

# PSHE

## Safety and the changing body

### Puberty

Please remember that:

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

# Vocabulary

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

# Key questions

- What are the correct names for parts of the body?

# I will know

- I understand how the body changes as a child becomes an adult.
- I can accurately label sexual external parts of the body.
- I can accurately label internal reproductive organs.

# Scenarios

A boy and girl aged about 13 are walking down the road. Draw a picture of the boy and the girl.

The boy and girl are talking about change. Draw or write some differences you could see in the boy and girl from when they were younger.

Changes can't always be seen, draw or write some other changes the boy and girl might be experiencing.

# Recap of rules!

- Respecting other people's ideas.
- There are no silly questions.
- That we are all different and that is fine.
- We don't share stories or information that is shared-unless someone is unsafe.'
- Can we add any more?

# Re-cap -what is puberty?

- What can you remember from your learning last year?
- What does puberty mean?
- What changes happen during puberty for boys and girls?

# What does the word 'puberty' mean?

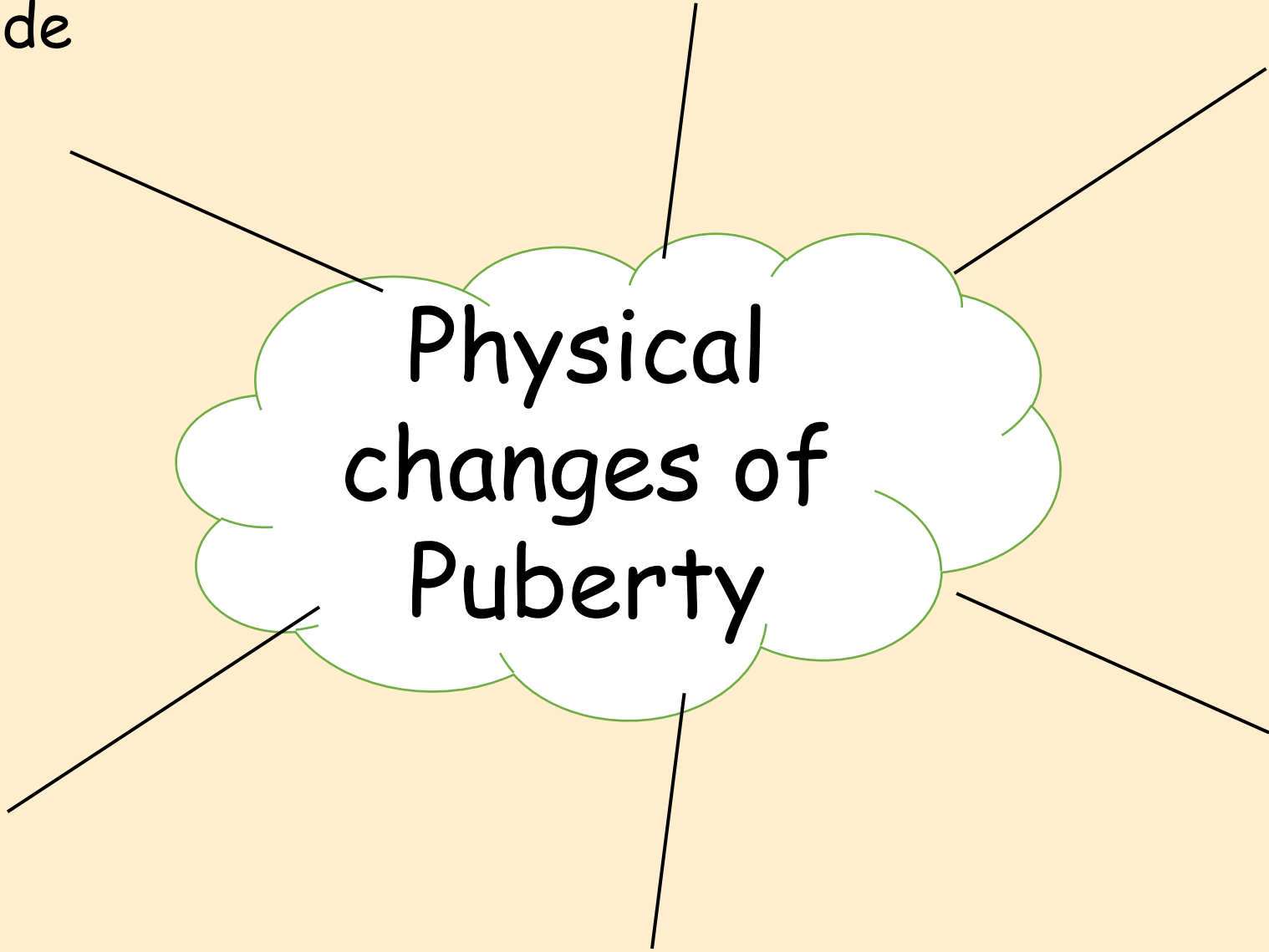
During this lesson, the focus will be on the physical changes of puberty. Some of these changes will be external and things we can see. Other changes will happen inside our bodies.



