

What is puberty?

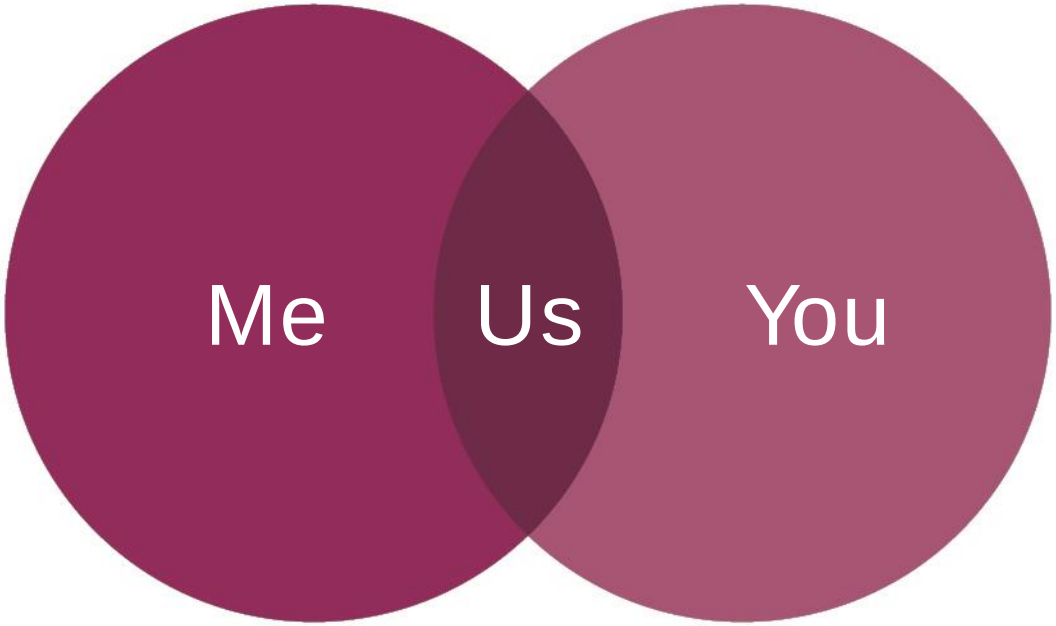
Ground Rules

Respect



Listening









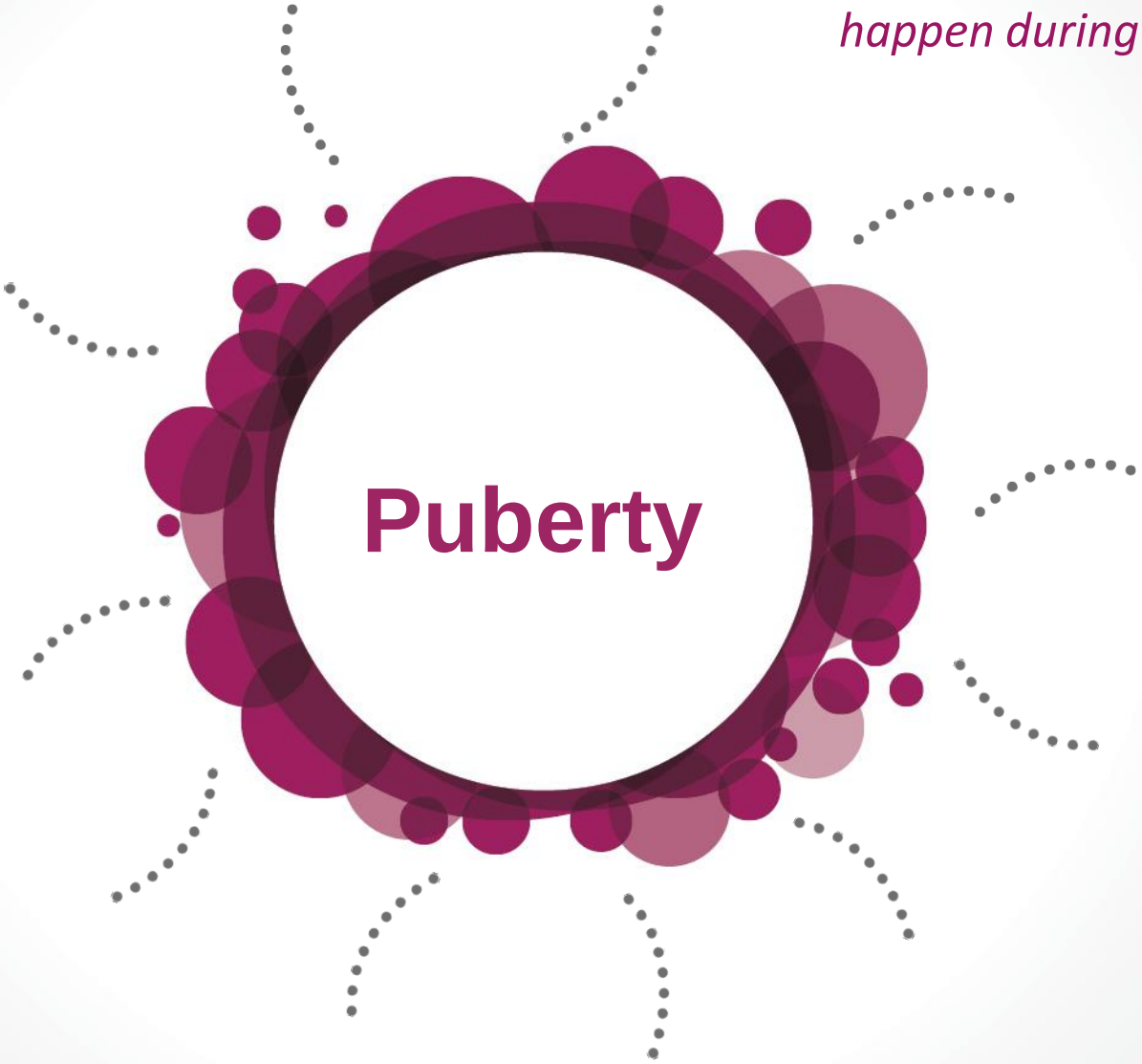
Confidentiality

To learn about puberty and what it means for me.

I can…

- Label the main parts of the body, including genitalia.
- Define puberty and list physical and emotional changes that happen to boys and girls during puberty as they change into adults, and able to reproduce.
- Describe how periods affect girls both physically and emotionally
- Explain the steps required to look after my body during puberty and how to manage my personal hygiene.

Copy & complete the mindmap:
'What changes you think may happen during puberty?'



