



Central and
North West London
NHS Foundation Trust

Changing Bodies

Westminster and
Kensington & Chelsea
School Health Team



Wellbeing for life



GROUP AGREEMENT



Respect, listen and learn

No shouting out/talking over others

No personal stories

Questions at the end



Puberty



What does this mean?

**Puberty is when your
body begins to develop
and change as you
move from child to adult**



Once upon a time... ...we were **BABIES!!!**

Could we.....

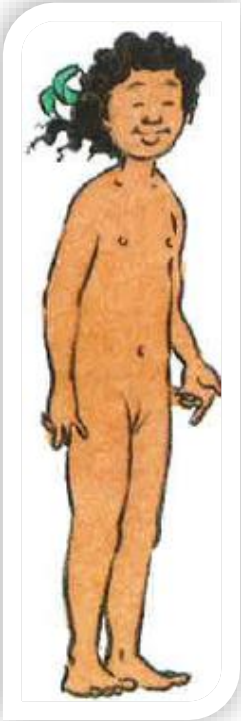
- **Read and Write?**
- **Walk?**
- **Run?**
- **Feed Ourselves?**





**We have changed in many ways
since we were born – we have
GROWN. But we will change MORE
before we grow up.**





Child

SPOT THE DIFFERENCE



Adult



Child

SPOT THE DIFFERENCE



Adult



QUIZ TIME

BOYS

GIRLS

OR EVERYONE



Hips get wider for:

BOYS

GIRLS

EVERYONE



Hips get wider for:

BOYS

GIRLS

EVERYONE



Shoulders get wider for:

BOYS

GIRLS

EVERYONE



Shoulders get wider for:

BOYS

GIRLS

EVERYONE



Who can get spots?

BOYS

GIRLS

EVERYONE



Who can get spots?

BOYS

GIRLS

EVERYONE



Who has mood swings?

BOYS

GIRLS

EVERYONE



Who has mood swings?

BOYS

GIRLS

EVERYONE



Who's VOICE gets deeper?

BOYS

GIRLS

EVERYONE



Who's VOICE gets deeper?

BOYS

GIRLS

EVERYONE



Who can use **PADS or TAMPONS?**

BOYS

GIRLS

EVERYONE



Who can use **PADS or TAMPONS?**

BOYS

GIRLS

EVERYONE



The Menstrual Cycle video LINK

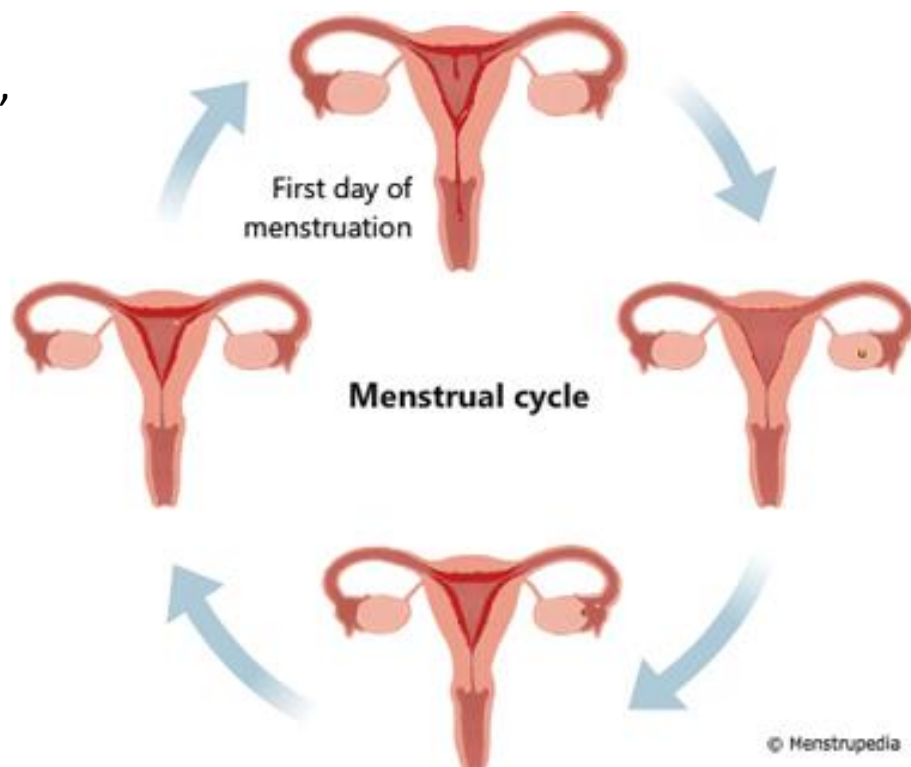
https://youtu.be/vXrQ_FhZmos?si=-hhJnsU4-mxQ7hn0



What are periods?

