

# RSE – Year 4

Lesson 3: Physical Changes

What changes  
happen to boys'  
bodies as they  
grow up?

Why do  
these  
changes  
happen?

# Male Bodies

Boys' bodies start changing from around the age of 12 but it can be earlier or later.

The changes don't all come at once, they happen over a few years.

It's good to know about the changes that are going to happen before they happen. That way you won't get any surprises or shocks!

# Male Bodies and Puberty

Think about yourself or boys you know that are your age.

Now think of men you know, like your dad or an uncle.



What are the differences between the boys you know and the men you know?

Can you list three differences?

# Changes in Boys

The growing your body does when you are a teenager, from a boy into a man, is called **puberty**. So, let's take a look at some of the changes you can expect to see as you become a teenager...

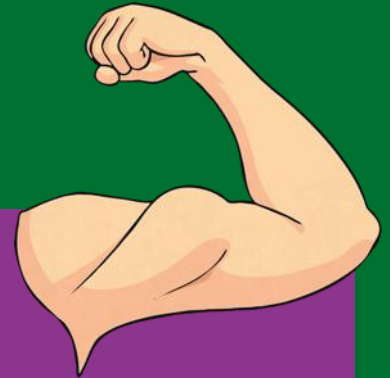


# Changes in Boys



You may notice you are getting an Adam's apple – this is your voice box getting larger, which makes your voice deeper.

Your body will grow bigger and stronger.





Your body will start to sweat more – and that means you get more smelly!

Washing more often is a good idea and you might want to start using a deodorant to keep you smelling fresh.



You may find your hair is more greasy.



You may get spots on your face or other parts of your body, such as your chest, back or shoulders.



It's best to leave spots alone. Keep clean and maybe try treating acne with special spot cream.

# Changes in Boys

Many people experience mixed up feelings and mood changes. This is caused by chemicals in our bodies called hormones.



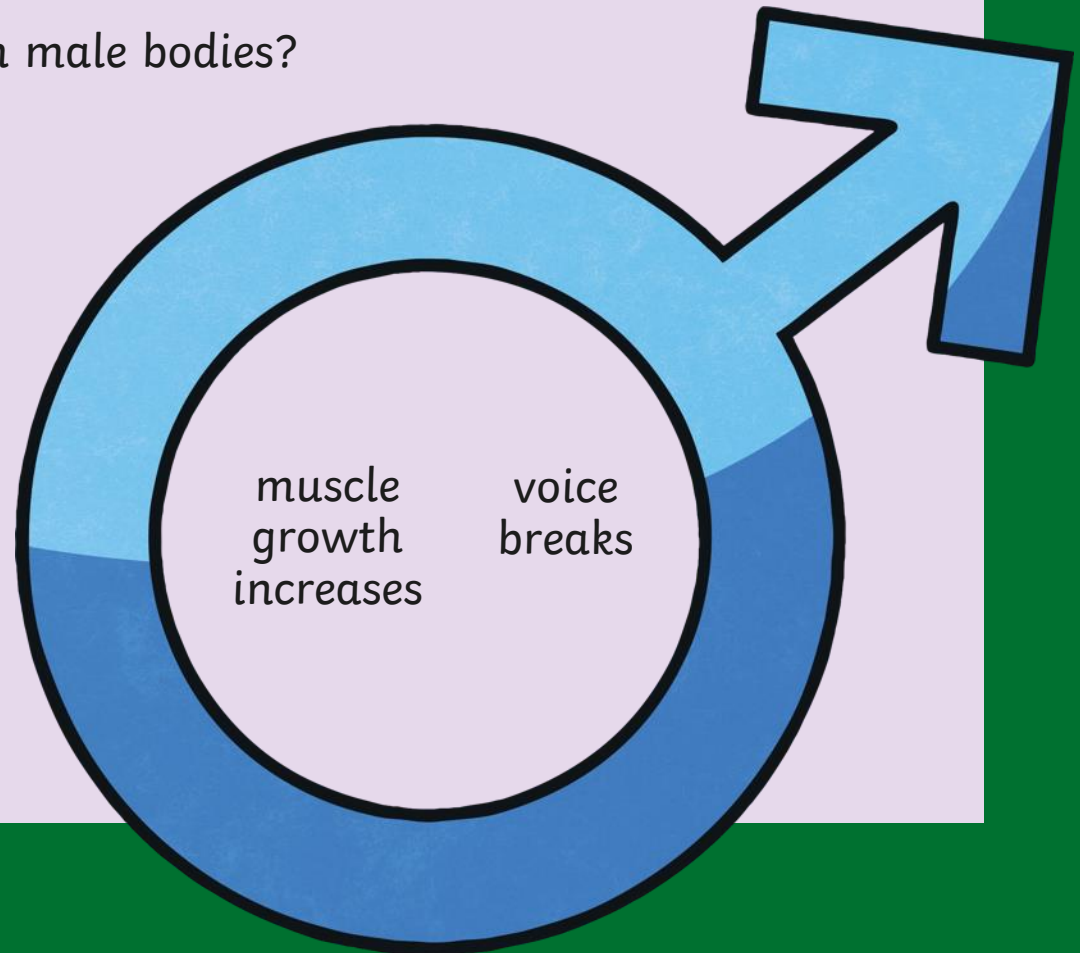
One minute you have lots of energy and the next you feel so absolutely dead tired that you just want to be left alone to 'veg out'. This is particularly difficult for parents to understand - especially when the tiredness only seems to happen when it's time to do your chores or homework!



