

# PSHE

Year 6

**In personal, social, health  
and economic education**

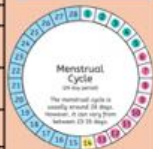
WALT recap our understanding of puberty.

# Key Vocabulary

- Puberty - the period during which adolescents reach sexual maturity and become capable of reproduction
- Reproduction - the production of offspring by a sexual or asexual process
- Hormones - substances made by certain organs and transported around the body to get certain cells or tissues to do their designated job.
- Larynx - the hollow muscular organ forming an air passage to the lungs and holding the vocal cords in humans and other mammals; the voice box.
- Sweat gland - a small gland that secretes sweat, situated in the dermis of the skin.
- Pubic area - the area between your legs
- Breast - part of a women's anatomy designed to feed infants
- Scrotum - a pouch of skin holding the testicles (testes)
- Testicles (testes) - oval shaped organs that hold sperm.
- Sperm cells - one of the two cells needed to create babies
- Penis - the male sexual reproductive organ
- Vagina - opening through which the lining of the uterus leaves the body monthly, and that babies come through during a normal birth.
- Uterus (womb) - an organ inside a woman's body where reproduction happens and where the baby grows
- Ovaries - organs in a woman's body where her eggs are stored and from which hormones are created
- Menstruation (periods) - a monthly event where the soft lining of the uterus (which prepares itself for the potential baby that could grow) leaves the uterus because it isn't needed.
- Fallopian tubes - a pair of tubes along which the egg travels from the ovaries to the uterus.
- Cervix - the narrow passage forming the lower end of the uterus.

**Puberty Recap**

| Key Vocabulary            |   |
|---------------------------|---|
| <b>Puberty</b>            | the period during which adolescents reach sexual maturity and become capable of reproduction.   |
| <b>Reproduction</b>       | the production of offspring by a sexual or asexual process.   |
| <b>Hormones</b>           | substances made by certain organs and transported around the body to get certain cells or tissues to do their designated job.                                 |
| <b>Larynx</b>             | the hollow muscular organ forming an air passage to the lungs and holding the vocal cords in humans and other mammals; the voice box.                         |
| <b>Sweat Gland</b>        | a small gland that secretes sweat, situated in the dermis of the skin.  |
| <b>Pubic Area</b>         | the area between your legs.   |
| <b>Breast</b>             | part of a woman's anatomy designed to feed infants.   |
| <b>Scrotum</b>            | a pouch of skin holding the testicles (testes).   |
| <b>Testicles (Testes)</b> | oval shaped organs that hold sperm.   |
| <b>Sperm Cell</b>         | one of the two cells needed to create babies.   |
| <b>Penis</b>              | the male sexual reproductive organ.   |
| <b>Uterus (womb)</b>      | an organ inside a woman's body where reproduction happens and where the baby grows.   |
| <b>Ovaries</b>            | organs in a woman's body where her eggs are stored and from which hormones are created.   |
| <b>Menstruation</b>       | a monthly event where the soft lining of the uterus (which prepares itself for the potential baby that could grow) leaves the uterus because it isn't needed. |
| <b>Vagina</b>             | opening through which the lining of the uterus leaves the body monthly, and that babies come through during a normal birth.                                   |



**Reproduction**

| Key Vocabulary        |   |
|-----------------------|---|
| <b>Fallopian tube</b> | a pair of tubes along which the egg travels from the ovaries to the uterus.   |
| <b>Cervix</b>         | the narrow passage forming the lower end of the uterus.   |
| <b>Fertilisation</b>  | the action or process of fertilizing an egg or a female animal or plant, involving the fusion of male and female gametes to form a zygote.  |
| <b>Egg Cell</b>       | the female reproductive cell stored in the ovaries.   |
| <b>Embryo</b>         | an unborn or unhatched offspring in the process of development, in particular a human offspring during the period from approximately the second to the eighth week after fertilization. |
| <b>Conception</b>     | the action of conceiving a child or of one being conceived.   |
| <b>Ejaculate</b>      | the release of semen from the male body.  |
| <b>Contraception</b>  | methods of preventing a woman from getting pregnant.  |
| <b>Surrogacy</b>      | when a woman carries and gives birth to a baby for another person or couple.  |
| <b>Foetus</b>         | an offspring of a human or other mammal in the stages of prenatal development that follow the embryo stage (in humans taken as beginning eight weeks after conception).                 |
| <b>Umbilical cord</b> | the long, tube-like structure that connects a baby that has not yet been born to its mother's placenta.   |
| <b>Placenta</b>       | the temporary organ that feeds a foetus.  |