Inside

Outside

Physical  
changes of  
Puberty

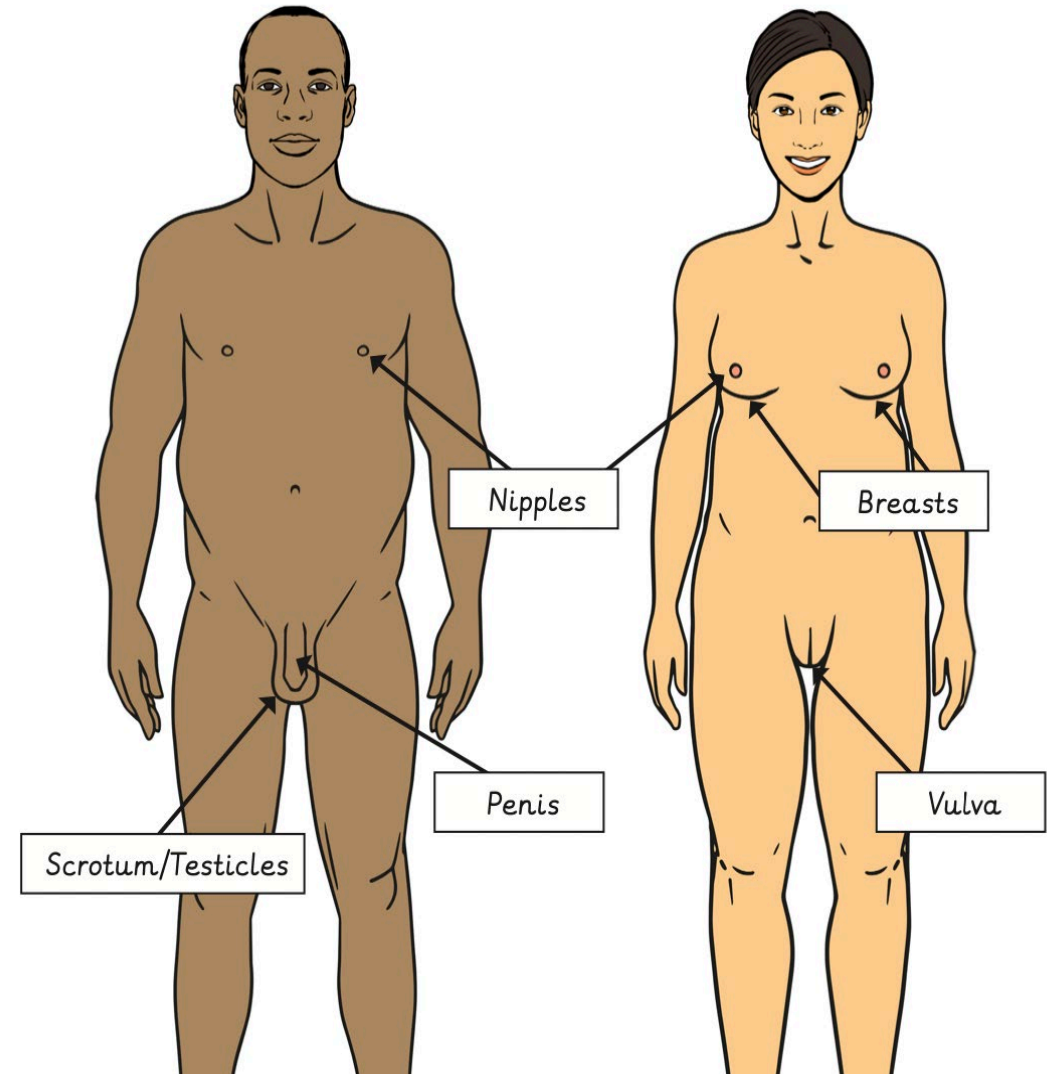
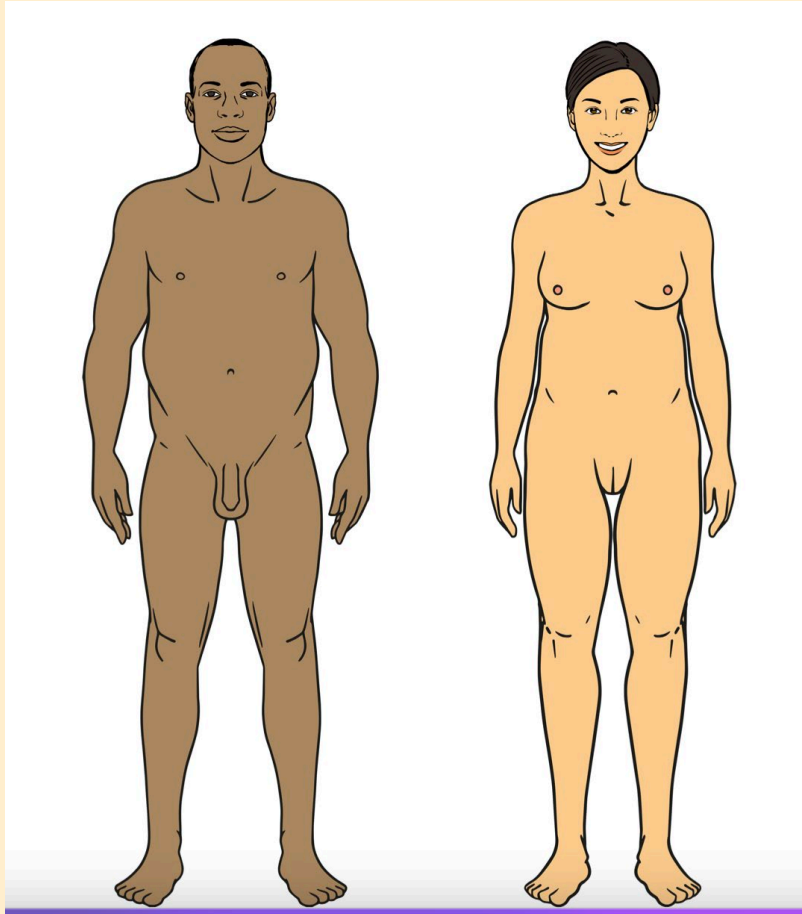


