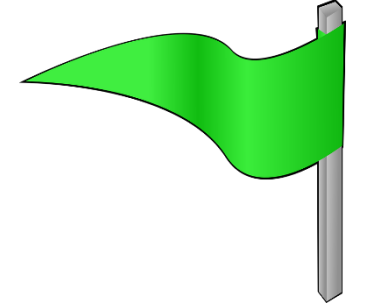


Growing and Changing

Growing and changing. What's our starting point?



-  Draw a person about the same age as you.

Think about the changes that will happen to that person as they become a teenager.

-  Write the changes around your picture.

Keep this safe for later! We'll come back to it at the end of the session.



What is puberty?

Puberty is the time when your body changes from being a child to a young adult.

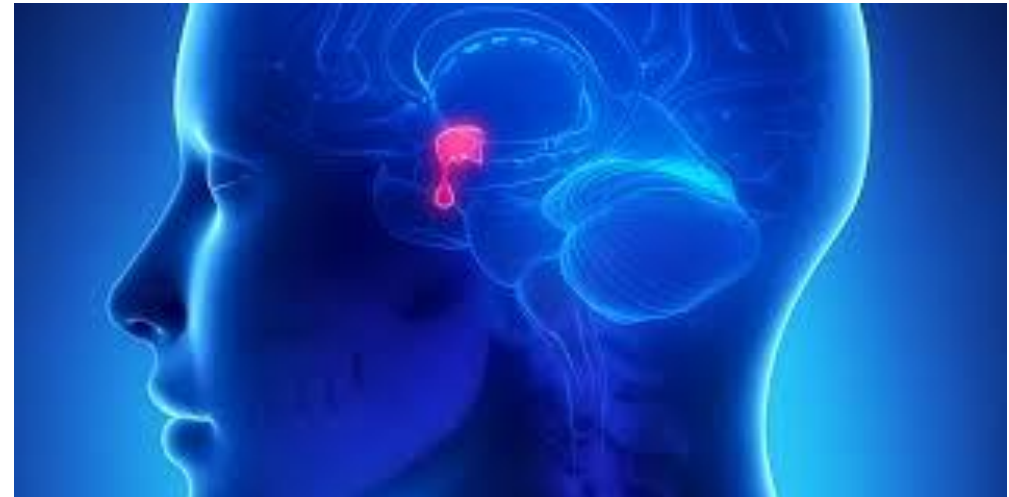
Puberty usually happens between the ages of 8 and 18 years old.

Hormones

Puberty starts when extra amounts of chemicals called hormones start to be produced in the body.

The body produces the hormones OESTROGEN, PROGESTOGEN and TESTOSTORONE which are responsible for many different changes in the body.

The brain and pituitary gland release the hormones that regulate the reproductive organs.



Emotional Changes

Your mind and feelings change too.

- You may feel lonely and confused.
- You may have mood swings (including irritability, tearfulness, overwhelming happiness and confusion).
- You may want more independence.
- You may also become argumentative and bad tempered.
- You may love your friends or family at times and not want to have anything to do with them at other times.
- Sometimes you may feel like a grown-up, other times like a kid.

Conflict with parents

Homework

Clothes

Games consoles (i.e. Wii, X-Box, Playstation)

Internet usage

Music choices and volume

Friends

Bedroom

Choice of leisure activities

Getting along with family

Keep them involved, tell them how you are feeling about things.

Ask their advice, listen and if you disagree tell them why.

Accept that they have the right to lay down some rules, be willing to meet them halfway.

Try not to lose your temper, if you show them you can accept when they say no, may be they will be willing to say yes in the future.

When going out, tell them where and with who, agree a time when you will return and ALWAYS let them know if you are going to be late.

Help more around the house, without waiting to be asked!

Feelings and emotions

Hormones, which are special chemicals in the body, change the body's physical appearance. They can also affect how people's emotions.

 On a piece of paper, write out different emotions or feelings someone might have during puberty.

Once you have done this, cut these out so that each feeling is on a separate piece of paper.