**Safe, Sexual Relationships**

| Key Vocabulary      |   |
|---------------------|---|
| <b>Sex</b>          | physical activity between people involving the sexual organs. |
| <b>Consent</b>      | permission or agreement.                                      |
| <b>Relationship</b> | The way in which two or more people or things are connected.  |
| <b>STI</b>          | A sexually transmitted (passed) infection.                    |



The law around sex is designed to protect individuals, especially young people and vulnerable groups. Consent is a fundamental principle, meaning that everyone involved must give permission to engage in sexual activity.

It is illegal to engage in sexual activity without consent, and it is considered sexual abuse if someone is forced into sexual activity. **The age of consent in the UK is 16**, and it is illegal for anyone to have sexual contact with someone under the age of 13.

Additionally, it is a criminal offence for someone in a position of trust to engage in sexual activity with a person under the age of 18.



# Our PSHE Ground Rules

1. What's discussed now isn't discussed outside the room on the playground.
2. Be respectful of other peoples questions.
3. Only share what you feel comfortable sharing (we won't cold call you or put you on the spot).
4. Laughter is okay (as we all feel uncomfortable talking about these topics) but we do need to learn about them and be as sensible as we can.
5. Please don't share personal experiences or examples, especially not naming names.
6. If anything we talk about worries or upsets you please speak to a trusted adult.

# What do we know about puberty?

In this lesson we will be recapping about how peoples' bodies change as they go through puberty.

On your post it note write down what you already know about puberty. Think back to previous learning about how our bodies change as we grow.

- Throughout this lesson you can write down any questions you have on the piece of paper provided.
- We will give you all time at the end to write any questions.
- To save people feeling it's obvious they've asked something we want everyone to write something even if its just 'I don't have any questions'. This helps people feel comfortable and stay anonymous.
- We will collect your questions and answer them if we can.



# 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.



# So, what sorts of changes should we expect?

How does a boy become a man and how does a girl become a woman?



It helps to know about the changes your body will go through before they happen so you know what to expect.

We are all different but we all go through puberty!

It is important to remember that everyone goes through these changes, no matter who they are, what they are like or where they live.



# Human Development: Puberty

Puberty is the stage of development between childhood and adulthood.

Physical growth occurs so that the body changes to that of an adult, which enables reproduction.

Two parts of the brain – the hypothalamus and the pituitary gland – start to make more of some hormones.

LH is the hormone for growth and FSH is the hormone for hair.



# Key Vocabulary Recap

## GIRLS

**Larynx** – Voice Box

**Sweat Glands** – small organs that produce sweat

**Armpits** – that part under your arm

**Pubic Area** – the part between your legs

**Breasts** – part of a women's anatomy designed to feed infants

Bear in mind, a lot of the female organs are **INSIDE** and cannot be seen.

## BOYS

**Larynx** – Voice Box – 'Adam's Apple'

**Sweat Glands** – small organs that produce sweat

**Armpits** – that part under your arm

**Muscular** – when muscles grow larger

**Pubic Area** – the part between your legs

**Scrotum** – a pouch of skin holding the...

**Testicles (testes)** – oval shaped organs that hold...

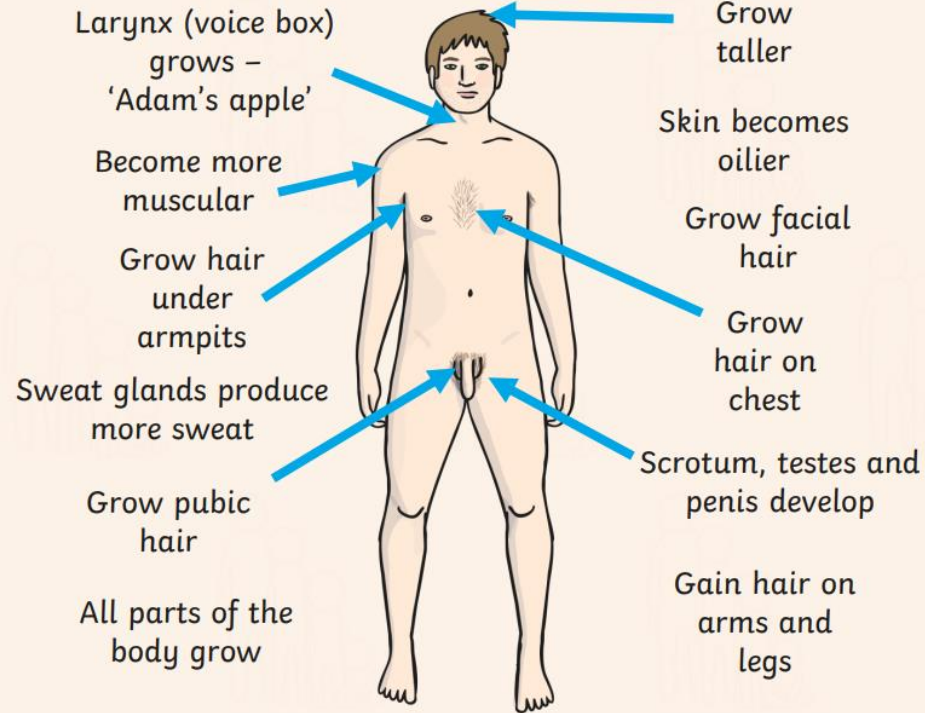
**Sperm** – one of the two cells needed to create babies

