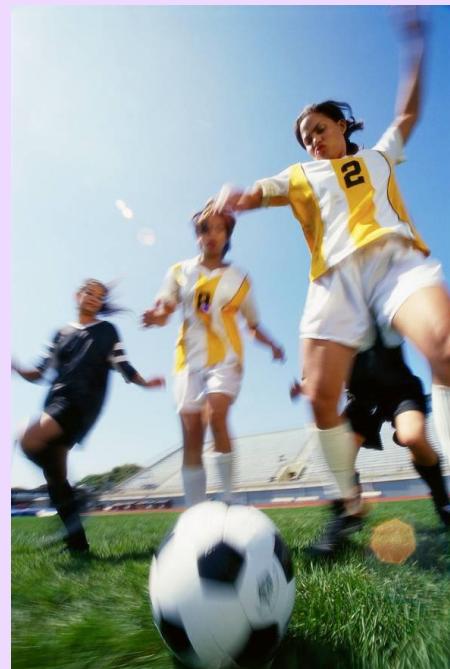


Year Five

*God loves me in
my changing
and development*



Objectives

** Know that as we grow we will become
different in our...*

...bodies

...feelings

...love of God



Keywords

God

Sensitivity

Puberty

Presence

Celebrate

External

Internal

Change

Develop

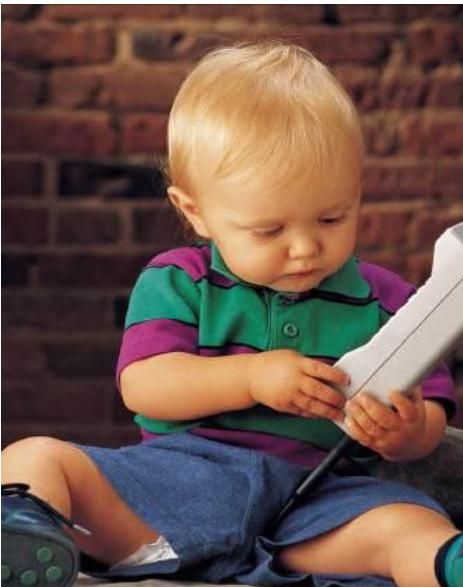
Ovulation



Physical and Intellectual

We have changed in many ways since we were born.

We have grown...



We can do more...



