

Ground Rules

- Hands up when asking/answering a question
- No shouting out
- Be respectful of each others' questions and answers
- No inappropriate words
- Join in with group work



July 2025

Lesson 1: Time to Change

Objectives: - how to identify external genitalia and reproductive organs

- about the physical and emotional changes during puberty*
- that for some people their gender identity does not correspond with their biological sex*

So what's it all about?

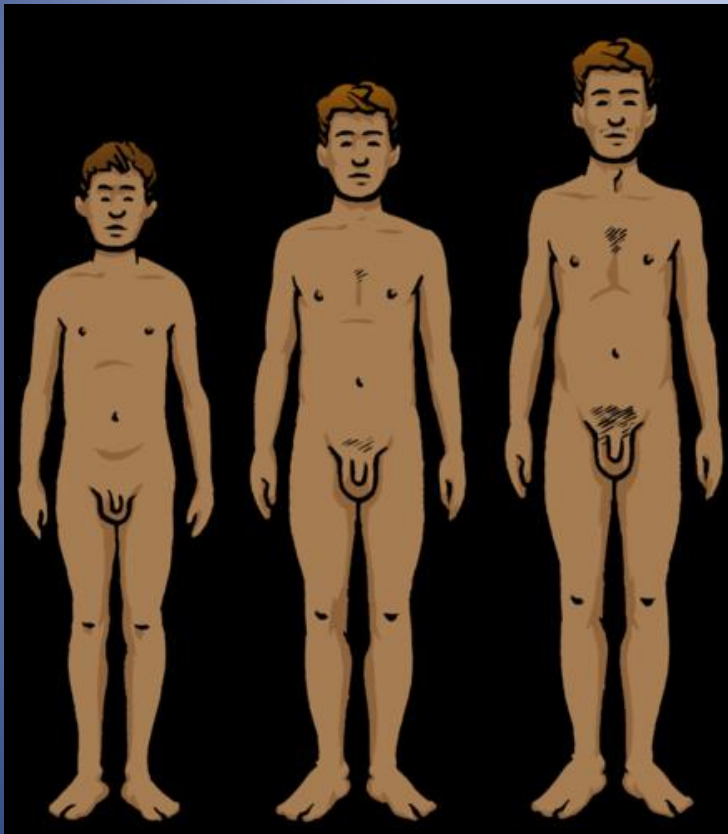
- Puberty is the special time in life when a boy changes to a man and a girl to a woman. Puberty happens because your body begins to release hormones (chemicals) in your blood which causes physical changes, and changes in the way you think and feel.
- It is a process that usually happens between ages 10 and 14 for girls and ages 12 and 16 for boys but it happens at a different age for everyone.

Genitalia

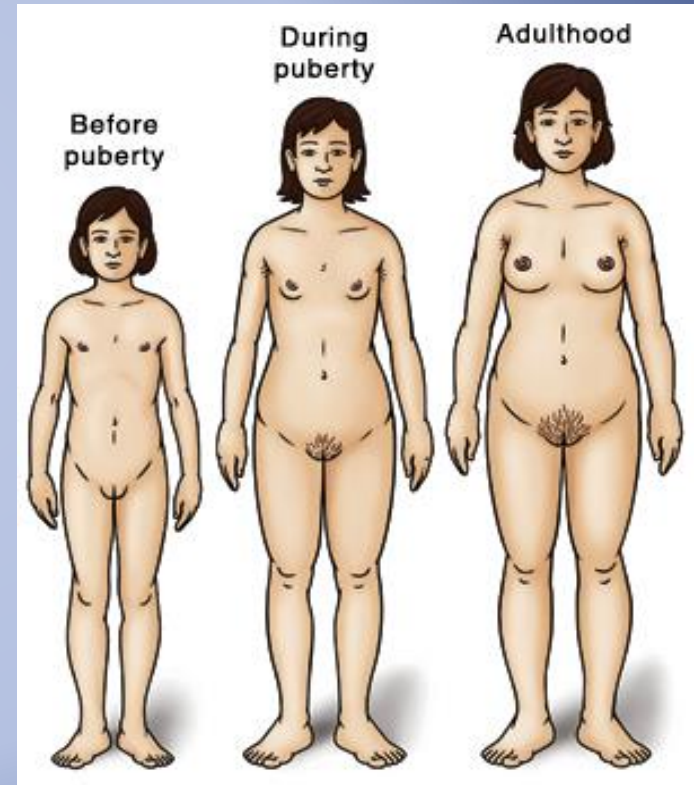
- Children and adults sometimes use lots of different words for genitals, in this lesson we will use anatomic (scientifically correct) words.
- Some slang words (used to name genitalia) can be confusing and are sometimes even rude and disrespectful. Therefore, it is important to only use the anatomic words in our sessions.

