

# PSHE

Safety and the changing body  
Introducing Puberty  
2024

# Vocabulary

- change
- exciting
- worries
- physical
- height
- breasts
- genitals
- penis
- testicles
- vulva
- vagina
- hips
- waist
- shoulders
- chest hair
- puberty
- hygiene

# Key questions

- How will my body change as I grow up?
- Why is good personal hygiene important as I grow and change?
- How will I change emotionally?
- Do you understand the changes which are going to happen as you grow up?

# I will know

- I understand that my body will change as I become an adult.
- I understand that different changes happen to males and females.
- I can identify some physical differences between child and adult bodies.
- I can explain ways to look after my personal hygiene.

## Ground rules for this lesson

We respect other people's ideas.

There are no silly questions

We don't share stories or information that is shared- unless someone is unsafe.

We are all different and that is fine.

# Starter

- Let's share some of your thoughts from our last lesson...
- What excited you about growing up.
- What were you nervous about?
- Remember-all adults have been through this, and you can discuss worries with someone you trust.

# What differences and changes do you notice?

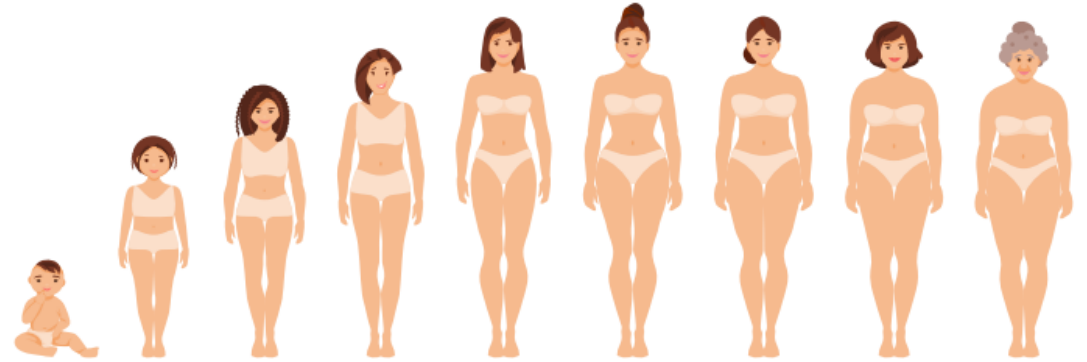
[KS2 Yr 4 RSE/PSHE Introduction to Puberty - Kapow Primary](#)

- Lots of changes happen from when we are born to when we become an adult (around the age of 18 - 20). After we become an adult, the changes slow down.

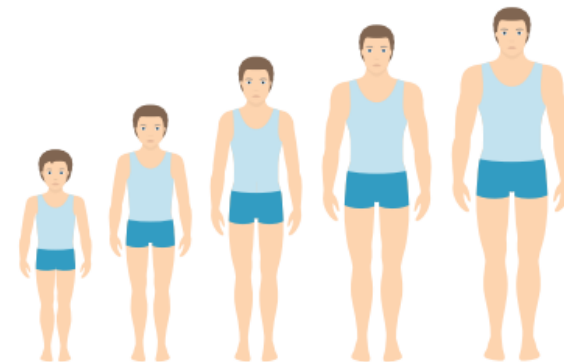


In pairs, write down the physical changes you notice in the pictures.

