresh and dry (generally every 4 to 6 hours but more often when your period is heavy).

Partner Talk – What are the advantages and disadvantages of sanitary towels?

How Will I Know When My Period Will Start?

Mark on a calendar the date of your first period.

Count 28 days from the day of your FIRST show of blood. This will give you a rough idea of when your next period will be.

Always carry some spare underwear and sanitary towels or tampons in your bag.

REMEMBER: Periods will not have a set pattern in the beginning. They will eventually settle into their own pattern after a few months or years.

Remember...

- Having a period is a normal healthy thing to happen.
- It is a natural process for every girl/teenager/woman.
- It can take some time getting used to having periods and feeling confident about dealing with them.
- Periods are a sign that your body is working properly; they are a special part of being a female.

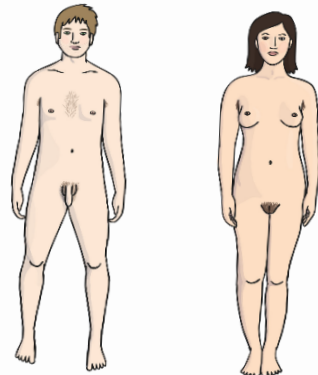
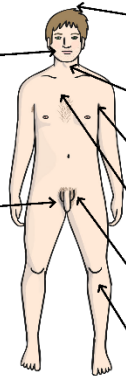
Do you have any questions you would like to discuss?
Any question is a good question



Changes During Puberty

Changes during Puberty

Changes during Puberty



Label these changes on the bodies:

- Skin becomes oilier
- Pubic hair grows
- Hair grows under armpits
- Hair grows on face
- Hair grows on arms and legs
- Breasts develop
- Testicles, scrotum and penis develop
- Grow taller
- Larynx develops
- Menstruation starts

Why does puberty occur?

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Science Year 5 / Animals Including Humans | Puberty | Lesson 3

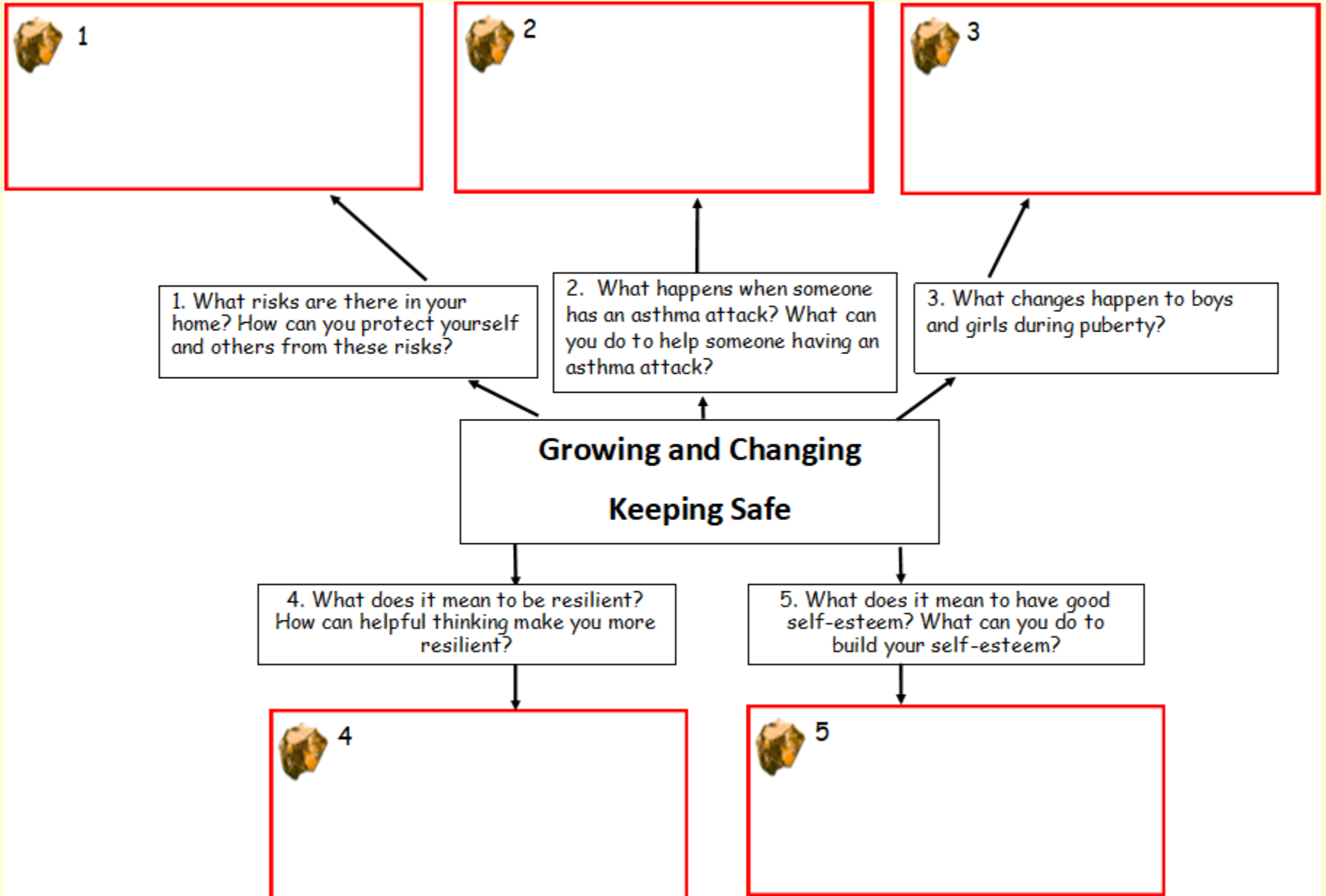
Any questions?

You can write a question anonymously if you don't want to ask out loud.

Remember that there are no silly questions!



Using **red pen**, answer lesson 3's key question.



It's great to talk to friends, but if you have a bigger worry, talk to a trusted adult!

School staff who can help



Mrs Sabharwal



Miss Francis



Miss Wynter



Mrs Phillips



Mrs Adams

You can also ask lunch time/ play time supervisors, teachers and other adults to help!

Can you name or recognise your lunch time supervisor?

What would you do if the first adult you look for can't help you?

School staff who can help



Miss Fifield



Mrs Anwar



Mr Sohal



Mrs Luna



Mrs Begum

It's great to talk to friends, but if you have a bigger worry, talk to a trusted adult.

You can also ask lunch time/play time supervisors, teachers and other adults to help!

Can you name or recognise your lunch time supervisor?

What would you do if the first adult you look for can't help you?

Trusted adults outside of school

- parent, carer, or someone else in your family
- friend's parent or carer, or a neighbour
- doctor, school nurse or a school counsellor
- religious leader, for example a priest, imam or rabbi.



In an emergency, always call 999