

# Example lesson in KS2

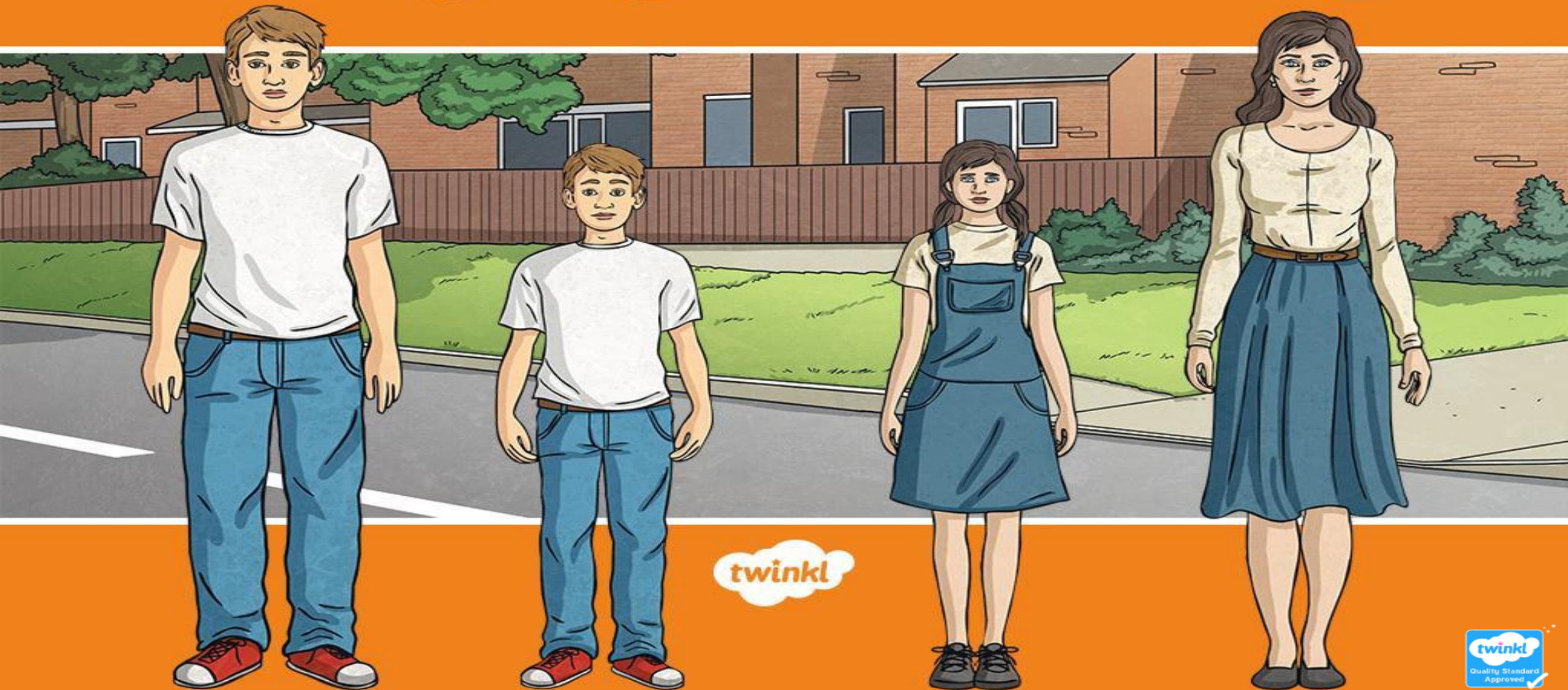
## Aim

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.

# Changing Bodies



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# 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 people's 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.



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.

