

Teaching Puberty in Year 5



Alexandra

Primary School

Aspire, Perform, Succeed

The aims of this slideshow

- ▶ This slide show aims to set out the teaching of Puberty and the changing adolescent body in Year 5.
- ▶ Puberty education is needed to prevent children from being frightened by unexplained changes in their bodies and emotions
- ▶ The teaching aims to equip children to understand and cope with puberty.

The Teaching of Puberty

- ▶ Puberty is taught as part of Health Education which is statutory. Health education is concerned with the characteristics of good physical and mental wellbeing. It includes learning about puberty (preparing boys and girls for the changes that adolescence brings).
- ▶ Puberty is taught within a framework where sensitive discussions can take place. At the beginning of each lesson the 'Jigsaw Charter' will be promoting respect and reinforcing how we work together.
- ▶ The lessons will be taught in single gender groups.
- ▶ Children will be given opportunities to ask questions and these questions can be put into a box, if a child is embarrassed to ask publicly. If pupils ask questions outside the scope of puberty, teachers will respond in an appropriate manner so they are informed and do not seek answers online using inappropriate websites. Questions will be answered according to the age and maturity of the children concerned.

The aims of teaching puberty

- To support children to have positive self-esteem and body image;
- To enable children to understand and respect their bodies;
- At the heart of teaching puberty there is a focus on keeping children safe. We will deliver content that is age appropriate and respectful of faith and diversity.
- To explain how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally.

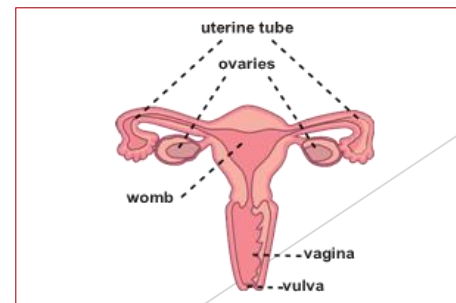
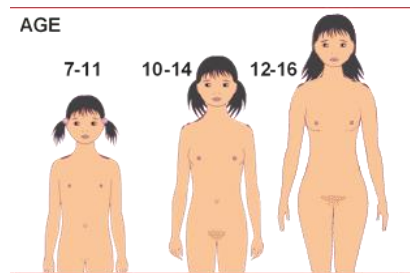
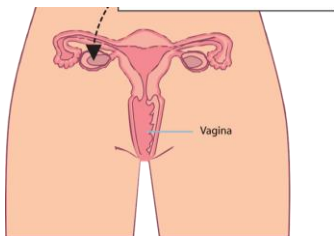
Lesson: Puberty for girls

► Learning intentions:

- ❖ Explain how a girl's body changes during puberty and understand the importance of looking after themselves physically and emotionally
- ❖ Understand that puberty is a natural process that happens to everybody and that it will be OK

Puberty for girls continued

- ▶ Lesson content:
- ❖ Discuss reasons why we can feel embarrassed about some of the changes and experiences of puberty: because they are private and personal, they affect parts of the body we don't usually talk about,
- ❖ reassure the children and remind them that the changes and the feelings they experience are completely natural and part of a life cycle that affects everyone: the changes are natural,
- ❖ The physical changes to the body will be discussed using diagrams to support learning.



Puberty for Girls

- ▶ Girls are given the opportunity to look at different sanitary products and it will be explained how they are used.
- ▶ Girls will be able to talk about a range of common worries, for example

What if I need to change a sanitary pad/towel during a lesson?
Won't everyone know that's why I am going to the toilet? I would feel embarrassed.

I hate the idea of my periods starting because it all sounds so yucky and messy. I think it'll be embarrassing because everyone will know I've got my period.