Look how we
change.....

BOYS



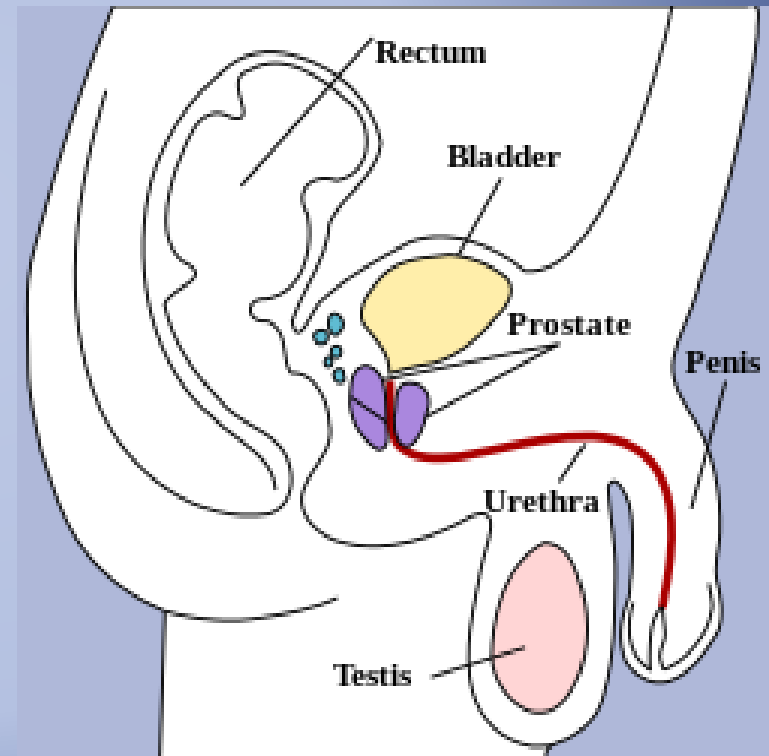
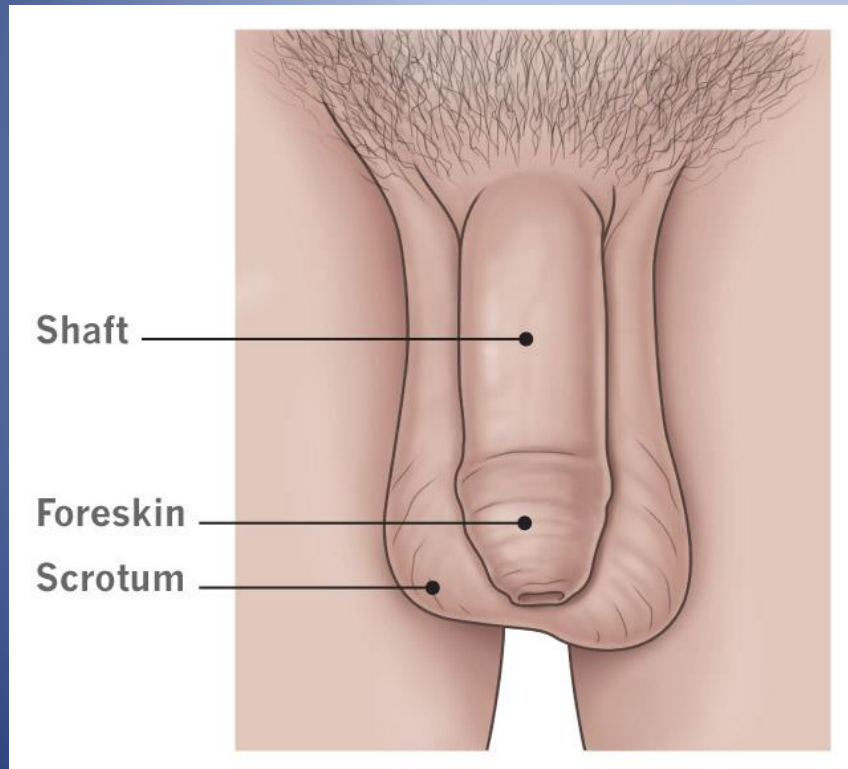
GIRLS



