



# PSHE and Citizenship

Health and Wellbeing | Growing Up

# Changing Bodies



# 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.

**Discuss It:** Do you agree with each statement?

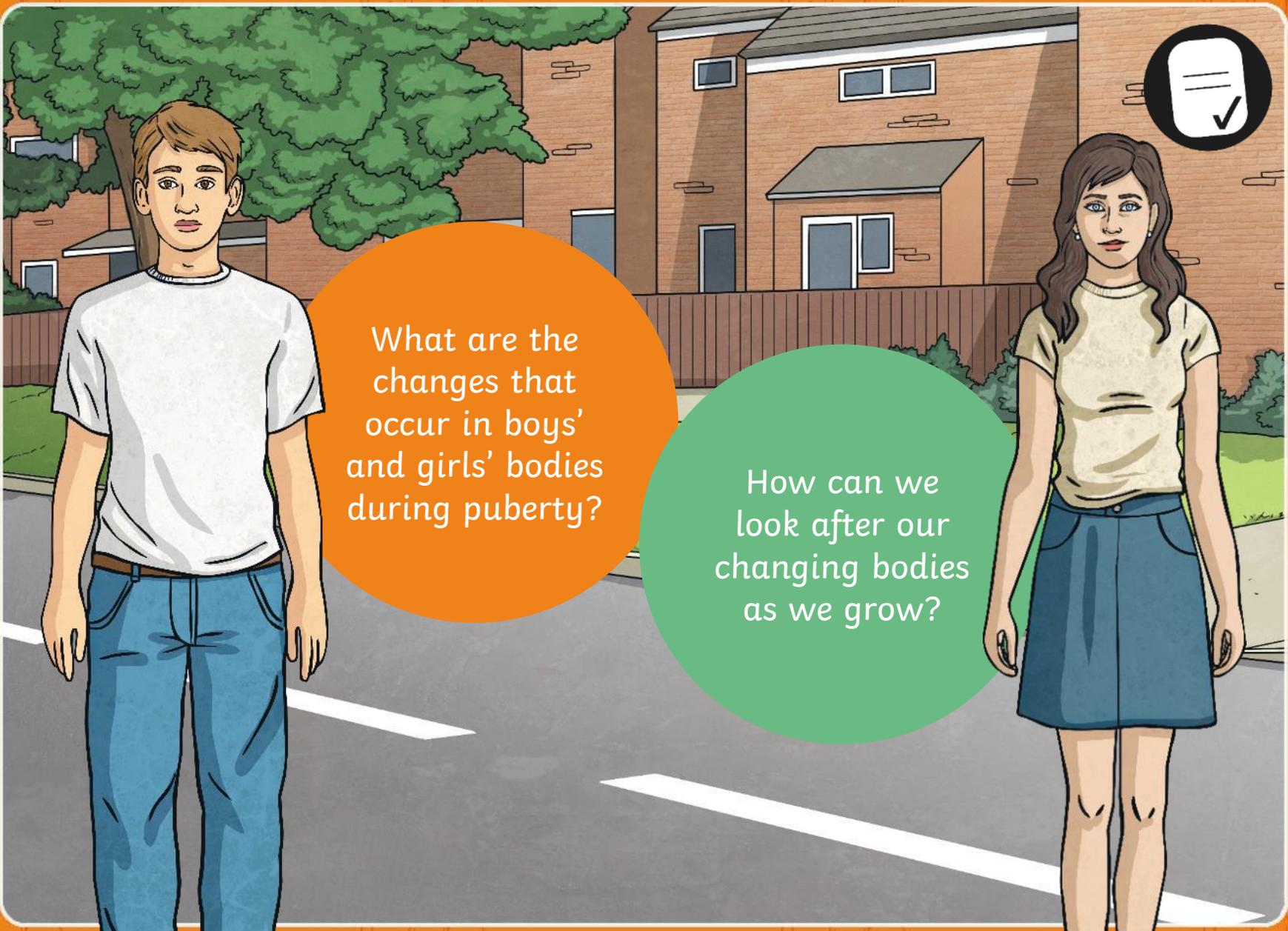
# Aim

- I can describe the changes that people's bodies go through during puberty and how we can look after our changing bodies.

# Success Criteria

- I can use scientific vocabulary when talking about the human body.
- I can discuss changes my body will go through and I know what to expect.
- I can explain how to look after my changing body.
- I can explain how to protect my body and stay safe.

# **The Big Questions**



What are the changes that occur in boys' and girls' bodies during puberty?

How can we look after our changing bodies as we grow?

# Reconnecting

# Puberty



Today we will be learning about how peoples' bodies change as they go through puberty.

Write down what you already know about puberty. Think back to previous learning about how our bodies change as we grow.

