

Understand the physical changes experienced during puberty

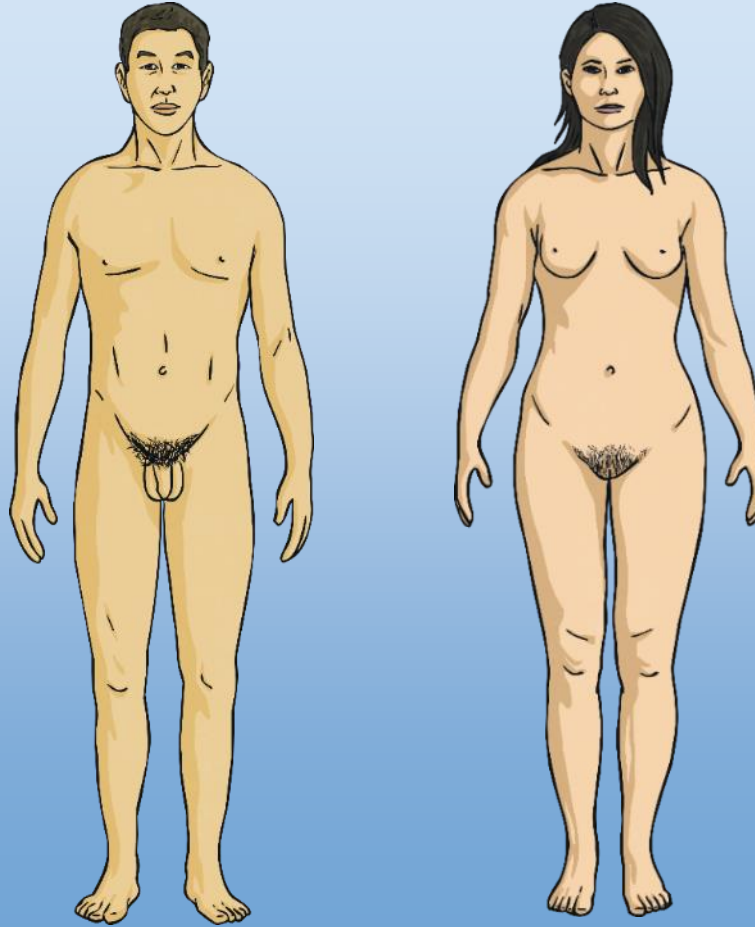
Understand the physical changes experienced during puberty

Can you remember what you learnt in Y4 about puberty?

Recap Y4 learning

[Chapter 1: Lil-Lets School Programme Introduction](#)

Understand the physical changes experienced during puberty



How do our bodies change?

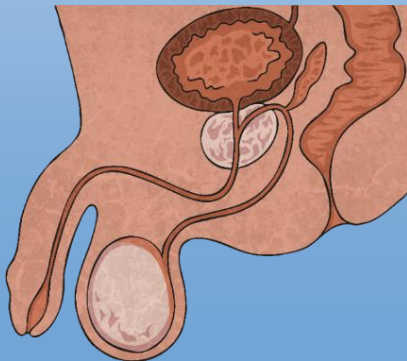
BOYS

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

A lot of physical changes occur, some more obvious than others

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)



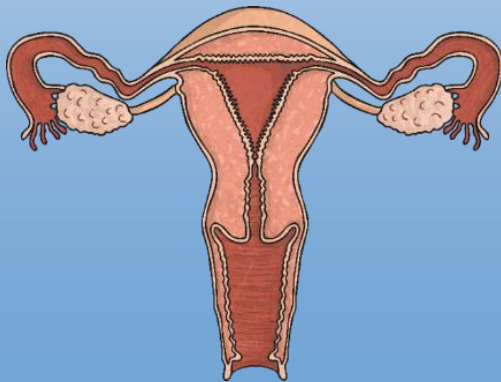
How do our bodies change?

GIRLS

Puberty usually starts between the ages of 8 and 13 in females

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



How do our bodies change?

GIRLS and BOYS

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

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

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

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

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

How do our bodies change?

GIRLS and BOYS

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

It's important not to pick spots. Just try to keep your face and body clean. If they get particularly bad, you could get some medical treatment, such as facial wash, cream or gel.



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

These changes happen at different times for 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!

How do our bodies change?

GIRLS and BOYS

Puberty can be a confusing, even worrying time for many young people. That's why it is important to understand what is happening to your body and to know where to get help or advice if you need to.

During puberty, feelings can seem more intense and they can change rapidly. These are called mood swings. One moment, you might feel excited about something, then suddenly, something upsets you and you feel super angry!