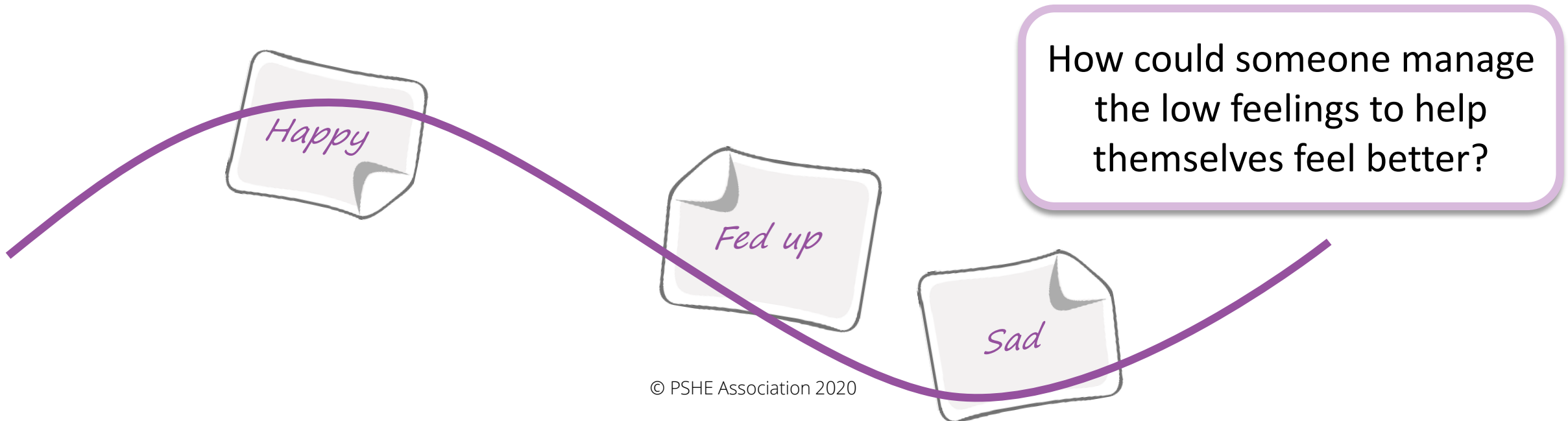
An emotional rollercoaster



On a new piece of paper, draw a wavy line like the one below.

Sometimes feelings can change quickly during puberty, one minute a person can feel really happy (or up) and the next they can feel really sad (or low.)

Arrange the emotions and feelings you wrote out earlier on the line. Which feelings are high up? Which feelings are low down? Are there any somewhere in the middle?





Changes during puberty

Puberty for Girls

Get taller and heavier

Bones grow bigger and heavier

Hips get wider and more curvy

Face changes shape

**Hair grows under the armpits,
around the genitals (pubic hair)**

**Hair on arms and legs grows
darker**

Breasts and nipples get larger

Body sweats more

**Internal and external female
organs grow**

May have mood swings

Puberty for Girls

Your genes determine the size and shape of breasts.

The first thing you may notice is a bump behind the nipple.

Then there will be swelling underneath

The nipple area gets darker.

Breasts grow slowly and one side may be bigger for awhile.

They may feel sore at times while they are developing.

Puberty for Girls

Periods are caused by hormone levels changing within your body.

It is nature's way of preparing your body for having a baby.

Periods are part of the female reproductive cycle.