On the pieces of paper provided, write down any questions you have about puberty that you would like answered in this lesson or at a later date.



# Puberty



Talk to your talk partner about the changes you have listed.



With a partner, list the changes you think people might go through during puberty.



**How might young people feel when their body starts to change?**

# Exploring

# How Bodies (And Emotions) Can Change During Puberty



## What is puberty?

Puberty is the word to describe the phase when a child's body starts to change, as they become an adult.



Apart from when you were a baby, this is the time when your body will grow the fastest.

# How Bodies (And Emotions) Can Change During Puberty



So, what sorts of changes should we expect?



How does a boy become a man and how does a girl become a woman?



# How Bodies (And Emotions) Can Change During Puberty



It helps to know about the changes your body will go through before they happen so you know what to expect.



It is important to remember that everyone goes through these changes, no matter who they are, what they are like or where they live.

**We are all different but we all go through puberty!**

# How Bodies (And Emotions) Can Change During Puberty

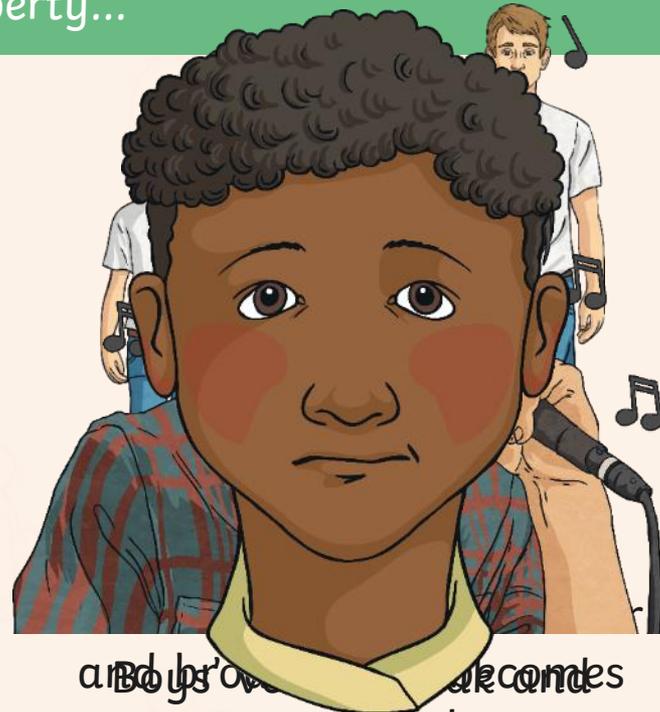


Puberty usually starts between the ages of 9 and 15 in males.

Let's take a look at some changes that happen in the male body during puberty...

Boys might notice that their penis sometimes becomes hard. This is called an erection. It can be embarrassing but don't worry, it is completely normal and it will happen less and less as you get older.

Boys' bodies start making the hormone **testosterone** and facial hair begins to grow. sperm in the testes (testicles).



Boys' voices become more muscular.

# How Bodies (And Emotions) Can Change During Puberty



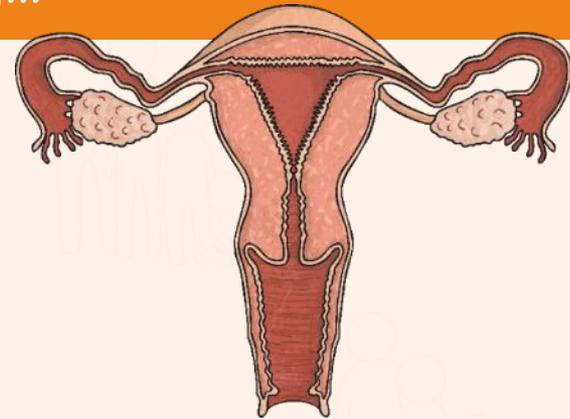
Puberty usually starts between the ages of 8 and 13 in females.

Let's take a look at some changes that happen in the female body during puberty...



Girls might notice that they have white or clear fluid coming from their vagina. It might be thin and wet or thick and sticky. This is nothing to worry about. It is called discharge and it's just another sign that hormones are changing your body.

as the hips get wider and breasts develop.



The female body makes and stores eggs in the ovaries. When these are not fertilised, they leave the body. This is called menstruation or 'periods'.

# How Bodies (And Emotions) Can Change During Puberty



So, male and female bodies both go through some changes that don't happen to the other gender.

However, there are some changes that both boys and girls can experience.



The hormones stimulate the glands in your skin, including the sweat glands under your arms. This can cause body odour.