# Watch the video about puberty



- <https://www.kapowprimary.com/subjects/rse-pshe/upper-key-stage-2/year-5/safety-and-the-changing-body/lesson-3-puberty/>

# Task 1: External body Parts

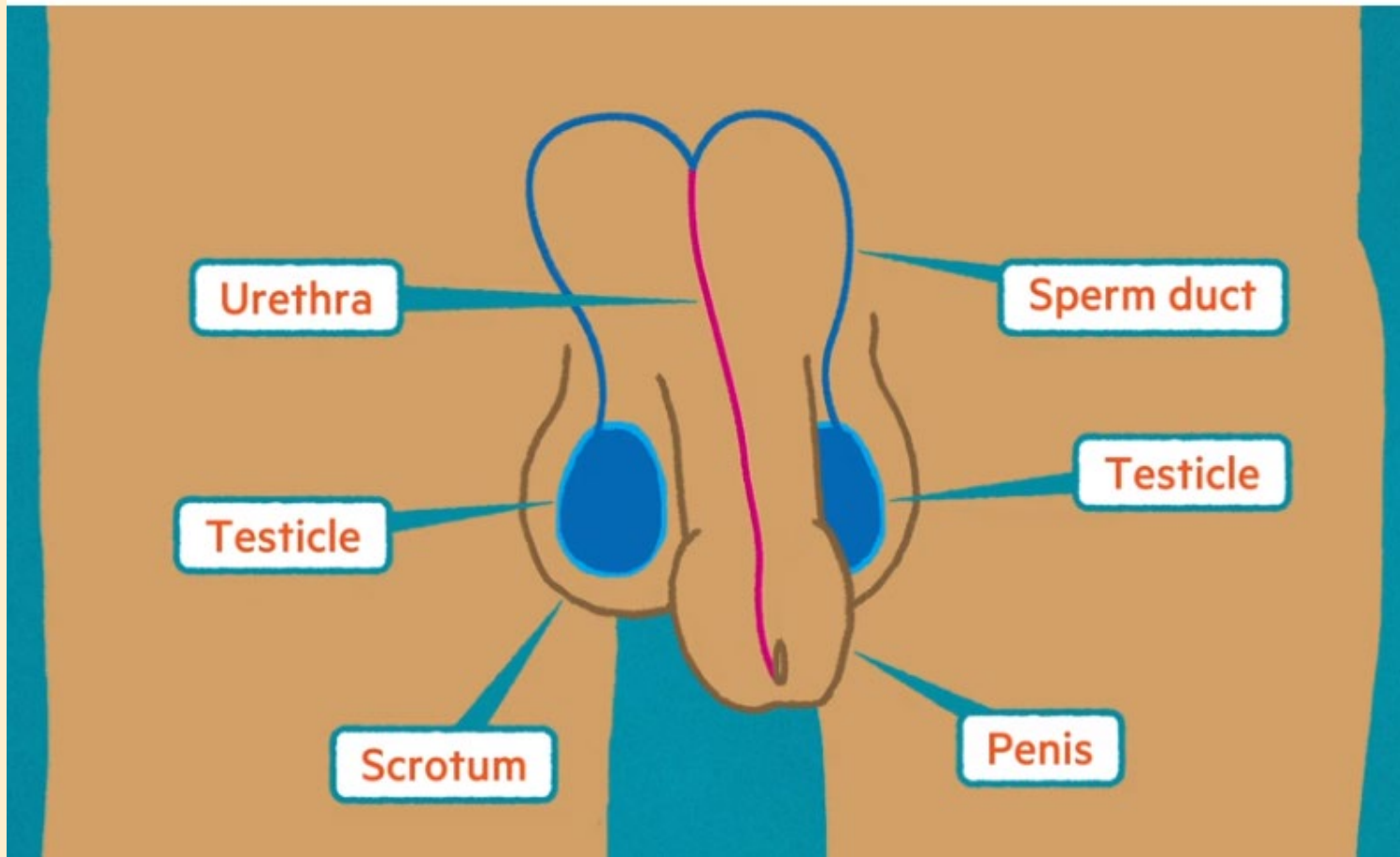


# What parts of the body will change when we grow into adults?