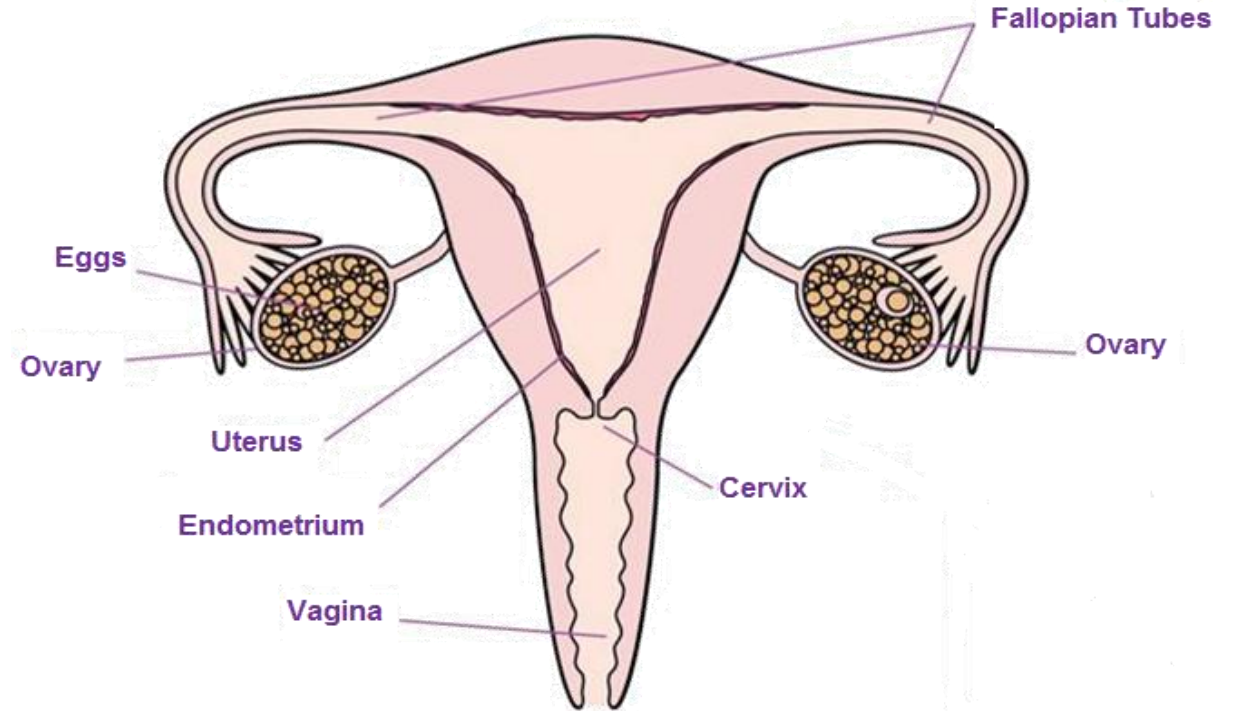
Puberty for Girls

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

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

It travels along the fallopian tube and down into the (womb) uterus.

If the woman does not become pregnant, then the lining of the uterus and the egg leave your body through your vagina; this is your period.



The menstrual cycle

The menstrual cycle is usually 28 days.

However it can vary from between 23-35 days.

Bleeding can last between 3 and 8 days.

Blood flow may be heavier in the first few days.

The average blood loss is only around 80ml
(roughly 3 tablespoons).

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.

The menstrual cycle

Mark on a calendar the date of your first period.

Count 28 days from the day of your FIRST blood show, this will give you a rough idea of when your next period will be.

Always carry some spare knickers and sanitary towels in your bag (in school there are always sanitary towels available from your classrooms or from any female member of staff).

REMEMBER periods will not have a set pattern in the beginning, they will eventually settle into their own pattern.

The menstrual cycle

Many girls will feel PMS (premenstrual syndrome), symptoms can include:

Tender breasts

Tiredness

Headaches

Spots

Mood swings

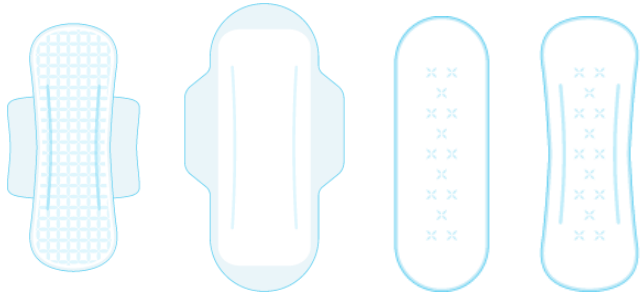
Food cravings

Stomach cramps

Difficulty concentrating

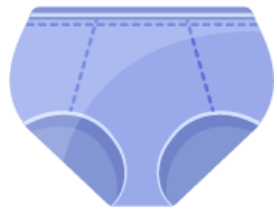
Feeling bloated

Clara is in Year 6. Can you think of any products she might use to help manage her periods?



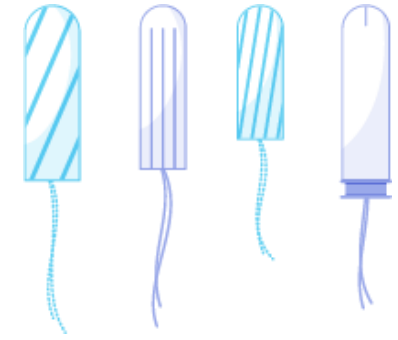
Clara could use a **pad**.

