

PSHE

Relationships & Health Education

Growing up & changing

L1: Human Lifecycle

L4: Physical Hygiene

L2: Changes With Puberty

L5: Emotions &

Behaviour

L3: Menstruation

L6: Help & Support

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Growing up & changing

Lesson One

Human Lifecycle

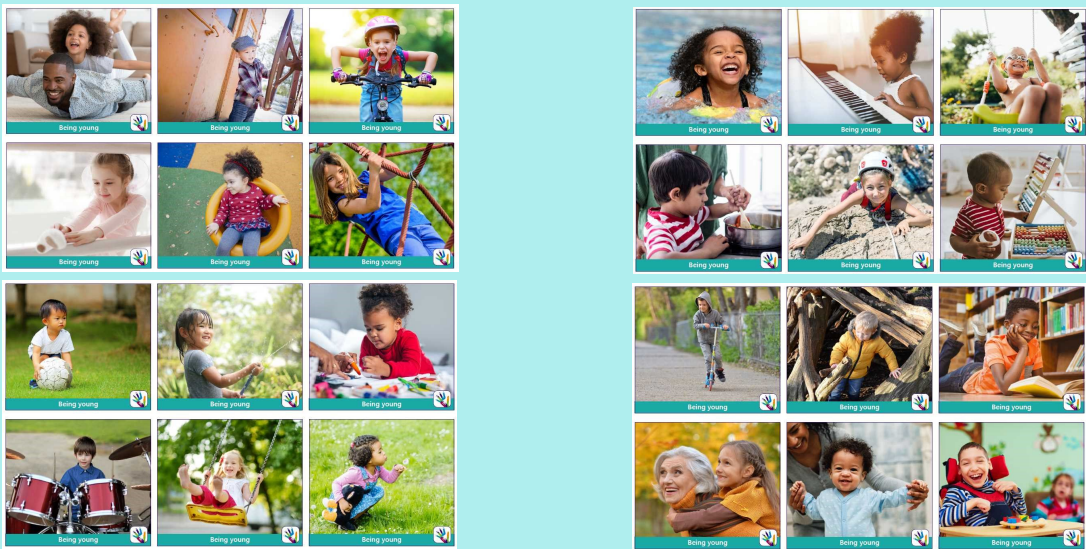
Discuss the way we grow and change
throughout the human lifecycle.

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DISCUSS

What is it like to be a small child? How do children change?



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ACTIVITY

Print pages 422-432.

In groups look at the images of one of the stages of the human life cycle (baby, school-aged child, teenager, adult, elder) with both male and female pictures stuck to a piece of flipchart paper. Jot down ideas of the things someone of this age is able to do - putting each thing on a different post-it note.

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ACTIVITY

After a while, pass the flipcharts on to the next group, to add more ideas to post-it notes. Pass the flipchart on again - pupils organise the post-it notes with all the things everybody of this age does at the top and at the bottom things only a few people do.

Pass the flip chart to the next group - pupils put all the things males do on the left and things females do on the right, anything they both do can go in the middle.

Give the original group back their flipchart to see how things have changed.

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DISCUSS

Why do the things we can do change as we get older?

Does everybody change in the same way at the same rate?

We are all individuals.

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Lesson Two

Changes With Puberty

Discuss the physical changes associated with puberty.

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What is puberty?

Puberty is when a child's body begins to develop and change as they become an adult.

NHS Puberty Link

<https://tinyurl.com/3aynm7es>

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HORMONES

Hormones control the changes young people go through during puberty.

Some hormones ('adrenal androgens') cause the same changes to boys' and girls' bodies. These changes include:

- growth of pubic and underarm hair*
- changes to sweat, making body odour more likely*
- the skin to produce extra oil (sebum), which can cause spots or acne*

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HORMONES

In girls, some puberty hormones travel to the ovaries (oval-shaped organs either side of the uterus) and encourage them to:

- grow and release eggs*
- release 'oestrogen', which causes changes to the girl's body and prepares her for pregnancy*

In boys, some puberty hormones travel to the testes and encourage them to:

- start producing sperm*
- release 'testosterone', which causes changes to the boy's body*

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GIRLS IN PUBERTY

Girls will usually experience:

- *breast growth*
- *growth of their genitalia*
- *white vaginal discharge*
- *a growth spurt*
- *a gradual deepening of their voice*
- *weight gain as their body changes shape*
- *their hips getting wider and their waist narrower*
- *menstruation (they will start their period)*

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BOYS IN PUBERTY

Boys will usually experience:

- *enlargement of their larynx (Adam's apple)*
- *their voice breaking*
- *muscle growth*
- *genitalia become bigger (testicle growth followed by penis growth)*
- *a growth spurt*

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UNDERSTANDING THE PENIS

Everyone's genitalia are different (e.g. penises and testicles are different sizes).