# How Bodies (And Emotions) Can Change During Puberty

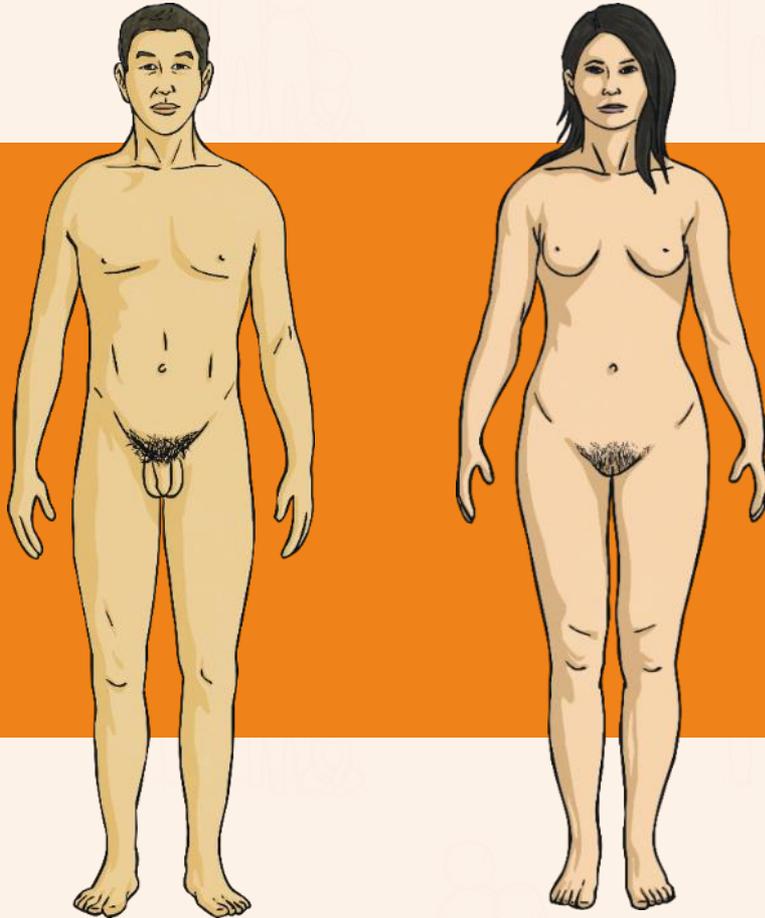


Some young people develop acne (pimples or spots), as their skin gets oilier. These might be on the face, upper-back or upper-chest.

It's important not to pick spots. Just try to keep your face and body clean. If they get particularly bad, you could get some medical treatment, such as facial wash, cream or gel.



# How Bodies (And Emotions) Can Change During Puberty



Under-arm hair and pubic hair (hair around the genitals) begins to grow.

Some people choose to trim or remove some or all of their body hair but you don't have to. It's up to the individual. If you do decide to remove body hair, get help to make sure you do it safely and hygienically.

# How Bodies (And Emotions) Can Change During Puberty



All girls and boys go through these changes as they become women and men.

These changes happen at different times for different people. Some people may start puberty before or after their friends.

This is completely normal and no reason to worry. There is no 'right' or 'wrong' time to start puberty!



**Do you have any questions?**

# Looking After Our Changing Bodies



Thinking about all of the changes peoples' bodies go through during puberty, work in a small group to think of ways that young people can look after their bodies as they are changing.



# Looking After Our Changing Bodies



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!



# Looking After Our Changing Bodies



Your body – before it changes, during puberty and after it has changed – is **YOUR** body.

You have the right to protect yourself against any inappropriate or unwanted contact. Others should respect you and your body.

If you ever have any concerns about someone wanting to do something to your body, you should report it to an adult you trust. They could advise you and get the help and support you need.

