

What changes happen to my body?

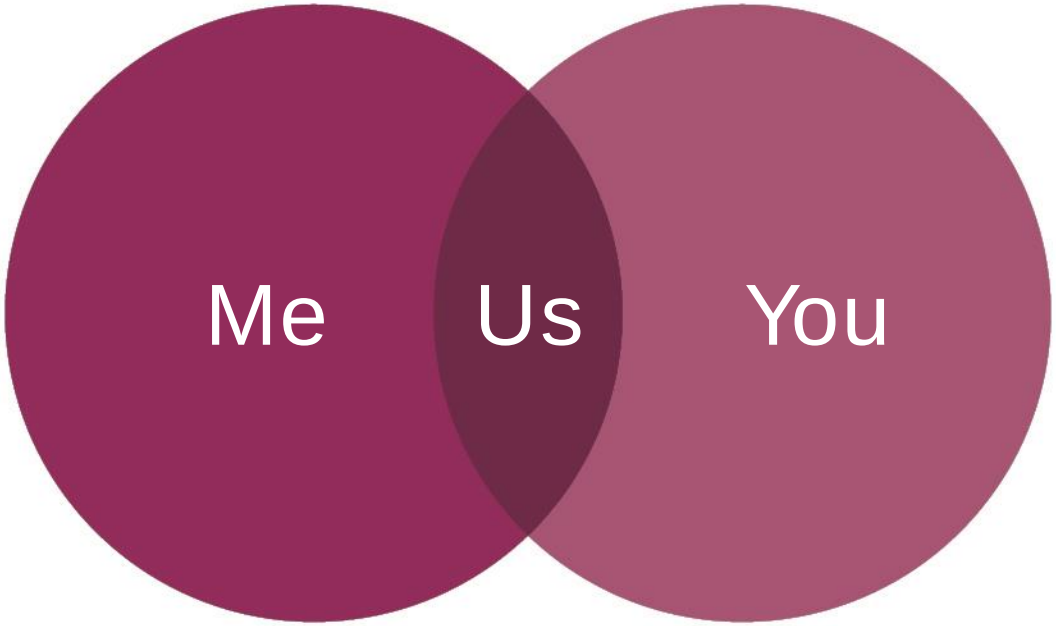
Ground Rules

Respect

Listening











Confidentiality

Learning Objective:

To learn about the changes that happen to my body as I grow up.

Learning Outcomes:

I can…

- remember the main parts of the body for boys and girls.
- describe the key body changes when boys and girls become adults
- explain how to keep clean as I grow up.

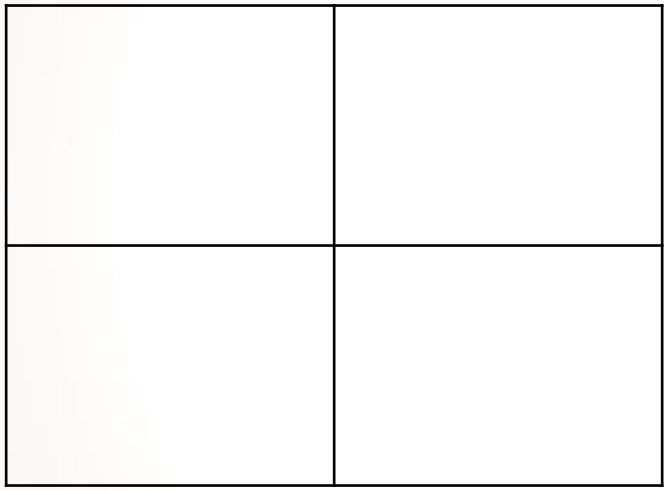
‘It is important to know about the changes that happen to everyone’s bodies – not just my own.’



Do you agree or disagree?