It is normal for testicles to hang at different heights, but they should hang outside of the body. Boys should speak to a doctor if their testicles are permanently inside their body, as this may require treatment.

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EMOTIONS & BEHAVIOUR

During puberty, emotions can feel exaggerated or out of control - and this can impact on behaviour (e.g. making arguments more likely).

You can manage challenging emotions in ways such as:

- getting regular exercise*
- getting enough sleep (at least 9 hours)*
- talking to someone trusted*
- waiting for a mood to settle before responding or making an important decision*

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CHANGING SLEEP CYCLES

Sleep is triggered by the hormone melatonin. During puberty, melatonin is released up to 2 hours later than it was before. This can affect sleep cycles (e.g. making it harder to get up in the morning).

- You can develop a health sleep routine, for example by:
- switching off digital devices 2 hours before sleep
 - switching off phones when in bed
 - going to bed early to get at least 9 hours' sleep
 - having a regular routine for going to bed and getting up in the morning

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ACTIVITY

Printout

Changes we can and cannot control (tick)			
Change / behaviour	Can control	Cannot control	Not sure
Growing taller	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Getting more hair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Growing hair on face	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Buying more things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Making more friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breasts growing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating fruit and vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Starting period	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Deciding when to work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being kind	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Voice deepening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Getting more sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shoulders and chest widening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hips widening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overall body shape changing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Starting new hobbies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating more sweets and chocolate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Arguing with adults or friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Going online	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asking for help	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Doing my homework	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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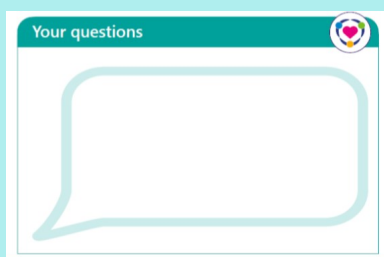
REVIEW

When does puberty happen?

Why does it happen?

Which changes happen to girls? Which changes happen to boys?

Anonymously write down any questions you have that can be answered in the last lesson.

A graphic of a question box. It has a green header bar with the text 'Your questions' and a small heart icon. Below the header is a large, empty white speech bubble shape with a green outline, intended for students to write their questions.

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Lesson Three

Menstruation

Begin to understand menstruation.

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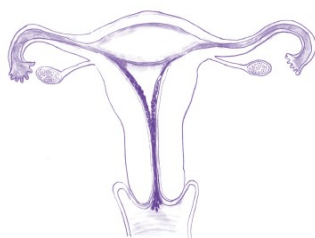
What is menstruation?

Menstruation is another word for 'periods'. A period is when blood comes out through a girl's vagina. Most girls and women get their periods around once a month. Girls tend to start their periods when they're about 12, but they can start as early as 8.

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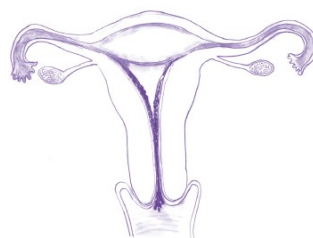
Understanding menstruation



The menstrual cycle starts on the first day of a girl's period. During a period the egg as well as blood and tissue that have built up on the lining of the womb leave the body through the vagina.



Understanding menstruation



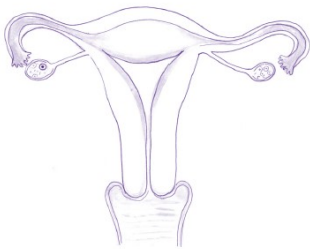
This bleeding is also called menstruation. It does not happen all at once, the bleeding can last from two to seven days.



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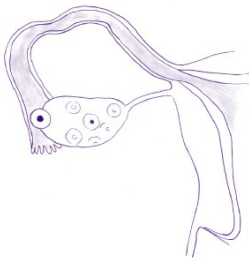
Understanding menstruation



After a girl's period is finished, special chemicals called hormones tell the womb to start getting ready to receive a new egg. For the next week the womb prepares itself by making a new lining. At the same time hormones tell the ovaries to prepare a new egg.



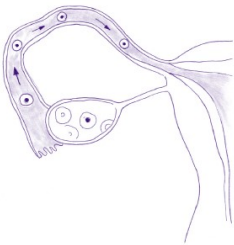
Understanding menstruation



When the womb and the egg are ready, after about seven days, the egg is released from the ovaries.