**Take care of your body  
and stay safe.**



# How Emotions Can Change



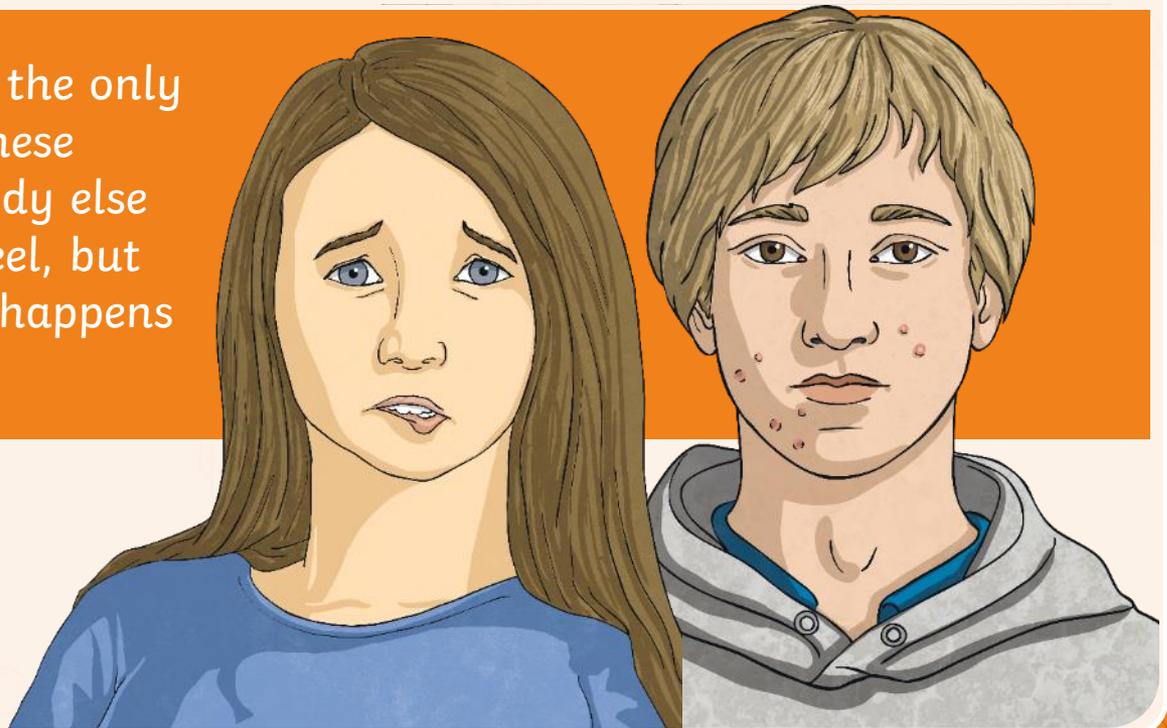
We have already learnt about the physical changes we can expect to see during puberty, but what about the emotional changes?

# How Emotions Can Change



Puberty can be a confusing, even worrying time for many young people. That's why it is important to understand what is happening to your body and to know where to get help or advice if you need to.

It may feel like you are the only person going through these emotions and that nobody else understands how you feel, but that isn't true. Puberty happens to everyone!



# How Emotions Can Change



Let's read about some children who are experiencing new or difficult emotions as their bodies change and develop.

On the following slides are some letters written to a problem page website.

Think about what advice you could give the young people who wrote these letters or what you might do if you were them.



# How Emotions Can Change



Hello,

I am a bit embarrassed about this, but I hope someone can help. I really, really like this boy in my class. I get strange feelings whenever I see him, like I am excited and a bit sick at the same time. I think about him loads and sometimes dream about him.

It's so weird because I have known him for ages and he has always been my friend. I never used to feel like this around him and it's really awkward. I get nervous every time he talks to me!

I can't talk to my friends because I think they'll make fun of me, or (even worse) they might tell him and that would be awful!

**Please help! What should I do?**

# How Emotions Can Change



Hi,

I'd really like some advice, please. I have been feeling angry all the time and I don't know what to do. I keep losing my temper at home with my parents and especially with my younger brother. No one understands how I feel and I just keep getting into trouble. I have also started to get really angry at school and got in a fight the other day.

I don't feel like myself. I never used to get angry all the time. I feel out of control and I am worried that I will hurt someone or get into big trouble soon.

**Any advice please?**

# How Emotions Can Change



Hey there,

I'm hoping someone might have some advice they can give me, as I am desperate and have no-one to turn to. Lately I have been feeling really, really down. I keep crying all the time and feel so lonely. Often I don't even know why I am so down. I have started staying in more, rather than going out with my friends, just in case I cry in front of them or make them miserable, too.

But now I feel so lonely and sad. Everyone else seems so happy. I have no real reason to be feeling down. Things at home are fine and I'm doing OK at school.

**Why do I keep crying all the time?**

# How Emotions Can Change



Please, please, can someone help?

I am drowning in school work and I just don't know what to do. The workload has increased and the pressure is all too much. Every lesson I struggle to keep up and every day I have loads of homework. Sometimes I don't get anything done because I just don't know where to start. I sit there looking at it and just feel overwhelmed. Then I have to make up excuses at school about why I haven't brought my homework in.

