

# Changing Bodies



# Aim

To describe the changes people's bodies go through during puberty and how we can look after our changing bodies.

## Success Criteria

- I can use scientific vocabulary when talking about the human body.
- I can discuss changes my body will go through and I know what to expect.
- I can explain how to look after my changing body.
- I can explain how to protect my body and stay safe.

# Puberty



Today we will be learning about how peoples' bodies change as they go through puberty.

Write down what you already know about puberty. Think back to previous learning about how our bodies change as we grow.

In Magpie books, write down any questions you have about puberty that you would like answered in this lesson, or at a later date.

List the changes you think people might go through during puberty.



# Puberty



Let's talk about the changes you have listed.



Which changes do  
you think both  
males and females  
go through during  
puberty?



**How might young people feel  
when their body starts to change?**



# How Bodies (and Emotions) Can Change during Puberty

## What is puberty?

Puberty is the word to describe the phase when a child's body starts to change, as they become an adult.



Apart from when you were a baby, this is the time when your body will grow the fastest.

# How Bodies (and Emotions) Can Change during Puberty

**So, what sorts of changes should we expect?**



How does a boy  
become a man and  
how does a girl  
become a woman?



# How Bodies (and Emotions) Can Change during Puberty

It helps to know about the changes your body will go through before they happen, so you know what to expect.



It is important to remember that everyone goes through these changes, no matter who they are, what they are like or where they live.

**We are all different, but we all go through puberty!**

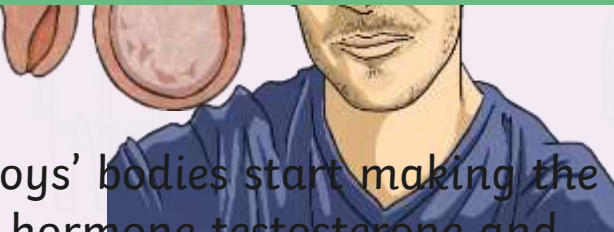


# How Bodies (and Emotions) Can Change during Puberty

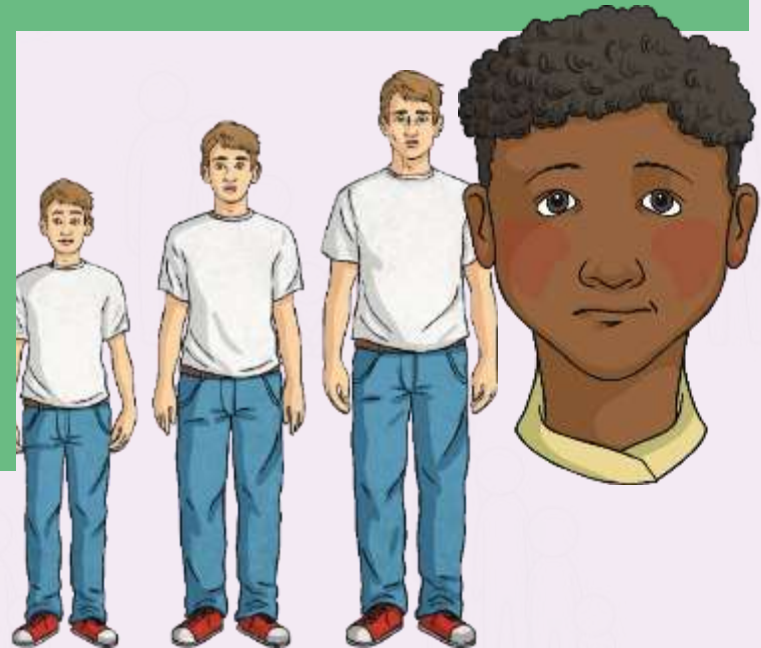
Puberty usually starts between the ages of 9 and 15 in males.

Let's take a look at some changes that happen in the male body during puberty...

Boys might notice that their penis sometimes becomes hard. This is called an erection. It can be embarrassing but don't worry - it is completely normal and it will happen less and less as you get older.



Boys' bodies start making the hormone testosterone and sperm in the testes (testicles). Facial hair begins to grow.



The male body grows taller and broader, and becomes more muscular.



