

Can I understand how a girl's body will change during puberty?

## Ground rules for our PSHE lessons

### Respect privacy

We can discuss examples, but don't use names or descriptions that identify anyone, including ourselves. We never put anyone 'on the spot'.

### Listen to others

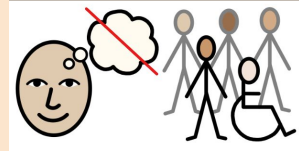
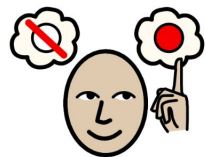
It's okay to challenge a view or disagree, but we listen properly before making assumptions or deciding how to respond. Everyone has the right to feel listened to.

### No judgment

We can explore beliefs and misunderstandings about a topic without fear of being judged.

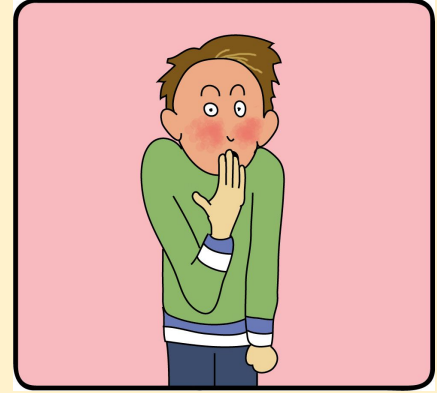
### Right to pass

Every student has the right to choose not to answer a question or join in the discussion if a topic makes them uncomfortable.



LI: Can I understand how boys' bodies change during puberty?

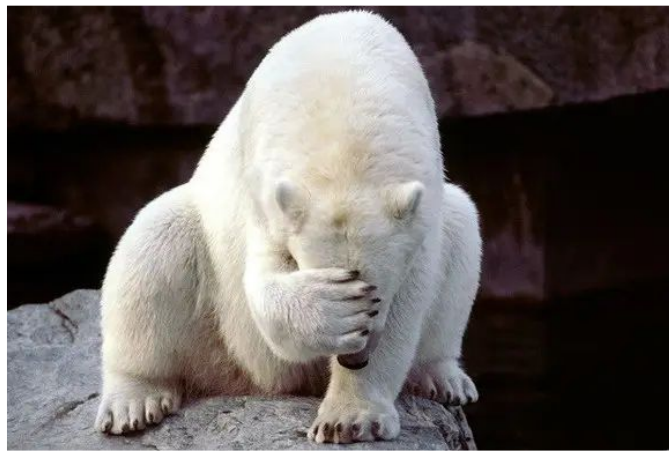
What makes you **embarrassed**?



Can you think of a situation or example?

LI: Can I understand how boys' bodies change during puberty?

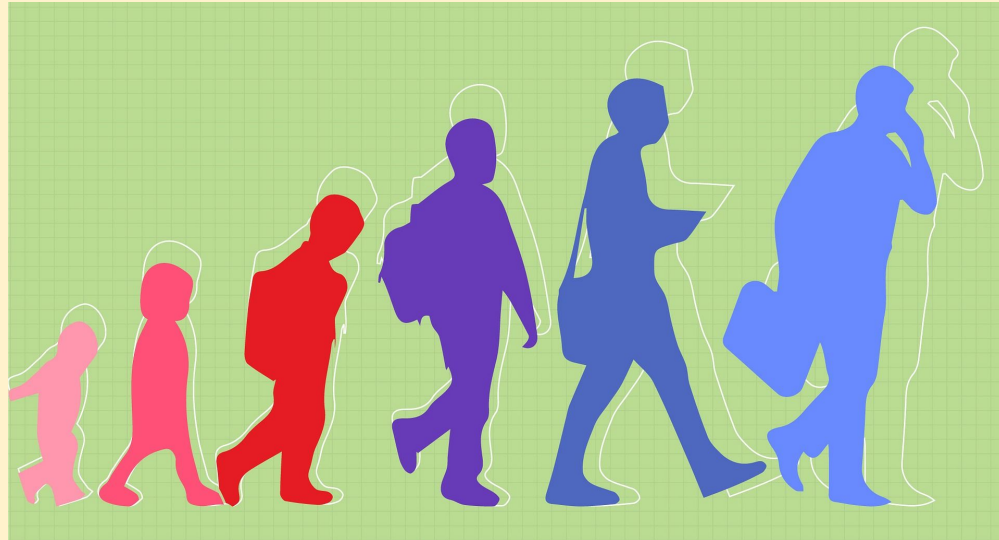
How do you **respond** to **embarrassment**?



**Think about the physical effects.**

LI: Can I understand how boys' bodies change during puberty?