Puberty is a time of change



Can you name some of the changes that you have been through already since you were born!

What parts of the body internally and externally are the same for males and females?

Can you name some of the organs or body parts that would be the same?



Physical

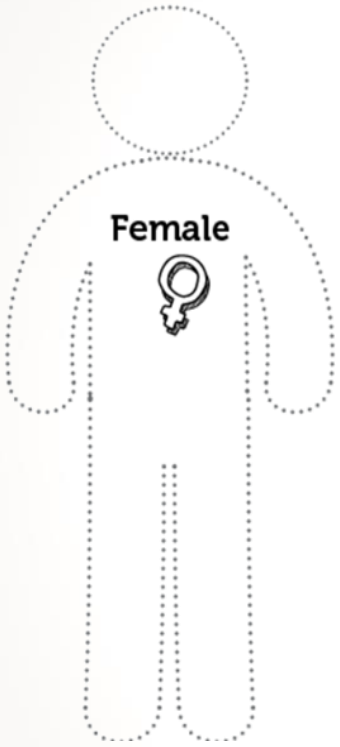
Emotional

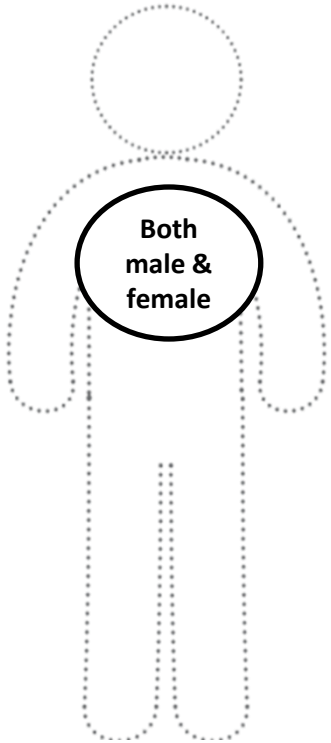
Why does puberty happen?

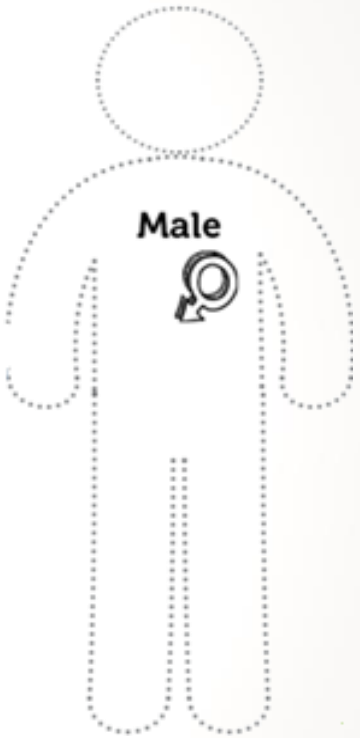
Personal hygiene becomes more important

Begins between 8-14 years of age

This process usually takes around 4-5 years





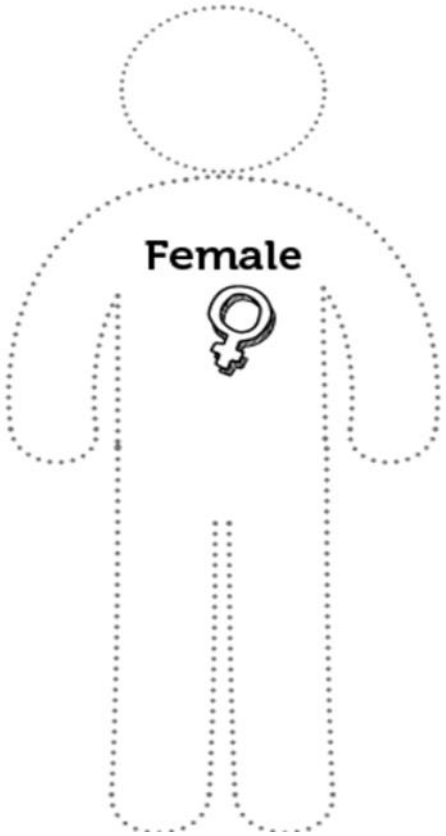


Write all the **physical** and **emotional** changes that will happen during puberty.

