

## Health and Relationships Framework: Health and Wellbeing

*NB: Some objectives contribute to safeguarding*

Changing Adolescent Body	
Pupils should: <ul style="list-style-type: none"> <li>• Learn the key facts about puberty and the changing adolescent body, particularly from age 9 through to 11 including physical and emotional changes</li> <li>• Learn about menstrual wellbeing including the key facts about the menstrual cycle</li> </ul>	
Upper Key Stage 2	
Year 5	Year 6
<p><b>To learn how their body will, and their emotions may, change as they approach and move through puberty</b></p> <p><b>Example Activities:</b>            Chn label pictures with the name of the stage of development they represent (life-cycle stages). Which stages of development have you undergone? Which ones will you undergo? What is your next stage of development?            Fact or fiction? Do you know your facts about puberty? Are you getting your information from a reliable source or are you starting to believe in fiction?            Share statements with chn and they decide if the statement is fact or fiction, e.g.</p> <ul style="list-style-type: none"> <li>• If you haven't started puberty by the age of 11, there is something wrong (fiction: puberty usually occurs at any time between 11 and 17 but it is different for each person and this is perfectly normal)</li> <li>• Both boys and girls grow more hair on their bodies (fact: both boys and girls develop pubic hair and start to grow hair under their armpits. Overall, boys grow more hair and grow it on more body parts than girls (including the face and chest). However, how 'hairy' a person becomes is based the genes you inherit from your parents)</li> <li>• During puberty, it is normal for your skin to change and you may start getting spots. (Fact: most get some spots during puberty; however, it varies from person to person. Acne is when you have a severe breakout of spots and can be painful. Doctors can help to treat this)</li> <li>• When you go through puberty, your sweat smells (Fiction: sweat does not smell because it is mostly just water. What people refer to as a 'sweaty' smell is actually caused by bacteria on your body mixing with the sweat so that is why it is important to wash and keep clean)</li> <li>• All parts of the body grow at the same rate during puberty (Fiction: all parts of the body grow during puberty but it is not true that they grow at the same rate and the same time. For example, you may notice that you get taller before your feet grow or that you start growing pubic hair before you start getting spots. It's normal for growth to be uneven during puberty)</li> <li>• There is a normal size that breasts (girls) or the penis (boys) have to grow to, otherwise there is a problem. (Fiction: there is a wide range of shapes and sizes for breasts and penises, which are all normal. One of the problems that many teenagers going through puberty face today is coping with the images and messages they get about what is 'normal'. Often this does not match reality. As long as you are developing during this period of your life, then there is nothing to worry about)</li> </ul> <p>Share factual information on 'Puberty' to explain the main changes in this stage of development including the changes to the body for both boys and girls:            Boys: Larynx (voice box) grows – 'Adam's apple', sweat glands produce more sweat, grow hair under armpits, skin becomes oilier, grow pubic hair, all parts of the body grow, grow taller, grow facial hair, grow hair on chest, gain hair on arms and legs, scrotum, testes and penis develop, become more muscular.            Girls: Boys: Larynx (voice box) grows, sweat glands produce more sweat, grow hair under armpits, skin becomes oilier, grow pubic hair, all parts of the body grow, grow taller, gain hair on arms and legs, breast develop, menstruation begins.</p>	<p><b>To learn how their body will, and their emotions may, change as they approach and move through puberty</b></p> <p><b>Example Activities:</b>            Recap learning from Year 5 - Write down what you already know about puberty. Think back to previous learning about how our bodies change as we grow. Provide chn with pieces of paper and invite them to write down any questions they have about puberty that they would like answered in this lesson, or at a later date.            Chn to list the changes that they think people might go through during puberty then partner talk about changes listed.            Which changes do you think both males and females go through during puberty?            How might young people feel when their body starts to change?            Apart from when you were a baby, this is the time when your body will grow the fastest.            How does a boy become a man and how does a girl become a woman?</p> <p>Remind the chn that 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 but some changes differ between boys and girls/males and females.</p> <p>Boys:            Remind chn that puberty usually starts between the ages of 9 and 15 in males. Boys might notice that their penis sometimes becomes hard. This is called an erection. It can be embarrassing but it is completely normal and it will happen less and less as you get older. Facial hair begins to grow. Boys' bodies start making the hormone testosterone and sperm in the testes (testicles). Boys' voices break and get deeper and the male body grows taller and broader, and becomes more muscular.            Males 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.</p> <p>Girls:            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. The female body makes and stores eggs in ovaries. When these are not fertilised, they leave the body. This is called menstruation or 'periods'.</p> <p>Remind chn that 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 and these include: the hormones stimulate the glands in your skin, including the sweat glands under your arms. This can cause body odour. Some young people develop acne (pimples or spots), as their skin gets oilier. These might be on the face, upper-back, or upper-chest. Under-arm hair and pubic hair (hair around the genitals) begins to grow.</p> <p>Discuss the importance of finding out about your own body and feeling comfortable with it.            Remind chn that these changes happen at different times in 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!</p> <p>Chn to think about all the changes peoples' bodies go through during puberty, and work in a small group to think of ways that young people can look after their bodies as they are changing.            Chn to share the ways they suggested that young people could look after their bodies during puberty.</p> <p>Remind chn that their body – before it changes, during puberty and after it has changed – is THEIR body.            They have the right to protect themselves against any inappropriate or unwanted contact and others should respect them and their body.            If they ever have any concerns about someone wanting to do something to their body, they should report it to an adult they trust and they could advise and give the help and support they need.</p> <p>Chn to create a fact sheet to give advice to others about how to look after their bodies during puberty. They should:</p> <ul style="list-style-type: none"> <li>• make the fact sheet colourful and eye-catching</li> <li>• try to include a message about inappropriate or unwanted contact</li> <li>• make sure accurate, useful information is included</li> <li>• think about the layout and include pictures, captions and text boxes.</li> <li>• consider the audience - will the fact sheet be aimed at girls, boys, or both genders?</li> <li>• try to include at least three tips for looking after their body as it changes.</li> </ul>