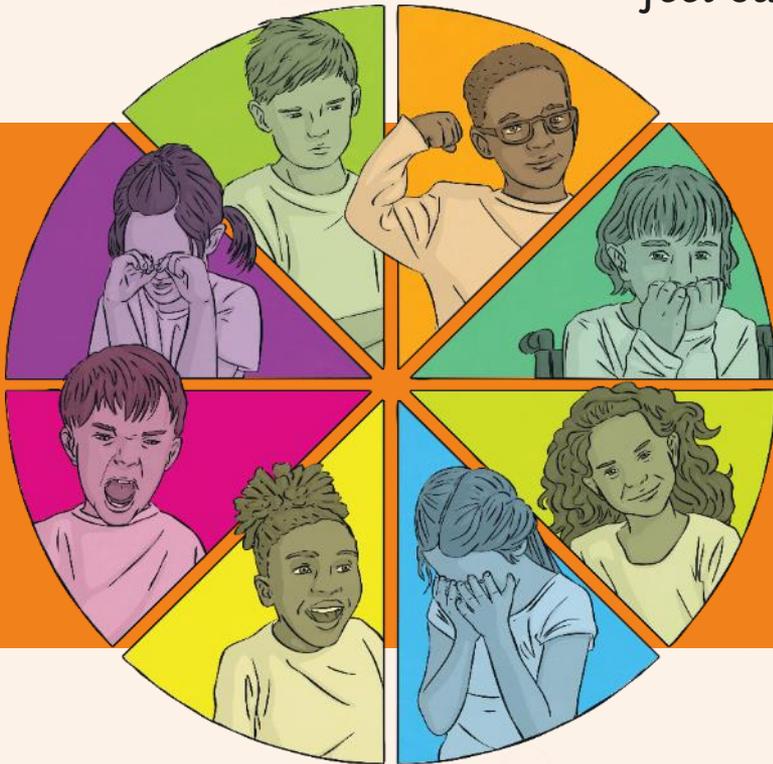
I don't want to look like a failure – everyone else seems to be coping just fine. But I am getting further and further behind.

**What can I do?**

# How Emotions Can Change



During puberty, feelings can seem more intense and they can change rapidly. These are called mood swings. One moment, you might feel excited about something, then suddenly, something upsets you and you feel super angry!



It's normal to feel out of control of your emotions and to feel confused by them. During puberty, you're kind of in between a child and an adult. This means you might experience conflicting emotions, stuck between wanting to be independent and grown up and wanting help - or even just a cuddle!

# Questions and Answers



Why do these emotional changes happen?

Changing moods and strong emotions during puberty happen to everyone. They are caused partly by the many changes and challenges that happen when you are growing up; at home, at school, in your bodies and in the way you think and act. Times when there are lots of changes in your life can make you feel unsettled and unsure about yourself.

Certain hormones start to be produced during puberty to help our bodies to grow. These new hormones can make us feel different or strange. They can affect our mood as our body gets used to them.



# Questions and Answers



Is it normal to feel this way?

Everyone goes through these changes. Some people will be affected by their hormones more than others and people may be affected in different ways. There is no right or wrong way to feel, but it is important to remember that you are not the only person feeling the way you do. Changing emotions are a normal part of growing up.

However, just because it is normal to feel changes in your moods when you are growing up, doesn't mean that your feelings are not important. If you are feeling like you can't cope with your strong emotions, or if you feel angry or unhappy a lot of the time, it is important that you talk to someone you trust.



# Questions and Answers



## Who can you go to for help?

Talking to friends you trust can be a great idea. It will probably turn out that they have had similar feelings.

Try talking to people you live with - this could be your parents, or maybe an older brother or sister. They were your age once and probably remember going through the same emotions.

Is there an adult at school you can trust? They could listen to you and give advice.

Talk to health professionals, such as your doctor or nurse, or use health websites, such as the NHS, to get advice and support.