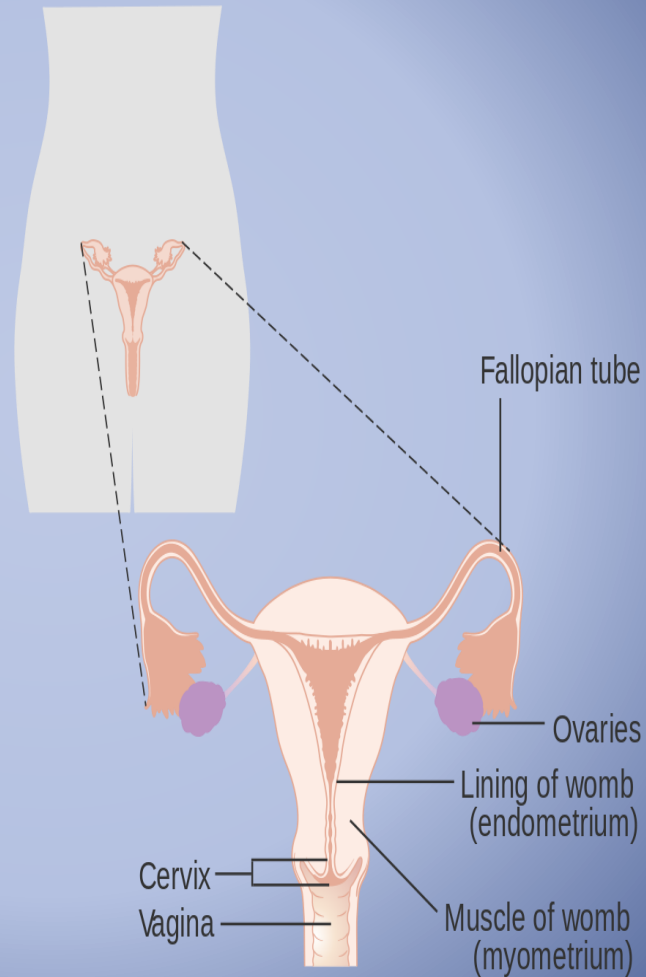
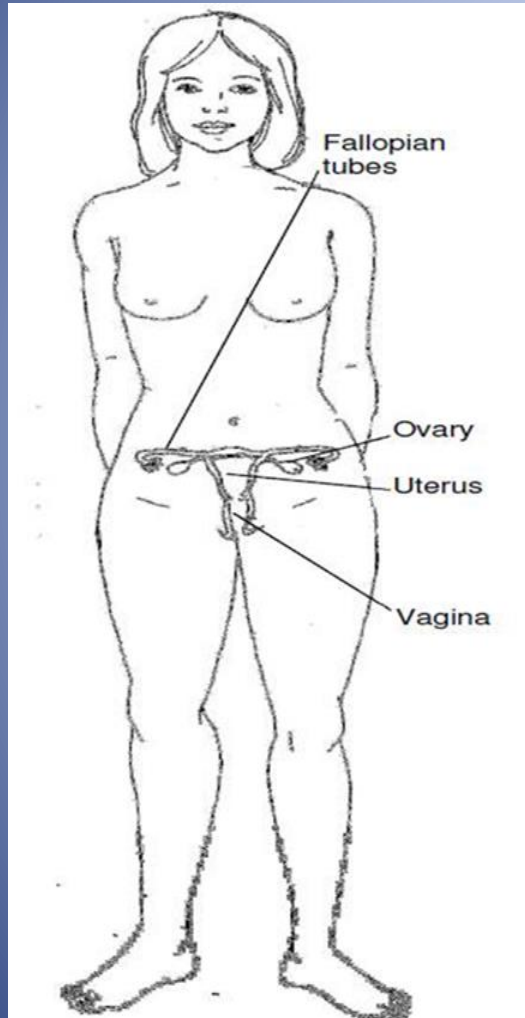
Puberty for Boys and Girls