Key Word Bingo



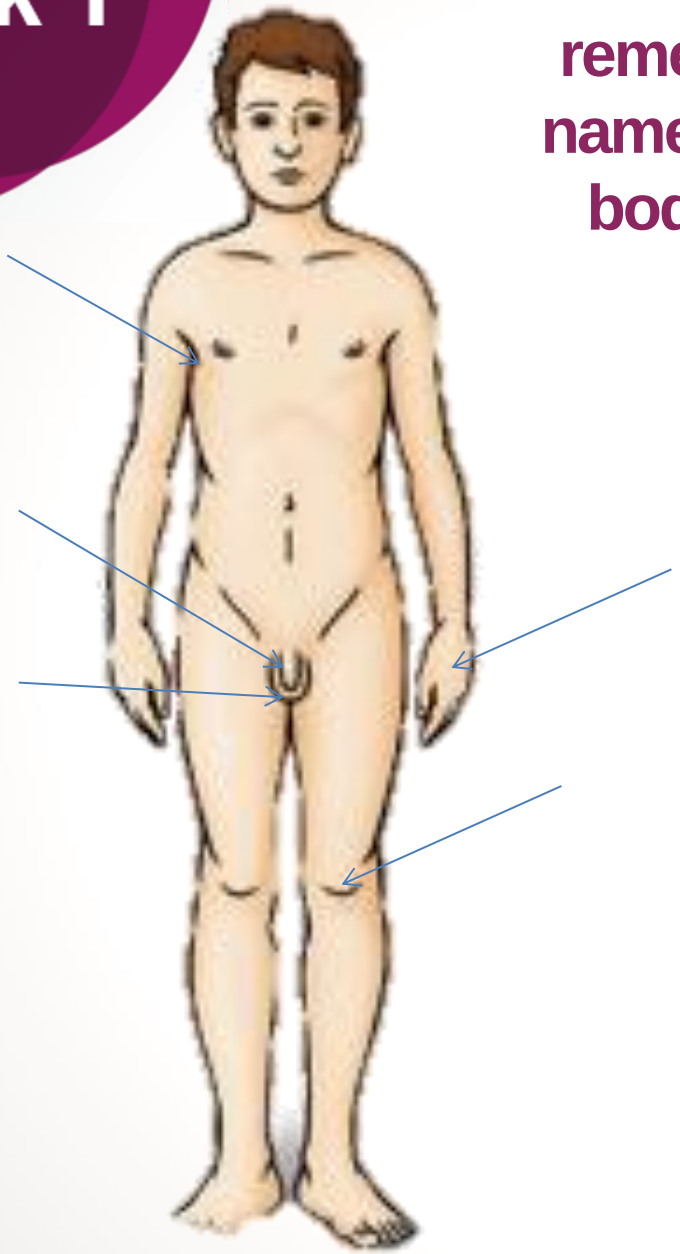
Draw a table of 4 squares and pick a word from below to write in each box:

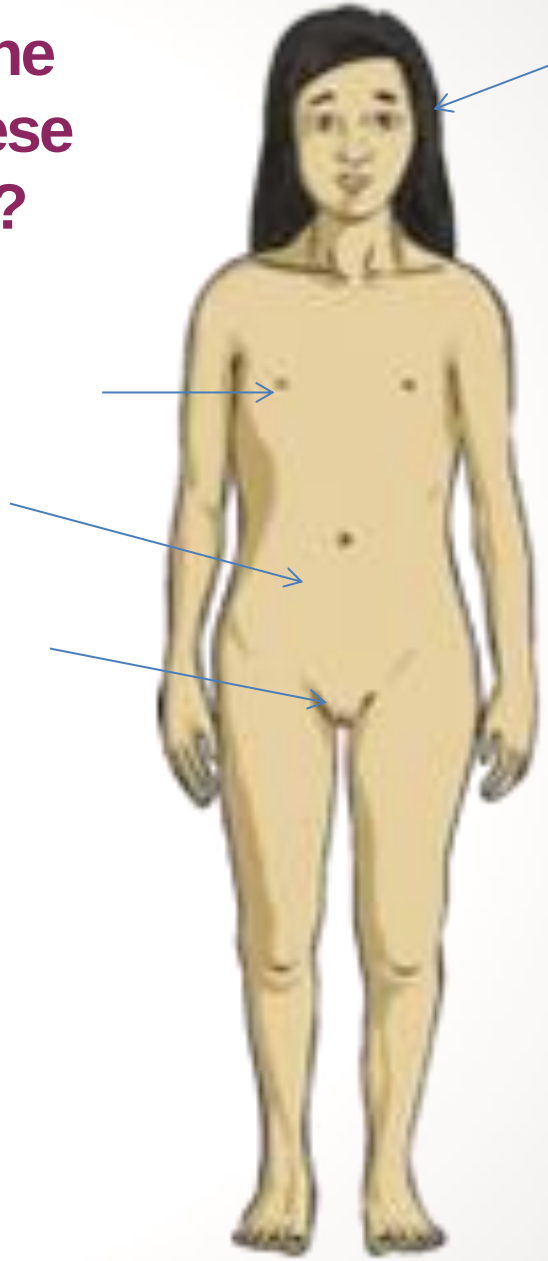
Vulva
Foot
Vagina
Shoulders
Knee
Stomach