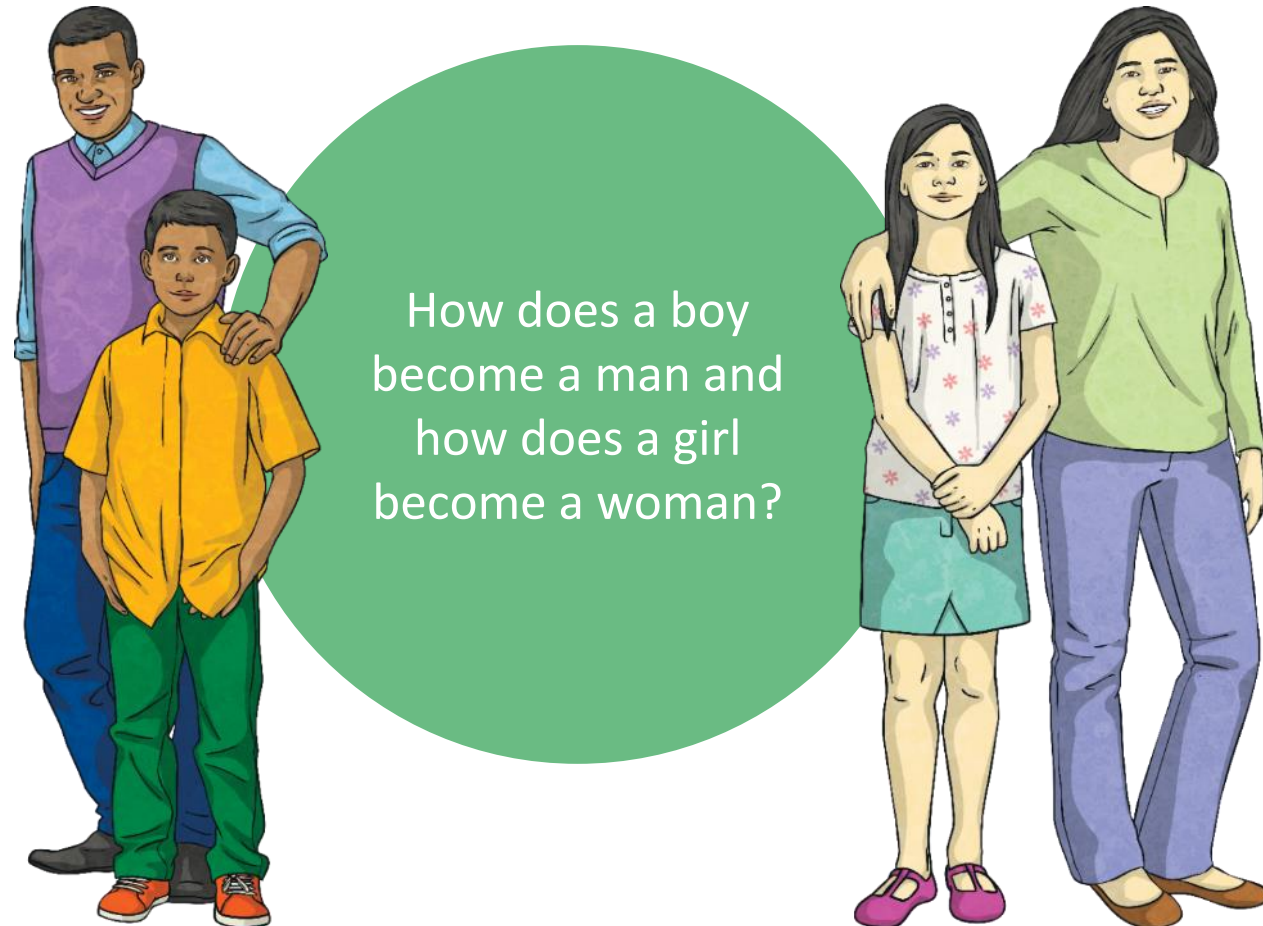


Apart from when you were a baby, this is the time when your body will grow the fastest.

# How Bodies and Emotions Can Change During Puberty



So, what sorts of changes should we expect?





# How 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!**

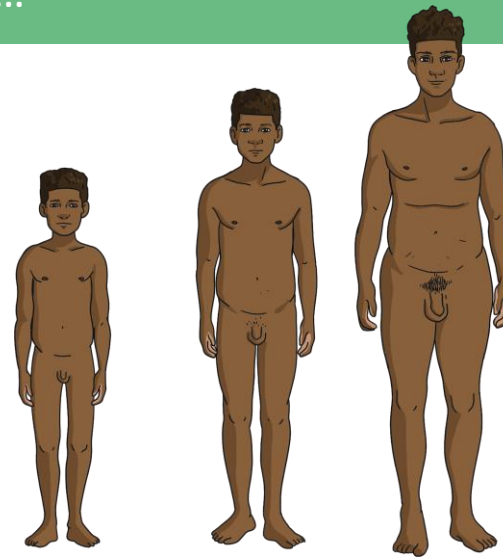
# How Bodies and Emotions Can Change During Puberty



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 sperm in the testes (testicles), which are inside the scrotum.