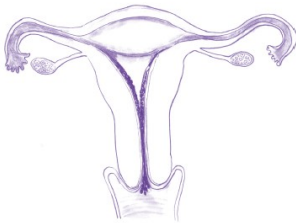
Understanding menstruation



The egg travels down a tube towards the womb. If the egg does not meet a sperm it will begin to dissolve.



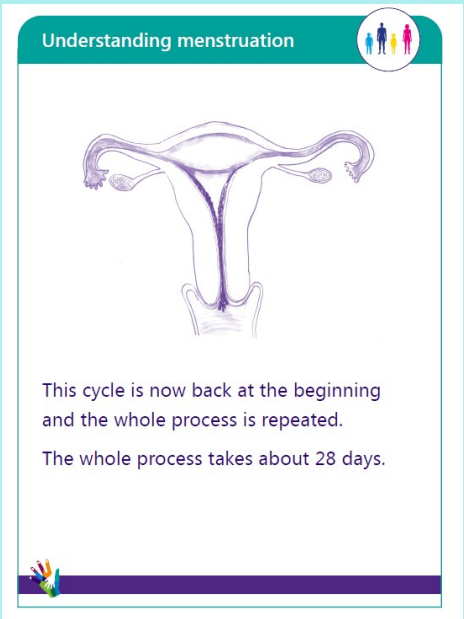
Understanding menstruation



Because the egg has not met a sperm, the lining in the womb is not needed so the egg as well as the blood and tissue lining the womb leave the body through the vagina.



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<https://tinyurl.com/r9urpxc>



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Bloating, stomach cramps and mood swings can be common side effects of periods.

The following pages contain frequently asked questions by girls about their periods. These are from the NHS website.

<https://www.nhs.uk/conditions/periods/starting-periods/>

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How will I know when my periods are going to start?

Signs that your period is on its way are if you've grown underarm and pubic hair. Typically, you'll start your periods about 2 years after your breasts start growing and about a year after getting a white vaginal discharge. The average girl will get her first period around 12 years old, but it varies from person to person.

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Why haven't my periods started yet?

Your periods will start when your body is ready. That's usually between the ages of 10 and 16.

See a GP if your periods haven't started by age 16 (or 14 if there are no other signs of puberty either).

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How do I get ready for my first period?

Talk to your parent or another adult you trust about what you can expect before it actually happens.

It's a good idea to start carrying sanitary pads or tampons around with you in advance.

If you find yourself at school without a pad or tampon, ask a teacher or the school nurse for some.

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How long will my first period last?

Your first period might not last very long, as it can take your body some months to get into a regular pattern. As a general rule, once they're settled, you'll have a period every 28 to 30 days and it will last 3 to 7 days.

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How much blood will I lose?

It might seem a lot, but it's only about 3 to 5 tablespoons.

It's not a sudden gush - you'll just see a reddish-brown stain on your pants or on your sheets when you wake up in the morning.

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What if period blood leaks through my clothes?

There are ways of covering up stains until you're able to change your clothes, such as tying a sweatshirt around your waist. Keep a spare pair of pants and tights at school or in your bag.

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Lesson Four

Physical Hygiene

Recognise the impact of puberty on physical hygiene and the strategies for managing this.

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QUICKFIRE QUIZ

- 1) What does hygiene mean?
- 2) Why is it important?
- 3) Why is particularly important in puberty?
- 4) Which areas of the body need to be kept particularly clean?

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QUICKFIRE QUIZ

- 1) What does hygiene mean?
Self-care and keeping clean
- 2) Why is it important?
Prevent bacteria and infection
- 3) Why is particularly important in puberty?
Sweat glands form
- 4) Which areas of the body need to be kept particularly clean?
Teeth, feet, under arms, hair, skin of face, neck & shoulder, genitals

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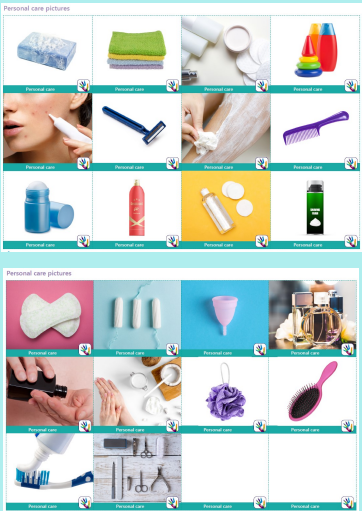
Look at the strip of personal care pictures you have been given (pages 449 & 450).

What is it?

