

RSE – Year 6

Lesson 1: Physical Changes

The Ground Rules

1. We are sensible and respectful towards staff and our peers at all times
2. We carefully consider the information we share with the whole class to decide if it is appropriate
3. We understand that we can speak privately to a member of staff if we need to but recognise that staff may share comments that are made with selected other members of staff or parents if we feel you may need more support
4. We put our hands up to ask sensible questions but we are mindful that staff will only answer questions relevant to the topics of relationships, puberty and how babies are conceived. If we ask questions about other issues around this we recognise that staff will answer us respectfully and in an age-appropriate way
5. We will never laugh, tease or make fun of anyone for questions or comments they may make – this will be taken very seriously by staff
6. We will discuss the lessons with our friends if we feel we need to do so for support but we will not discuss them outside of class or on social media in an inappropriate manner
7. We will use the correct medical/scientific names for body parts and processes

The Big Questions

We are going to learn...



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



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

Changing bodies



Today we will be learning about how peoples' bodies change as they grow older.

Write down any changes you can think of.



Changing bodies



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

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



Puberty



What does puberty
mean?

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.

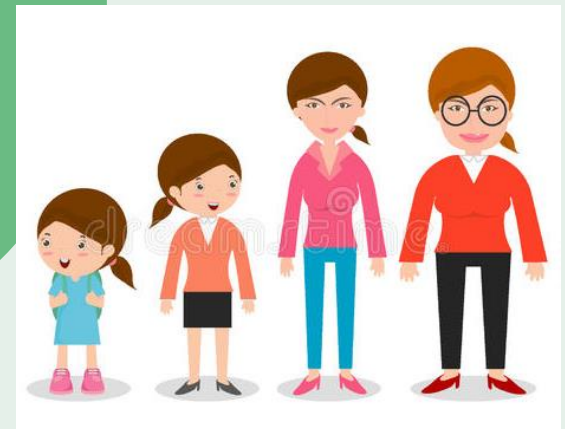
How Bodies (And Emotions) Can Change During Puberty



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.

Facial hair begins to grow.



Boys' voices become deeper.

How Bodies (And Emotions) Can Change During Puberty



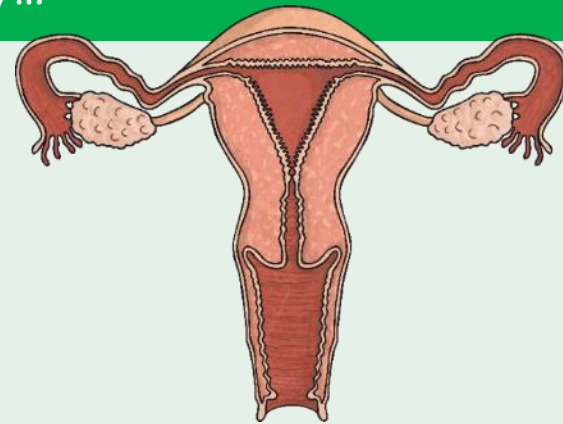
Puberty usually starts between the ages of 8 and 13 in females.

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.

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



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.



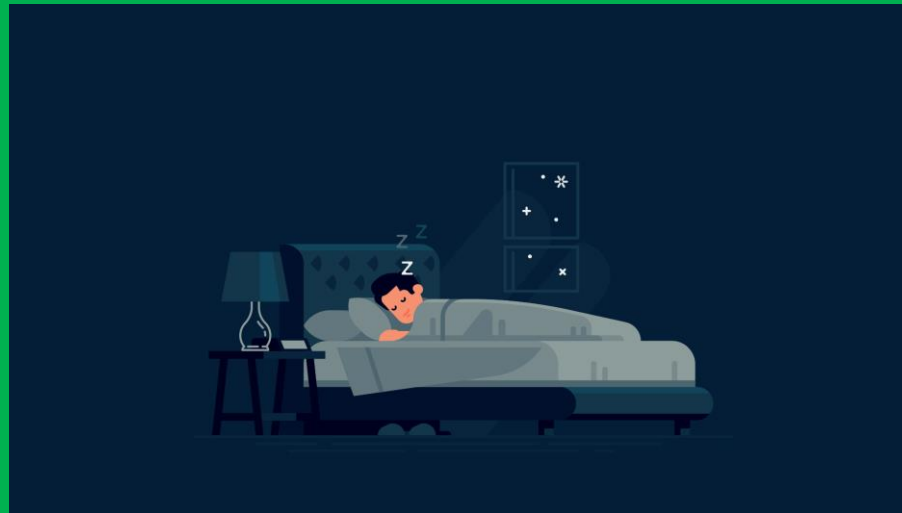
The hormones stimulate the glands in your skin, including the sweat glands under your arms. This can cause body odour.

How Bodies (And Emotions) Can Change During Puberty



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..

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



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!



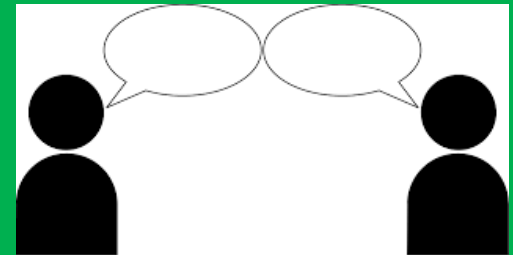
Looking After Our Changing Bodies



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.



Consolidating

Reflecting



Advice and Support

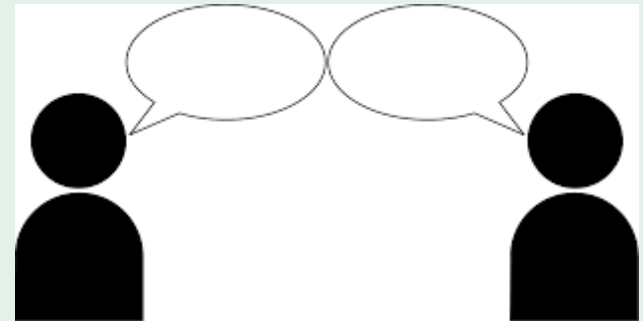


So, what have we learnt about the ways in which our bodies change during puberty? What have you learnt about the ways that we can look after ourselves as our bodies change?

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. Just remember e-safety - think carefully about what to type into a search engine and only look at age appropriate websites. Speak to an adult for help if you are not sure