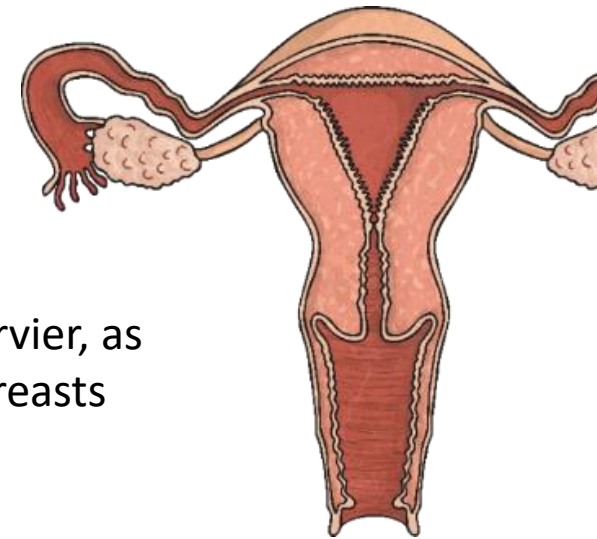
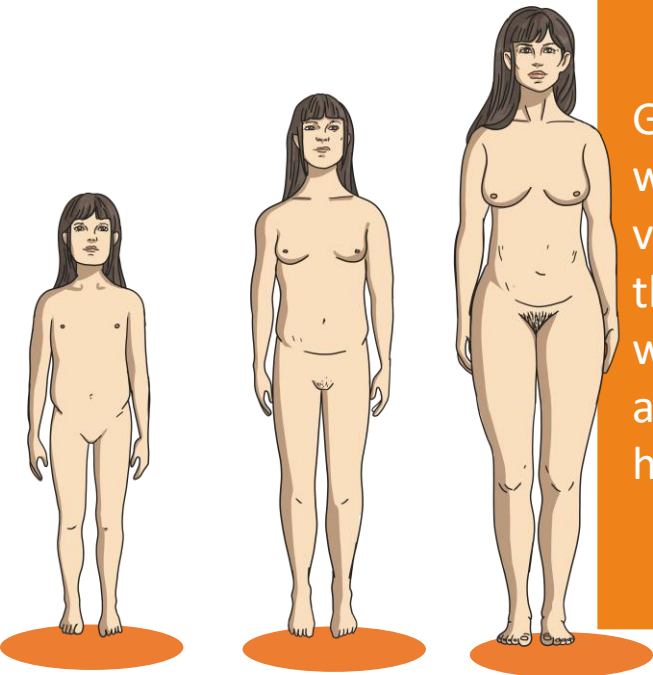
# How Bodies and Emotions Can Change During Puberty

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.

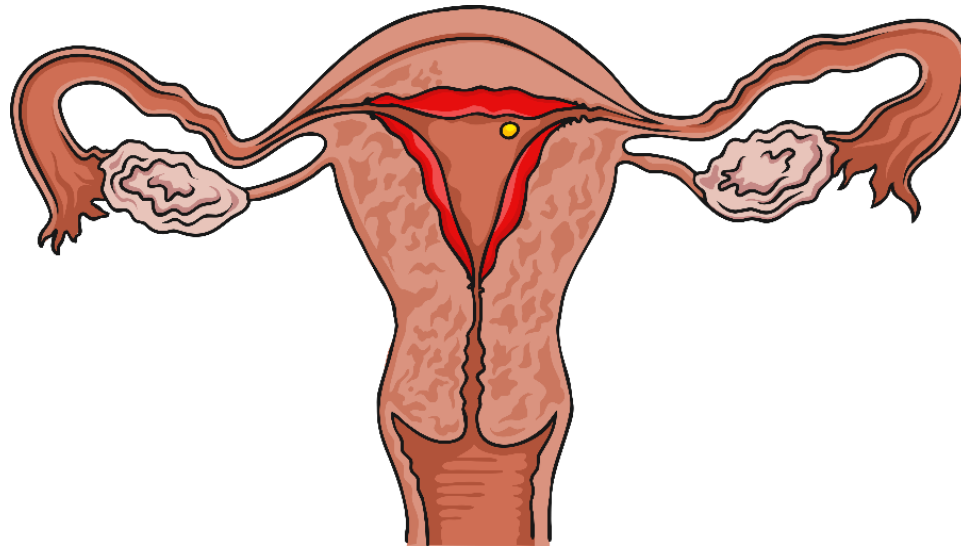
The female body gets curvier, as the hips get wider and breasts develop.