Run



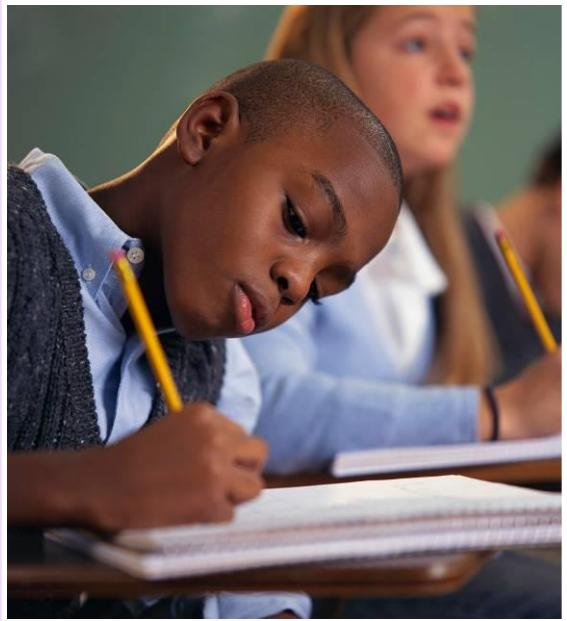
Walk

Feed ourselves



Dance





*Read and
write*



Play

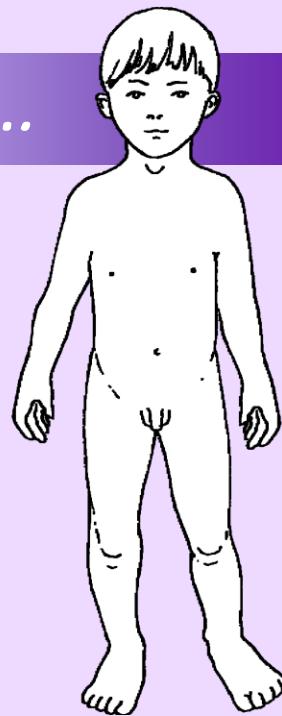


Make friends

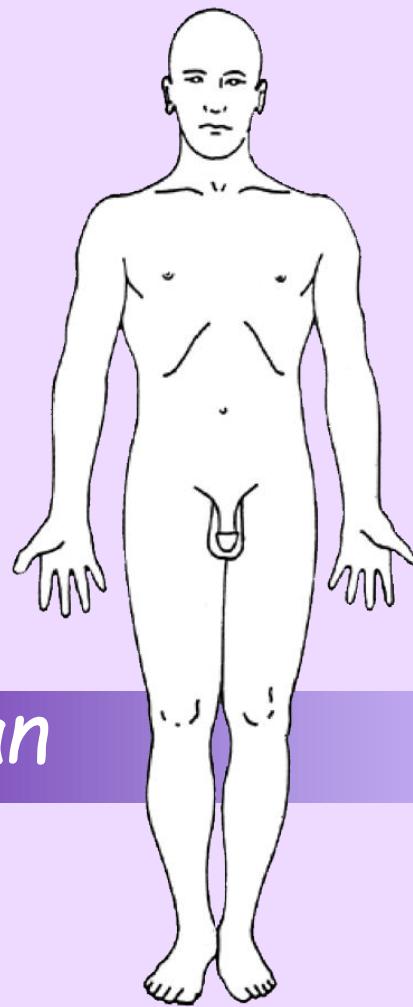


We will change more before we are grown

boy...



...to man



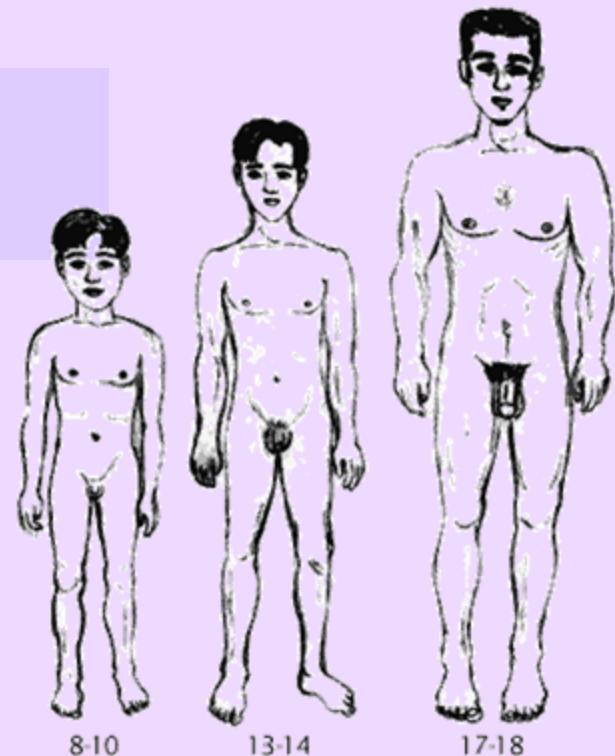
Physical changes in boys

- *Testosterone in the bloodstream triggers changes*
- *Muscles and bones develop*
- *Voice deepens*
- *Some boys get uneven breast development in early puberty*
- *Waist thickens*
- *Limbs lengthen in proportion to body*
- *Shoulders broaden*
- *Wet dreams and erections*

