

Can I understand how bodies change during puberty?

6J & 6S	6D & 6F	6T & 6B	6P & 6L
Boys - 6J	Boys - 6D	Boys - 6T	Boys - 6L
Girls - 6S	Girls - 6F	Girls - 6B	Girls - 6P

Students will be split according to their biological sex (explanation in speaker notes section)

Teacher notes: DELETE

- **Erections** happen when the muscles surrounding the penis allow more blood to enter the penis and less blood to leave. This makes the penis become stiff, erect, and stand out from the body. When the erection is over, the muscles relax and the blood flow returns, making the penis soft again. An erection can last from a few seconds to a half-hour or more and can happen at any age. Erections usually happen when males have sexual thoughts and feelings but can also happen when the bladder is full of urine and, sometimes, they happen for no reason – even when they are not wanted.
- **Sperm** is produced in the testicles which make about 100-300 million sperm each day. Once produced, the sperm travel through the epididymis, growing as they go. They travel through the vas deferens (the tube from the testicle that joins the urethra below the bladder) and mix with fluid: this mixture is called semen. Semen is a cloudy, whitish, sticky fluid. Sperm leaves the male body (in semen) during ejaculation.
- **Ejaculation** usually happens when the penis is erect. When a male ejaculates, semen squirts from the opening of the urethra at the end of the penis.
- **Wet dreams** (also called ‘nocturnal emissions’, or ‘spontaneous ejaculation’) occur when semen is ejaculated during sleep. They often start during puberty and can happen during an exciting, pleasurable, or sexual dream. On waking, there may be sticky, wet semen on the sheets or pyjamas. Wet dreams are common in male puberty and for many, their first ejaculation will happen during a dream. However, not all will ever experience wet dreams.

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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

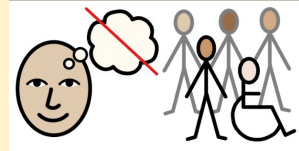
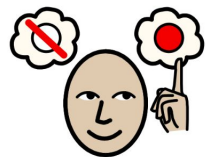
It's okay to challenge a view or disagree, but we listen properly before making assumptions or deciding how to respond. Everyone has the right to feel listened to.

No judgment

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

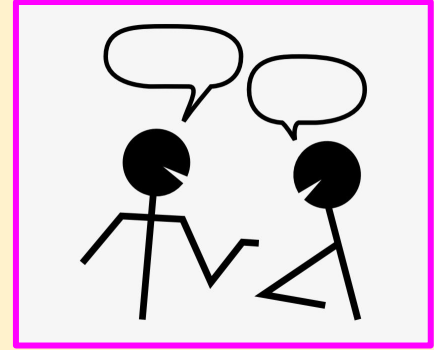
Right to pass

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



Can I understand how bodies change during puberty?

- You will learn with a talk partner.
- Make sure you remember our listening and turn taking skills.
- Every time I clap my hands I will share a new question with you.
- Discuss the question with your partner.
- READY?!



Can I understand how bodies change during puberty?

RECAP

1. What is puberty?
2. Why does it happen?

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).

What do you already know about how a boy's body changes during puberty?