Hair
Bottom
Hands
Nose
Penis
Eyes
Testicles

Task 1

Can you remember the names of these body parts?



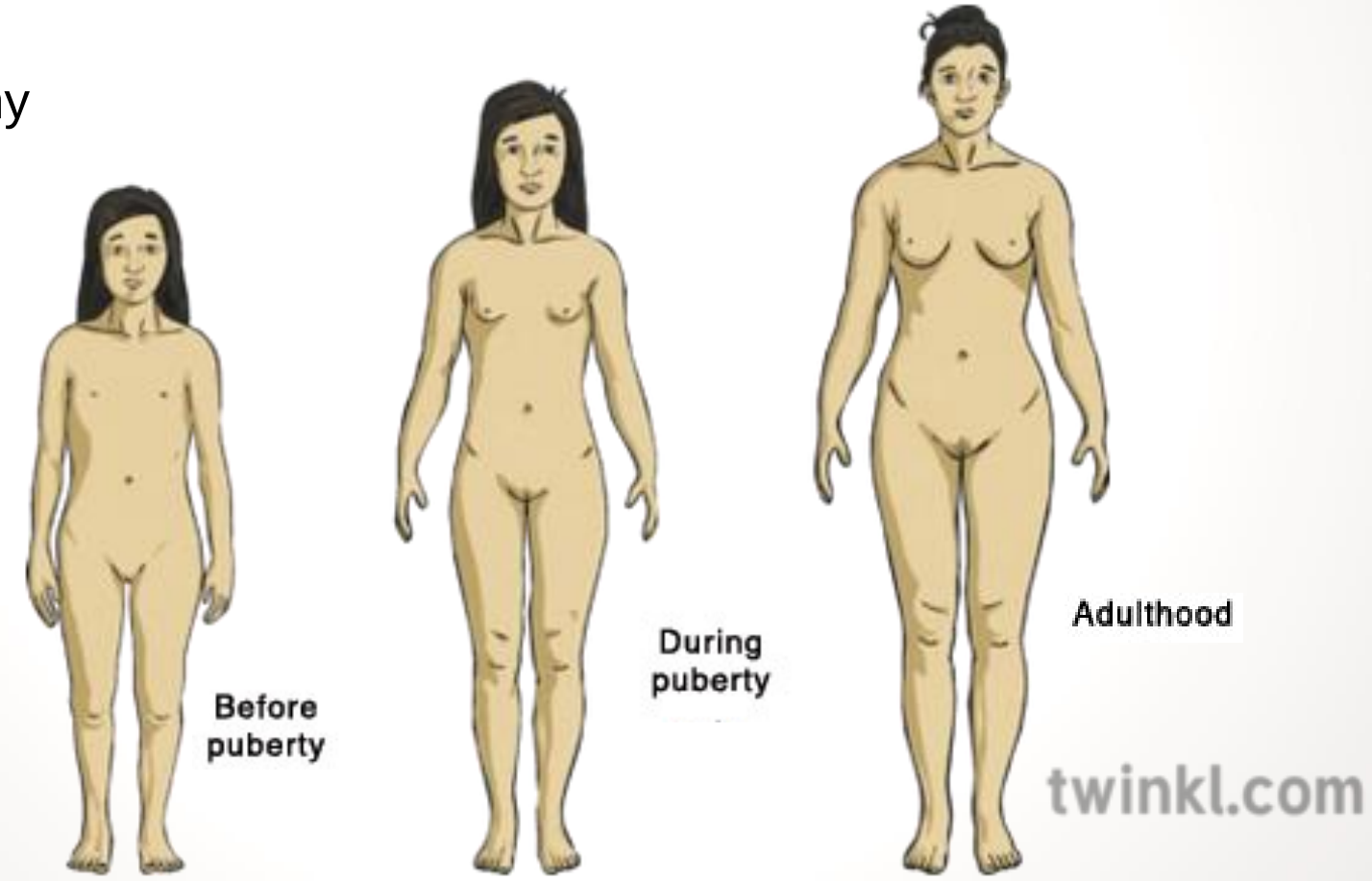


Task 2

What changes happen when we become adults?