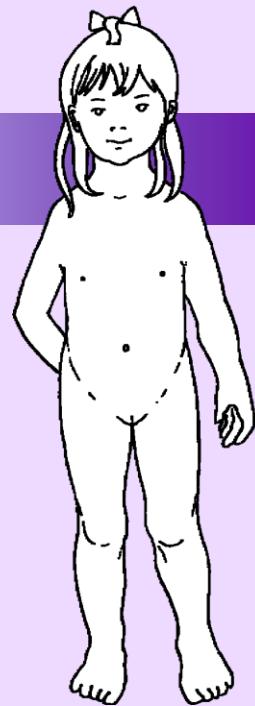


Physical changes in boys continued

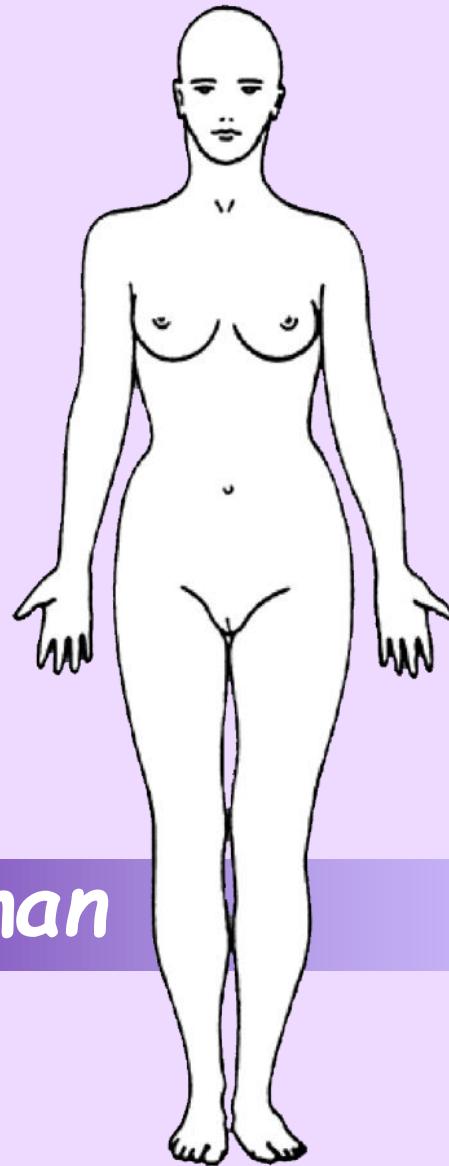
- Penis and scrotum enlarge
- Production of sperm and discharge of seminal fluid during ejaculation
- Adam's apple enlarges
- Hair can grow on face, chest and back as well as underarms and pubic area



girl...