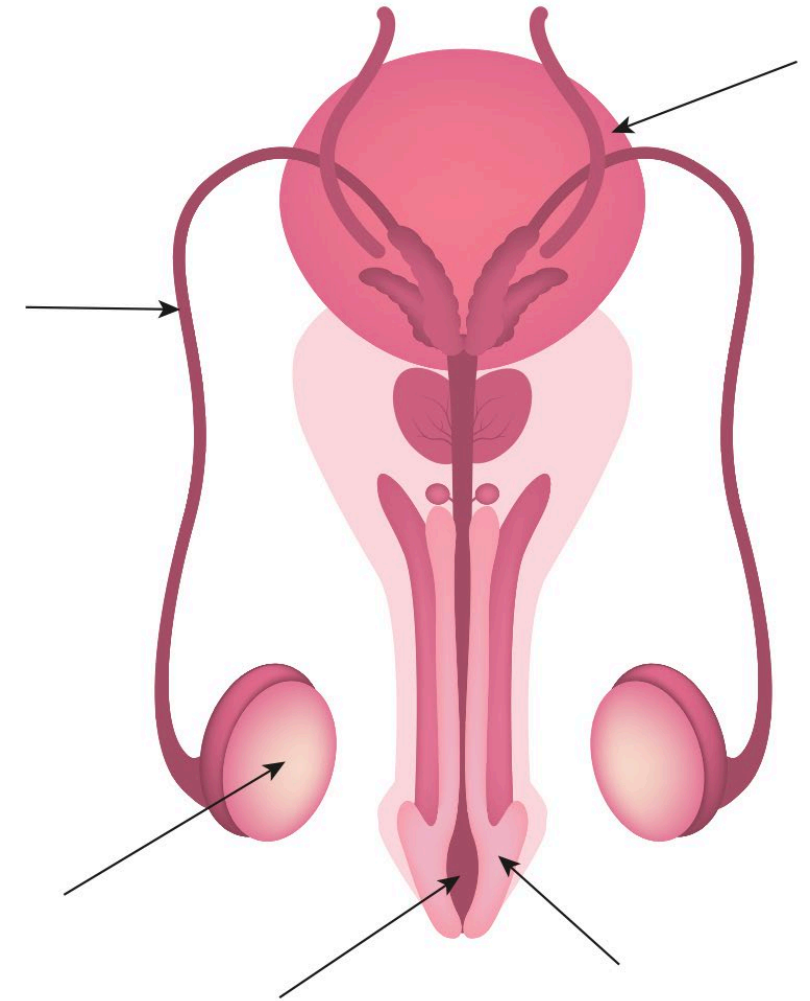
Please remember:

- these changes happen over time and at different times for different people.
- children will not look exactly like the diagrams, as everyone is different and this is completely normal.

Now look at the internal organs.