Female changes

Physical Changes

- Hair grows on legs and under arms
- Pubic hair grows
- Spots may develop
- You may produce a white liquid from your vagina (discharge)
- The ovaries start producing eggs
- Start periods/menstruation
- Breasts develop and grow
- Hips widen

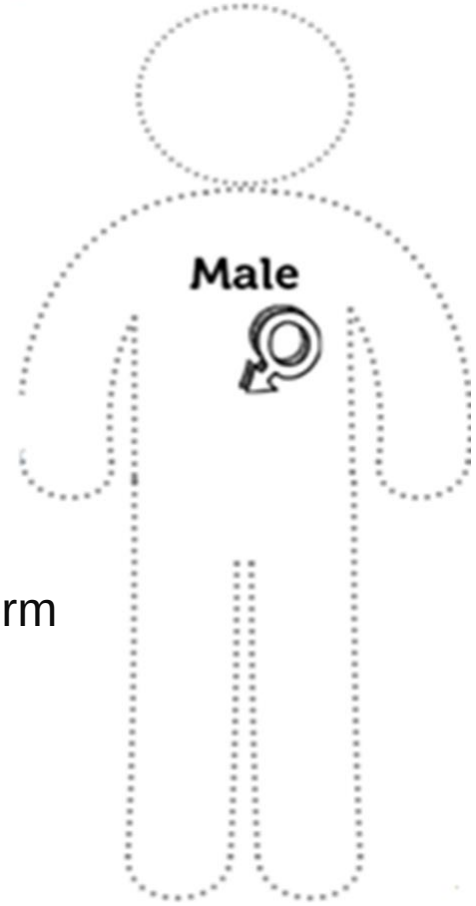


HORMONES

Emotional Changes

Mood swings
Mixed emotions
Difficulty in controlling emotions
Conflict

Male changes



Physical Changes

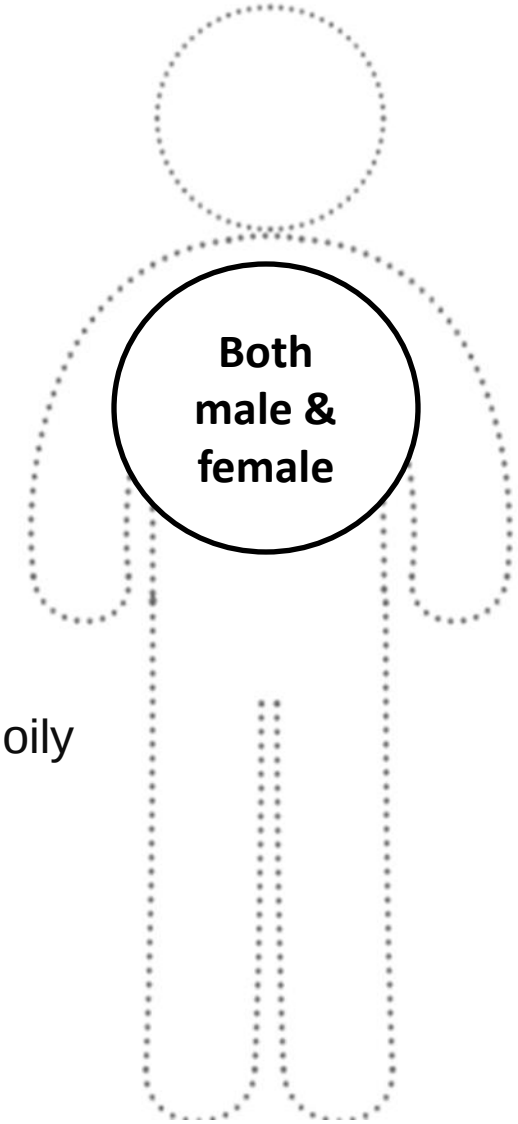
- Hair grows on legs, arms, face and chest
- Pubic hair
- Spots may develop
- Testicles start to produce sperm
- Experience erections
- Wet dreams
- Voice deepens
- Penis and testicles get larger
- Shoulders broaden