Why might **body changes** make us feel **embarrassed**?



Can I understand how a girl's body will change during **puberty**?

What is puberty?

### What is puberty?

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

Your body is preparing itself to be able to reproduce (have a baby).

How do you  
feel about  
growing up?

This is far from your reality now, but it helps you understand what is happening to your body.

Can I understand how a girl's body will change during **puberty**?



egg	sanitary pads/towels	womb/uterus
tampons	ovary/ovaries	vagina
puberty	menstruation/periods	reproduction
vulva		

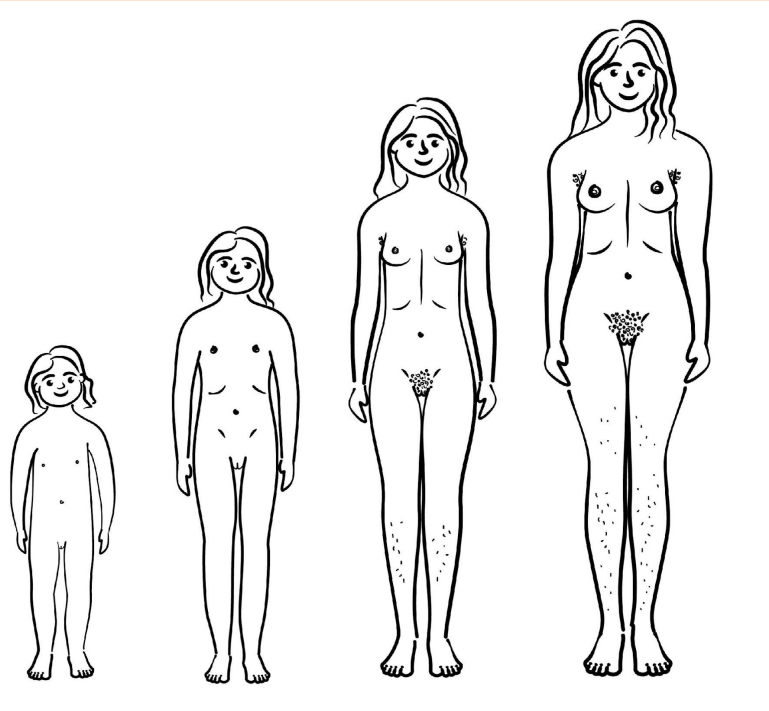
Which of these words have you heard of before?

What do they mean?

# Recap - body changes



Write down the changes between the bodies before and after puberty, including any others you know about.



# Female Body changes

breasts grow

grows taller

pubic and body hair grows

body produces more sweat and oil

spots may develop

waist and hips change shape

periods start

voice gets deeper



# Female genitalia and reproductive organs

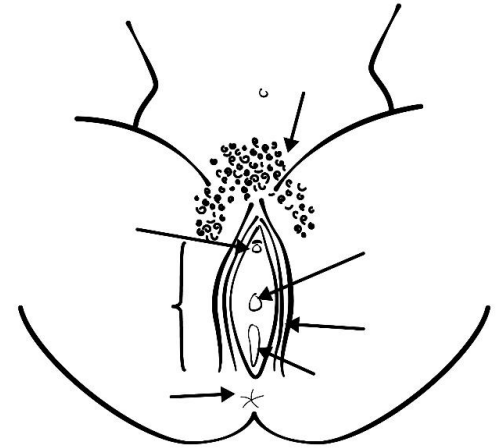
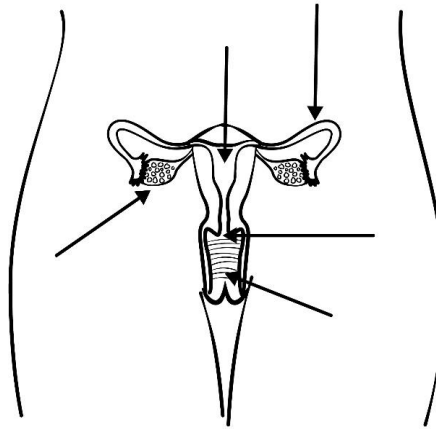
Match the labels to the correct part of the pictures.