# How Bodies and Emotions Can Change During Puberty

Periods or menstruation is another one of the changes that happens to the female body during puberty.



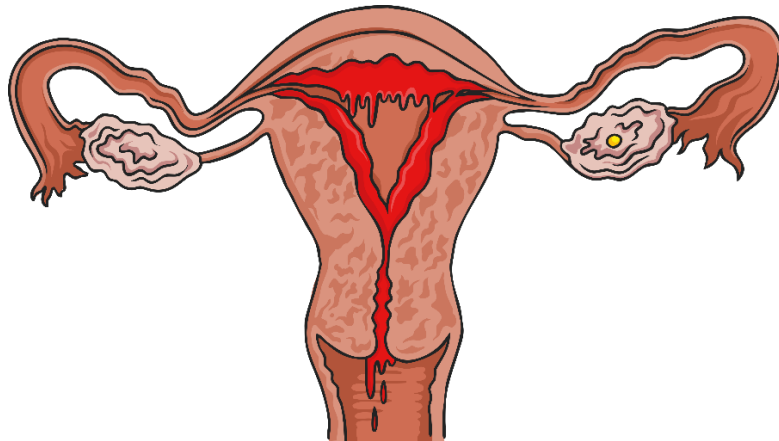
Periods happen because hormonal changes, which start during puberty, cause eggs to be released from one of two ovaries. This is called ovulation. The hormone changes also cause the uterus lining to thicken.



# How Bodies and Emotions Can Change During Puberty

The egg travels down a fallopian tube, which leads to the uterus. If the egg is not fertilised, it leaves the uterus and the thickened lining breaks down. This causes some bleeding, which leaves the body through the vagina. The name for this bleeding is a period or menstruation.

Periods last between three and seven days and occur approximately every 28 days. This forms part of the menstrual cycle.



All these changes are natural and will be slightly different for everyone. It is very important to talk to a trusted adult about any concerns or worries you have.



# How Bodies and Emotions Can Change During Puberty

There are lots of changes that female and male bodies go through during puberty. These are some of the words we have used so far. Can you choose one and explain what it is?

**fallopian tube**

**ovulation**

**testicles**

**ovary**

**testes**

**egg**

**sperm**

**periods**

**testosterone**

**vagina**

**uterus**

**penis**

**erection**

**breast**

**nipples**

**scrotum**

These are the scientific terms for some different parts of male and female bodies. Although we may have different words we use for them, it is important to know the correct terms as well.



# 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 sex.

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

Another change that young people might experience when they go through puberty is called nocturnal emissions, or wet dreams.

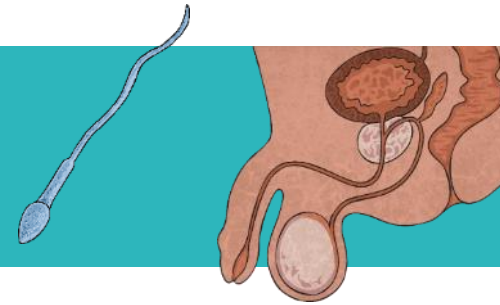
Males and females can experience wet dreams and, as you might have guessed from the word 'dreams', they happen when we are asleep.





# How Bodies and Emotions Can Change During Puberty

If you have a penis, you might ejaculate semen (the fluid containing sperm) from your penis in the night.



If you have a vulva, you might notice it becomes wet in the night from some discharge.