...to woman

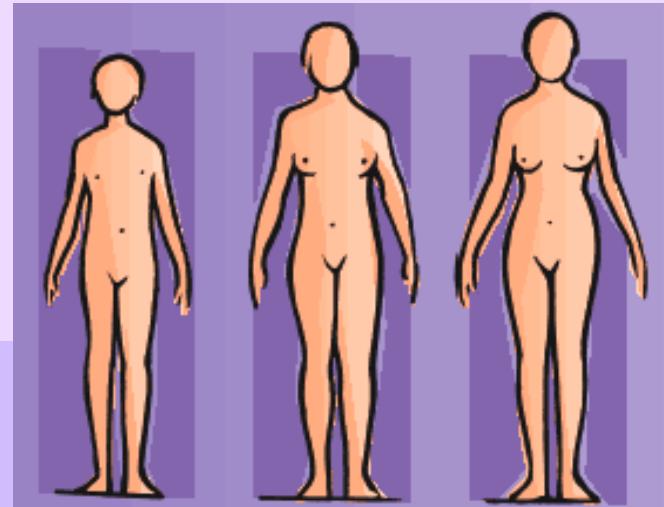


10 A Journey in Love - Year 5



Physical changes in girls

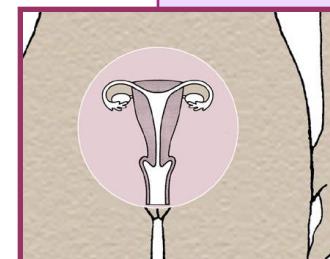
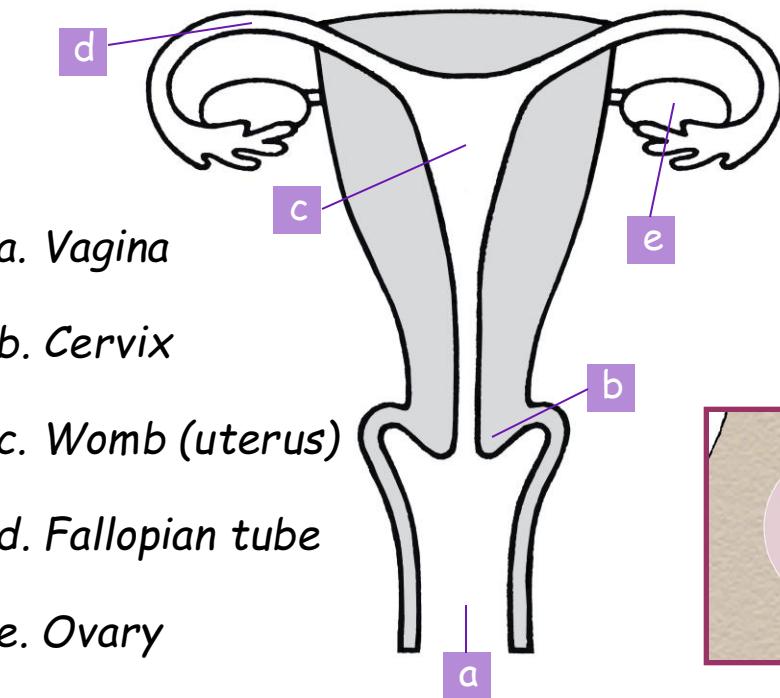
- Breasts develop: they come in all shapes and sizes
- Hips broaden and waist slims
- Ovaries produce oestrogen
- Hormonal activity
- Menstruation begins (about 12 months after breasts begin to develop)
- Uterus enlarges
- Vaginal lining thickens
- Usually start to grow hair on underarm, pubic area and legs



Menstruation

The menstrual cycle is to prepare the female body for reproduction

Inside a woman's body:



There are 2 important stages:

1. Menstruation

The menstrual cycle is controlled by hormones released from the pituitary gland.

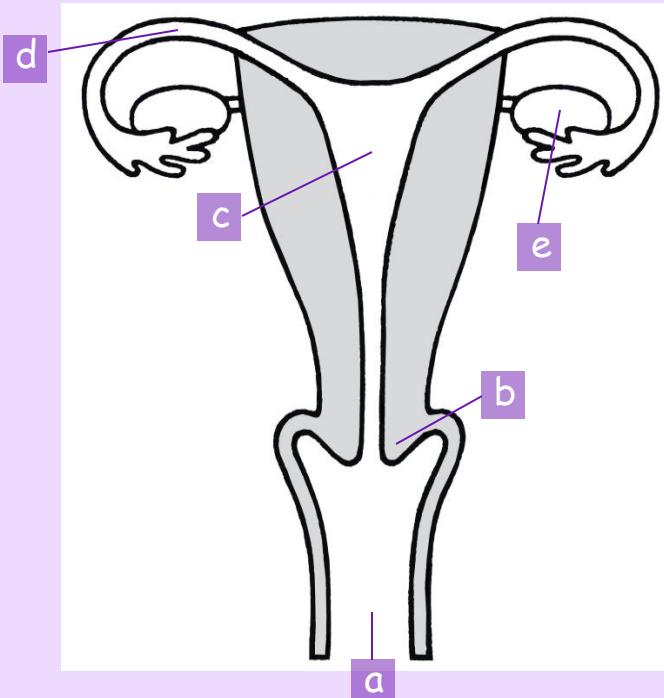
Most menstrual cycles last for about 28 days.

The first day of the period marks the start of the cycle and is counted as day 1.

If the uterus does not receive a fertilised ovum, the lining of the uterus breaks down and is shed over the next few days.

This is called **menstruation**.

The lining of the uterus begins to thicken and an ovum begins to develop.



- a. Vagina
- b. Cervix
- c. Womb (uterus)

- d. Fallopian tube
- e. Ovary



2. Ovulation

On about the 14th day of the cycle an ovum is released into the fallopian tube.