**To understand what an adult relationship is and the human life cycle.
To understand how a baby is made, how it grows and how it is born.**

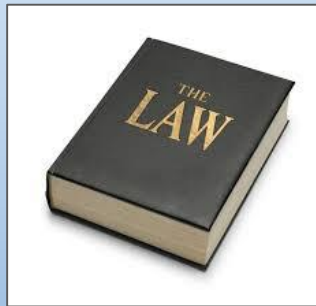
Some adults choose to have a physically close, loving relationship with another adult.



What is sex?

The word “sex” can refer to the biological difference between males and females.

It can also refer to “sexual intercourse” which is the physical process by which a baby can be made.



The legal age that people can have sex in the UK is 16 years old.

Both people in the sexual relationship must be 16 years old or over.

Both people must consent - this means that both people want to have sexual intercourse

[KS2 PSHE: Operation Ouch! How are babies made? \(full programme\) - BBC Teach](#)

Staying Safe

Staying safe also refers to being in charge of what happens to your body. Your body is your own and no one else can touch it without your consent.

Some parts of our bodies are private, such as the genitals and the mouth. If someone ever tries to touch you in a place on your body that you are not comfortable with, or in a way that does not feel right, you must tell them to stop, say it is not appropriate and push them away.

You should then tell a trusted adult straight away so that it doesn't happen again.



It's never your fault if somebody touches you in a way that makes you feel uncomfortable and it's very important that you tell someone so that they can help to keep you safe.

Staying Safe - Key facts

Both people must consent to sexual intercourse.

Sexual intercourse is something many adults enjoy when both people feel ready.

The legal age to have sexual intercourse for both people is 16.

If anything in a relationship ever makes you feel uncomfortable, you always have the right to say 'no' and stop.

It's never OK to pressure or persuade someone else to be physically close if they don't wish to be.

Two consenting adults may choose to have sex for different reasons, but they both have the right to feel comfortable, happy and safe.

How a baby can be made

There are a number of ways that a baby can be made.

An adult may decide that they wish to be a parent and to try to have a child.



How a baby can be made

A male produces _____ in his testicles.

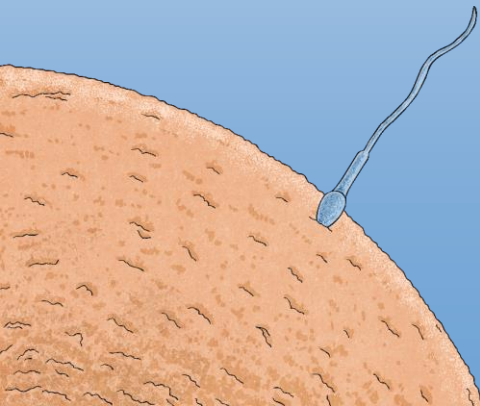
Once a month, the female's body releases an ____.

A male and a female in a loving relationship might decide to have _____ to try to make a baby.

Only ____ sperm needs to fertilise the egg.

A fertilised egg takes ____ months to grow into a baby.

The female carries the baby inside her _____.

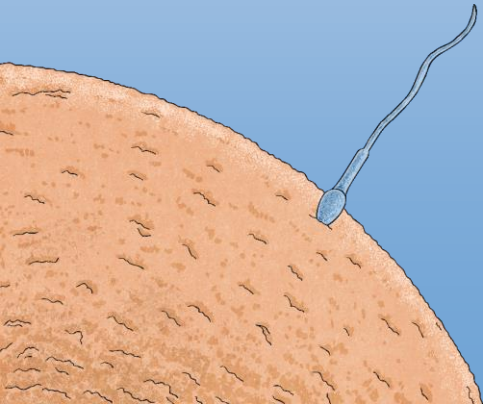


How a baby can be made

If a male and a female want to conceive a baby, they can have sexual intercourse. The male's penis ejaculates sperm, which race to find the female's egg.

The female's body releases one egg once a month. The egg only lives for about 12 – 24 hours but sperm can live for 5 – 7 days.

If a sperm reaches the egg, the egg is fertilised, starting a new life form.

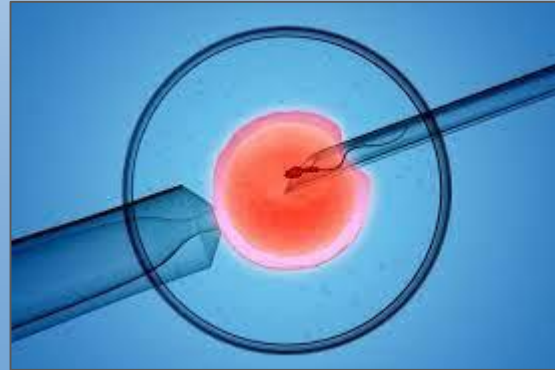


How a baby can be made

Some couples conceive a baby differently. Same-sex couples and some heterosexual couples may decide to conceive a baby this way.