These come in different shapes and sizes and are worn outside the body. Some are reusable and can be washed. Others are disposable.



Clara could use a **period pants**.

These are absorbent and are worn like normal underwear. They can be washed and reused.



Clara could use a **tampon**.

These come in different shapes and sizes. Sometimes they have applicators, and they are worn inside the vagina. They need to be removed and disposed of regularly.

Clara could use a **menstrual cup**.

These are worn inside the vagina to catch blood and can be emptied and reused.



Sanitary Towels

Worn outside your body, in your underwear.

Many different absorbencies.

Wings provide extra protection.

Change frequently to keep fresh and dry
(generally every 4-6 hours, more often when your period is heavy).

They will start to leak if you don't change them!



True or false?

Read the statements below and decide if you think they are true or false.
Click on the statement to reveal the correct answer.

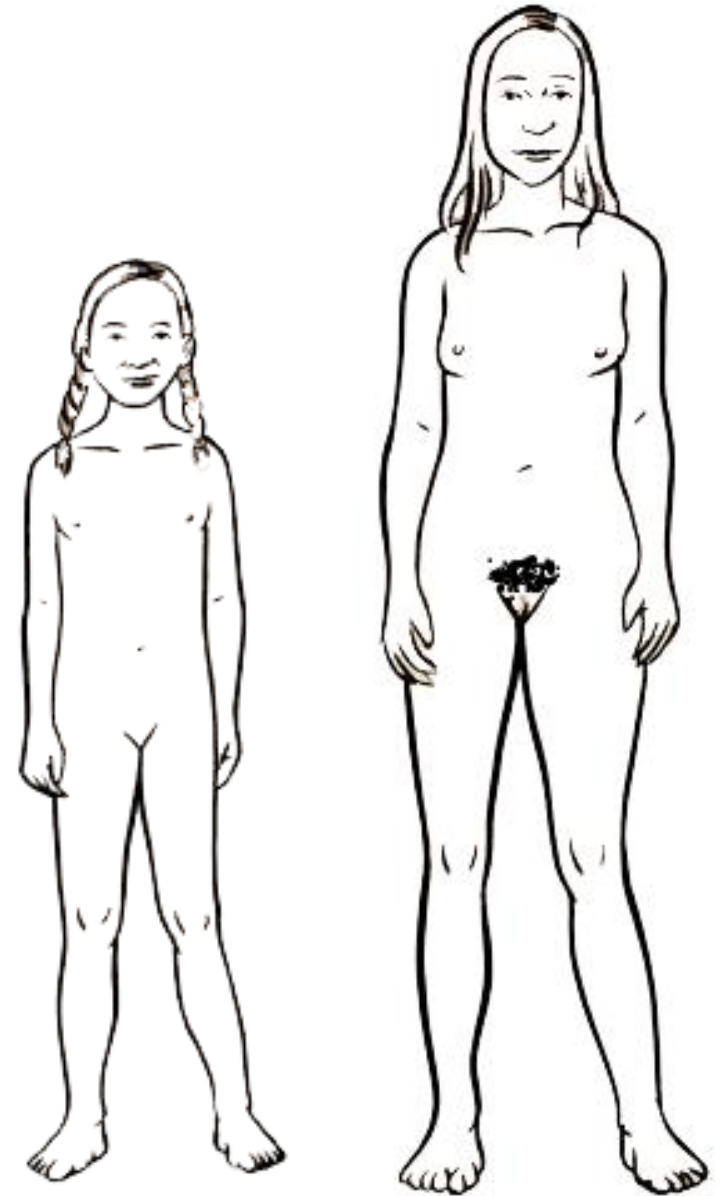
Puberty is when a person's body changes from being a child to being an adult.

Puberty starts at the same time for everyone.