- Boys begin to develop muscles
- Voice deepens
- Special short hair called pubic hair grows around the private parts
- Boys have a growth spurt, chest broadens
- Penis grows, scrotum reddens.
- Testicles begin to produce sperm
- Hair grows under the arms and on the chest and face.
- Sweat more
- Boys have erections and sometimes wet dreams
- Girls begin to develop breasts, may need to wear a bra
- Special short hair called pubic hair grows around the private parts
- Girls have a growth spurt
- Body shape changes and becomes more curvy
- Start to release microscopic eggs and have periods
- Hair grows under the arms and sometimes on the legs.
- Sweat more
- Start to notice a clear/ whitish sticky fluid on their underwear. This is vaginal discharge.

Boys Genitalia



Girls Genitalia

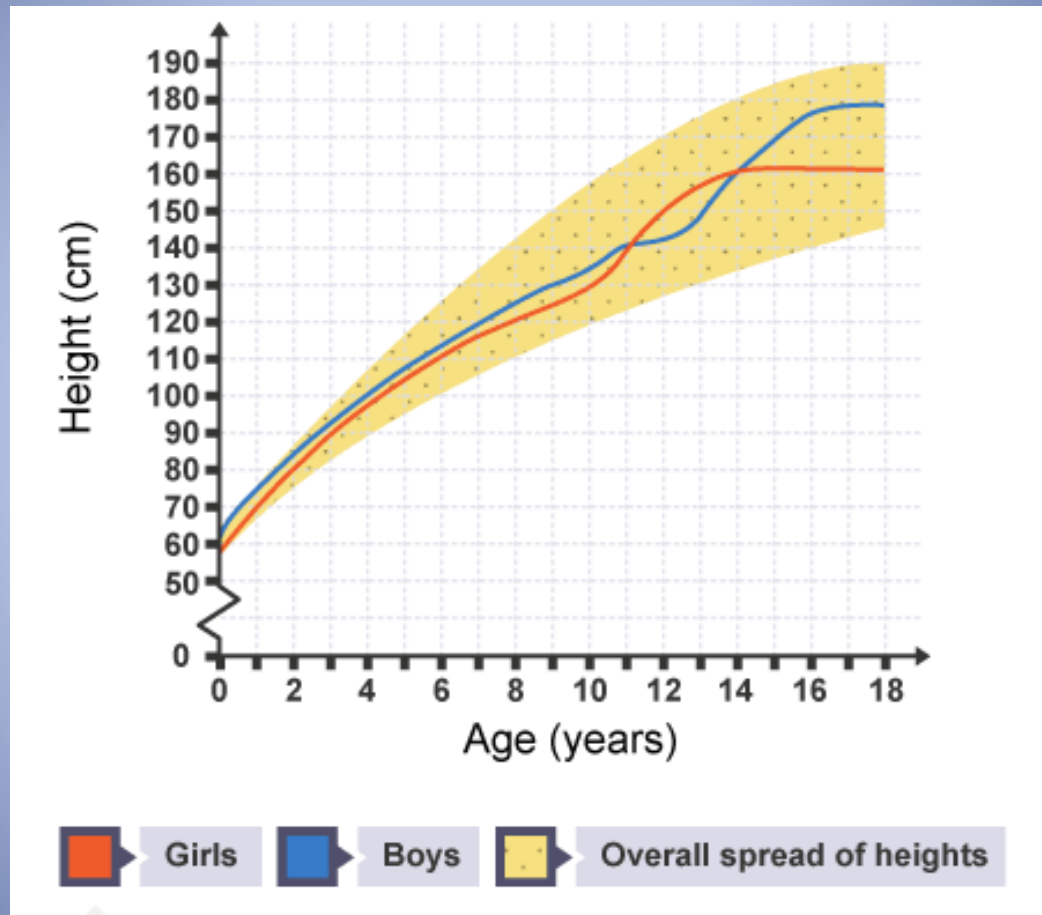


Other Key Vocabulary

Pubic hair: the hair that grows above and around the genitals in young people and adults: it starts to grow during puberty.