# Why Do These Changes Happen?

What causes these changes in male bodies?

At the time of puberty, our bodies start to produce a **hormone**.



# Advice and Support

You might have people in your family that you could talk to.

Who  
you'd  
about

the physical or emotional changes you might want

You could speak to an adult support at school.

Who might you be able to speak to for advice and support?

You could speak to a nurse or doctor about some concerns.

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



# Growing Up

Puberty is a normal part of growing up and it happens to everyone, everywhere.

What are you looking forward to about being a grown-up?

Is there a job you want to do?

Are you looking forward to learning a new skill?

Is there a pet you've always wanted?

Talk to your talk partner about something you are looking forward to being able to do as a grown-up.



What changes  
happen to girls'  
bodies as they  
grow up?

Why do  
these  
changes  
happen?

# Female Bodies and Puberty

Think about yourself or girls you know that are your age.

Now think of women you know, like your mum or an aunt.



What are the differences between the girls you know and the women you know?

Can you list three differences between girls and women?

# Female Bodies and Puberty

Girls' bodies start changing from around the age of nine but it can be earlier or later.

The changes don't all come at once, they happen over a few years.

It's good to know about the changes that are going to happen before they happen. That way you won't get any surprises or shocks!





# Changes in Girls

The growing your body does when you are a teenager, from a girl into a woman, is called **puberty**. So, let's take a look at the changes you can expect to see as you become a teenager...



# Changes in Girls

You start your periods.

This is called menstruation. All females menstruate – it's part of becoming a woman.

Your body shape will change a little.

You grow more hair on your body.



# Changes in Girls



Your body starts to sweat more and your hair may become more greasy.

Washing more often is a good idea and you might want to start using a deodorant to keep you smelling fresh.

You may get spots on your face or other parts of your body, such as your chest, back or shoulders.

This is called acne. Never pick spots. Keep the area clean and maybe try some special treatment for acne.



# Changes in Girls

Many people experience mixed up feelings and mood changes. This is caused by chemicals in our bodies called hormones.



One minute you're having fun with all your friends and the next you feel like you just want to be on your own. This can feel strange and confusing but others will be going through these mood changes, too – you're not alone.

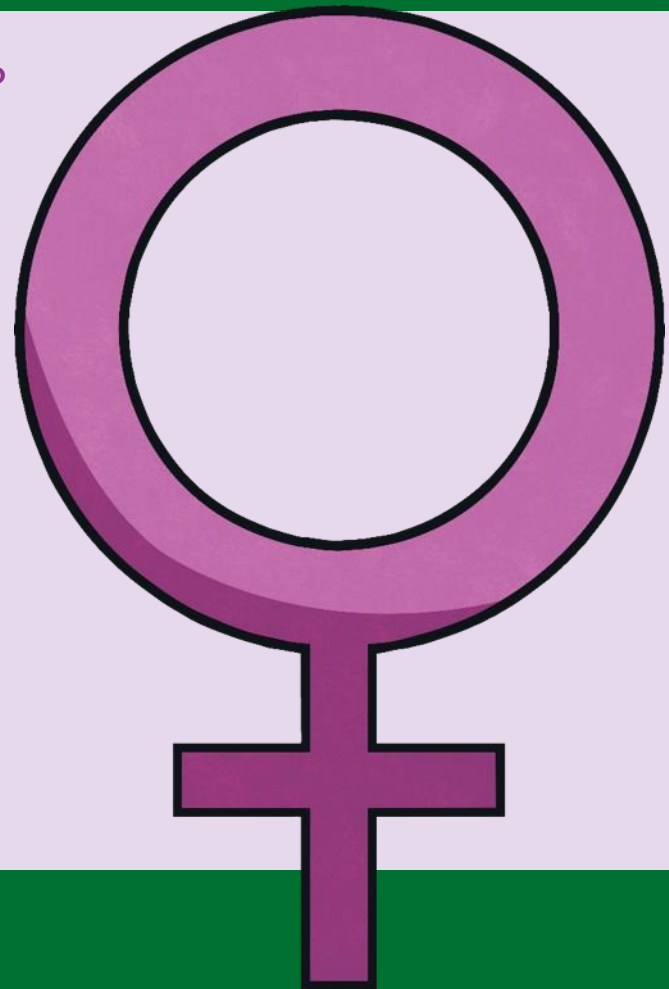
# Why do These Changes Happen?

What causes these changes in our bodies?

Well, our body starts to produce **hormones**.

Consolidating

Reflecting



# Advice and Support

You might have people in your family that you could talk to.

you  
you'd  
about

the physical or emotional changes you might want

You could speak to an adult support at school.

Who might you be able to speak to for advice and support?

You could speak to a nurse or doctor about some concerns.

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