**Penis** – male sexual and reproductive organ

# Vocabulary Check Girls

- **Uterus (womb)** – an organ inside a woman's body where reproduction happens and where the baby grows
- **Ovaries** – organs in a woman's body where her eggs are stored and from which hormones are created
- **Hormones** – substances made by certain organs and transported around the body to get certain cells or tissues to do their designated job.
- **Menstruation (periods)** – a monthly event where the soft lining of the uterus (which prepares itself for the potential baby that could grow) leaves the uterus because it isn't needed.
- **Vagina** – opening through which the lining of the uterus leaves the body monthly, and that babies come through during a normal birth.

# Puberty for Boys



Remember that everybody's body looks different!

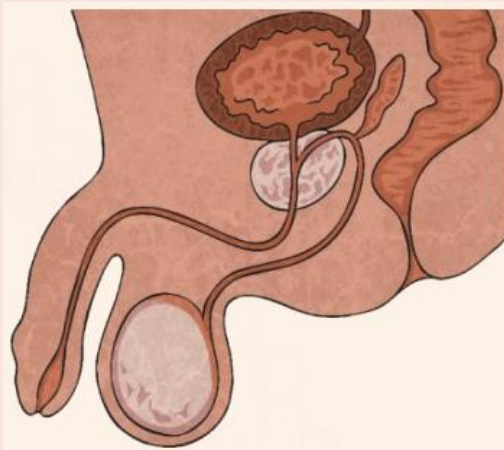
# How Bodies (And Emotions) Can Change During Puberty

**Puberty usually starts between the ages of 9 and 15 in males.**

Facial hair begins to grow.

Boys' voices break and get deeper.

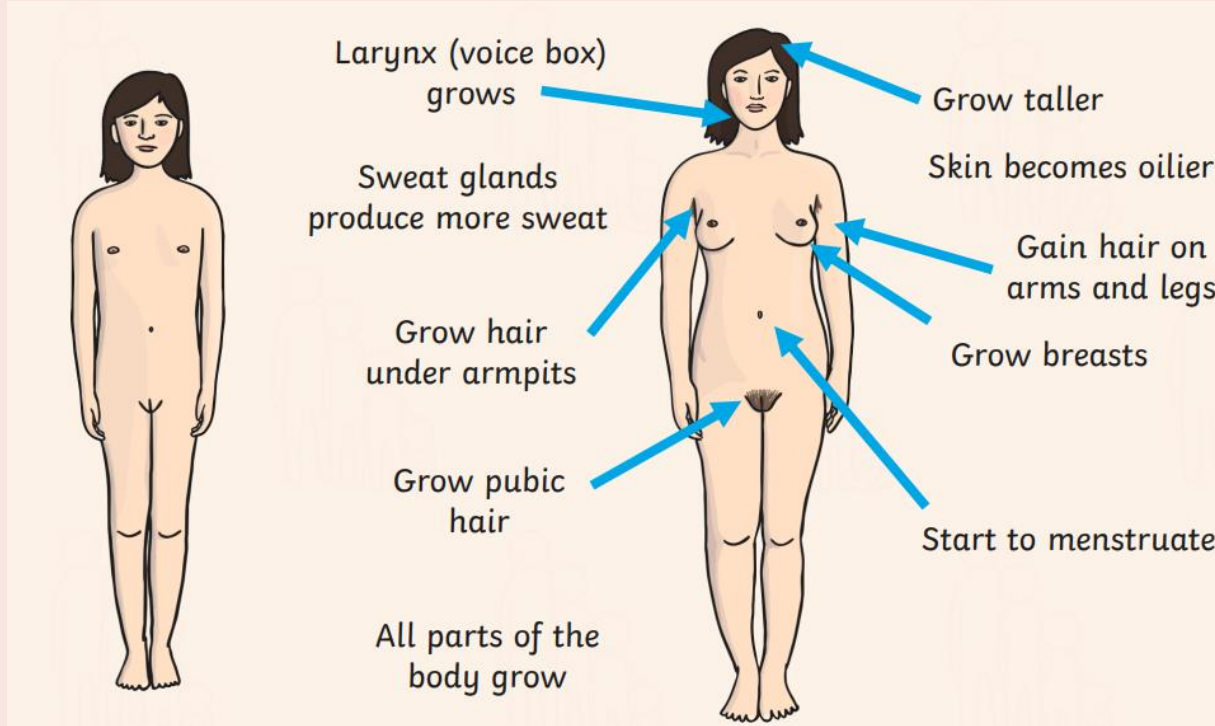
The male body grows taller and broader and becomes more muscular.



