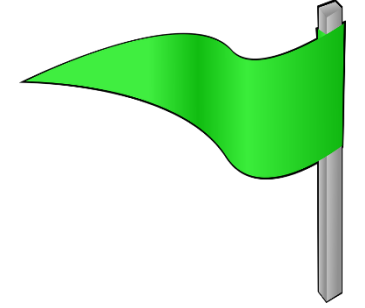


Growing and Changing

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.

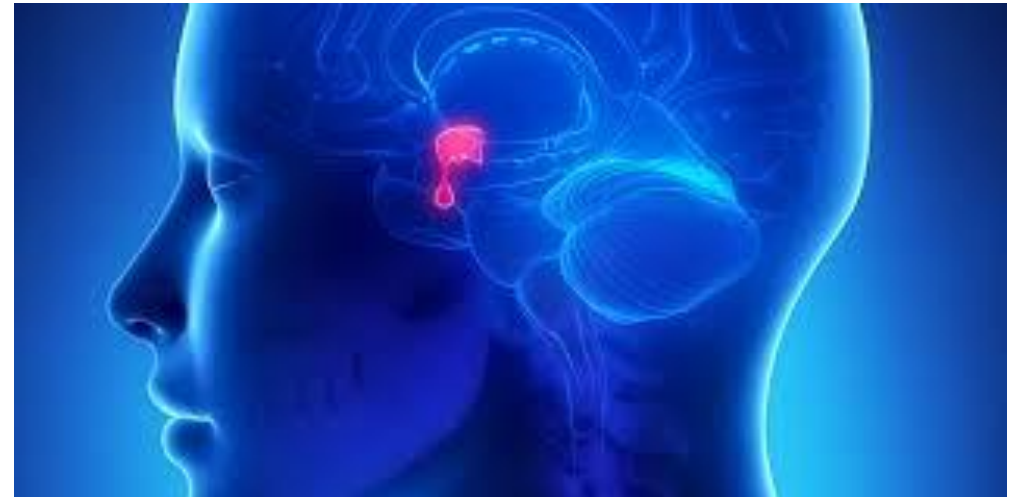
Puberty usually happens between the ages of 8 and 18 years old.

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.



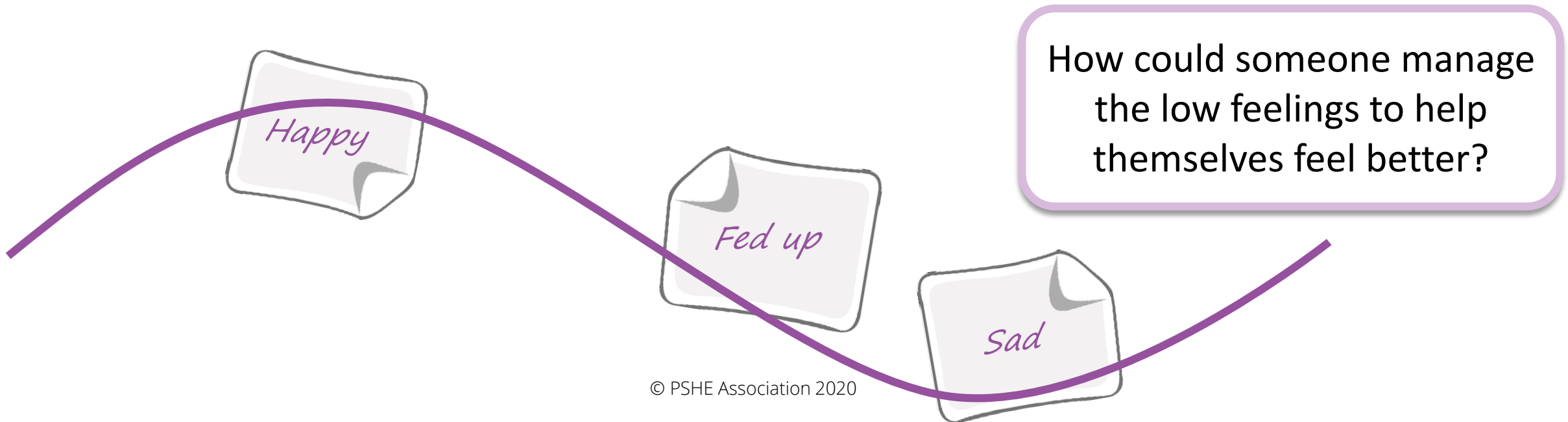
An emotional rollercoaster



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 Boys

During puberty you will:

- Grow taller and heavier
- Bones grow bigger and heavier
- Nose and jaw get bigger and face gets longer
- Get more muscles
- Hair and skin can become oily and you may get spots
- Body sweats more
- Hair grows on the face, under the armpits, around the genitals (pubic hair).
- May get more hair on arms, legs and chest.
- Voice gets deeper
- Penis and testicles grow bigger and longer
- May have mood swings

Puberty for Boys

Your penis and testicles will grow bigger and longer. Sometimes one testicle grows faster than the other, and it is natural for one to hang lower than the other.

Pubic hair, will also start to grow at the base of the penis. As you get older, this hair will grow thicker and courser.

Penises come in all shapes and sizes and all are very different. Your penis also doesn't stop growing until you reach the ages of 18 to 21.

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.

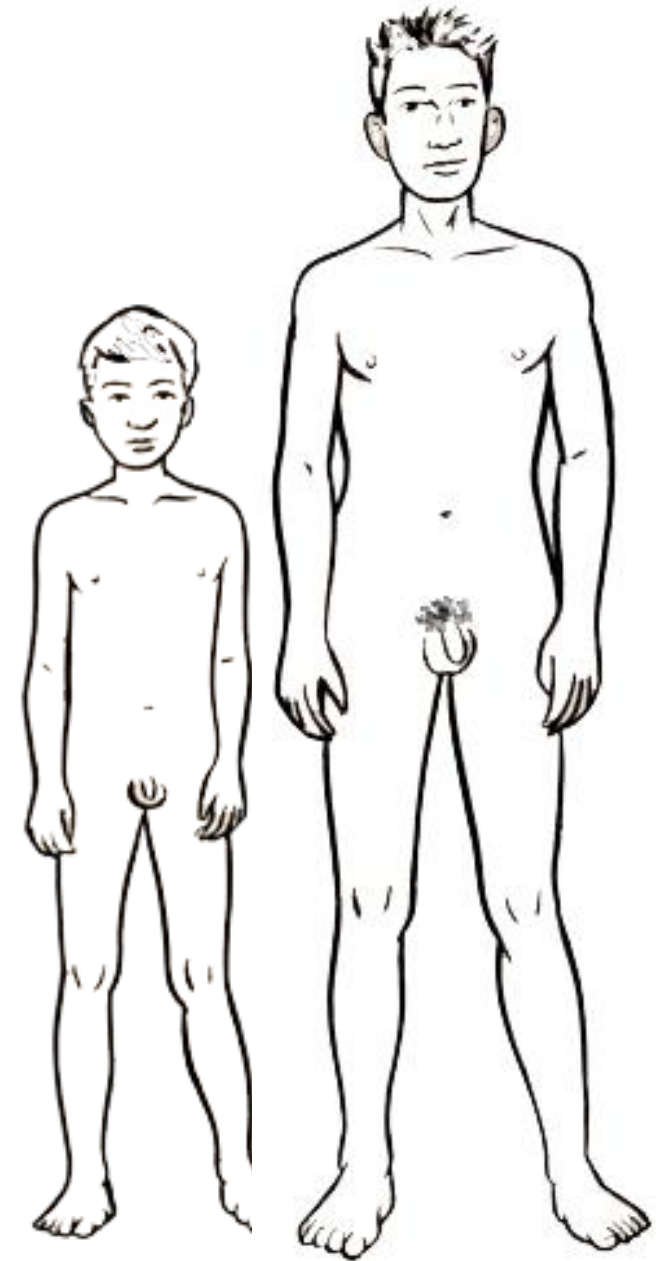
Puberty is when a person's body changes from being a child to being an adult.

Puberty starts at the same time for everyone.