Emotional Changes

Mood swings
Mixed emotions
Difficulty in controlling emotions
Conflict

HORMONES

Changes for both male & female



Physical Changes

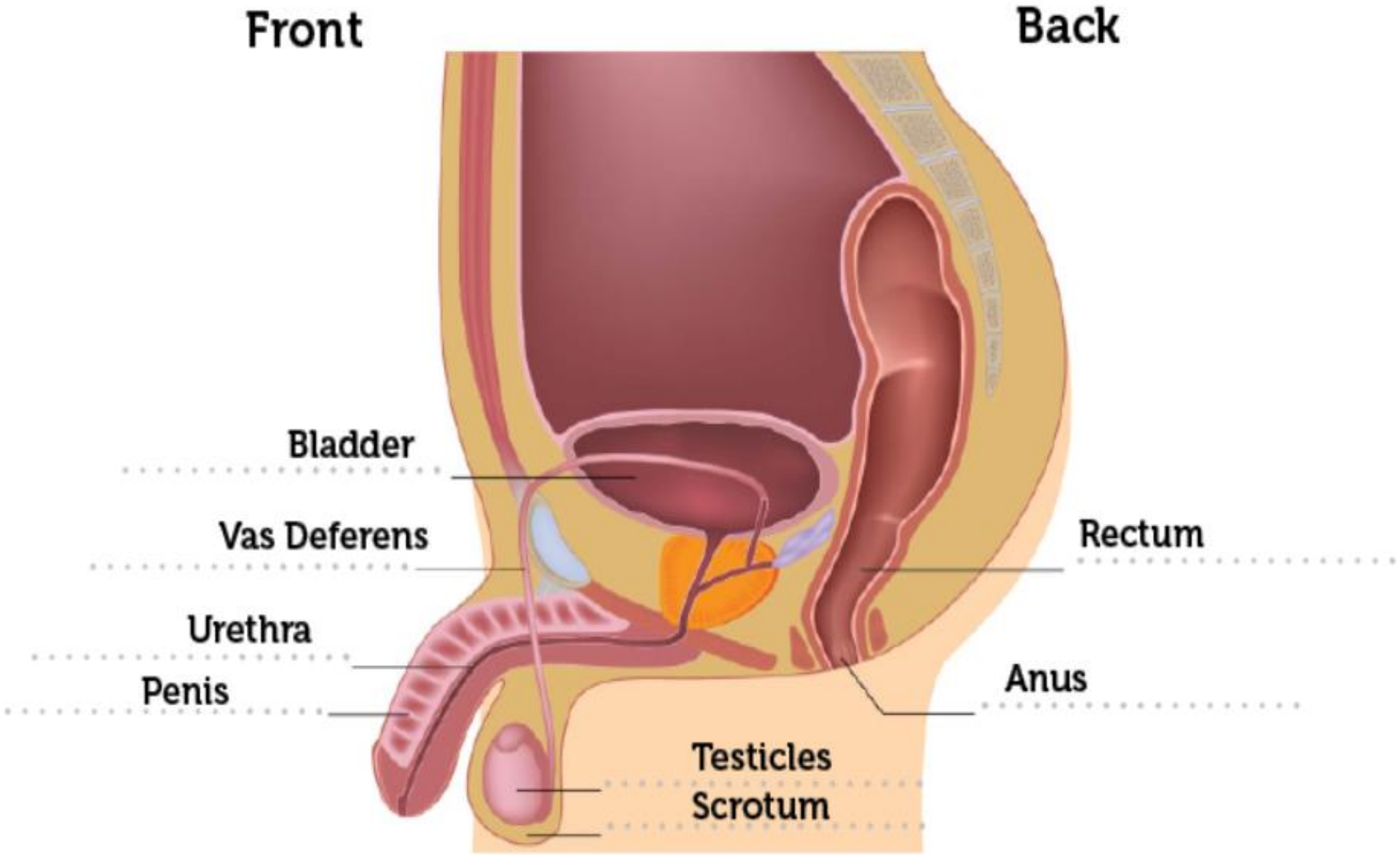
- Hair grows on legs and under arms
- Spots may develop
- Growth spurt
- start to sweat more
- Skin may become more oily
- Weight changes

Emotional Changes

- Mood swings
- Mixed emotions
- Difficulty in controlling emotions
- Conflict

The Male Reproductive Organ

The Male Reproductive Organs.