Who uses it? Men, women or both?

Why?

Should everybody use it?



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Printout

Healthy body and mind wordsearch

P	M	Q	V	K	N	H	H	F	R	D	V	H	N	S
L	I	L	O	S	H	G	U	A	L	C	Y	M	N	Y
E	N	F	S	H	P	R	C	A	H	A	S	O	N	J
H	D	Z	U	G	T	Q	A	A	M	H	P	N	T	R
R	F	L	I	S	T	E	N	T	O	M	U	S	I	C
O	U	T	X	E	E	G	E	W	A	Q	G	A	U	H
F	L	L	X	U	E	D	E	T	W	U	H	S	R	Y
K	N	H	B	P	D	R	E	A	N	H	U	K	F	D
S	E	D	A	K	A	G	S	O	S	A	N	O	S	R
A	S	D	T	C	N	H	P	U	D	I	E	X	I	A
G	S	B	H	A	J	A	R	E	H	O	Y	L	J	T
Q	H	L	H	U	N	B	L	T	E	V	R	O	C	E
E	V	C	K	L	A	T	H	M	Y	L	T	A	G	L
S	E	L	B	A	T	E	G	E	V	W	S	O	N	A
E	X	E	R	C	I	S	E	U	R	E	S	T	H	T

Hydrate

Rest

Change pads

Change tampons

Yoga

Shower

Laugh

Sleep

Bath

Exercise

Fruit

Vegetables

Wash

Brush hair

Clean teeth

Mindfulness

Listen to music

Talk

Use deodorant

Think

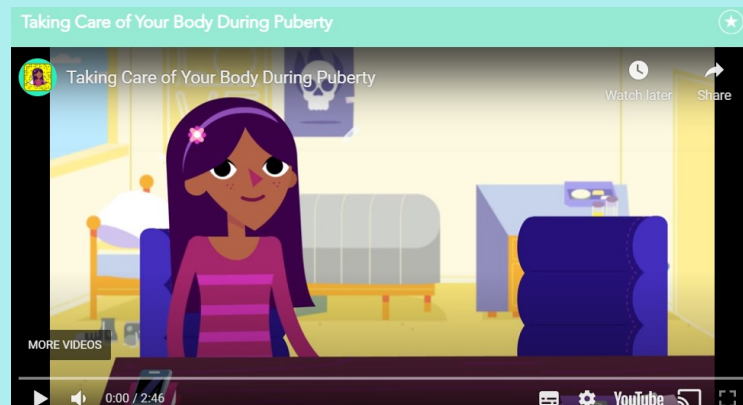
Ask for help

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VIDEO

<https://tinyurl.com/3uad8y2n>



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Lesson Five

Emotions & Behaviour

Describe how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty.

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BRAINSTORM

In the last lesson we looked at physical changes that happen during puberty and hygiene. In this lesson we are looking at other changes such as emotional ones. We need strategies to manage these changing feelings.

Brainstorm words related to feelings and emotions.

Complete the sentence starter:

"One thing I have noticed about teenagers is _____"

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DISCUSS

Look at the range of objects on the table:
keys, Valentine's card, bank card, magazine, make-up, razor,
diary, cinema ticket, trainers, mirror

Close your eyes. One object has been taken away. Which one was it?

What is the object? How is it used? Who uses it? How does it relate to puberty?

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Read this scenario together as a class and use the 'Feel, Think, Do' framework to help decide on the best action to take. Then work in groups to answer the scenario you have been given (print from pages 458-468).

Changing relationships scenarios

Sam keeps a diary in which they write very private things. They share a room with their older brother.

One Saturday Sam walks into their bedroom and finds their brother sitting on the bed reading the diary.

How does Sam feel?

Feel, think, do

Feel

Think

Do

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DISCUSS

Changes during puberty affects pupils, parents, carers and others. What feelings might young people, parents and carers have and who could they go to for advice and support?

Anonymously write down any questions you have that can be answered in the next lesson.

Your questions

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Lesson Six

Help & Support

Answer each other's questions about puberty with confidence and seek support and advice when they need it.

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Let's discuss your questions from the second lesson and the last lesson.

Set 1) Questions for the teacher to answer

Set 2) Questions for you to help each other answer

Your questions



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ALWAYS REMEMBER

<https://www.childline.org.uk/>



Call 0800 1111

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Year 4 – Growing up and changing

How might feelings change during puberty?

How can you look after your body as you grow older?

How I feel about my learning (please circle)

I feel confident

I feel OK

I'm not sure / I need help

Anything else you would like to say?

I'd like to know more

Teacher comments