External female body parts, including genitalia

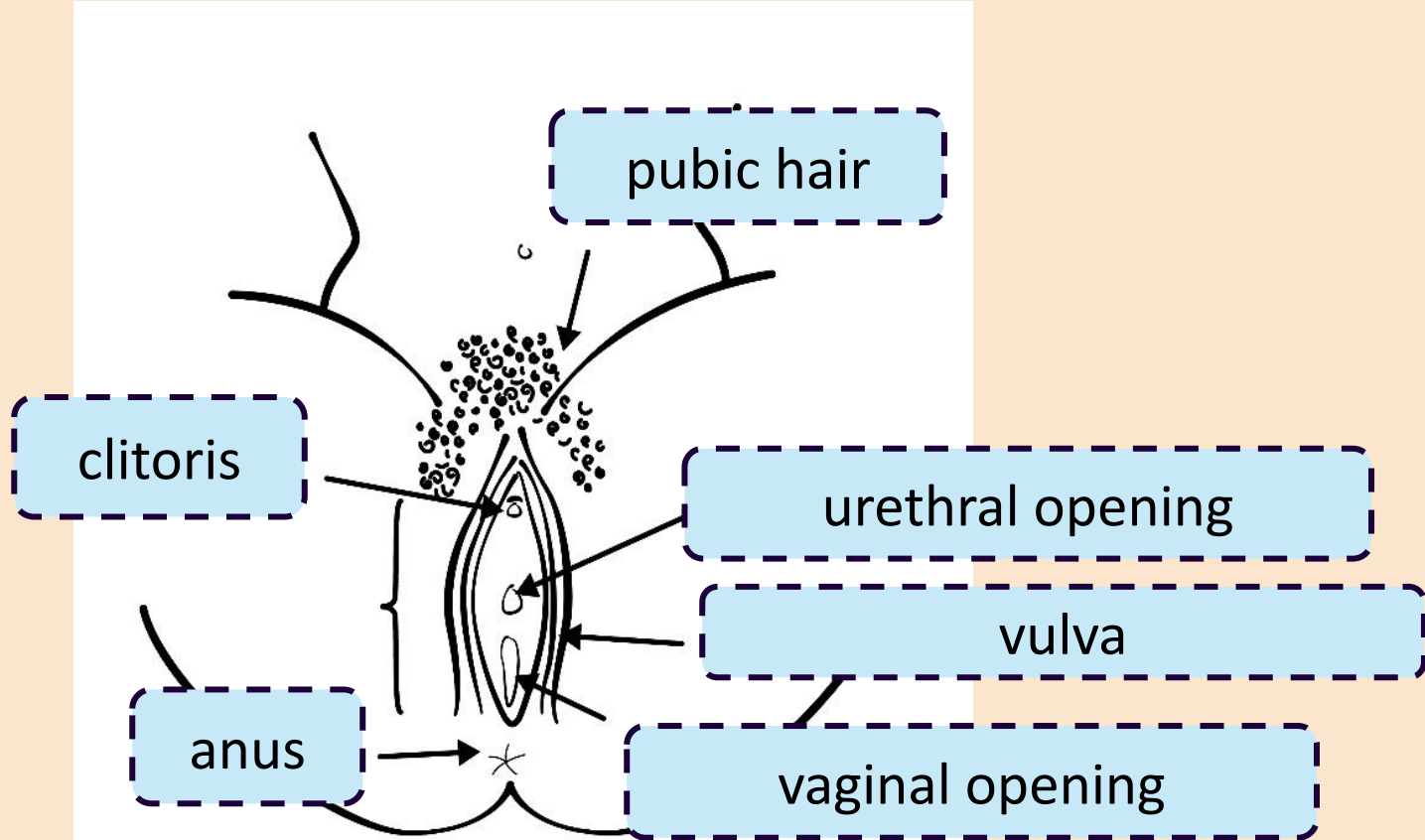
vulva	clitoris	opening of the vagina
anus	opening of the urethra	pubic hair