Boys' bodies start making the hormone testosterone and sperm in the testes (testicles).

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.

# Puberty for Girls

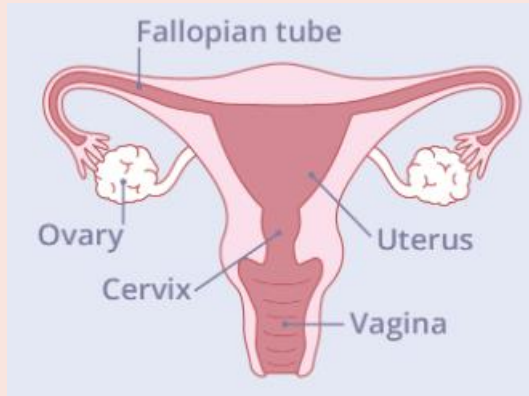


Remember that everybody's body looks different!

# How Bodies (And Emotions) Can Change During Puberty

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

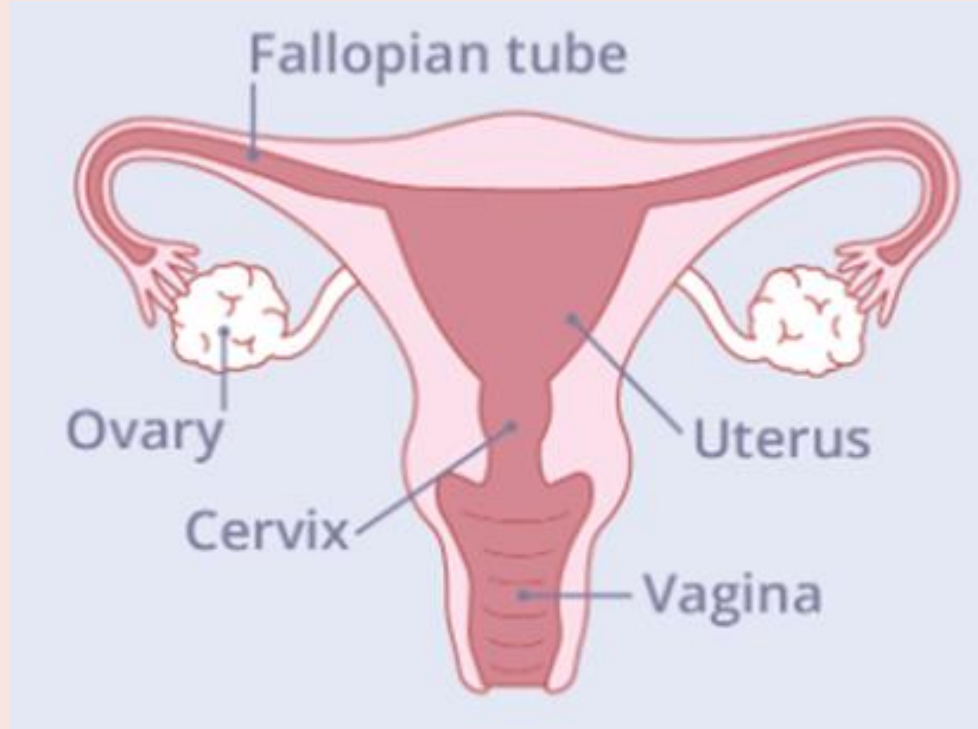
The female body gets curvier, as the hips get wider and breasts develop.