Anus: the opening through which faeces (poo) leaves the body.

Growing and Changing



Changes to Expect

Boys only	Boys & girls	Girls only
Voice breaks	Pubic hair grows	Voice deepens gradually
Hair grows on face and body	Underarm hair grows	Hips get wider
Body becomes more muscular	Sexual organs grow and develop	Breasts develop
Testes start to produce sperm cells		Ovaries start to release egg cells - menstruation starts

Activity 1- List It

List some changes that a boy or a girl might experience during puberty.

Activity 2- Ask it Basket- Anonymous questions You want to know the answer to.

BREAKTIME

Activity 3- Agony Aunt

Respond to the questions that children going through puberty have asked- give them advice using what you have learnt in today's lesson.



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Lesson 2: Menstruation and Wet Dreams

Objectives: - key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams.

- strategies to manage the changes during puberty including menstruation.*
- about the physical and emotional changes during puberty*

BOYS - ERECTIONS AND WET DREAMS

- Sometimes when you are least expecting it, the penis will fill with blood and become hard. This is called an erection.
- At night when boys sleep the penis may release sperm, so boys may wake to find pyjamas or the bed may be a little wet or sticky.

THIS IS ALL A NORMAL PART OF PUBERTY

PSHE for SEN - Wet dreams - GCSE PSHE
and Citizenship - BBC Bitesize

Key Vocabulary - Boys

Erections: When a penis is not erect, blood flows in and out continuously, as it does in other areas of the body. When an erection happens, the muscles that allow the blood to flow open up wide to allow more blood to be pumped in, while other muscles close stopping the blood from leaving. This makes the penis become stiff and erect and it stands out from the body. This is called an erection. When the erection is over, the muscles relax and the blood flow returns, making the penis soft again. An erection can last from a few seconds to a half-hour or more, and they can happen any time & from being a baby until they are old. Erections can happen at any time, and may happen unexpectedly. They usually happen when someone has sexy thoughts and feelings but can also happen when the bladder is full of urine, as this affects nerves at the base of the penis. Sometimes erections can happen for no reason & even when someone doesn't want to have them.

Key Vocabulary - Boys

Producing sperm: The testicles make an incredible number of sperms about one hundred million to three hundred million sperm each day. That's about two thousand sperm every second! Once produced, the sperm travel through the epididymis, growing as they go. They travel through the vas deferens (the tube from the testicle that joins the urethra below the bladder) and mix with fluid: this mixture is called semen. Semen is a cloudy, whitish, sticky fluid. Sperm leave the body during ejaculation.

Ejaculation: To ejaculate means to suddenly 'release' or 'to let go', and ejaculation usually happens when the penis is erect. During ejaculation, semen squirts from the opening of the urethra at the end of the penis.