# Questions and Answers



## What is Childline?

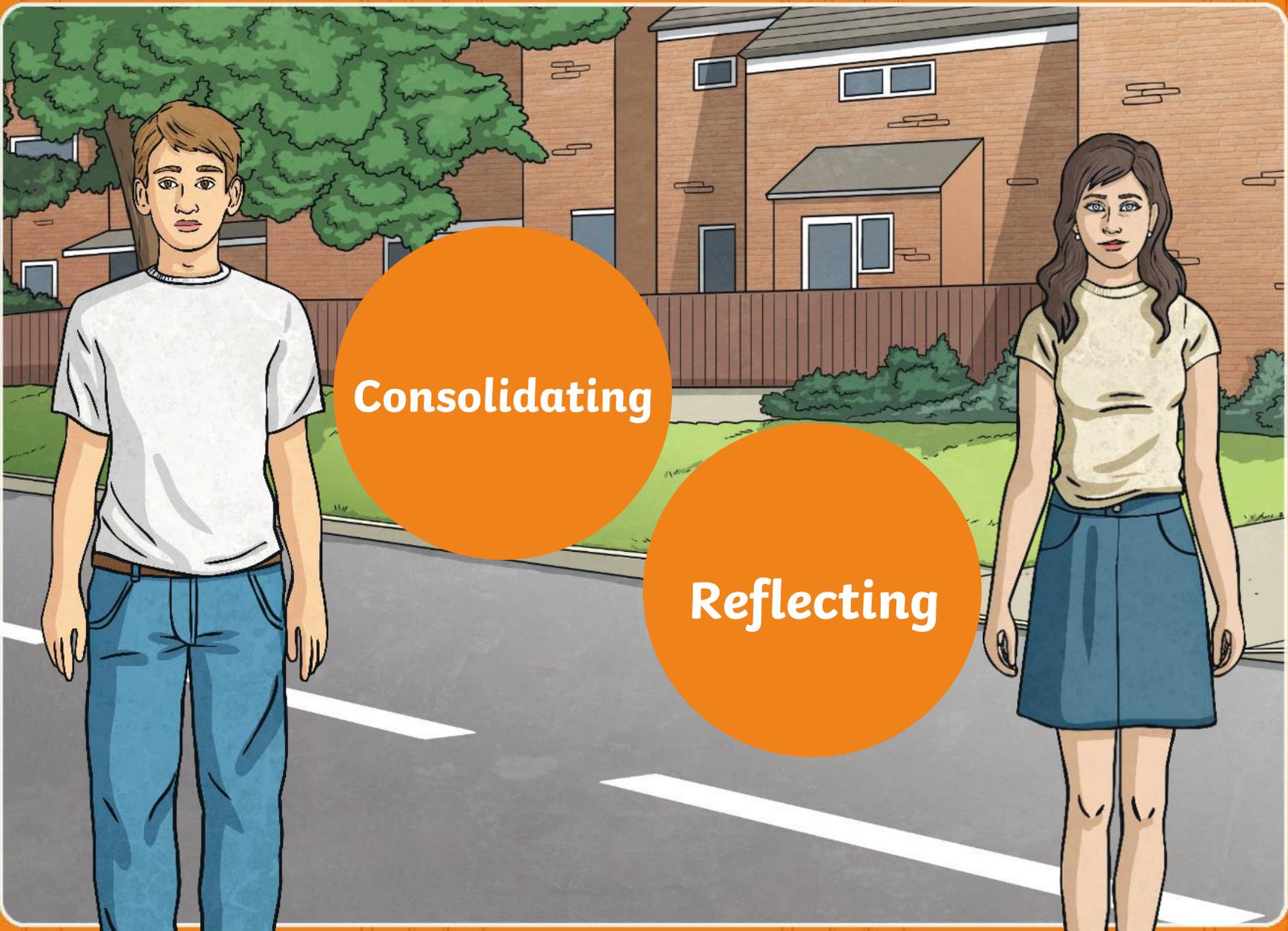
Childline is a free, private and confidential service that offers young people support and advice with any issues that they are going through.

You can call Childline at any time for free on 0800 1111, send them an email, or post on their online message board.

There is always someone available to help. No problem is too big or small.

Childline is a 'confidential' service. This means that they won't tell anyone else that you have contacted them.





**Consolidating**

**Reflecting**

# Consolidating

# How to Look After Your Body During Puberty



Create a fact sheet using the **Changing Bodies Activity Sheet** to give advice to others about how to look after their bodies during puberty.

- Make your fact sheet colourful and eye-catching.
- Try to include a message about inappropriate or unwanted contact.
- Make sure you include accurate, useful information.
- Think about the layout and include pictures, captions and text boxes.
- Will your fact sheet be aimed at girls, boys or both genders?
- Try to include at least three tips for looking after your body as it changes.



# Reflecting

# Advice and Support



So, what have we learnt about the ways in which our bodies change during puberty? What have you learnt about the ways that we can look after ourselves as our bodies change?

Summarise your learning with your talk partner.

Imagine that you had a friend who was finding puberty difficult to cope with.