The changing body

Females:

- Grow breasts
- Hips and waist change shape
- Grow pubic hair
- Grow taller
- Get spots and sweat more
- Get oilier skin and hair
- Get a deeper voice

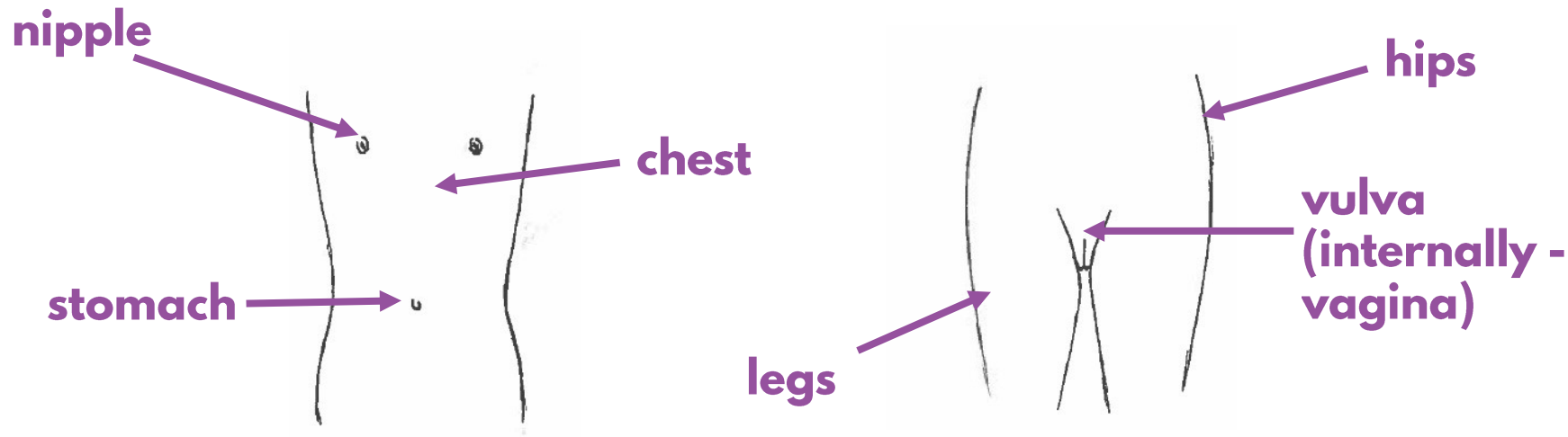


Parts of the body

When we talk about parts of the body, we sometimes use special words with our families, everyday slang words or scientific words.

This can make it confusing to figure out if we mean the same thing. We are going to use **scientific** words to describe body parts.

How many parts can you name in the pictures below?



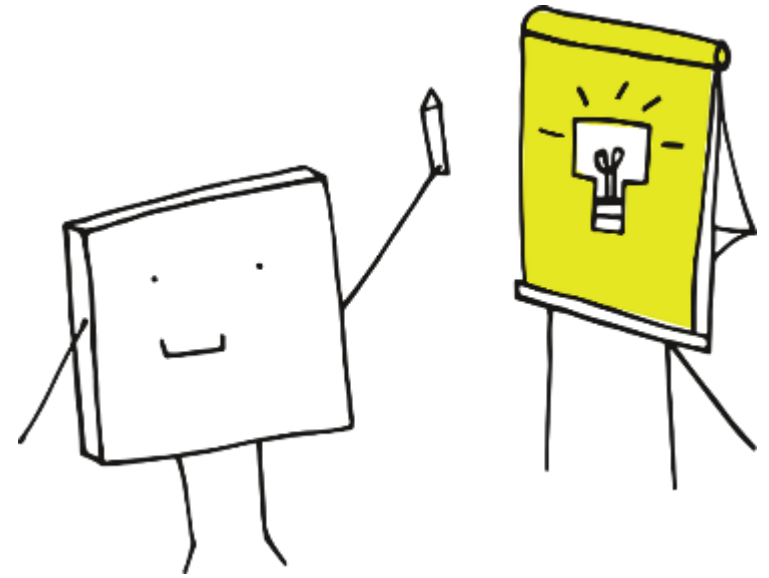
Click each part to reveal the correct names

Growing and changing. Where are you now?

Look back at your picture of a person about your age from when we began learning about puberty in this session.



Can you add to or change anything that you have written around the person, about the changes that might happen to them as they grow up?



What body parts do you think someone going through puberty might need to pay special attention to while keeping clean?



Draw a person and write your answers around them, or discuss with a parent.

Hair

During puberty hair can get oilier.
Washing hair with warm water and a small amount of shampoo can help to control oil.