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puberty semen penis larynx

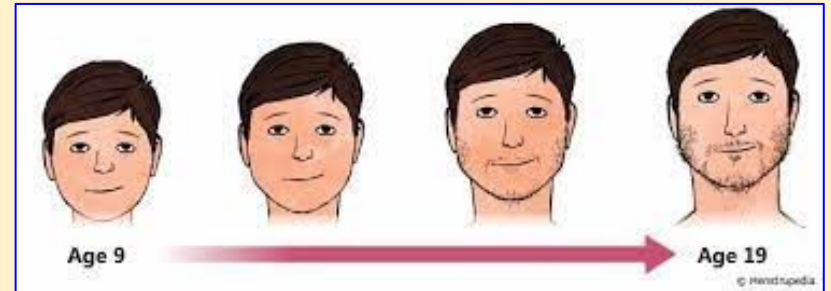
sperm facial hair erection

hormones ejaculation testicles

wet dream growth spurt

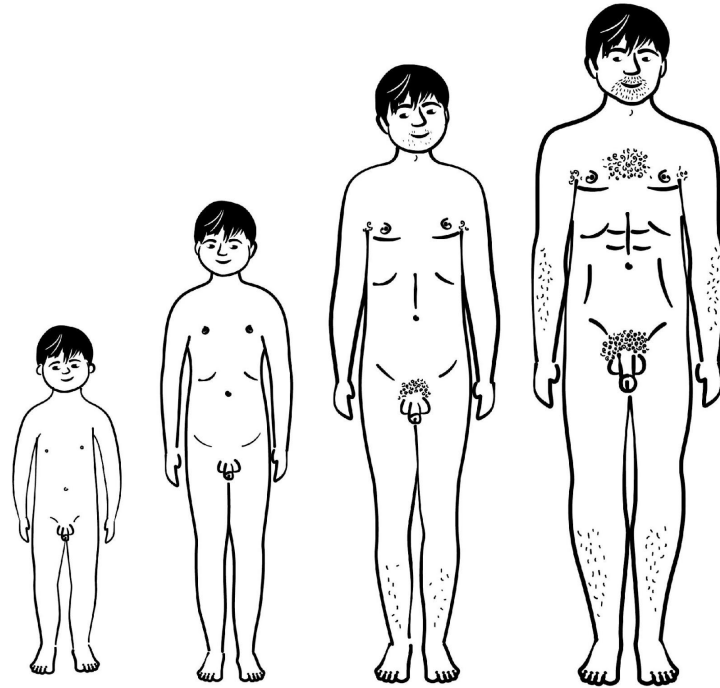
Which words have you **heard**?

Which words can you **explain**?



Body changes

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



Male Body changes

grows taller

body produces more
sweat and oil

muscles increase

pubic and
body hair
grows

spots may develop

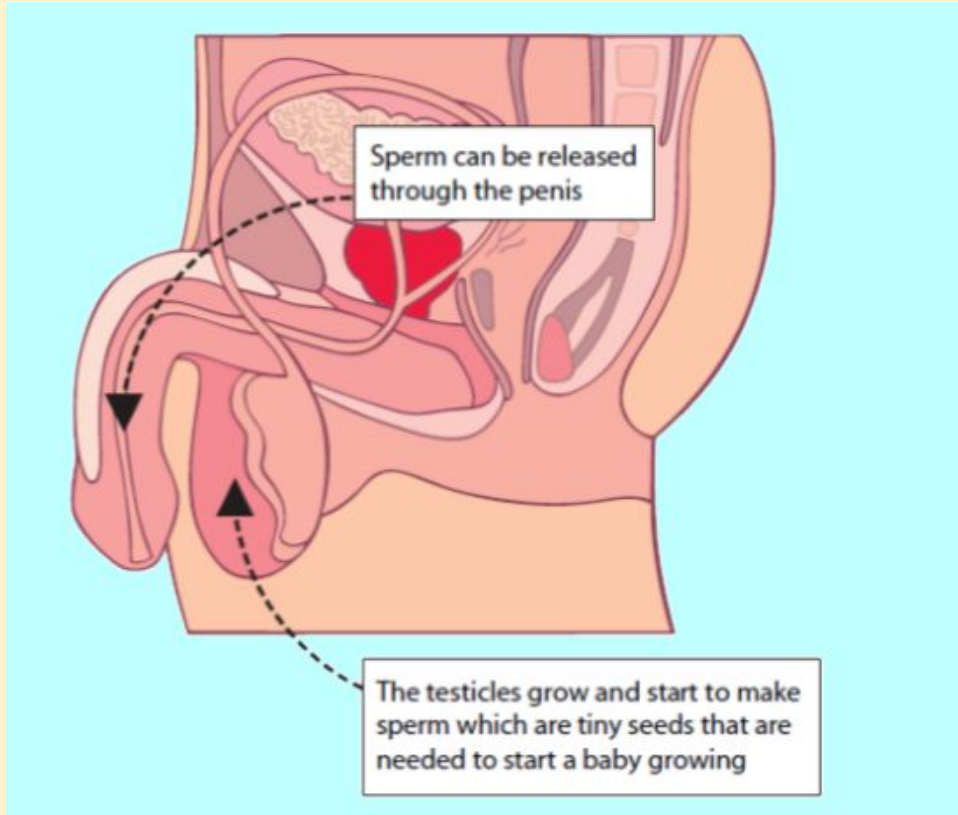
penis and testicles
grow

voice gets
deeper

voice
'breaks'