Your changing body

Males:

- Muscle increases
- Penis and testicles grow
- Grow pubic hair
- Grow taller
- Get spots and sweat more
- Get oilier skin and hair
- Get a deeper voice

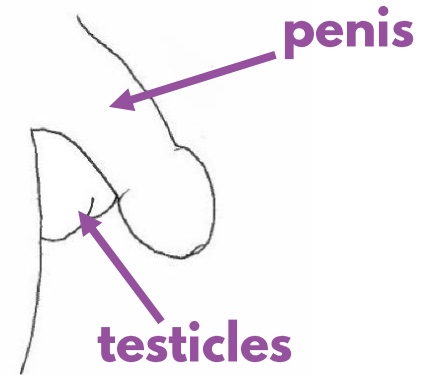
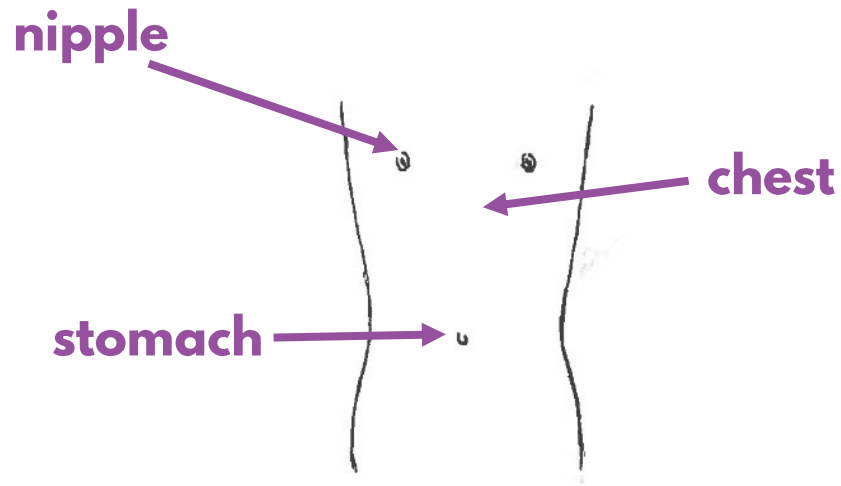


Parts of the body

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

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.

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.

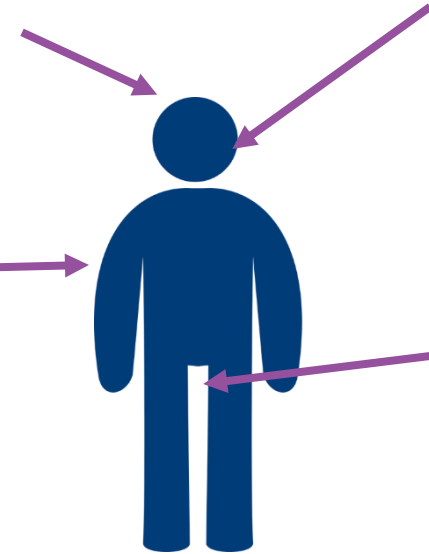
Deodorants cover up the smell of body odour and anti-perspirants reduce sweating.

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 penis: Gently washing the penis with warm water and soap each day keeps it clean. If the penis has a foreskin, this should be gently pulled back and washed underneath. This prevents the build up of too much *smegma*, a cheesy-looking substance that can start to smell and build up bacteria.



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:

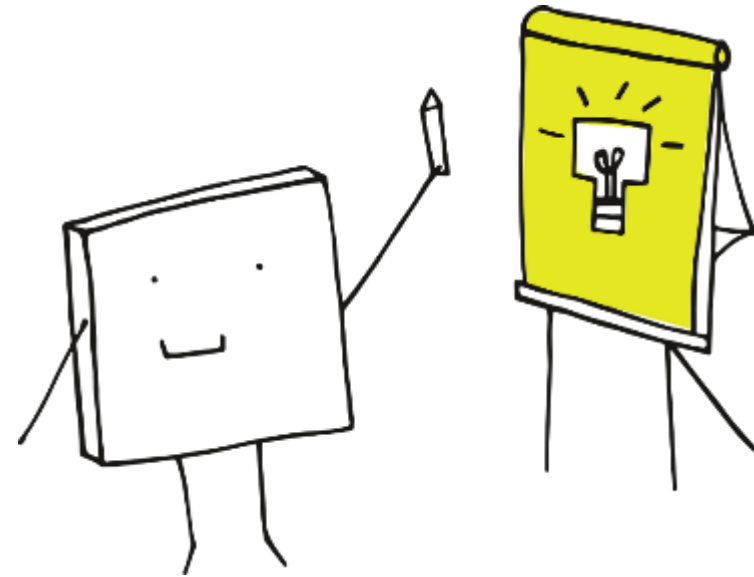
A Cameron keeps feeling really angry about little things. She shouted at her mum and now she's upset.

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

Growing and changing. Where are you now?

Look back at your picture 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