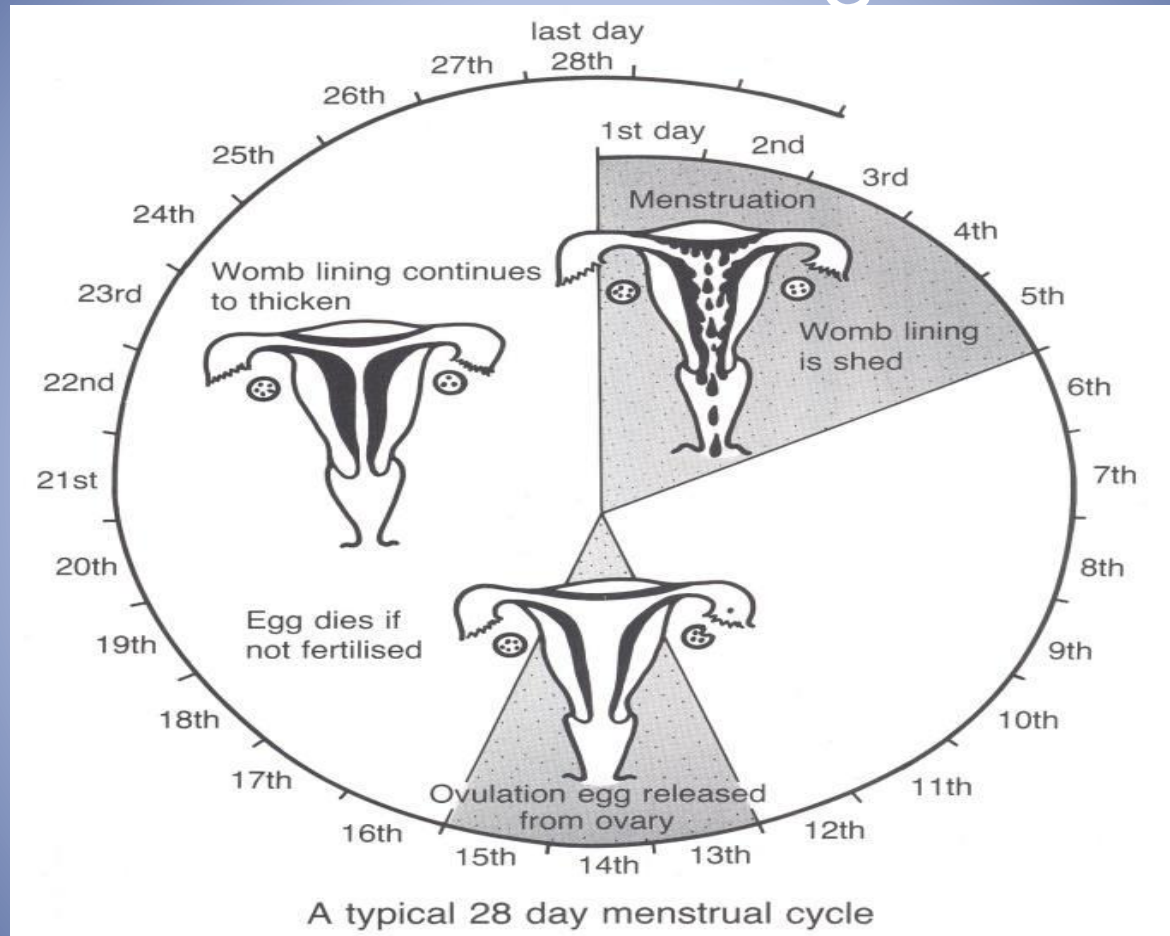
Wet dreams: Wet dreams tend to start during puberty and can happen during an exciting, pleasurable or sexy dream; semen ejaculates during sleep. On waking, there may be some sticky, wet semen on the person's sheets or pyjamas. Wet dreams are perfectly natural; moreover, people's first ejaculation often happens during a dream. It is equally normal to not experience wet dreams at all.

PERIODS... Also called MENSTRUATION



- Once every month (or for some every 28 days) girls will have a period. This is when a small amount of blood passes out from the vagina. This normally lasts for 3-7 days and at first can take a while to settle down to happen regularly each month.
- Girls will need to use a sanitary pad or tampon when they have a period.
- Sometimes girls may have period pain .
- Girls can still exercise, and do most things whilst on a period, nobody need know. But it's good to talk to someone they trust like parents, older sisters, aunts or a teacher if they are worried.

Menstrual cycle



[Additional Information: The Menstrual Cycle - YouTube](#)

PERIODS



Sanitary bins are available in the Y5 and Y6 toilets.

Sanitary products are available in school.



Key Vocabulary - Girls

Pubic hair: the hair that grows above and around the genitals in young people and adults: it starts to grow during puberty.

Urethra: the opening above the vagina of a tiny tube through which urine 'wee' leaves the body

Vagina: a passageway from the uterus to the outside of the body.

Anus: the opening through which faeces (poo) leaves the body.

Uterus: made of strong muscle and hollow inside, it's the size and shape of an upside-down pear and is connected to both the fallopian tubes and the inside of the vagina. This is where a baby grows until it's ready to be born.

Ovary: there are two ovaries: one on each side of the uterus. The ovaries contain eggs or ova.

Fallopian tubes: the passageways through which an egg travels on its way to the uterus.

Menstruation

Menstrual products - pads and tampons: it is best to have a discussion with a trusted grown-up about the best form of period product for you, although it's probably best to start off using pads.

They come in all shapes and sizes, can be reusable or disposable, and are worn outside of the body.