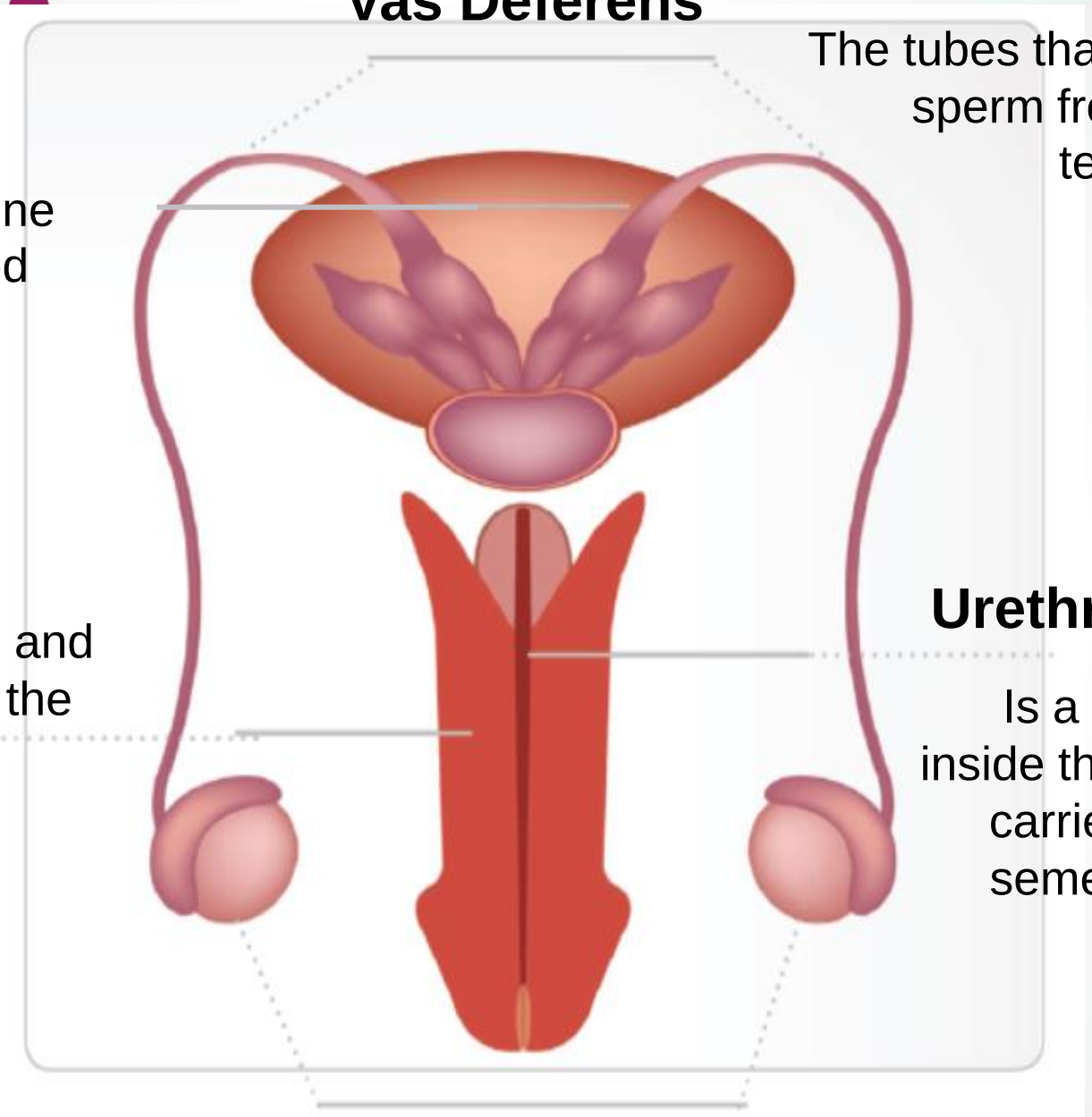


Vas Deferens

The tubes that carry sperm from the testicles

Bladder

Where the urine (wee) is stored



Penis

Carries urine and sperm out of the body

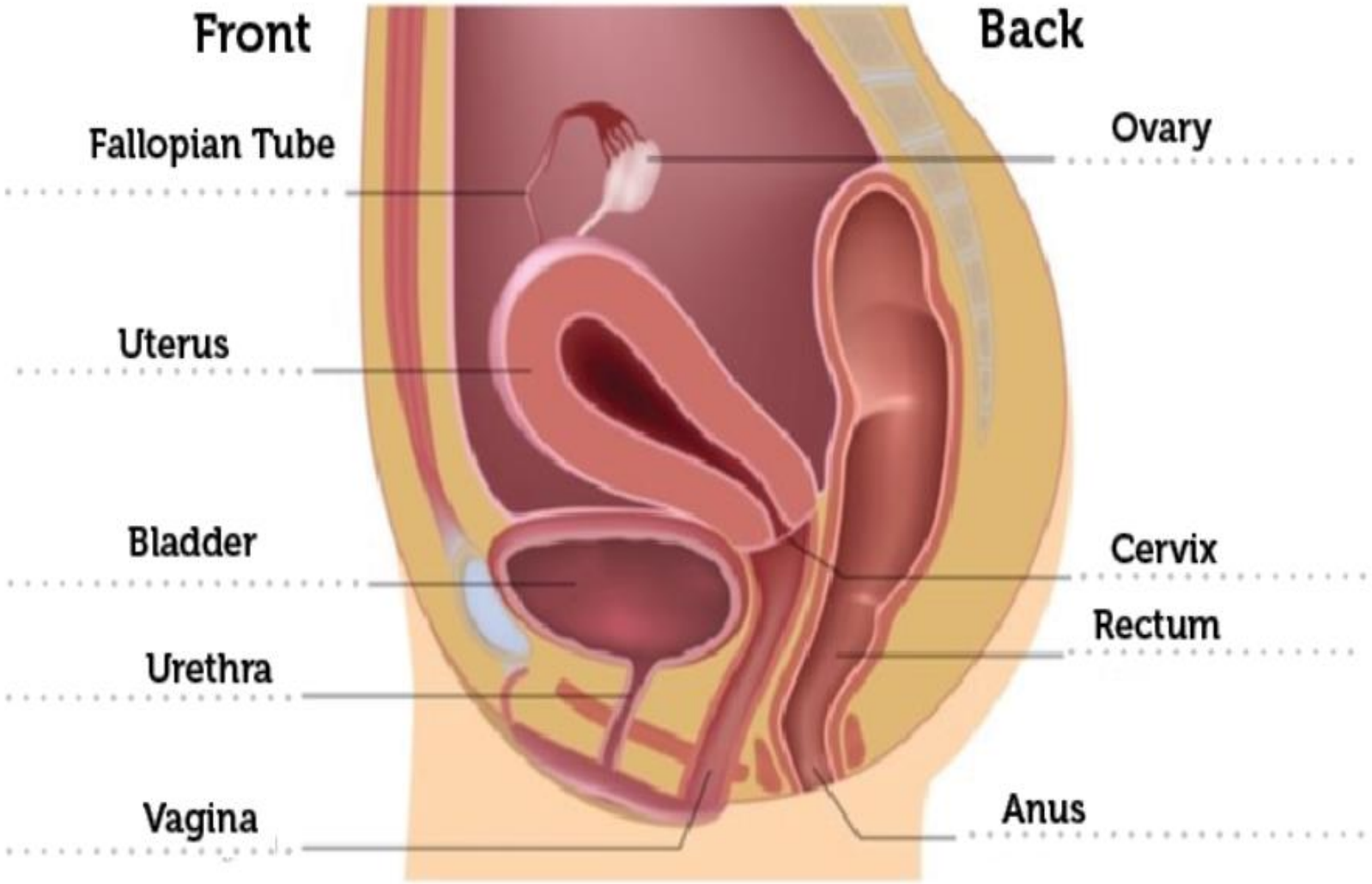
Urethra

Is a narrow tube inside the penis that carries urine and semen out of the body

Testicles Make and store sperm and produce testosterone

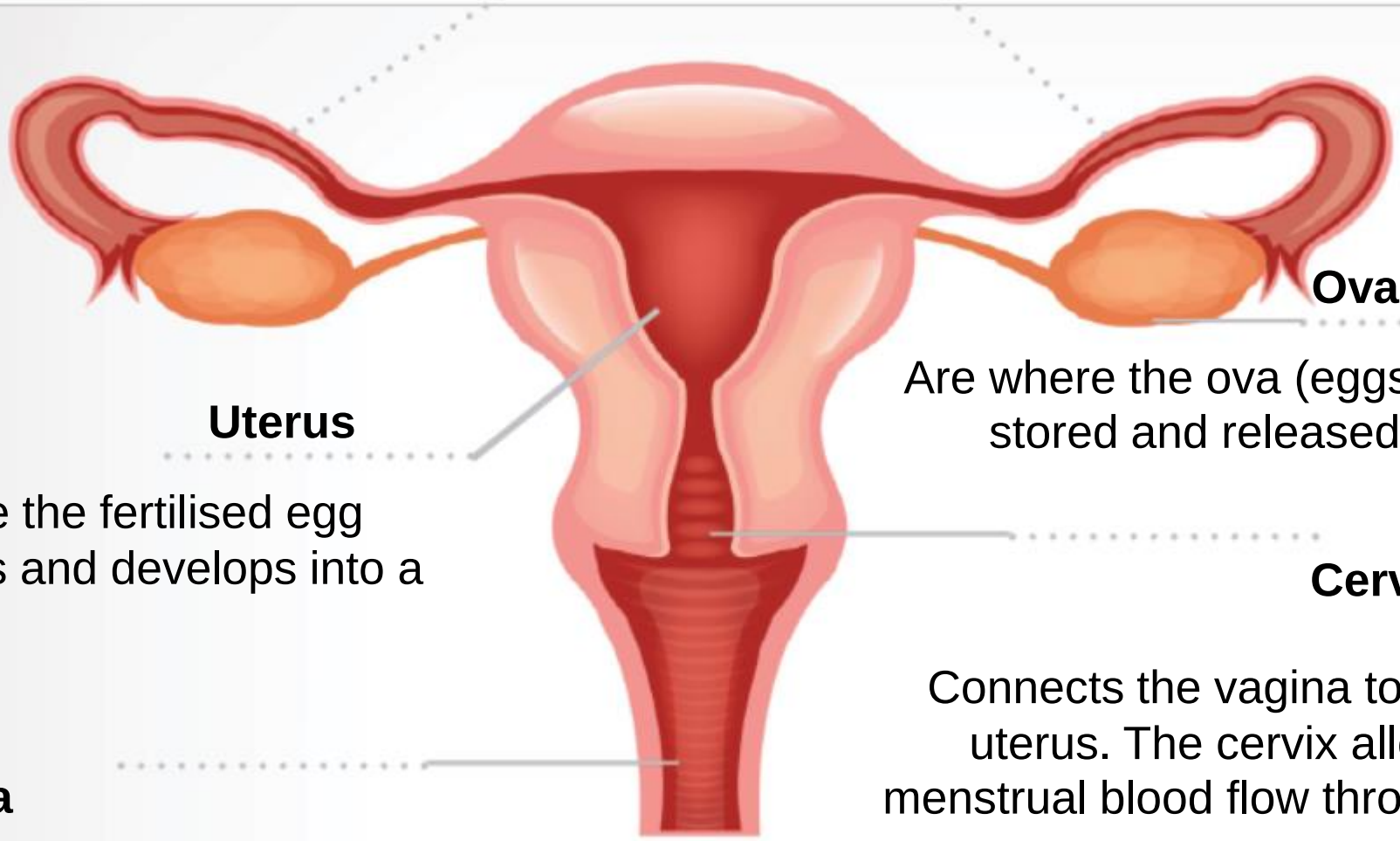
The Female Reproductive Organ

The Female Reproductive Organs



Fallopian Tubes

The tube that connects the ovaries and the uterus so the ova (egg) can travel along



Ovaries

Are where the ova (eggs) are stored and released from

Uterus

Is where the fertilised egg implants and develops into a baby

Cervix

Connects the vagina to the uterus. The cervix allows menstrual blood flow through

Vagina

The stretchy passage that leads from the cervix of the uterus to the outside opening on the body

What are periods?

They start between the ages of 9-16

They are natural, healthy and a sign of growing up

The releasing of an unfertilised egg

It is when a small amount of blood released each month

The blood is released from the vagina, between the legs

Dealing with Your Period

When you have your period...



in your knickers.



you need to go to the toilet.



Then wash your hands



You need to put a clean pad...



and dry your hands.