Sweat and body odour

During puberty sweat glands become more active than before and sweat can smell stronger.

Showering or bathing everyday using warm water and a mild soap or shower gel can help keep the smell and bacteria under control. Wearing clean clothing can also help to keep clean.

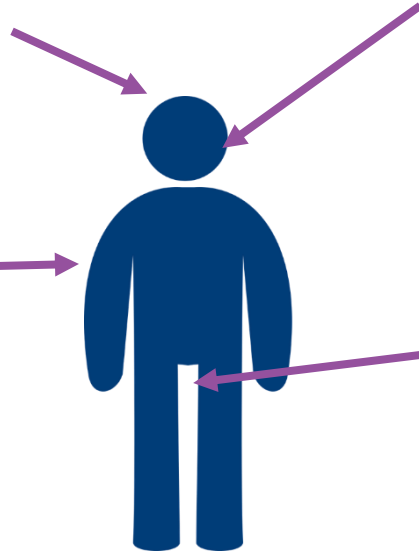
Deodorants cover up the smell of body odour and anti-perspirants reduce sweating.

Skin and spots

Skin also gets oilier during puberty. Sometimes this oil traps dirt or germs. While they can be upsetting and embarrassing, they are a normal part of puberty. Everyone will get them at some point in their life, it doesn't mean they have poor hygiene!

Washing genitals

The vulva: Washing the outside part of the vulva with an unperfumed soap every day can help to keep it clean. The inside of the vagina can clean itself and this does not need washing, and cleaning inside can cause irritation.



How often should a person do each of the activities below?

Click each of the headings to reveal answers.

Activities

- Washing hair
- Brushing hair
- Brushing teeth
- Showering or bathing
- Putting on deodorant
- Changing underwear
- Washing PE kit
- Wash day-to-day clothes

Every day

A few times a week

Once a week

Sometimes a person might need help and support to manage their feelings during puberty.

Which of the options below do you think would be most helpful to manage each of the situations?

Options:

- Talking to a friend
- Talking to a family member
- Visiting Childline for advice, and using services such as 'Ask Sam' on their website
- Reading a book about it
- Doing nothing
- Something else (if you have any other ideas, discuss these with a parent or someone at home)

Situations:

A Cameron keeps feeling really angry about little things. She shouted at her mum and now she's upset.

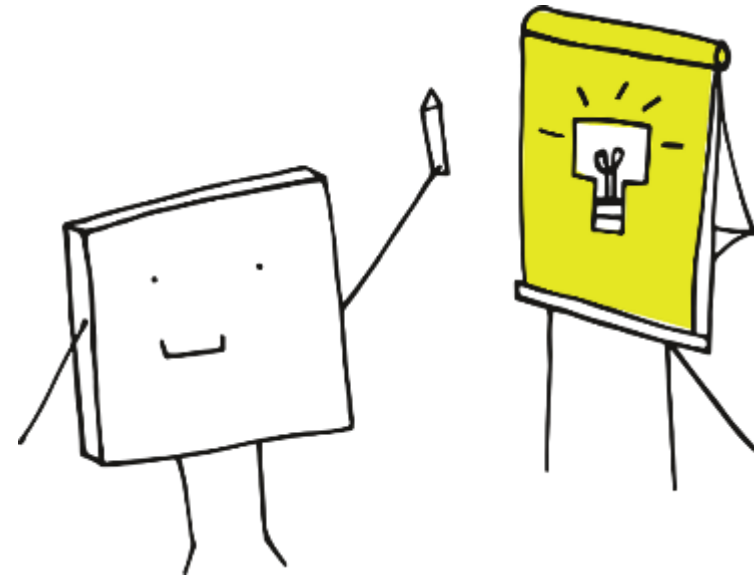
B Devan is worried about the changes that might happen to their body.

Growing and changing. Where are you now?

Look back at your mind map
from the start of the session.



Can you add to or change
anything that you have written
about managing the challenges a
person might experience during
puberty?



Remember!

If you feel worried about puberty or what you have learned during this session, talking to an adult you trust is one of the best ways to find help.



Talk to a trusted adult at home

ChildLine: www.childline.org.uk
0800 1111

If you want to talk to someone other than a parent:

ChildLine can help. See:
<https://www.childline.org.uk/get-support/> or phone 0800 1111