Female body changes



Male body changes



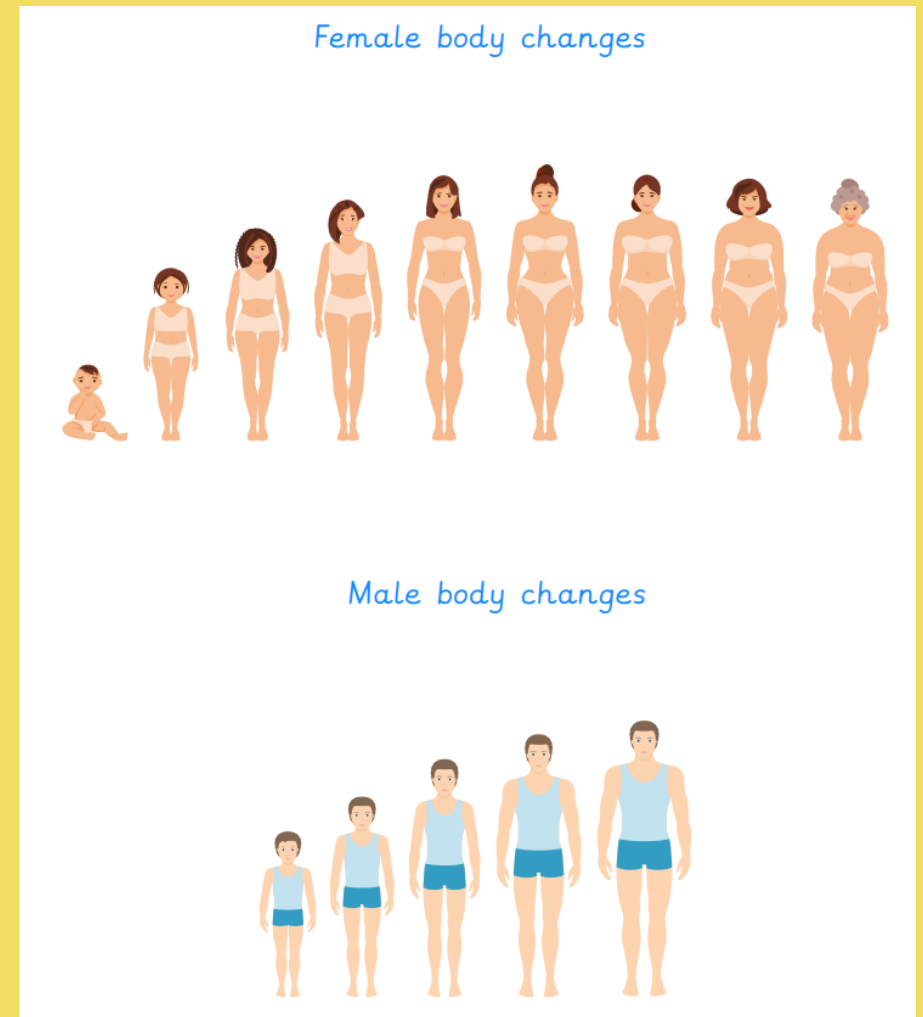


# Growing Up

- Let's watch a video about the changes which happen during puberty.
- [KS2 Yr 4 RSE/PSHE Introduction to Puberty - Kapow Primary](#)
- Have you got any questions?

# Body changes

- Now annotate your diagrams with other physical changes that might occur that you learnt about in the video.
- Puberty- the process of body changes which turn you from a child into a grown-up.



# Body changes

- Boys- shoulders broaden, grow taller, penis and testicles grow larger, hair grows around genitals and on chest and face, voices deepen.
- Girls- grow taller, hips develop, develop breasts, hair under arms and vulva.
- Usually occurs between 8-15 years of age.

# Body changes and you

- In the next few years, you might start to see some of these changes in yourself and this is totally normal. Remember, that changes happen gradually over time.
- Changes in puberty are caused by **hormones** in our body and these can have other effects on our hair, skin and how we smell. As we grow and develop, keeping clean becomes even more important.

# Hygiene- keeping clean as we grow up

Label or draw on Figure 1 to show some of the hygiene issues someone going through puberty might experience e.g. greasy hair, spots, smelling differently.

Label or draw on Figure 2 what someone could do to help address these issues e.g. washing hair more often, showering frequently and using deodorant.

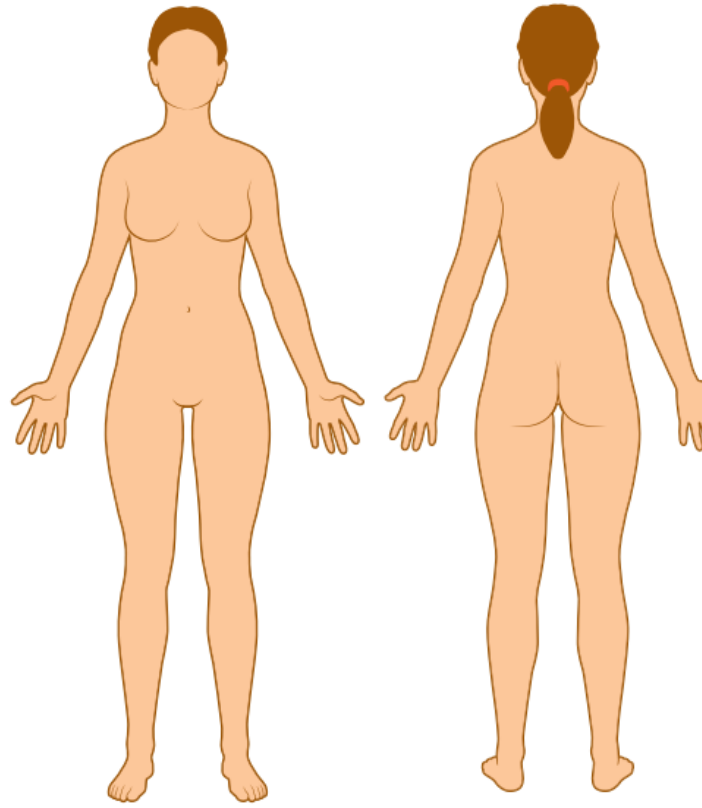


Figure 1

Figure 2



Figure 1

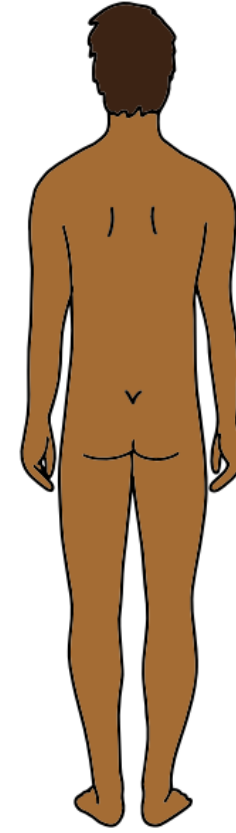


Figure 2

What products  
can you use to  
keep clean?



# Puberty- emotions

Some changes won't be visible at all and changes in feelings and mood are all part of puberty.

For example, you may notice feeling grumpy, sad or confused sometimes.

Usually, these mood changes pass quite quickly but if you are worried you should talk to an adult you trust.



# Summing up

- Puberty- the process of body changes which turn you from a child into a grown-up.
- These changes happen over a period of time and that different people will start these changes at different times and this is completely normal.
- If you are worried about anything, you should talk to an adult whom you trust- or big brothers and sisters.



# I want you to rate how well you understand what you have learnt today.

- When I ask, put your head down, close your eyes and show me a number of fingers as follows-
- 1 being, "I am still not sure what is going to happen".
- 5 being, "I understand, and I think it is going to be OK and I know who I can talk to if I need to".

Remember, there are people you can talk to if you need help.

Parents and family

Teachers and teaching assistants

**childline**

ONLINE, ON THE PHONE, ANYTIME

Call 0800 1111 