In pairs write down 2 reasons why personal hygiene is important

How do we keep ourselves clean and healthy





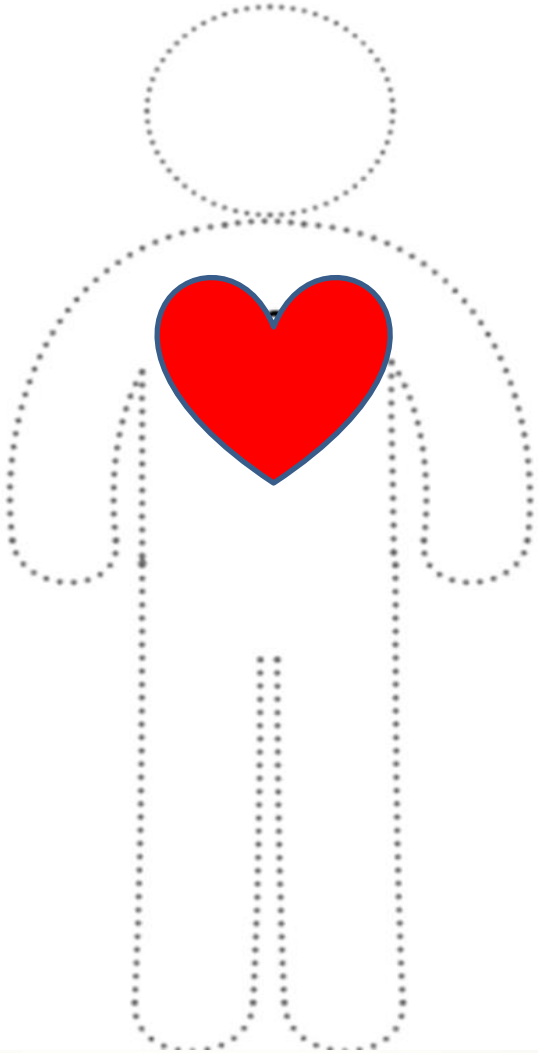


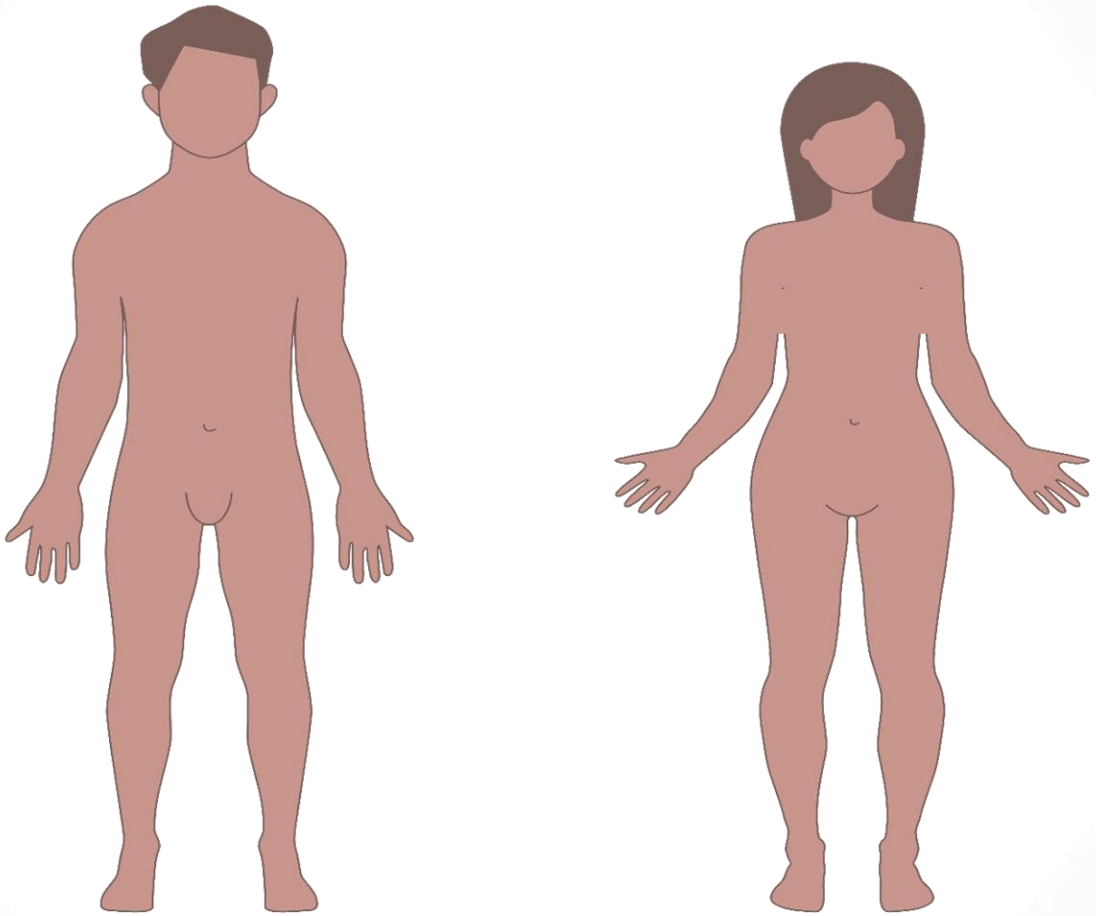






Which parts of the body may get more smelly?