During puberty, for people born with a vagina,
When the egg that travels from a woman's
ovaries to the uterus is not fertilized
the lining of the uterus breaks down into a
small amount of blood
which passes through the vagina.

This is called 'Menstruation' or a 'period'.
It happens every 28 days,
and usually bleeding lasts from three to five
days.





Period and Menstruation Products





Period and Menstruation Products video LINK

https://youtu.be/vXrQ_FhZmos?si=-hhJnsU4-mxQ7hn0



Other Changes for boys

Earlier, we spoke about how
your feelings and emotions can change during puberty.
And you may even start to have feelings and emotions towards someone else.

Sometimes, during this time of puberty,
the male penis can suddenly become hard,
when people who have a penis think about certain things
or see certain things, and sometimes other people.

This is called an erection,
where some blood inside your body,
flows to this part of the body,
making it behave in this way.



Other Changes for boys

Another thing that can happen during puberty is
a small amount of liquid called semen,
can sometimes travel from the male testicles, and out of the penis,
while you are asleep
and without you being able to control it.

This called a 'nocturnal emission', or sometimes called a 'wet dream'.

Some boys may feel worried, or embarrassed by these changes,
but these changes are a very normal part of growing up through puberty,
and they will usually stop as you continue to grow up,
and may not even happen to everyone.



Why do we need to learn about this stuff called PUBERTY?





So that ...

- **we know what to expect.**
- **we can stay healthy and safe.**
- **we can be more confident about our own bodies.**
- **we have the correct information and can describe bodies in the right way**



RIGHT

BREASTS

TESTICLES

GAINED WEIGHT

EMOTIONAL

WRONG

BOOBS

BALLS

FAT

CRAZY

**BUT REMEMBER...THE RIGHT WORDS SHOULD ONLY
BE USED AT THE **RIGHT TIME** AND **RIGHT PLACE****



Today we will talk about:

Personal Hygiene



What does this mean?

**Personal Hygiene is
the process of
keeping yourself
clean**





**How much time should spend brushing
your teeth?**

One Minute

Two Minutes

Five Minutes

Thirty Minutes





**How much time should spend brushing
your teeth?**

One Minute

Two Minutes

Five Minutes

Thirty Minutes





**How many times a day should you have a
bath, shower or wash?**



Twice a day

Ten times a day

Never

At least Once a Day



**How many times a day should you have a
bath, shower or wash?**

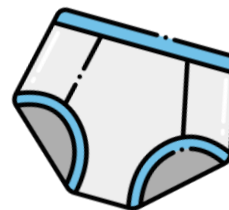


Twice a day

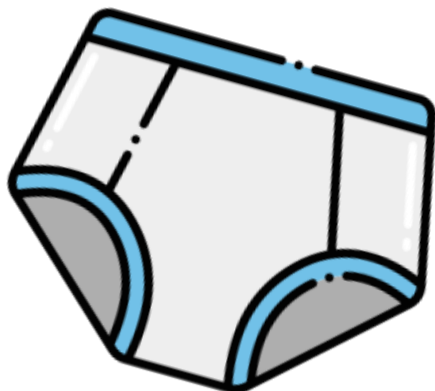
Ten times a day

Never

At least Once a Day



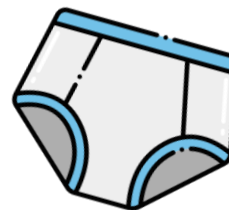
**After having a bath, shower or wash
You should put on Clean Clothes
and Underwear...**