Doctors can remove a female's eggs from her body and the eggs can be fertilised with sperm outside of her body.

Once an embryo has formed, the doctors can place it back inside the female's uterus so she can continue the pregnancy until the baby is ready to be born.



How a baby is made

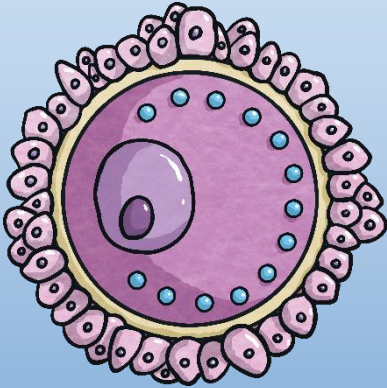
Some females have a problem with their uterus and may not be able to carry a baby inside them. In this case, they may use something called surrogacy.

The egg is fertilised by the sperm outside of the female's body and once an embryo has formed, it is placed inside the body of another female who has agreed to carry the baby inside her until it's ready to be born. It is often a sister or close friend of the couple who does this for them.

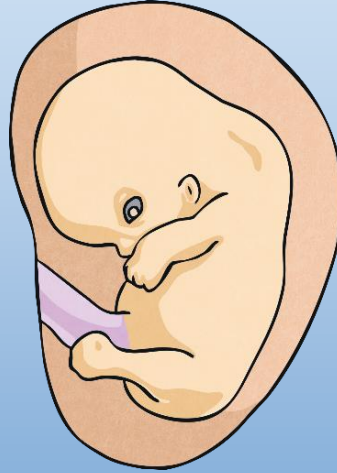


How a baby is made

Wow! From just two cells (a sperm and an egg) to 37.2 trillion cells in a human being!



zygote



embryo

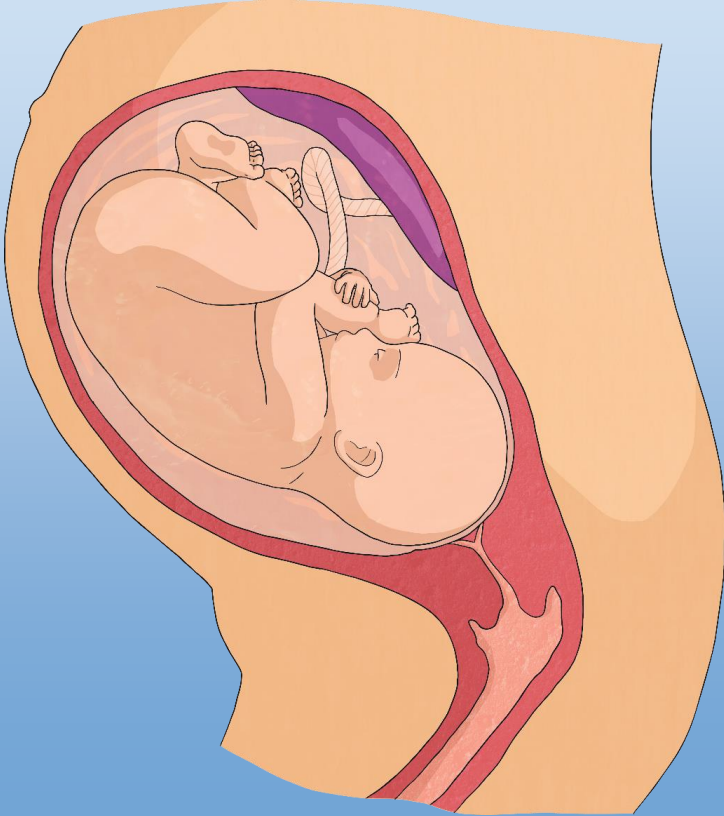


foetus

The rate of growth is extremely rapid. The egg cell measures 0.12mm in diameter and a newborn baby is approximately 50cm.

How a baby is made

Can you think of three things a foetus needs in order to grow and develop inside the womb?