They attach onto a pair of pants and soak up the blood, then are disposed of, or washed (if using reusables) and a new/clean one used.

It is important to change them regularly to avoid leaks and bad odour.

Tampons are worn inside the body and absorb the blood in the vagina. They are made from cotton fibres pressed together, and also come in different sizes.

Tampons are disposed of, and new ones should be used regularly.

REMEMBER!!!

- *Don't worry - all these changes happen to everyone but not all at the same time.*
- *It's all part of growing up.*

Activity 1- Kelly's Diary

Kelly's diary... Last night I was getting ready for bed when I realised I had started my period...

Respond to the extract from Kelly's diary about her worries.

Activity 2-Ali's Story

I woke up this morning and my sheets were wet, I am embarrassed to tell anyone about it and confused- what is happening to me?

Respond to Ali's story- talk about Ali's emotions.



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Lesson 3: Personal Hygiene

Objectives: - the importance of personal hygiene routines during puberty including washing regularly and using deodorant

LOOKING AFTER YOURSELF

- Get plenty of sleep.
- Eat a healthy diet, not too many sweet or fatty foods.
- Keep your body fresh and clean by taking daily baths or showers. Change socks and underwear every day.
- Get plenty of exercise.
- Take care online.
- Talk to someone you know and trust if you have any worries.
- Be your own special unique person.
- Don't be tempted to squeeze spots if you get them. You can use special ointments, skin wash and spot creams to treat them.
- Girls - be prepared for your period, carry sanitary towels/tampons with you .

Oily Hair

- Each strand of hair has its own sebaceous (oil) gland, which keeps the hair shiny and waterproof.
- But during puberty, when the sebaceous glands produce extra oil, it can make young people's hair look oily and greasy.
- Washing hair regularly can help control oily hair. Use warm water and a small amount of shampoo to work up a lather.
- Scrubbing or rubbing too hard doesn't get rid of oil any better and can irritate the scalp or damage the hair.

Skin and Spots

- Our sebaceous glands make more sebum (oil) when we start puberty: causing greasy hair and spots. The sebum can trap dirt, dead skin and germs or bacteria in our hair follicles causing blackheads and whiteheads.
- These spots, 'zits' or 'pimples' can appear on the face, where most sebaceous glands are.
- They can also appear on necks, chest, back or other places. Sometimes the bacteria that live on skin make the spots inflamed and cause red lumps that we call acne.
- Spots are a usual and normal part of puberty, but can be upsetting and embarrassing. Almost everyone will get some spots at some point in their life, and that while some things such as a balanced diet can help to minimise them, nothing can guarantee someone will not get spots.
- If someone does have spots, it does not mean that they have poor hygiene.

Sweat and Body Odour

- Perspiration or sweat comes from sweat glands. During puberty, these glands not only become more active than before, but they also begin to secrete different chemicals into the sweat, causing a stronger smelling odour.
- Armpits might smell more than before. Feet and genitals might also have new smells. The best way to keep clean is to bathe or shower every day using a mild soap or shower gel and warm water.
- This will help wash away any bacteria that contribute to the smells.
- Wearing clean clothes, socks and underwear each day can also help to feel clean.
- Deodorants get rid of the odour of sweat by covering it up, and antiperspirants actually stop or dry up perspiration. They come in sticks, roll-ons, gels, sprays and creams, and are available at any pharmacy or supermarket.

Products we may need to use:



Activity 1- Exploring Products

Look at the items in the basket- what are they and why should they be used?

Activity 2- Label the Diagram

Label the body map diagram to show what can be done to keep these areas clean.