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 makes and stores eggs in the ovaries. When these are not fertilised, they leave the body. This is called menstruation or 'periods'.

# The Female Reproductive System



# What Are Periods?

Periods (menstruation) happen due to the hormones changing in your body.

When puberty is reached, an egg is released each month from her ovaries.

The egg moves from the ovary and along the fallopian tube and down into the uterus (womb).

Even before birth, a girl has 1-2 million tiny eggs (ovum) in her ovaries.

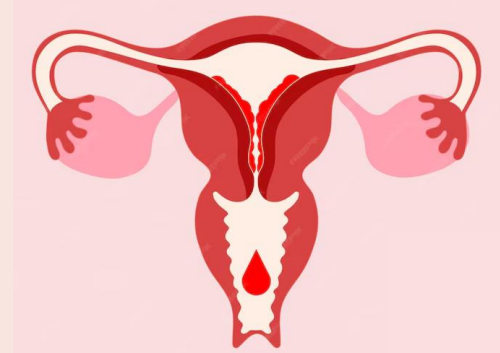
If the egg is not fertilised by a sperm, the lining of the uterus and the egg leaves your body through your vagina; this is called a 'period'.

# Why Do Periods Start?

- Periods are caused by hormone levels changing within your body.
- It is nature's way of preparing your body for having a baby when you are older.
- Periods are a normal part of the female reproductive cycle.
- They are nothing to feel embarrassed about.

# When Will My First Period Start?

- Usually between 10 to 16 years old.
- About 2 years after your breasts develop.
- After you grow pubic hair.
- After you start to notice vaginal discharge.
- Remember that all girls are different!

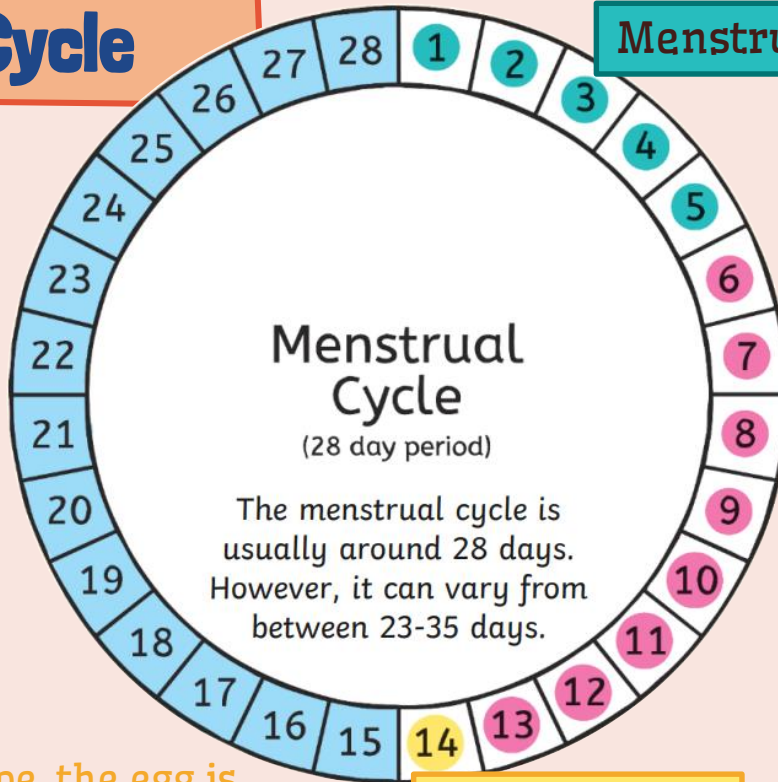


# The Menstrual Cycle

The lining of the uterus will stop developing if the egg is not fertilised.

The cycle will start again.

On day 14, when ripe, the egg is released from an ovary.



On days 1-5 the lining is lost from the uterus. This is called a period.

On days 6-13 the lining of the uterus thickens to be ready to receive an egg. The egg will start to ripen on day 12.

# Symptoms/feelings you might experience

Many girls will experience PMS (Pre-Menstrual Syndrome).  
The symptoms can include:

Difficulty  
concentrating.

Mood swings.

Stomach  
cramps.

Feeling  
bloated.

Tender  
breasts.