minerals

vitamins

oxygen

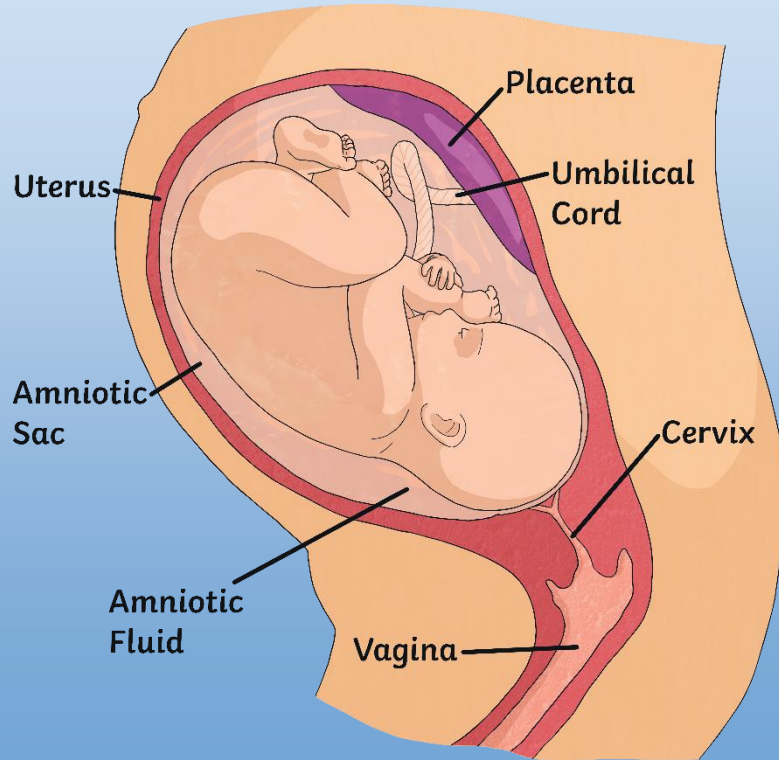
fats

protection

protein

How a baby is made

In the uterus, the foetus is protected inside an amniotic sac, which is filled with amniotic fluid.



All the nutrients that the foetus needs while it is inside the womb (or uterus) are passed from the mother's body to the foetus.

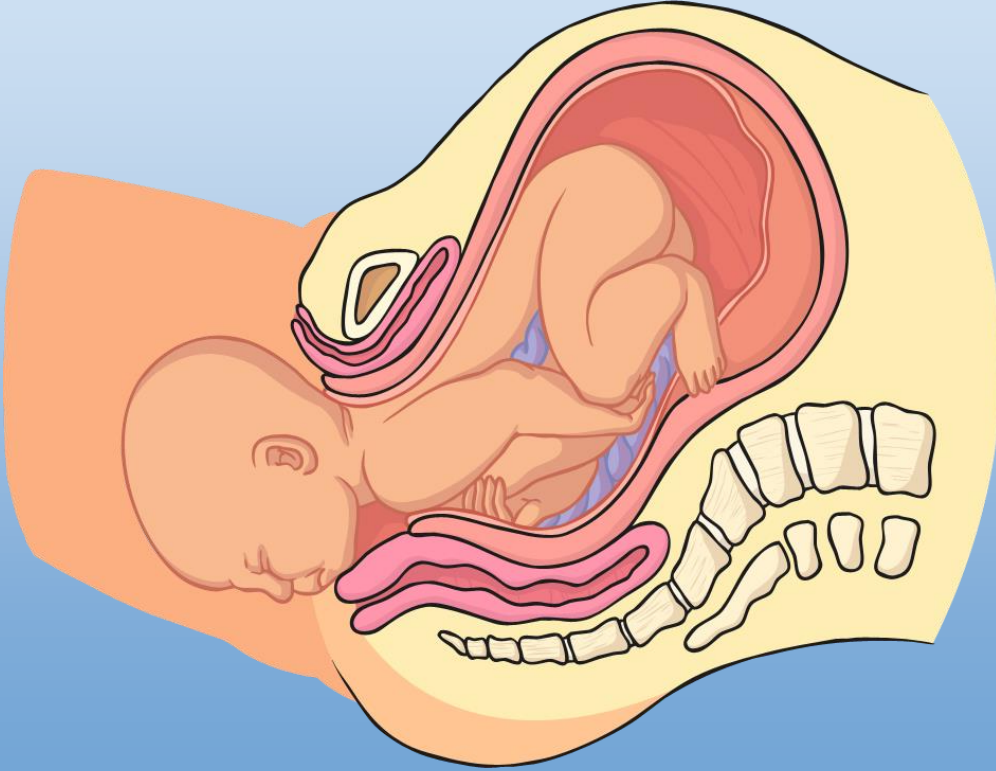
The mother's body creates a placenta. Nutrients and oxygen pass from the placenta to the baby through the umbilical cord.

The umbilical cord also carries waste substances, such as carbon dioxide, away from the baby to the placenta.

How a baby is born

After nine months of growing inside its mother, the baby is ready to be born.

The muscles in the uterus push the baby out. This is called labour. The baby comes out (usually head first) from the mother's vagina.



How a baby is born



Some babies are born through a caesarean section (or C-section for short).

This is when the baby cannot be delivered through the vagina, for example the baby may be breech (meaning it is feet first in the womb, rather than head first ready to be born).



In a C-section, an incision is made through the woman's tummy and into her womb. It is a common operation and is safe for both the mother and the baby.