



What should I already know?

- The body parts of a human including: nipples, penis, testicles, vulva (outer part of the female genitals which includes the opening to the vagina) and vagina.

Strap line

I am aware of personal, social and health needs whilst understanding how to be a good citizen in modern Britain.

Key learning 1: Physical changes during puberty.

- It is initiated by hormonal signals from the brain to the gonads: the ovaries in a girl, the testes in a boy.
- Puberty can occur from 8-18 but this can be different for everyone.
- Female changes include: breasts grow; waist and hips change shape and periods start.
- Male changes include: muscles increase; penis and testicles grow; voice 'breaks' (goes deeper) and Adam's apple grows.
- Changes in both: pubic and body hair grow; body produces more oil leading to greasy hair; spots may develop; more sweat is produced – becoming smellier/body odour develops and grow taller.

Key learning 2: Menstruation

- Starting periods is another change that happens during puberty (usually between 8-16 years old).
- A period is when blood comes out from the vagina, occurring each month and generally lasting a few days to a week (menstruation).
- fertilised it will implant in the uterus, starting a pregnancy and if the egg is not fertilised it will begin to dissolve.
- Wet dreams can sometimes happen during puberty to male bodies. Usually between 9-15 years old, when some white-ish fluid (semen) comes out of the penis (ejaculation) during sleep.
- Wet dreams can also be called nocturnal emission or spontaneous ejaculation and this could be about something sexual or it may not be remembered. Not everyone has these but they can be common and they can happen often or just sometimes.

Technical vocabulary

puberty	Puberty is the process of physical changes through which a child's body matures into an adult body capable of sexual reproduction
hormones	Your body's chemical messengers and they travel in your bloodstream to tissues and organs.
genitals	a person's or animal's external organs of reproduction.
menstruation	the process in a woman of discharging blood and other material from the lining of the uterus at intervals of about one lunar month from puberty
adolescents	the period following the onset of puberty during which a young person develops from a child into an adult.

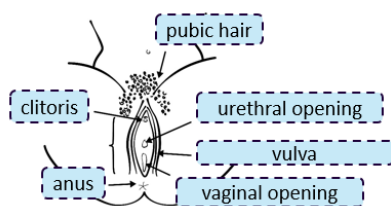
Key learning 3: Personal hygiene

- Personal hygiene is about keeping our bodies clean.
- The skin and scalp may suddenly become oily and new hair grows in different places: pubic hair, hair under the arms; and, in males, more facial and sometimes chest hair as well as other body hair on the back, arms and legs.
- Bodies produce more sweat, and armpits, genitals and feet may smell when they didn't before.
- It is a good idea to wash everyday when going through puberty (using shower gel or soap and warm water. Perfumed soap / shower gel should not be used to wash genitals.
- Wearing clean clothes (including fresh socks and underwear) each day will help with personal hygiene preventing body odour. Also making sure that you have PE.
- Deodorants and antiperspirants can be used to dry up sweat and to smell fresher.

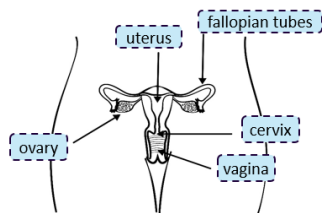
Key learning 4: Emotions and feelings

- During puberty you may feel: up and down, frustration, anger, upset/sad, proud, uncontrollable feelings, overwhelmed, confident, independent/grown up, fancying someone, romantic feelings, confused/unsure or a mix of all these feelings.
- Hormones (special chemicals in the brain) cause the emotional changes during puberty.
- What do we do when our feelings may 'become a rollercoaster': share the feelings with a friend or a trusted adult; listen to music; create a calm space or a box of calm things; doing a hobby or playing sport.

Female genitalia



Female reproductive organs



Male genitalia