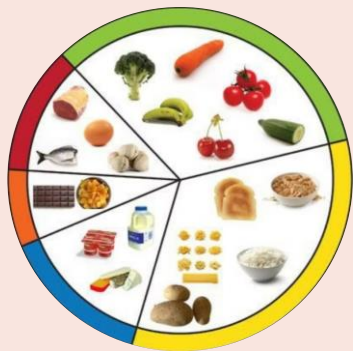
Headaches.

Food cravings.

Spots.

Tiredness.

# Ways to Ease PMS Symptoms



Eat a well  
balanced  
diet.

Take part in  
gentle exercise.



Use a hot  
water  
bottle or  
heat pad.



Have a nice  
warm drink.



Massage your  
stomach.



Have a warm  
bath.

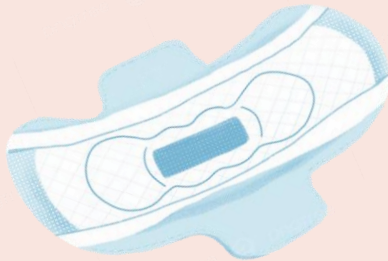
# During Your Period: What Happens?

- Bleeding can last between 3 and 8 days.
- The average blood loss is only around 80ml (roughly 3 tablespoons).
- Your first period may be so light, you may not even realise that you are having one.
- Blood flow may be heavier in the first few days.
- Periods happen once a month but your body takes time to get into a routine so for the first year or so the time between each period may vary.

# During Your Period: Feminine Protection

- There are many different types of protection you can use during your period to absorb the blood and to stop it getting on to your clothes/underwear.
- Some of the same products can also be used for vaginal discharge. It is a personal choice and different for each girl.
- The most common type of protection are:

Sanitary towels.



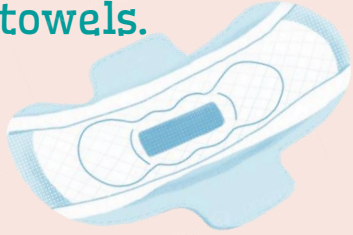
Tampons.



Panty liners.



## Sanitary towels.



These are worn outside of your body in your underwear. There are many different absorbencies depending on how heavy your period is. Some have sticky tabs called 'wings', which help provide extra protection to the sides of your underwear. They should be changed frequently to keep fresh and dry (generally every 4 to 6 hours but more often when your period is heavy).

## Tampons.



These are worn inside your body in your vagina to absorb blood. There are many different absorbencies depending on how heavy your period is. Should be changed regularly (every 4 to 8 hours but more often when your period is heavy). Some come with an applicator to help when inserting them into the vagina. They are good for swimming and other sports, such as gymnastics.

## Panty liners.



These are worn outside your body in your underwear. They are best used: when your period is light; in addition to a tampon; in between periods to absorb discharge; to help keep you fresh every day.

# How Will I Know When My Period Will Start?

- Mark on a calendar the date of your first period.
- Count 28 days from the day of your first show of blood.
- This will give you a rough idea of when your next period will be.
- Be prepared always carry some spare underwear and sanitary towels or tampons in your bag.
- Remember: Periods will not have a set pattern in the beginning. They will eventually settle into their own pattern after a few months or years.

# How Will I Know When My Period Will Start?

- Having a period is a normal healthy thing to happen.
- It can take some time getting used to having periods and feeling confident about dealing with them.
- It is a natural process for every girl/teenager/woman.
- Periods are a sign that your body is working properly; they are a special part of being a female.
- No-one will know that you have your period, unless you tell them.

# 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 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.



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 in particular 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

- 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

Wash well!

Leave spots alone!

Ask for advice!

Use deodorant!

Eat healthy!

Get plenty of sleep!

Wash often!

Chat to friends about the changes!

Wear comfortable underwear!

Get lots of exercise!

Be prepared!

# 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.

# Advice and Support

There might be times, as your body changes, when you have questions you'd like to ask. You might want to talk about the physical or emotional changes you are going through and you might want some advice and support.

Please speak to a trusted adult whether that be a parent, carer or teacher if you have any questions, worries or you just need advice.

# Questions

- Now is the time to write down any questions that you may have.
- To save people feeling it's obvious they've asked something we want everyone to write something even if its just 'I don't have any questions'. This helps people feel comfortable and stay anonymous.
- We will collect your questions and read through them.
- If we cannot answer we won't read it out and recommend that you speak to a trusted adult (parent/carer) at home about your question.
- However, we will do our best to answer all of your questions.