**What advice would you give them?**

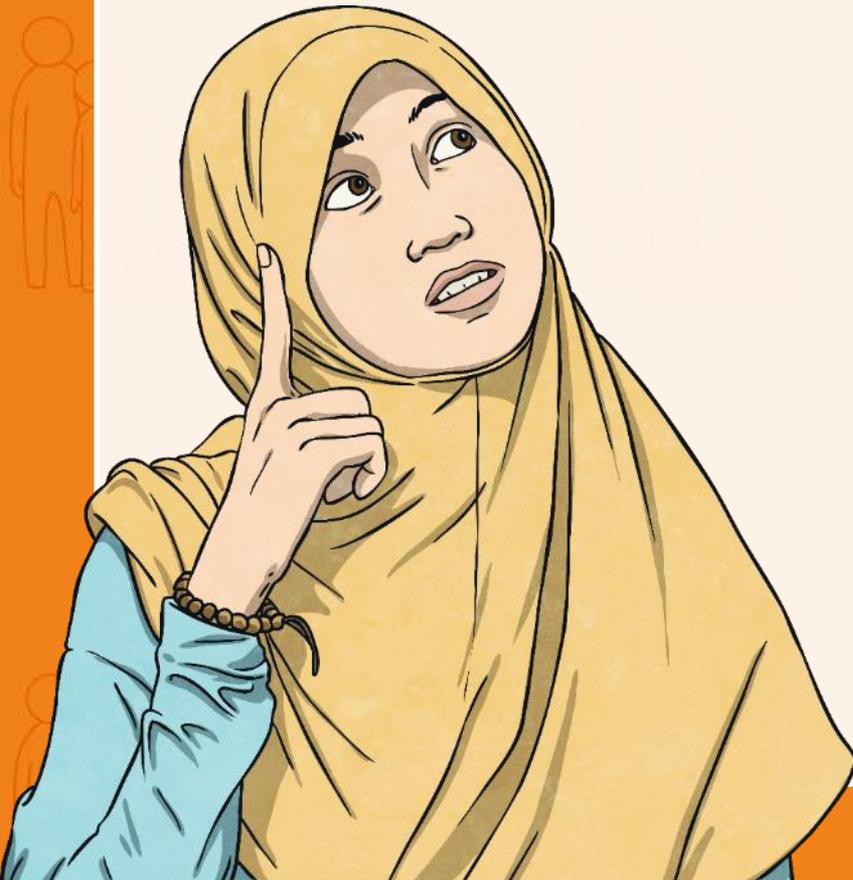


# Advice and Support

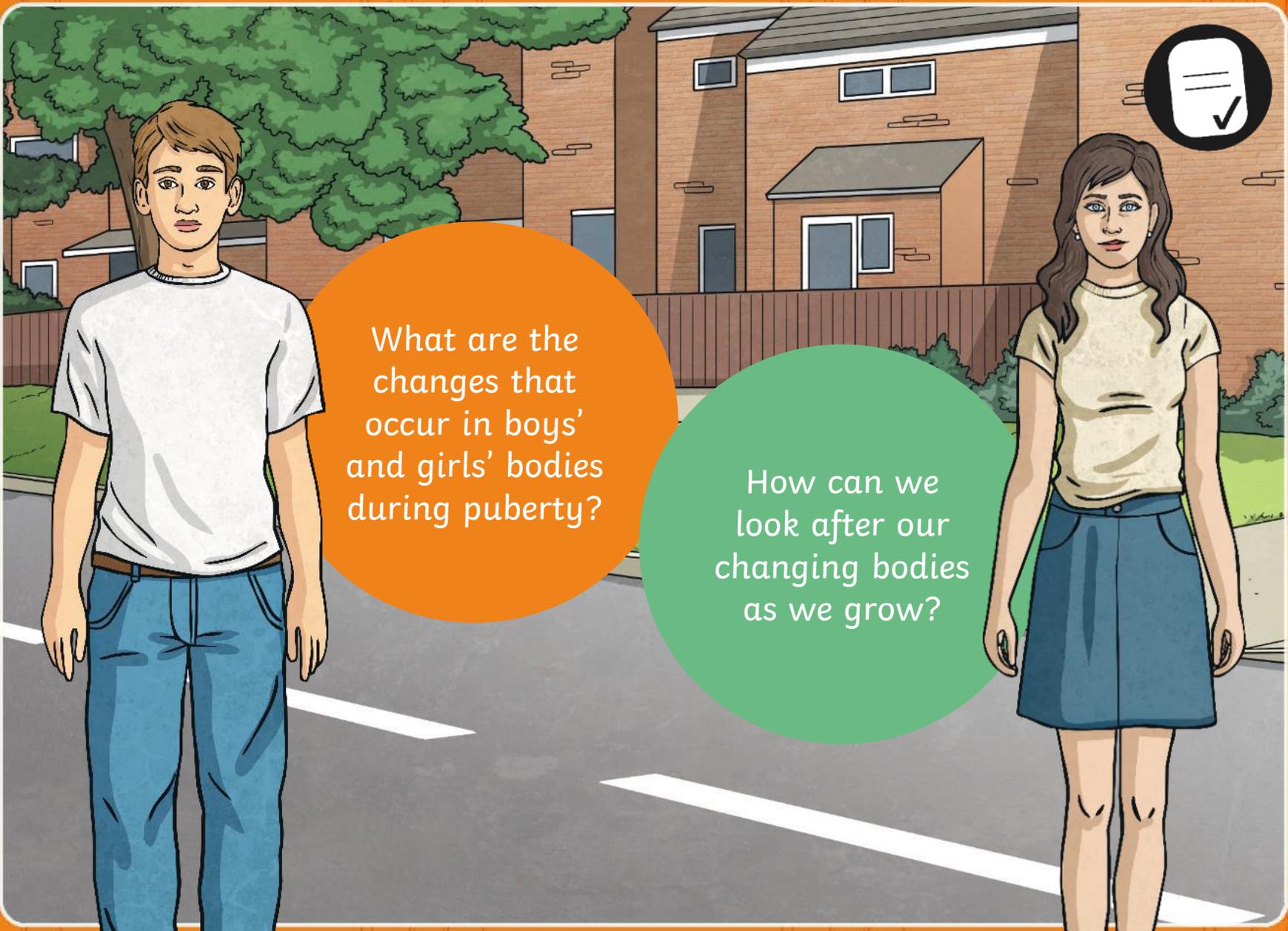