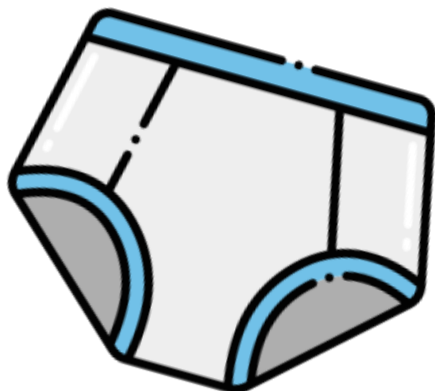
YES



NO



**After having a bath, shower or wash
You should put on Clean Clothes
and Underwear...**



YES



NO



**As you grow from a child to an adult,
your body will go through some changes.
This is called PUBERTY!**

**Puberty makes children sweat more.
And when the bacteria in our bodies reacts to the sweat,
it can cause something in our bodies called 'body odour!'
Body odour is normal, but if your body is not washed
and your clothes are not clean
it can create an unpleasant smell.**



**You should be washing your hands....
Before and after eating, After using the
toilet, After sneezing or coughing, After
touching pets**



YES

NO





**You should be washing your hands....
Before and after eating, After using the
toilet, After sneezing or coughing, After
touching pets**



YES

NO





What are these used for?



DEODORANT

Helps you to **SMELL BETTER**

ANTI-PERSPIRANT

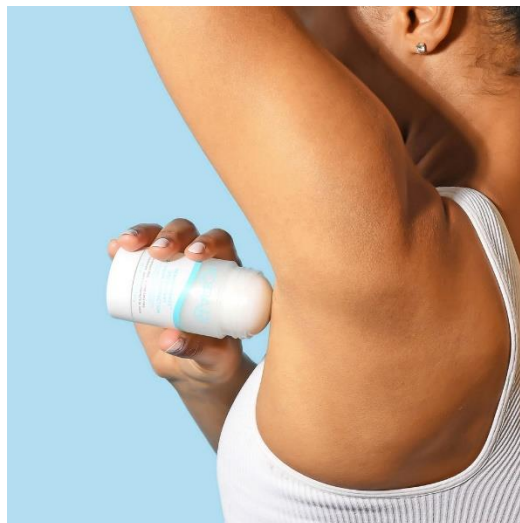
Helps you to **SWEAT LESS**



What is **THIS** used for?

NHS

Central and
North West London
NHS Foundation Trust



ROLL-ON DEODORANT

Helps you to **SMELL BETTER**

ROLL-ON ANTI-PERSPIRANT

Helps you to **SWEAT LESS**



How often should you wash your hair?

Once a day

Once a week

Twice a week

Depends on the type of hair





How often should you wash your hair?

Once a day

Once a week

Twice a week

Depends on the type of hair





What are these used for?

NHS

Central and
North West London
NHS Foundation Trust



SHAVING FACE OR BODY HAIR

**Because EVERYONE can grow hair
on their bodies, and can shave
if they choose to.**



Wellbeing for life



Questions



Find out more ...



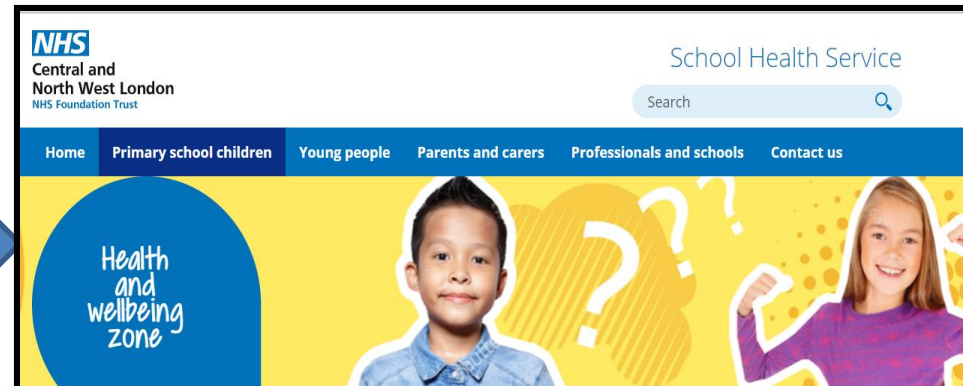
You can also speak to
your School Nurse
<<NAME OF NURSE>>
if you'd like support

YOUNG MINDS

The voice for young people's mental health and wellbeing

Learn more about the topics we
discussed!

www.schoolhealth.cnwl.nhs.uk



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