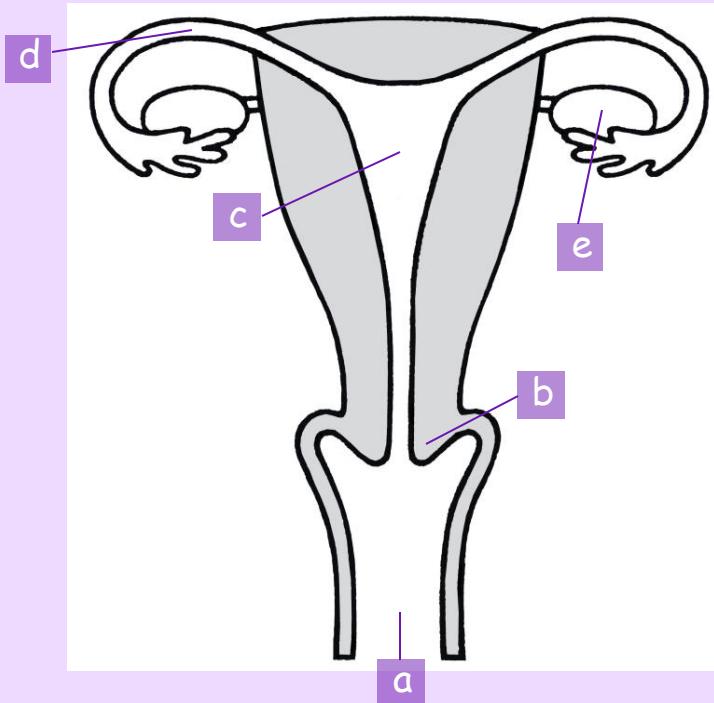
This is called **ovulation**.

The ovum travels towards the uterus.

The lining of the uterus continues to thicken and gets full of blood in case a fertilised ovum arrives.

If the ovum is not fertilised it will dissolve and a period will occur.

Then the cycle starts again...



- a. Vagina
- b. Cervix
- c. Womb (uterus)

- d. Fallopian tube
- e. Ovary



These changes are a natural part of growing up



Physical changes from child to adult mean they bring the ability and potential to become a mother or father.



Prayer

Think about how I am growing and developing. Celebrate these changes.

*Giver and protector of life,
guide me as I grow
and develop.*

Amen.



Social/Emotional

As we grow up our feelings and behaviour change

- *Production of hormones triggers sexual desire, arousal and urges*
- *Evolving a set of values and moral codes*
- *Seeking independence*
- *Risk-taking behaviour*
- *Concern for the future*
- *Identity formation*



- Need for privacy
- Easily embarrassed
- Moods swing up and down without much warning
- May be divided loyalty between self, friends and parents

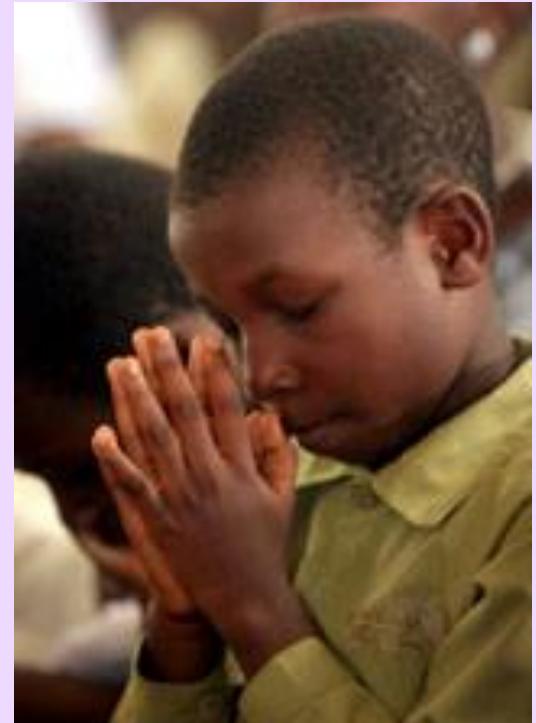


How can we be more sensitive to our emotional development and other people's?