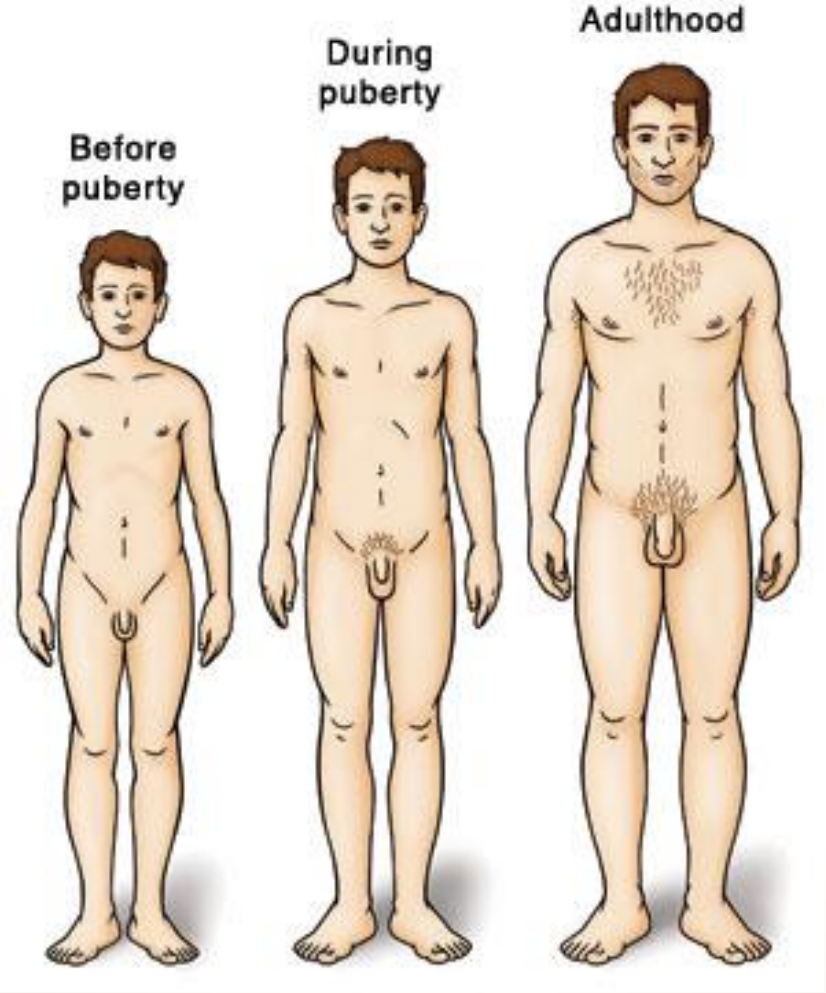
Can you spot any changes that happen as we grow older?

Are there any changes we can't see?



What changes happen when we become adults?

Can you spot any changes that happen as we grow older?



Are there any changes we can’t see?

Task 3



We sweat more as we grow older

Our hair becomes oily and greasy

The sweat can make our bodies smell

Spots develop on the face and can also develop on neck, chest and back.

Anything else?

The face should be kept clean to stop infections



Wear deodorant every day

Wearing clean clothes, socks and underwear every day will help you feel clean

Clean you face morning and night

Anything else?

Use plain, unperfumed soap to wash around the vulva/penis every day

Have a shower every day and clean your whole body with mild soap, especially your armpits

Make sure you wash your hair regularly

‘It is important to know about the changes that happen to everyone’s bodies – not just my own.’



Do you agree or disagree?



A trusted adult at home

ChildLine 0800 1111

www.bettyforschools.co.uk

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You can talk to…

Your Class Teacher

Your Safeguarding Lead

