

Starter:
Let's discuss
the
Ground Rules
for PSHE and
Science.

Ground Rules for PSHE

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 W 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.

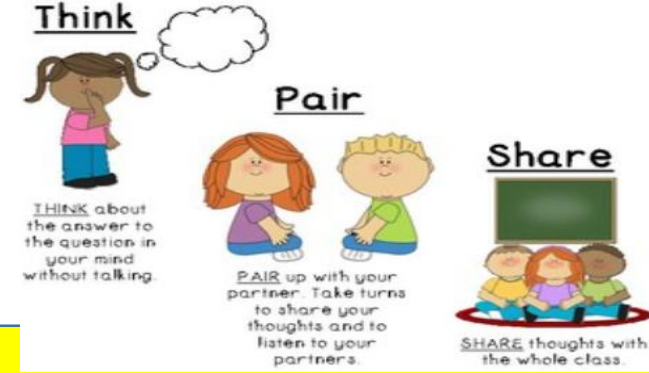
What is
puberty?





Puberty is when a child's body begins to develop and change as they become an adult.

Let's take a look at the changes you can expect to see as you become a teenager...



What changes happen to a girls'/boys' bodies as they grow up?

Why do these changes happen?

Think about yourself or girls/boys you know that are your age

Now think of women you know, like your mum or an aunt.

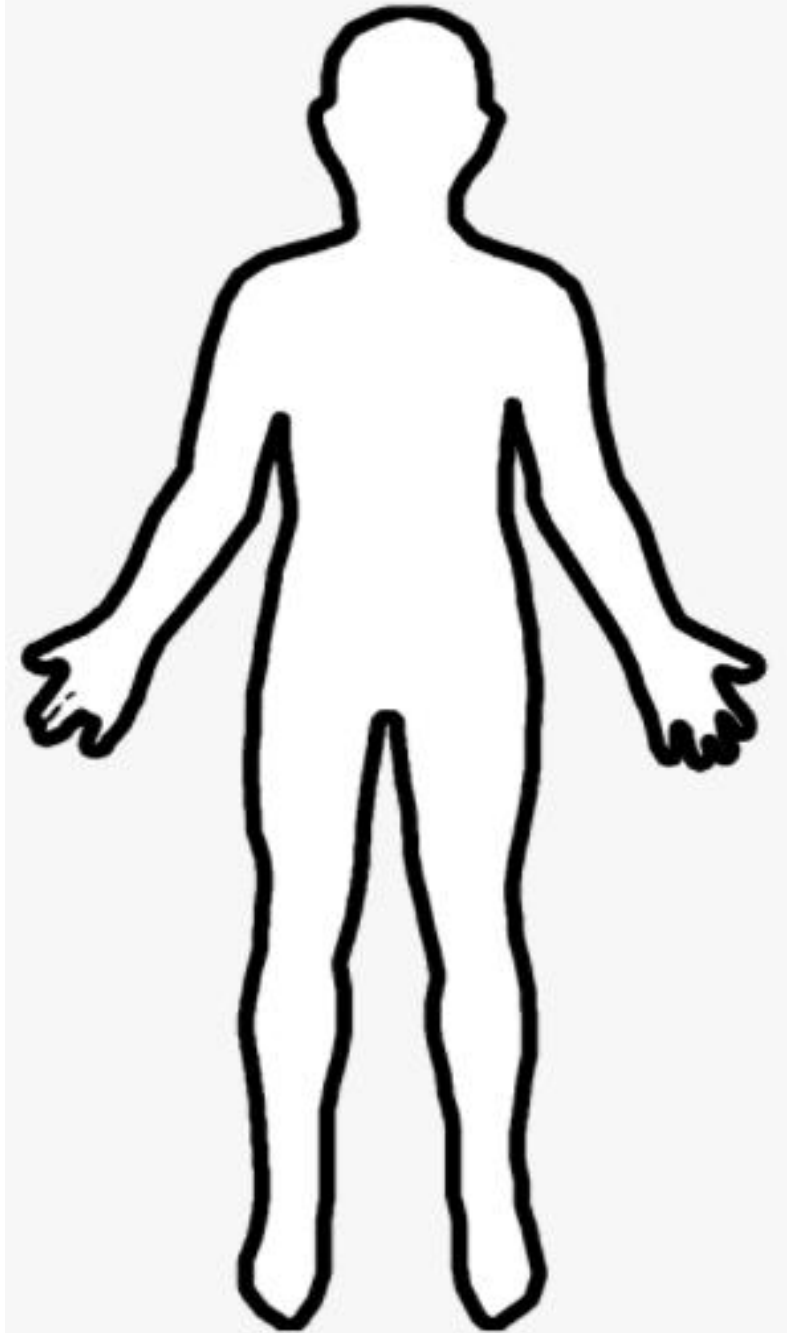
What are the differences between the girls you know and the women you know?

Can you list three differences between girls and women?

The girls' bodies start changing from around the age of **nine** but it can be later or earlier than that.

These changes don't all come at once, they happen over a few years.

Annotate the changes that take place in our bodies during puberty using the outline given.



How do our bodies change?

- Puberty in girls
- *Larynx (voice box) grows.
- Chest size increases.
- *Sweat glands produce more sweat.
- *Grow hair on different parts of the body.
- *All parts of the body grow.
- *Skin becomes oilier.
- *Hips widen.
- *Grow taller.



Menstruation

Otherwise known as 'periods', this monthly bleeding will start at some time during puberty and is part of your body's monthly cycle. The average is to have a period every 28 days which lasts 3-4 days, but they can be anywhere between 24 and 35 days apart and last 1-7 days.

You may get period pains. This can feel like a tummy ache but lower down and, like stomach ache there are different types of pain - sometimes it is just a dull ache and sometimes it can be cramps.

Again this is different for every person.

The boy's bodies start changing from around the age of **ten to sixteen** but it can be later or earlier than that.

These changes don't all come at once, they happen over a few years.

How do our bodies change?

Puberty in boys

- *Larynx (voice box) grows.
- *Adam apples appears.
- *Become more muscular.
- *Grow facial hair.
- *Grow hair on chest.
- *Grow hair on different parts of the body.
- *All parts of the body grow.
- *Skin becomes oilier.
- *Hips widen.
- *Grow taller.



What ways did you think of for young people to look after their bodies during puberty?

Wash
well!

Eat
healthily!

Wash
often!

Ask for
advice!

Chat to friends about
the changes!

Wear comfortable
underwear!

Leave spots
alone!

Use
deodorant!

Get plenty of
sleep!

Be
prepared!

Get lots of
exercise!

How to take care of our bodies during puberty?



What happens to your face during puberty?



You may get spots on your face or other parts of your body, such as your chest, back or shoulders. This is called acne. Do not pop the spots as they are likely to leave long lasting marks on your face.

What other changes take place in your body around puberty?

Depression

Mood
swings



Weeping

Aggression



Who could we go to, to help us
if we have any questions or
concerns?

Why do all these changes during puberty take place?

Our bodies change so that one day, if we want to, we can be parents.

Puberty gets our bodies ready for reproduction. Reproduction is how we continue the human species.