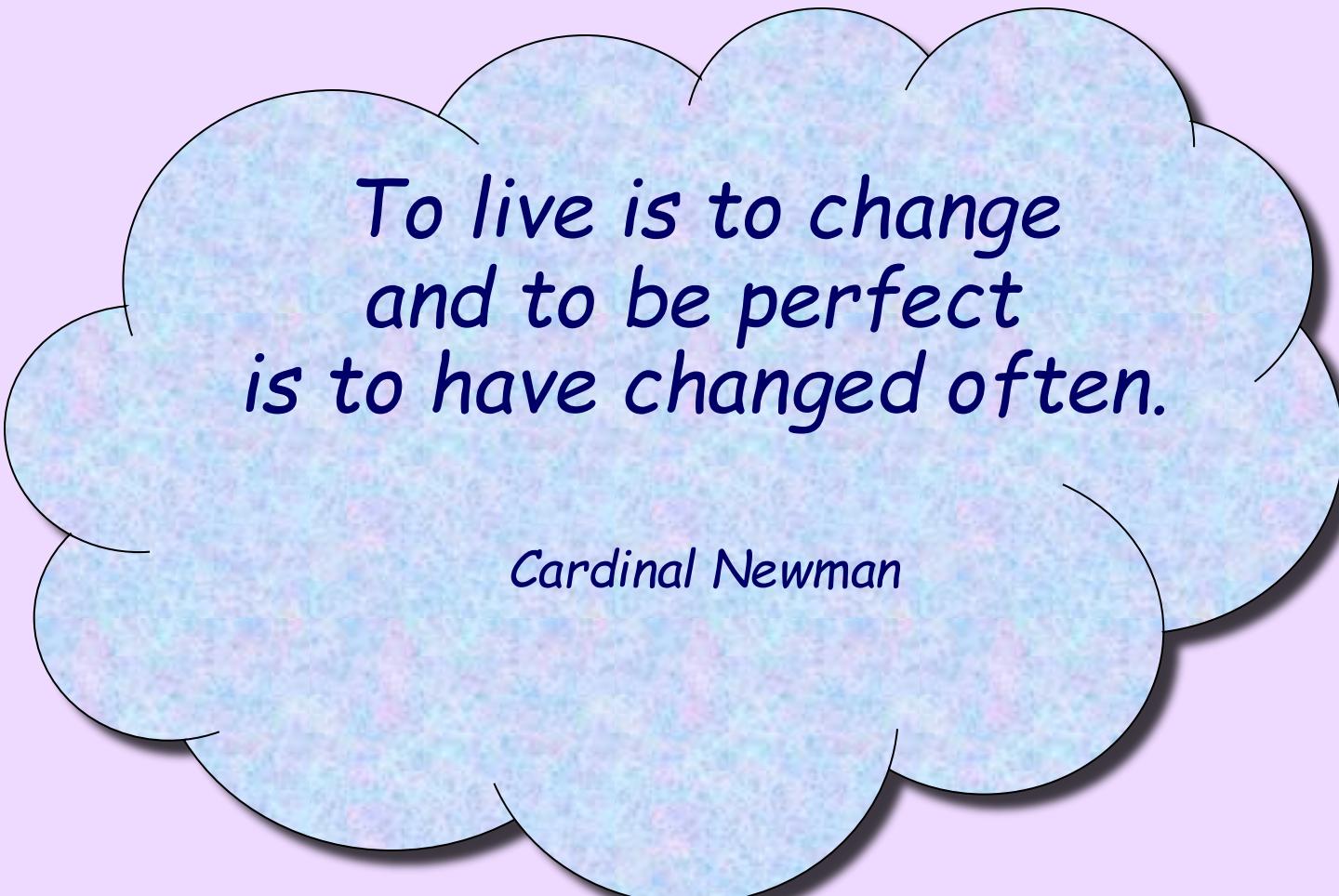


Prayer

Loving Lord,
help us to respect and
understand each other
better as we continue
to change and grow.
Amen.



Spiritual



*To live is to change
and to be perfect
is to have changed often.*

Cardinal Newman



Prayer

*God, grant me the serenity
to accept the things I cannot change,
courage to change the things I can,
and the wisdom to know the difference.*



Amen.



A Friendship Blessing

May you be blessed with good friends.

May you learn to be a good friend yourself.

*May you be able to journey to that place in your soul
where there is great love, warmth, feeling and
forgiveness.*

May this change you.