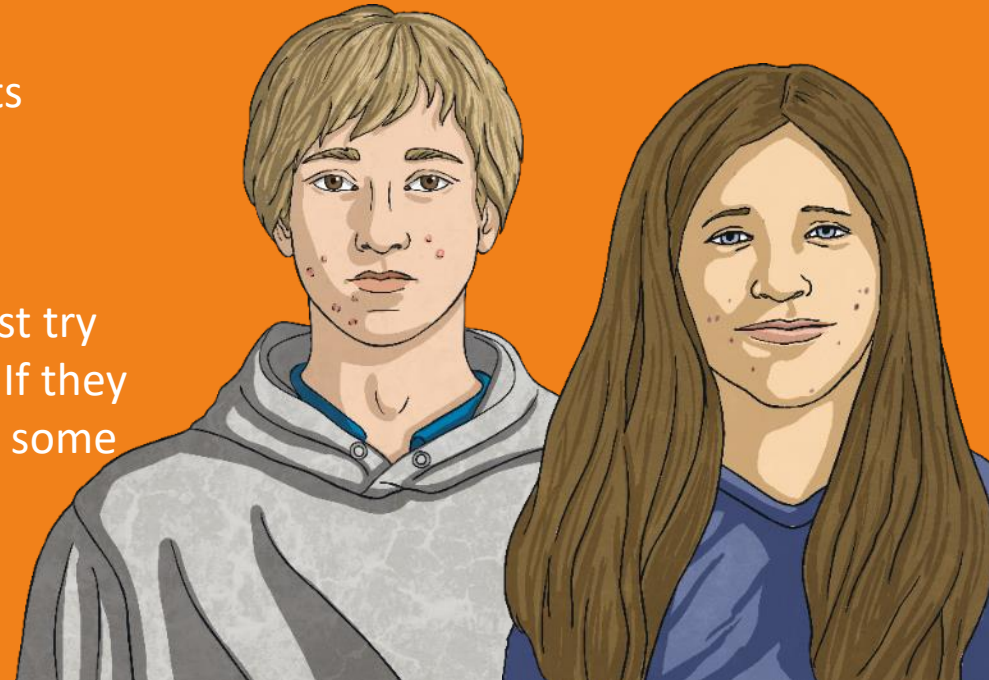
You might be dreaming about something of a sexual nature or you might not remember what you were dreaming about at all. Either way, wet dreams are nothing at all to worry about. They are completely normal but not everyone experiences them.



# How Bodies and Emotions Can Change During Puberty

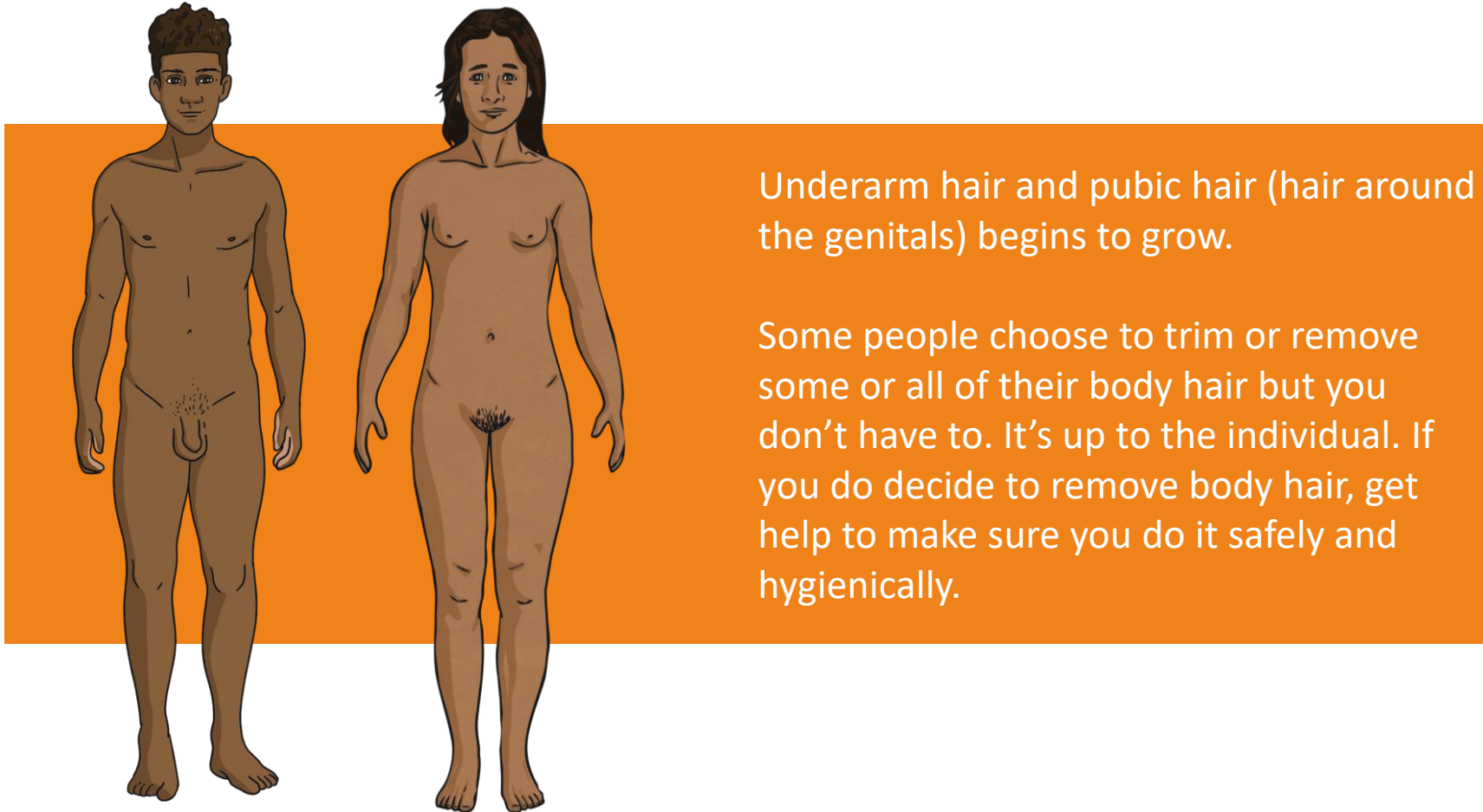
Some young people develop acne (pimples or spots) as their skin gets oilier. These might be on the face, upper-back or upper-chest.