There are also trustworthy websites and useful books available to provide accurate information.

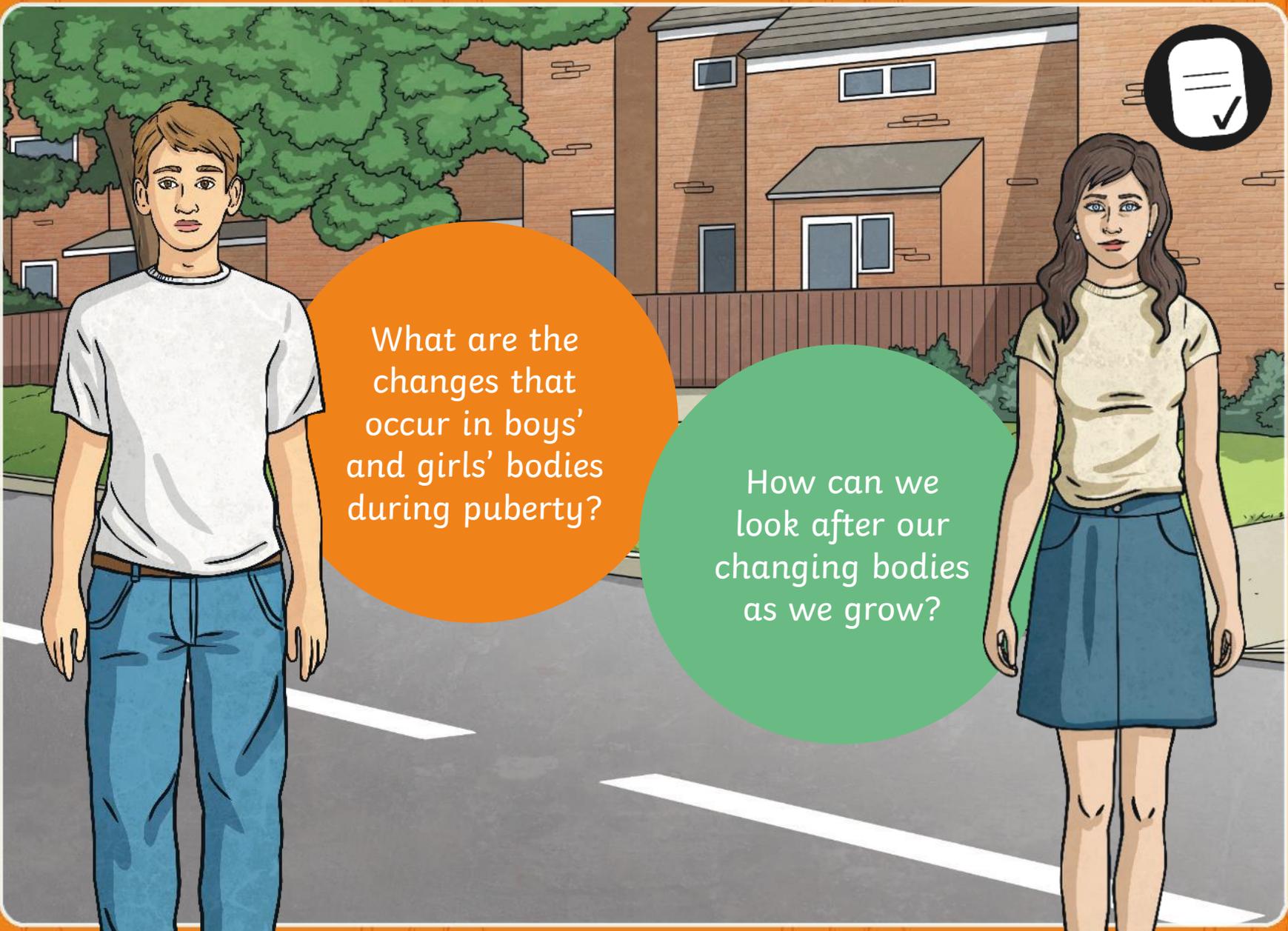
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