Around the bodies, draw & write all of the changes that will happen during puberty

Let's decide the names of our characters then add the female and male body parts.

How old is the character when puberty begins?

How old is the character when puberty ends?

Draw & write all of the changes that will happen during puberty around the body outlines.

You can talk to…

Trusted adult

Staff member at school

School nurse

Teacher

Parent or carer

ChildLine 0800 1111

Extension Activities

Put a circle around the words that relate to males

Put a rectangle around the words that relate to females

Cervix

Wet dreams

Uterus

Penis

Fallopian tube

Vulva

Vagina

Sperm

Menstruation

Scrotum

Testicles

Ovaries

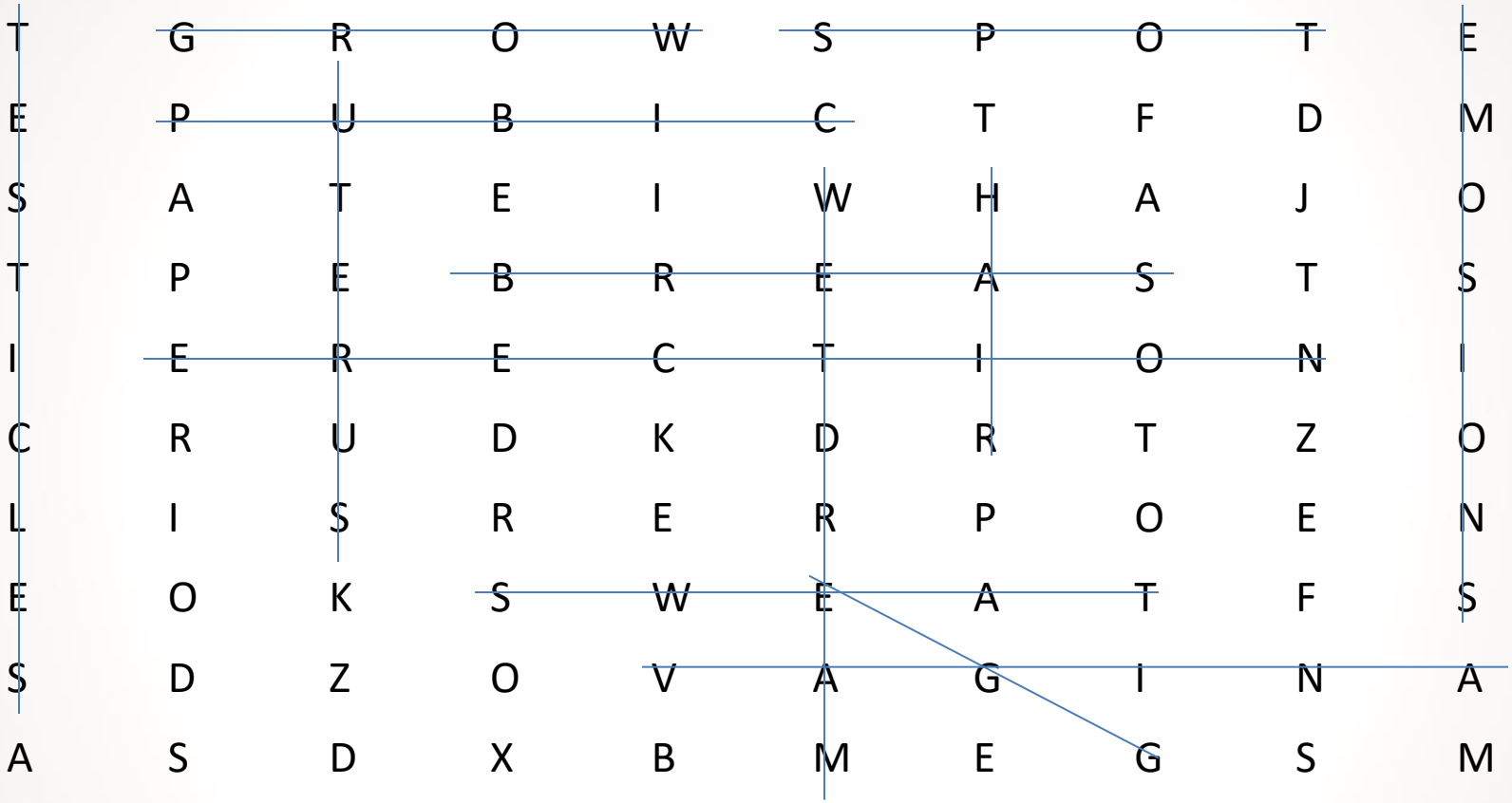
Puberty word search RSE 5.4

T	G	R	O	W	S	P	O	T	E
E	P	U	B	I	C	T	F	D	M
S	A	T	E	I	W	H	A	J	O
T	P	E	B	R	E	A	S	T	S
I	E	R	E	C	T	I	O	N	I
C	R	U	D	K	D	R	T	Z	O
L	I	S	R	E	R	P	O	E	N
E	O	K	S	W	E	A	T	F	S
S	D	Z	O	V	A	G	I	N	A
A	S	D	X	B	M	E	G	S	M

Can you find the following words

Vagina Pubic Uterus Egg Breasts Emotions Testicles Spot
Wet dream Erection Hair Grow Sweat

Answers



Can you find the following words

Vagina Pubic Uterus Egg Breasts Emotions Testicles Spot Wet dream Erection Hair Grow Sweat