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



Underarm 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

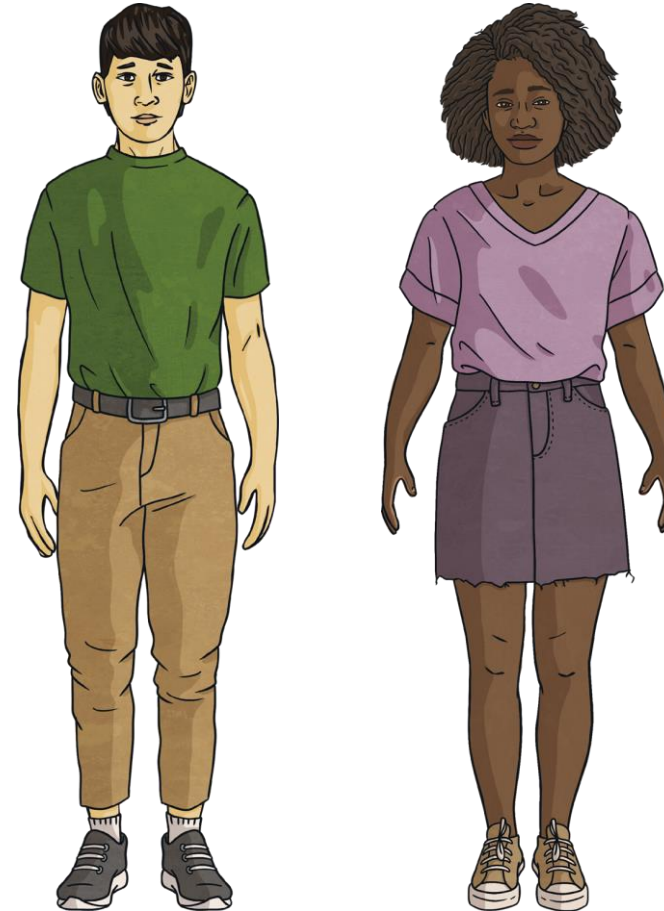


All girls and boys go through these changes as they become women and men.

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 people's 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 is your own and it is important to remember that our private parts are private.

It is important to understand our own boundaries around physical contact and think about how we communicate these to others. No one has the right to make another person feel pressured into doing anything they are not comfortable with.

Think for a moment about what boundaries you have around physical contact and how you communicate these to others. Other people should respect our boundaries and our bodies.

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.**