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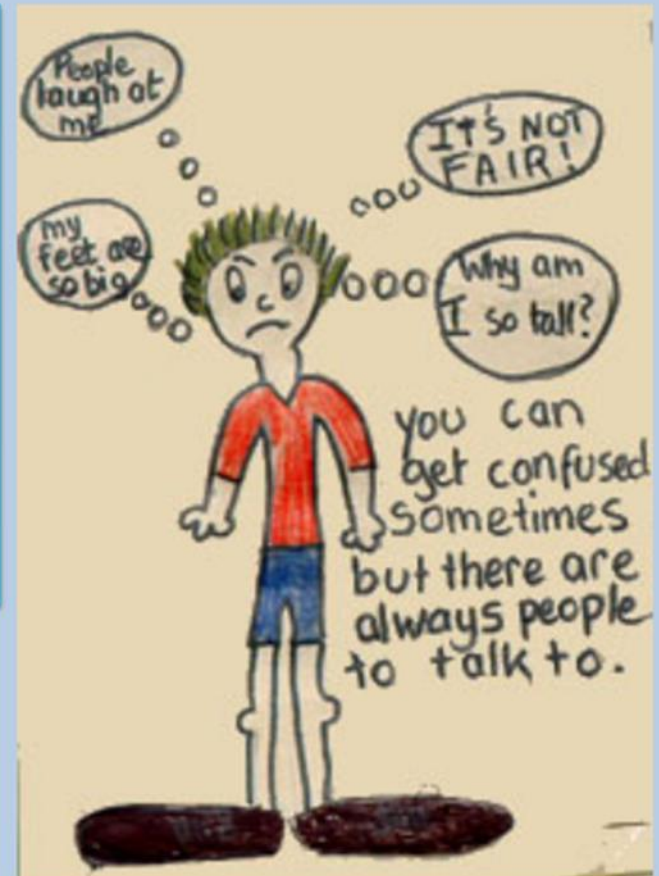
Lesson 4: Feelings and Emotions

Objectives:

- about the physical and emotional changes during puberty
- how to discuss the challenges of puberty with a trusted adult
- how to get information, help and advice about puberty

Emotional Changes (Mood Changes)

- Although puberty refers to the physical changes of the body, there are also many emotional changes taking place, which affect boys and girls



I used to be a really happy person, but now I sometimes feel really angry or fed up about things. My mum says that since I turned 12, I've been very moody, going up and down all the time. Dad keeps telling me to snap out of it. Is this normal and how can I stop it from happening? Taz, age 12

Have you ever felt like Taz?

*What advice can we give to
Taz?*

How can role models affect our health and well-being?

- What is a role model?
- How do the media portray fit and healthy people?
- How might this affect others' feelings about themselves?
- <https://www.youtube.com/watch?v=L6isTxQzjzU&list=PLct19d3Dm92mmMNnQg1fWX7ctmwXCHQ-9xindex=3>

How can our feelings be affected by the use of social media?

- How do you use Snapchat and Instagram?
 - How can these apps affect how others feel about their real-life body image?

FRIENDSHIPS



What can we do if we are worried?

If something we see makes us feel uncomfortable we could:

- speak to a trusted adult at home
- speak to a trusted adult in school
- ring the NSPCC Childline Helpline on:
08001111

Activity 1- Circle of Feelings

On a piece of flipchart paper with the title 'Circle of Feelings' written on it, draw a large circle in the middle. Give each pair a few sticky notes and ask them to discuss all the feelings that a young person might experience during puberty.

Activity 2- Emotional Rollercoaster

On a second piece of flipchart paper, draw a wavy line. Explain that these emotional highs and lows could be likened to a roller coaster ride: one minute you feel really good, happy and 'up', and then seemingly for no reason, you feel fed up and 'down'. The wavy line represents this emotional roller coaster.

ACTIVITY 3:

Boosting self-esteem

[https://www.youtube.com/
watch?v=YVDz--
CVZaUxlist=PLct19d3Dm92m
mMNnQg1fWX7ctmwXCHQ-
9xindex=4](https://www.youtube.com/watch?v=YVDz--CVZaUxlist=PLct19d3Dm92mmMNnQg1fWX7ctmwXCHQ-9xindex=4)

How can you help to boost
your friend's self-esteem?

Who are the people that we can ask for help from?

- Parents/ carers
- Siblings/ cousins
- Trusted adults

REMEMBER YOUR BODY BELONGS TO YOU



WORRIED? WE'RE HERE TO LISTEN

Call Childline on 0800 1111
or visit

<https://www.childline.org.uk/kids>



childline

ONLINE, ON THE PHONE, ANYTIME
[childline.org.uk](https://www.childline.org.uk) | 0800 1111

Whatever your worry, call us
and a friendly person will be there
to listen. It's free, you don't have
to tell us your name, and we're
here all day and night.

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<https://www.ceop.police.uk/safety-centre/>