Adam's apple
grows

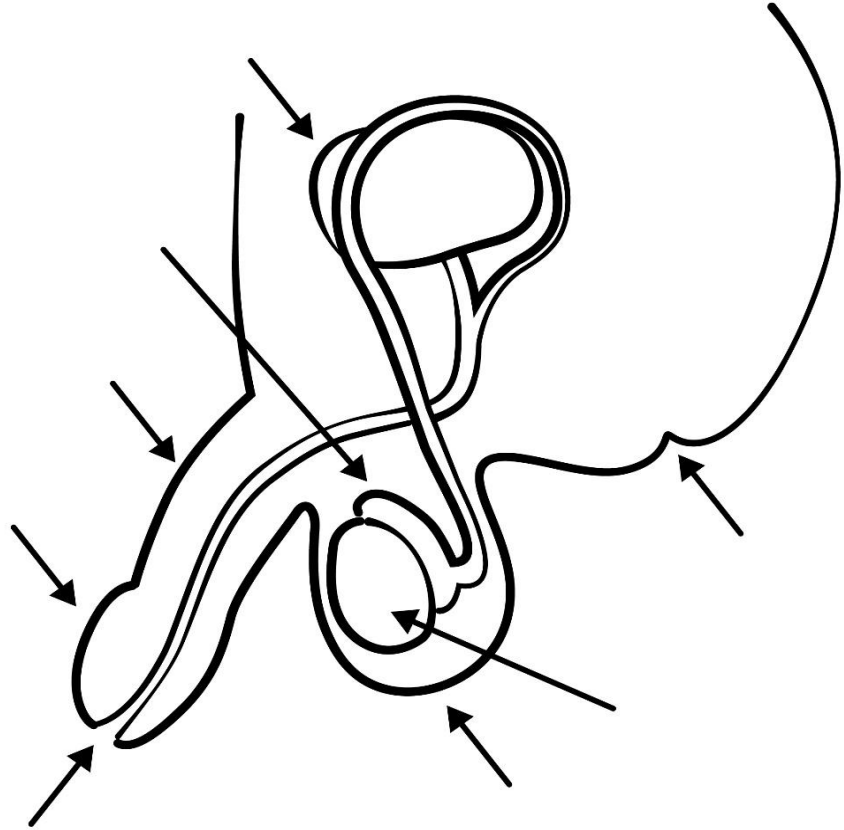
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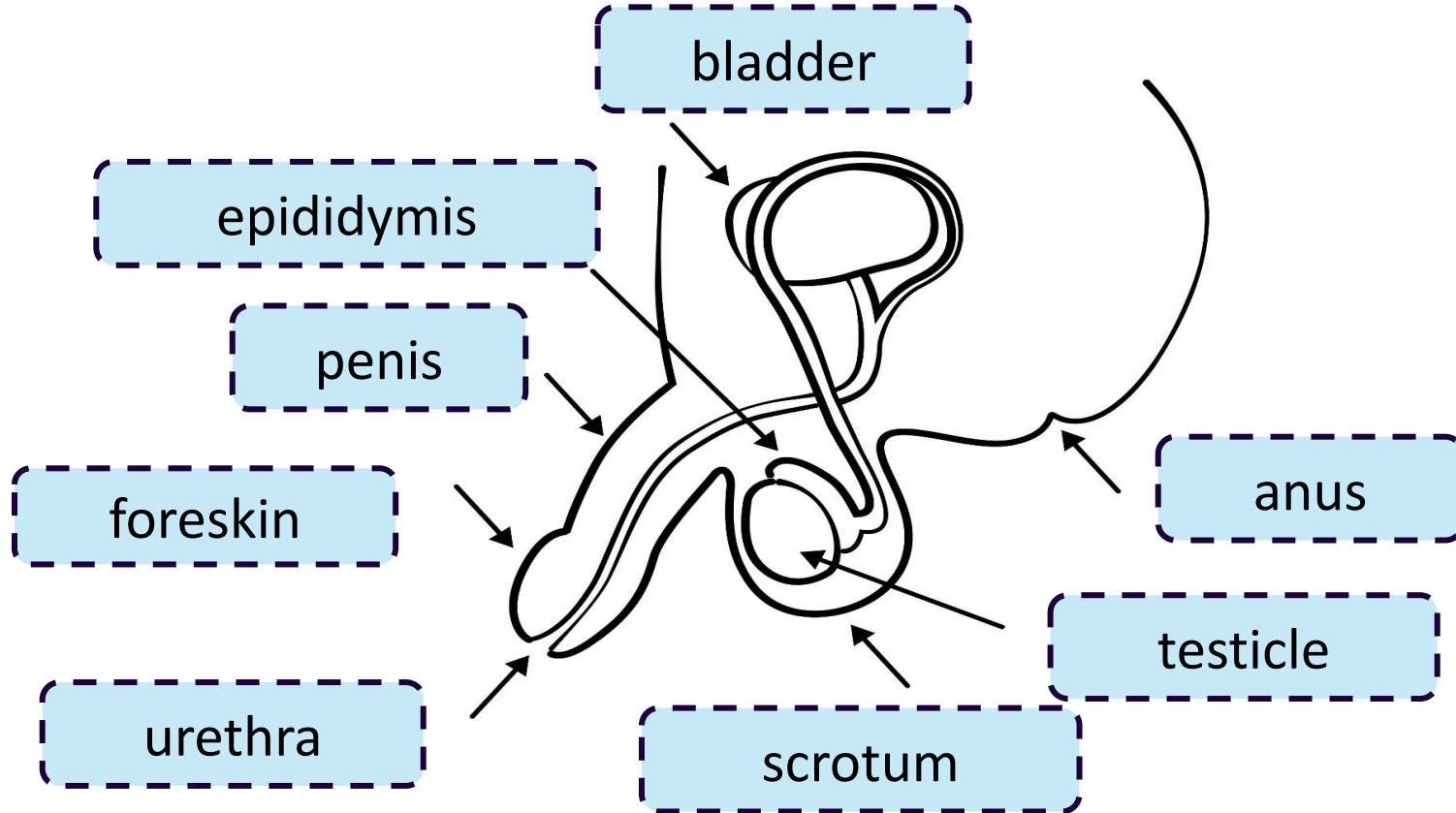
[Watch Male Puberty Year 5](#)

