

PSHE

Safety and the changing
body

Physical and emotional changes of puberty

Vocabulary

- puberty
- change
- cervix
- ovary
- fallopian tube
- uterus
- vagina
- vulva
- vaginal opening
- labia
- penis
- bladder
- testicle
- scrotum
- sperm duct
- breasts
- nipples

Key questions

- What are the correct names for the parts of the body?
- What problems might people have during puberty and how can I help?

I will know...

- I understand changes that happen during puberty for boys, girls and both.
- I can name the parts of the body.
- I can use my knowledge to answer other people's problems.

Setting the rules

During RSE lessons we must:

- Respect other people's ideas.
- Know that there are no silly questions.
- We don't share stories or information that is shared- unless someone is unsafe.
- Understand that we are all different and that is fine.

We are going to be discussing puberty and we would like to find out what you already know.

Divide our piece of paper into 3 sections and label each one: girls, boys and both.

Write down all of the changes you know that happens during puberty

Let's think!

- What happens during puberty?

Video

- We are going to watch a video and pause throughout the video and discuss what we have seen.

- [RSE and PSHE Year 5: Lesson 3: Puberty - Kapow Primary](#)

LINK VIDEO HERE

Quiz

Complete the quiz, we will discuss answers at the end.

Body parts quiz - multiple choice

- 1) What are the chemicals in our bodies that drive changes as we grow up called?**
 - a) enzymes
 - b) hormones
 - c) proteins
 - d) lipids
- 2) Which part of a boy's body becomes bigger during puberty?**
 - a) feet
 - b) ears
 - c) penis and testicles
 - d) hands
- 3) What is the term for the change from being a child to becoming an adult?**
 - a) adolescence
 - b) puberty
 - c) maturity
 - d) growth spurt
- 4) During puberty, a boy's voice 'breaks' and becomes deeper because of the growth of what part of the body?**
 - a) tongue
 - b) larynx or voice box
 - c) vocal chords
 - d) lungs
- 5) What is the name of the external area of a girl's body where most of her organs are hidden?**
 - a) uterus
 - b) ovaries
 - c) vulva
 - d) cervix
- 6) During puberty, girls start to experience what regular bodily function?**
 - a) sweating
 - b) periods
 - c) mood swings
 - d) all of the above
- 7) What part of the body carries a man's testicles?**
 - a) penis
 - b) scrotum
 - c) larynx
 - d) urethra
- 8) What is one physical change that both boys and girls experience during puberty?**
 - a) growing taller
 - b) voice deepening
 - c) developing breasts
 - d) starting periods

Task

- In groups you will be given a letter where someone is having a problem or worry they have.
- You are going to work with your group to consider what advice you would give this person.
- We will discuss at the end.



Question box

- Over the next couple of lessons we will be revisiting periods and we will learn about how babies are made and are born.
- The question box is a place where you put ask any questions you may have and I will answer them in the next session.
- This is a safe space to anonymously ask any questions you may have, there are no silly questions and you may not be only person wanting the answer to this question.

Remember, there are people you can talk to if you have worries.

Parents

Other family members

Teachers and TA's

childline

ONLINE, ON THE PHONE, ANYTIME

Call 0800 1111 