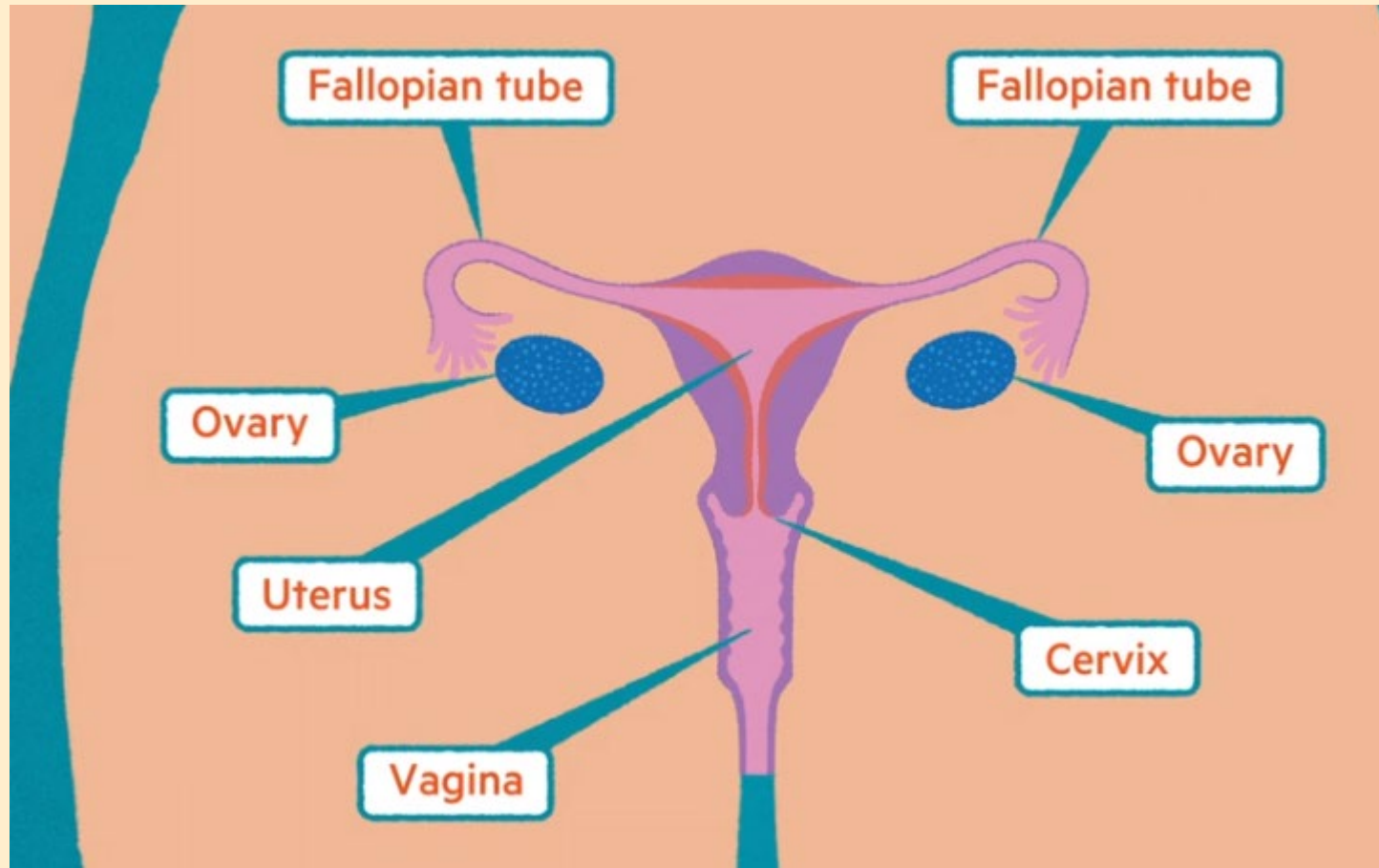


Male internal reproductive organ

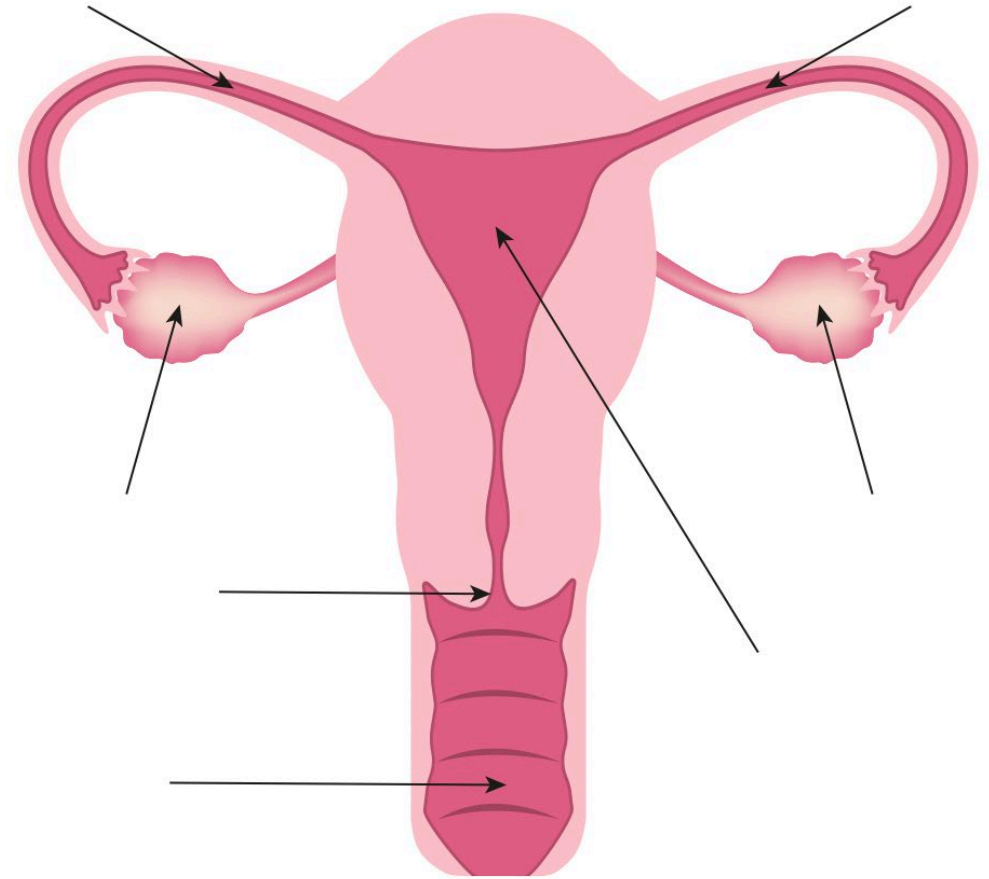


- |            |         |          |
|------------|---------|----------|
| Penis      | Bladder | Testicle |
| Sperm duct |         | Urethra  |

Now look at the internal organs.