Male body parts

Match the labels to the correct part of the pictures.



Male body parts



Vocabulary - checking understanding

erection

- the muscles surrounding the penis allow more blood to enter
- the penis become stiff, erect, and stand out from the body
- can last from a few seconds to a half-hour or more and can happen at any age

sperm

- The male ingredient needed to make a baby.
- Produced in the testicles.
- You make about 100-300 million sperm each day.
- Sperm travel through the epididymis, through the vas deferens and mix with fluid: this mixture is called semen.

semen

- Semen is a cloudy, whitish, sticky fluid.
- Sperm leaves the male body (in semen) during ejaculation

ejaculation

- usually happens when the penis is erect.
- When a male ejaculates, semen squirts from the opening of the urethra at the end of the penis.

Joe's diary



This morning I woke up and I realised I'd had a wet dream in the night....

- What has happened to Joe and how might he know he's had a wet dream?



Wet dreams



- What is a wet dream and why do they happen?

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Produce a FAQ (frequently asked questions) fact file for children aged 7-9

Title: Puberty- It happens to us all

Sub-title: All the things you want to know about puberty but were too embarrassed to ask

Include:

Choose from the list of questions

Detailed answers

- What is puberty?
- What must we do to keep good personal hygiene? Why is this important as you get older?
- What changes does your body go through during puberty?
- When does puberty start and how long does it last?
- What happens when you get an erection?
- What is a wet dream?
- What is ejaculation?
- If you have any other ideas for questions, check with your teacher first.

Teachers' note: refer to the stock responses where appropriate

Example

Q. What is puberty?

A. Puberty is when...

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- Share your factfiles
- What questions have you answered?
- This week, boys will have learned about the changes that girls go through during puberty so that they are sensitive to these changes just like you should be sensitive to changes that boys go through.

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