# How Bodies (and Emotions) Can Change during Puberty

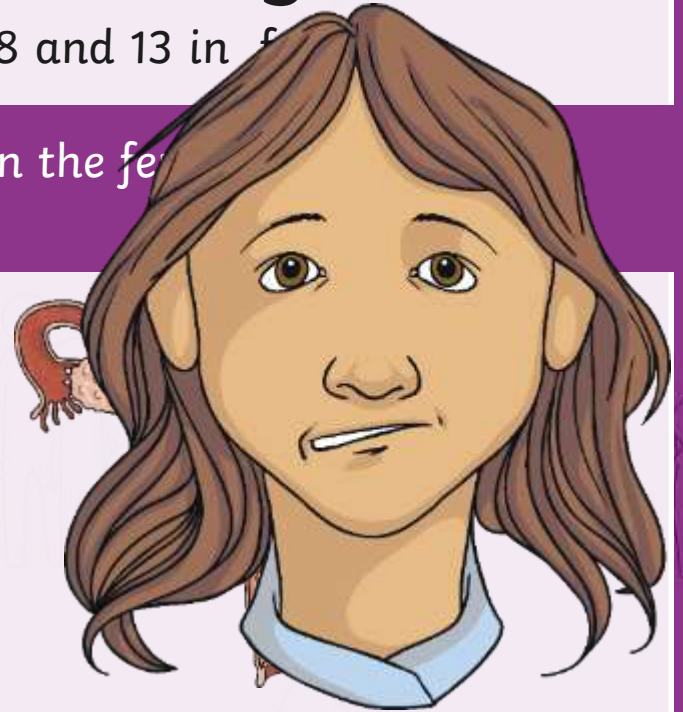
Puberty usually starts between the ages of 8 and 13 in girls.

Let's take a look at some changes that happen in the female body during puberty...

Girls might notice that they have white or clear fluid coming from their vagina. It might be thin and wet or thick and sticky. This is nothing to worry about. It is called discharge and it's just another sign that hormones are changing your body.



The female body gets curvier, as the hips get wider and breasts develop.



The female body makes and stores eggs in ovaries. When these are not fertilised, they leave the body. This is called menstruation or 'periods'.

# How Bodies (and Emotions) Can Change during Puberty

So, male and female bodies both go through some changes that don't happen to the other gender.

However, there are some changes that both boys and girls can experience



The hormones stimulate the glands in your skin, including the sweat glands under your arms. This can cause body odour.

# How Bodies (and Emotions) Can Change during Puberty

Another change that young people might experience when they go through puberty is called **nocturnal emissions**, or **wet dreams**.

Males and females can experience wet dreams and, as you might have guessed from the word 'dreams', they happen when we are asleep.



# How Bodies (and Emotions) Can Change during Puberty

'If you have a penis, you might ejaculate semen (the fluid containing sperm) from your penis in the night.



If you have a vulva, you might notice it becomes wet in the night from some discharge. You might be dreaming about something of a sexual nature or you might not remember what you were dreaming about at all.



Either way, wet dreams are nothing at all to worry about. They are completely normal, but not everyone experiences them.

