

# Year Six

## Lesson 6

Lesson length: 60 minutes

### Unit title: Being a respectful and responsible individual

Lesson title: Growing up and puberty

Year  
6

#### Learning Objectives

To be aware of how body changes occur internally as well as externally

To be aware of how the emotions change during puberty

To know that humans develop to old age

To be aware of the changes that occur in both genders

#### Suggested Activities

These lessons can be delivered in single gender or mixed groups.

**Activity** Explain that in this lesson pupils will learn more about the stages of their life cycle.

Discuss what puberty is. Remind the class that puberty can happen at any time between the age of 8 and 16 and that it starts and ends at different times for everybody.

Optional book- 'Bits and Bobs, and Sweats and Spots' by Lana Gaskin and Sandra Passmore.

Recall the changes that occur for their own gender.

Introduce a true/false game of changes to consolidate learning.

#### Relationships and Health Education

##### Learning Outcomes

##### Respectful relationships

- the importance of permission-seeking and giving, in relationships with friends, peers and adults

##### Changing adolescent body

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes

##### Mental wellbeing

- where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)

**Activity** Body changes – gender group lesson

**Girls** Discuss the menstrual cycle what happens using the diagram and picture cards. Internal diagrams. Females-changes to breasts and nipples and menstrual cycle.

Menstruation, how to manage periods in school/home.

**Boys** Discuss male changes using the correct terminology - address any misconceptions using the diagrams .e.g. Changes in scrotum and genitals. Include changes in skin, hair etc. wet dream and internal changes.

**Optional** You may also want boys and girls to learn about the changes that happen to each other.

Go onto personal hygiene and discuss why this is important for everyone experiencing puberty.

Discuss with the class why puberty can be an exciting time and that there is a lot to look forward to.

**Activity** List activities such as starting to grow up, e.g. being given more responsibility, staying out later, getting taller, and wearing make-up.

Discuss the changing responsibility at home, school and from a religious perspective with the main faiths - Christianity, Islam and others.

Explore changing friendships and relationships with others- what is it a sign of?

**Debrief** Finally, emphasise that this is a time of responsibility and peoples' attitudes/ expectations toward you will change. It is a time to talk to a trusted adult and realise that it is a time of establishing your own personality.

#### Unicef Articles

Article: 12,13,14 &16

#### Resources

True/false game

Personal hygiene products - Sanitary wear

Optional book- 'Bits and Bobs, and Sweats and Spots' by Lana Gaskin and Sandra Passmore

#### Key vocabulary

Puberty

Relationships

Peers

Respect

Emotional

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## Boys true false quiz with answers

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The mouth loses teeth	Hair grows under the arms
Skin develops wrinkles	Skin develops spots
Hair grows around the genitals	Puberty always starts at age 12
Testicles grow larger	Hips widen
Voice deepens	Waist becomes wider
Chest hair grows	Scrotum skin gets darker
Body sweats more	Grow taller
Facial hair begins to grow	Penis get smaller
Shoulders and muscles develop	The changes that occur can be chosen
<b>True</b>	<b>False</b>
<b>Unsure</b>	

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The mouth loses teeth False	Hair grows under the arms True
Skin develops wrinkles False	Skin develops spots True
Hair grows around the genitals True	Puberty always starts at age 12 False
Testicles grow larger True	Hips widen False
Voice deepens True	Waist becomes wider False
Chest hair grows True	Scrotum skin gets darker True
Body sweats more True	Grow taller True
Facial hair begins to grow True	Penis get smaller False
Shoulders and muscles develop True	The changes that occur can be chosen False

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The mouth loses teeth	Hair grows under the arms
Skin develops wrinkles	Skin develops spots
Hair grows around the genitals	Puberty always starts at age 12
Breasts develop	Hips widen
Voice deepens	Waist becomes wider
Vagina produces mucus	Periods begin
Body sweats more	Grow taller
Facial hair begins to grow	Nipples get smaller
Mouth produces bad breath	The changes that occur can be chosen
<b>True</b>	<b>False</b>
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