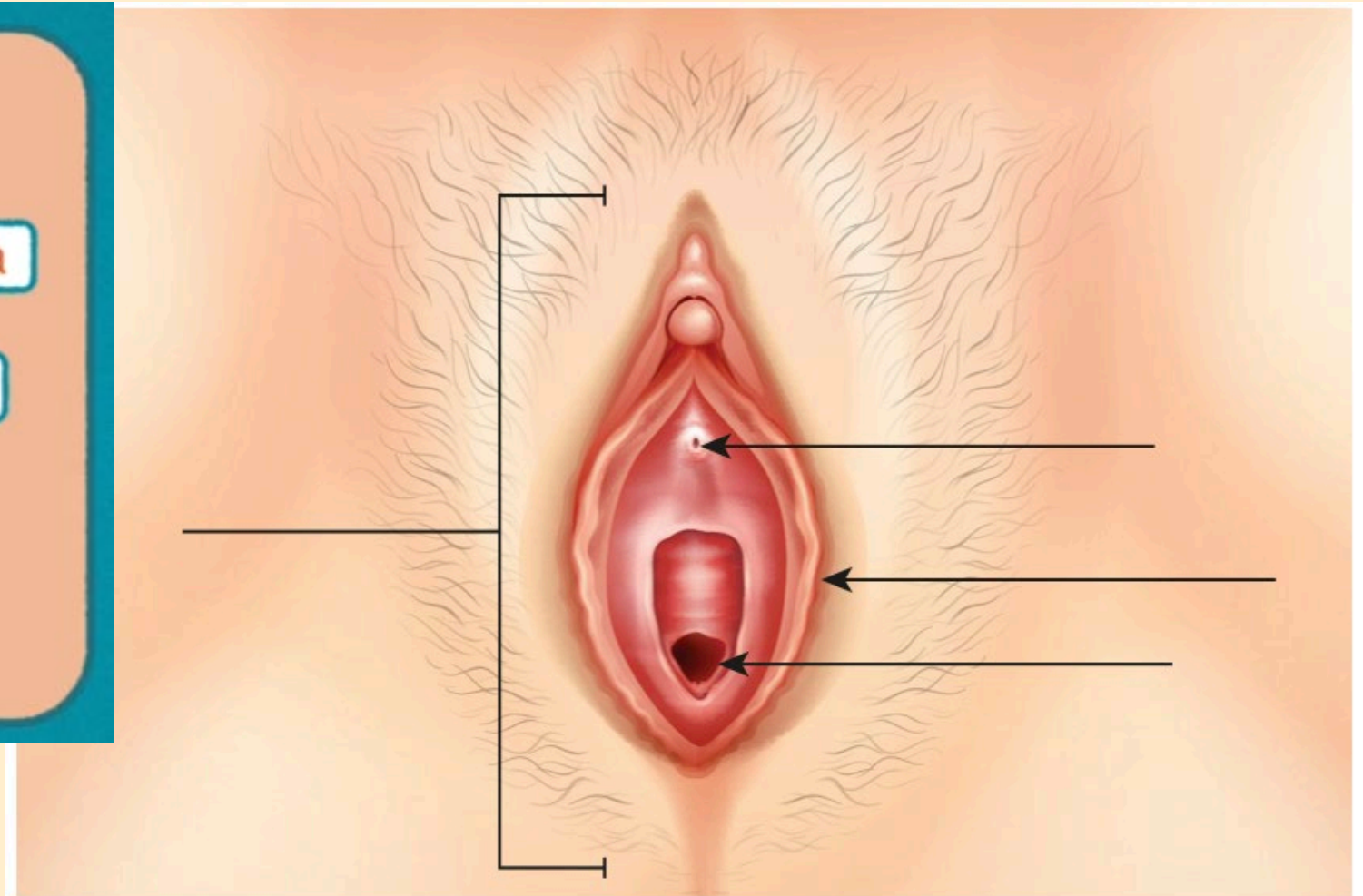
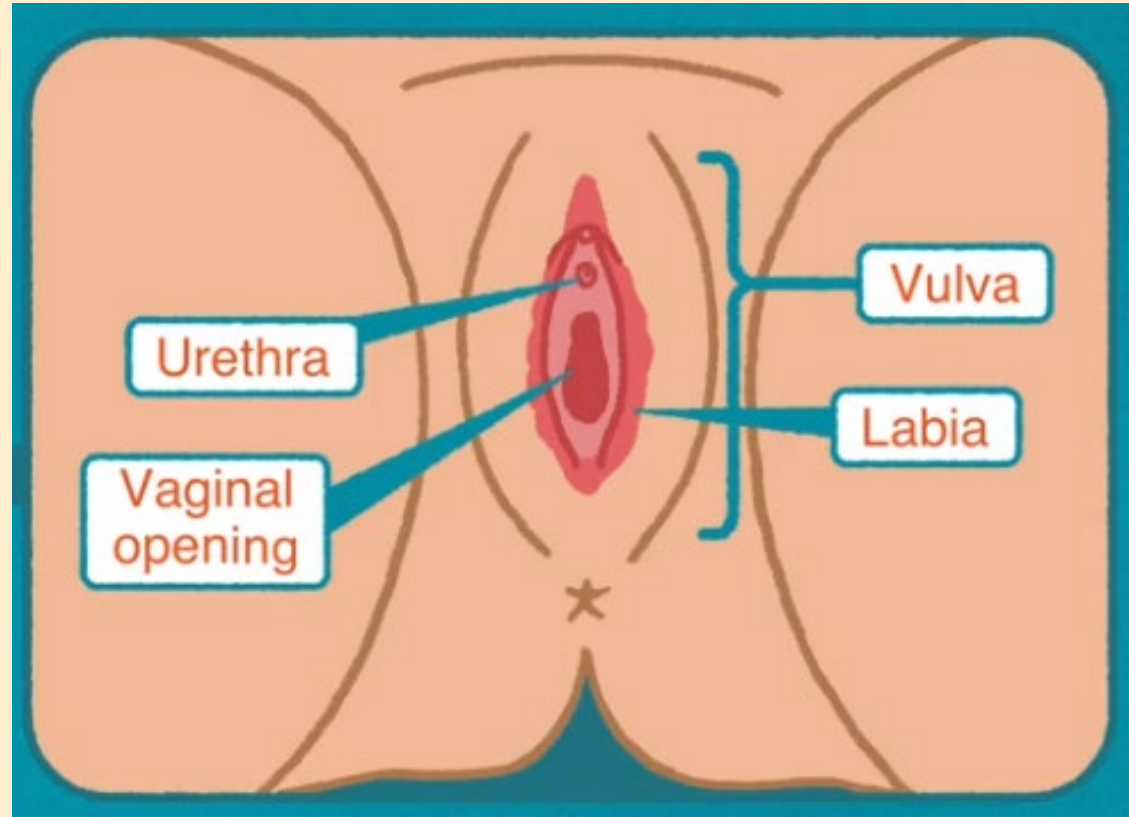


Female internal reproductive organs



- |                |        |        |
|----------------|--------|--------|
| Cervix         | Ovary  | Uterus |
| Fallopian tube | Vagina |        |

These are external parts but they are not easy to see as they are between a female's legs and are hidden by folds of skin called the labia. This entire area is called the vulva.



# What body parts to both males and females have?

- Urethra.
- Bladder (not shown on female diagram).



# Wrapping up

- In the next lesson, you will be looking in more detail at what the different parts of the body are for.
- If you want to answer any questions you may have and you know it can sometimes be embarrassing to put your hand up and ask. Use the question box as a way to ask questions without anyone else knowing.
- The box is going to be in the classroom so if you think of any other questions, you can add them.
- You can talk to an adult in school if you are worried about anything or have questions.
- Stress that it is fine to have questions and there is a safe way to ask these.



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 