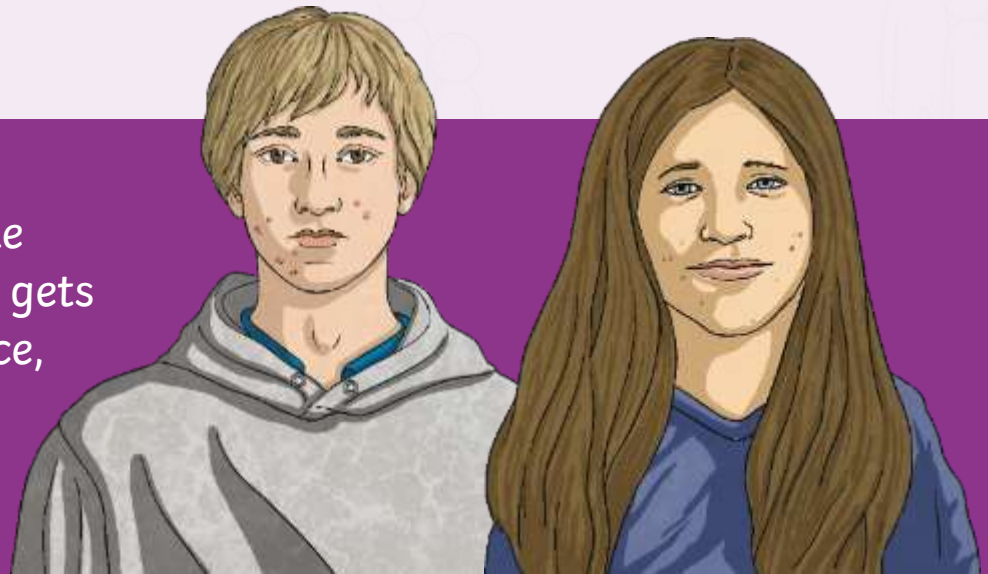


# How Bodies (and Emotions) Can Change during Puberty

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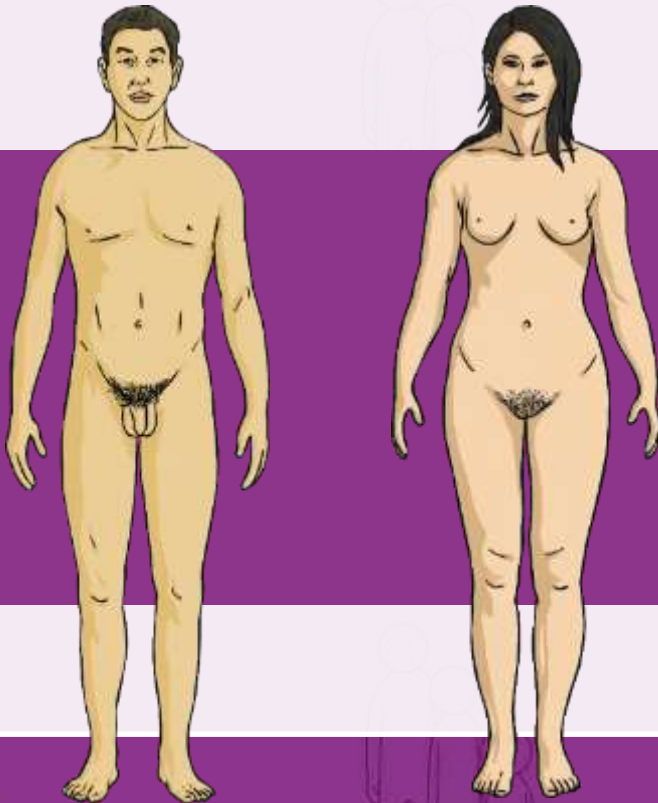
Some young people develop acne (pimples or spots), as their skin gets oilier. These might be on the face, upper-back, or upper-chest.



# How Bodies (and Emotions) Can Change during Puberty

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Under-arm hair and pubic hair (hair around the genitals) begins to grow.

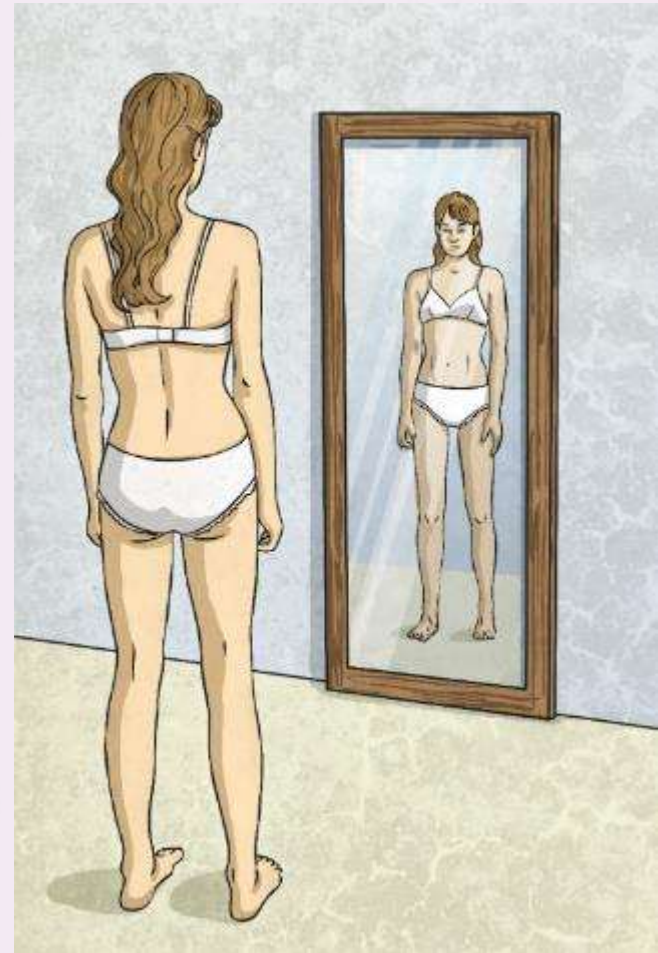
# How Bodies (and Emotions) Can Change during Puberty