Internal female reproductive organs

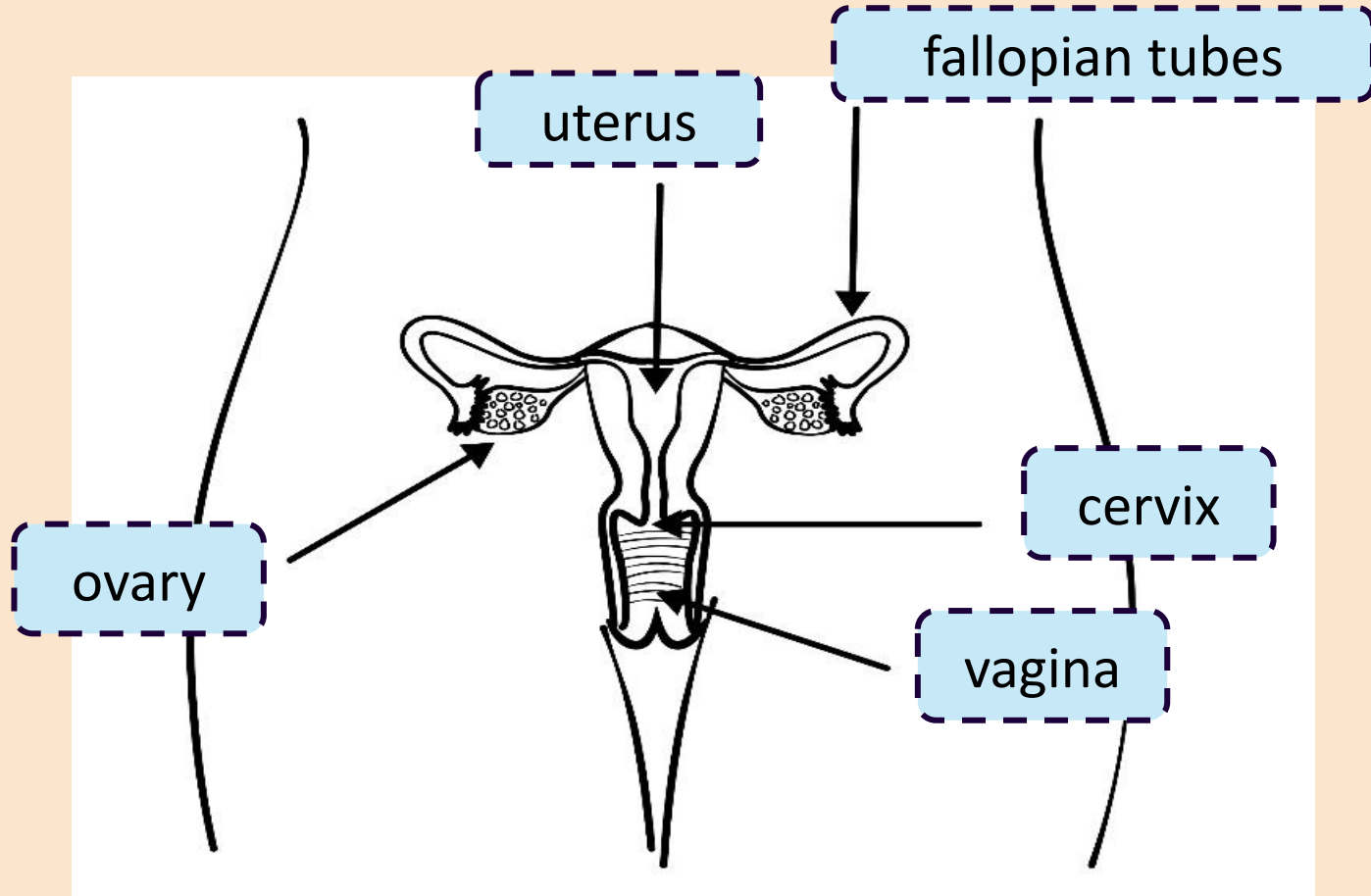
uterus	cervix	ovary
fallopian tubes	vagina	



# Female genitalia



# Female reproductive organs



## Kelly's diary



*Last night I was getting ready for bed and I realised I had started my period...*

- What does Kelly mean when she says, “I had started my period”?
- How might Kelly have known it was her period?



# Female body parts and the Menstrual cycle



- What happens during the menstrual cycle?
- Why do periods happen?

Can I understand how a girl's body will change during **puberty**?

**The main points:**

- ★ The female body has to get ready to have a baby.
- ★ The baby grows in the uterus.
- ★ When a girl's body is ready to have a baby, she starts to **menstruate**.
- ★ If the egg is not **fertilized** by a sperm, it is flushed out with the lining of the womb. This is known as a period.
- ★ This is a normal part of growing up.

Can I understand how a girl's body will change during **puberty**?

## When will my period start?

Usually between 10-16 years old

Your breasts and pubic hair  
will begin to develop

**REMEMBER** – every girl is different!



As your breasts grow you may start to wear a training bra - talk to your parents about this. Some of you will already be wearing these and some women choose not to wear bras. Remember, **we are all different.**

Can I understand how a girl's body will change during **puberty**?

Most girls lose about 30ml of blood when they have a period.



The items in the images help **absorb** the blood:



**How do you think you should respond if you see a girl with items like these?**



# Signposting support

If you have any questions or worries about menstruation, it is important to speak to a trusted adult – a parent/carer or teacher at school.

Remember that you can post anonymous questions in our question box as well.

It is never a good idea to go looking for answers online as this can often cause confusion and worry.

We are here to listen and support.



LI: Can I understand how boys' bodies change during puberty?

- Next week, boys will learn about the changes that girls go through during puberty so that they are sensitive to these changes
- You will learn about puberty in boys next week.

- If we have any further questions, what can we do to find an answer?
- Who should we ask?
- Where should we look - why?



Why do boys need to know?