Vocabulary

► The vocabulary used during this lesson will include:

- ❖ Puberty
- ❖ Menstruation
- ❖ Periods
- ❖ Sanitary towels
- ❖ Sanitary pads
- ❖ Tampons
- ❖ Ovary/ovaries
- ❖ Vagina
- ❖ Oestrogen
- ❖ Vulva
- ❖ Womb/uterus

Lesson: Puberty for boys

► Learning intentions:

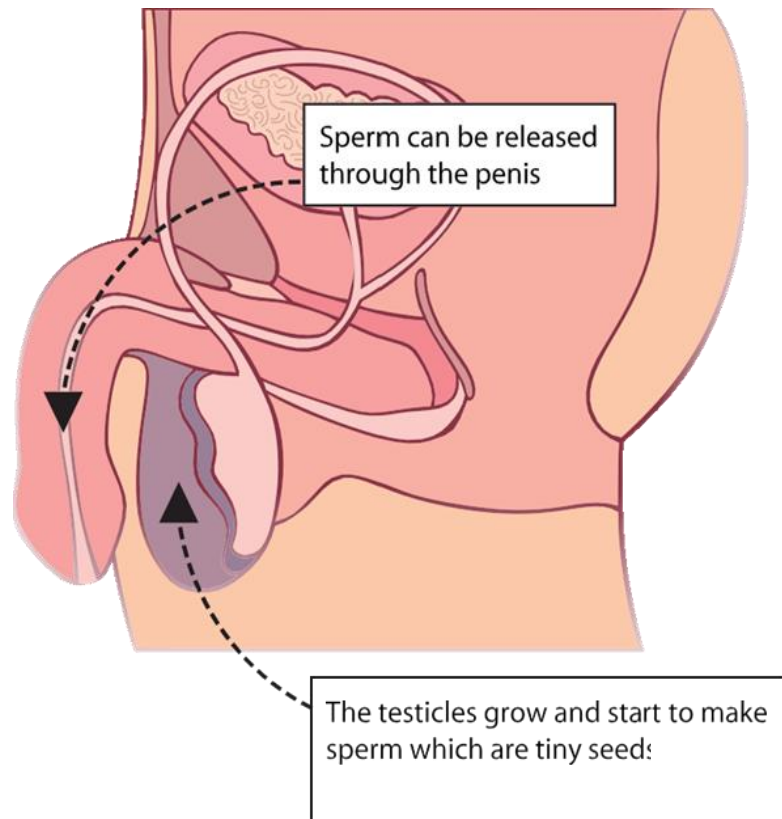
- ❖ Describe how boys' bodies change during puberty
- ❖ Express how I feel about the changes that will happen to me during puberty

Puberty for boys continued

- ▶ Lesson content:
- ❖ The role of testosterone influences puberty in boys and puberty in boys usually starts around 12, but sometimes earlier and sometimes later.
- ❖ Boys testicles grow and make sperm. The boys penis gets bigger, outside body changes such as growing body hair(including facial hair, pubic hair and sometimes hair on the chest, legs and arms). Boys also may get taller and there will be a deepening of the voice
- ❖ Changes are individual and boys should not compare themselves with someone else.
- ❖ It is 'normal' for boys and men to get 'wet dreams' at night where a tiny amount of fluid called sperm and semen leak out of the penis.

Puberty for boys

- An animated drawing of the boys organs are shown to support the scientific explanation of the changing adolescent body.



Vocabulary

The vocabulary used in this lesson includes

- ▶ Puberty
- ▶ Sperm
- ▶ Semen
- ▶ Testicles/Testes
- ▶ Erection
- ▶ Wet dream
- ▶ Larynx
- ▶ Facial hair
- ▶ Growth spurt
- ▶ Hormones

Additional lesson linking to puberty

► Learning intentions:

- ❖ identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities
- ❖ be confident with the changes that growing up will bring

Additional lesson

Lesson content:

- ▶ Sometimes teenagers may experience challenging and difficult times, For example. when bodies are changing during puberty, the teaching in this lesson will ensure children know that this process of growing up through these years is normal, manageable and fun.
- ▶ Help children understand that growing up brings increased responsibilities, for example. 'I am looking forward to staying out later with my friends', the accompanying responsibility might be 'I will make sure my parents know where I am, who I am with and that I am safe'.

Vocabulary

Vocabulary will include

- ▶ Teenager
- ▶ Milestone
- ▶ Perceptions
- ▶ Puberty
- ▶ responsibilities

Finally

- ▶ I hope that you have found this slideshow useful by setting out the teaching of puberty, and that any concerns that you may have had are allayed, as the teaching of puberty is in the best interest of your child's lifelong learning.
- ▶ If you have any questions please email the headteacher, Mr Norton.