## Getting to Know Your Own Body

It's important that you find out about your own body and feel comfortable with it. It's **your body**, so it's ok to look at it and touch it.

As young people develop, they sometimes like to touch themselves. This is called masturbation. Masturbation can be a way of exploring your body and any new feelings you may have.

Masturbation is a private thing, but it is completely normal and safe.



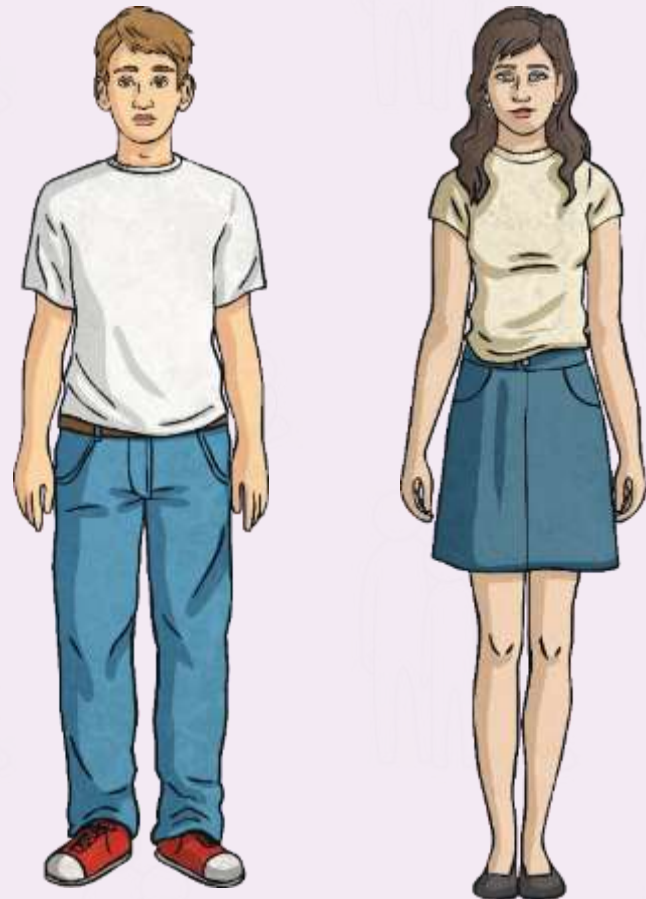
# How Bodies (and Emotions) Can Change during Puberty

All girls and boys go through these changes as they become women and men.

These changes happen at different times in different people. Some people may start puberty before or after their friends.

This is completely normal and no reason to worry. There is no 'right' or 'wrong' time to start puberty!

**Do you have any questions?**





# Looking after Our Changing Bodies



Thinking about all the changes our bodies will go through during puberty, think of ways that young people can look after their bodies as they are changing.

Jot some ideas down.

Look at some of the answers on the next page?

Did you write any of the same ones down?



# Looking after Our Changing Bodies



What ways did you think of for young people to look after their bodies during puberty?

Wash well!

Eat healthily!

Wash often!

Ask advice!

Chat to friends about the changes!

Wear comfortable underwear!

Leave spots alone!

Use deodorant!

Get plenty of sleep!

Be prepared!

Get lots of exercise!



# Looking after Our Changing Bodies



Your body – before it changes, during puberty and after it has changed – is **YOUR** body.

You have the right to protect yourself against any inappropriate or unwanted contact. Others should respect you and your body.

If you ever have any concerns about someone wanting to do something to your body, you should report it to an adult you trust. They could advise you and get the help and support you need.

**Take care of your body and stay safe.**





**Question time**

**???**

