



Year 5

Changes

Lesson Sequence

We are learning to explore the differences between males and females and to name the body parts

We are learning what the menstrual cycle is and how it affects women. We are learning that girls go through gender specific experiences during puberty.

We are learning what erections and wet dreams are and how they affect men. We are learning that boys go through gender specific experiences during puberty

We are learning to explore the impact of puberty on the body and the importance of physical hygiene

We are learning to explore the impact of puberty on the body and the importance of physical hygiene

Teacher/s Guidance

Before the lesson: *Provide paper and 2 coloured pencils so children can mindmap during the lesson. Print template or use plain paper*

New key words are sperm and egg cells. Do not explain the role in reproduction but leave as definition that they are one of the changes in puberty. We learn more in Y6 if children have questions.

- Boys and girls to be separated.
- Starter- Mind map in one colour what children know about puberty. This should be added to as you go through slides in a different colour.
- Physical changes for boys from child to adolescent to adult
- Introduce new key word- sperm cell- produced in testicles. Do not explain what it is for but explain its another change for adulthood, we will learn about this next year.
- Physical changes for girls from child to adolescent to adult
- Explain about breast and egg changes
- Save menstrual cycle for next lesson,
- Go through truth or myth one by one. Children could move around the room or complete the task on their mind map as part of their assessment.

Links to prior learning:
Recapping puberty from Y3 and Y4

Opportunities for assessment:
Mind map can be used at start and end of lesson. Use different colour pens during the lesson to add to it.

Quiz can be completed

PSHE

Learning Question for this Term: What can I expect during puberty?

Learning questions for the lesson:

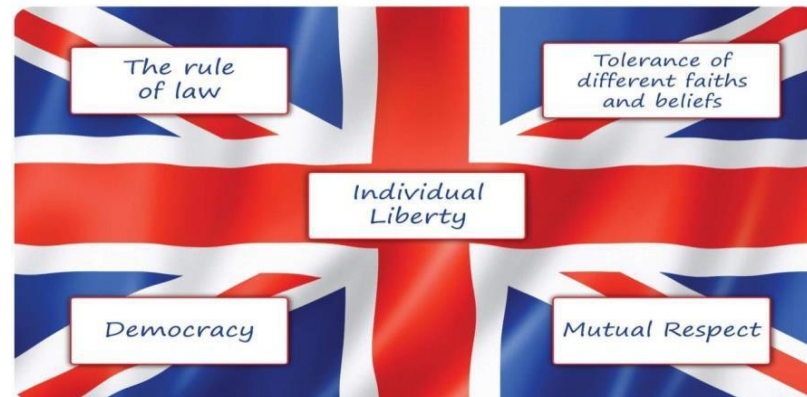
Lesson 1:

What physical changes happen during puberty?

Personal Social Health Economic Education: OUR PSHE REMINDERS



BRITISH VALUES



Online Safety

Follow the SMART rules to stay safe online

- S** Stay **safe** online by not sharing personal information 
- M** Do not **meet** anyone who you have only made friends with online 
- A** Do not **accept** messages or friend requests from strangers 
- R** Not everything online is **reliable**. Some people online are strangers and may try and trick us 
- T** **Tell** an adult you trust if anything happens online that you don't like 

Objectives, Key Words and British Values

Learning question for the term: What can I expect during puberty?

Learning questions for the lesson:

What physical changes happen during puberty?

Key Words and Definitions:

Hormones
Glands Puberty
Oestrogen
Testosterone

Link to British Values:

Individual Liberty

Starter- Mind Map

Create a mind map on everything you have already learnt about puberty...

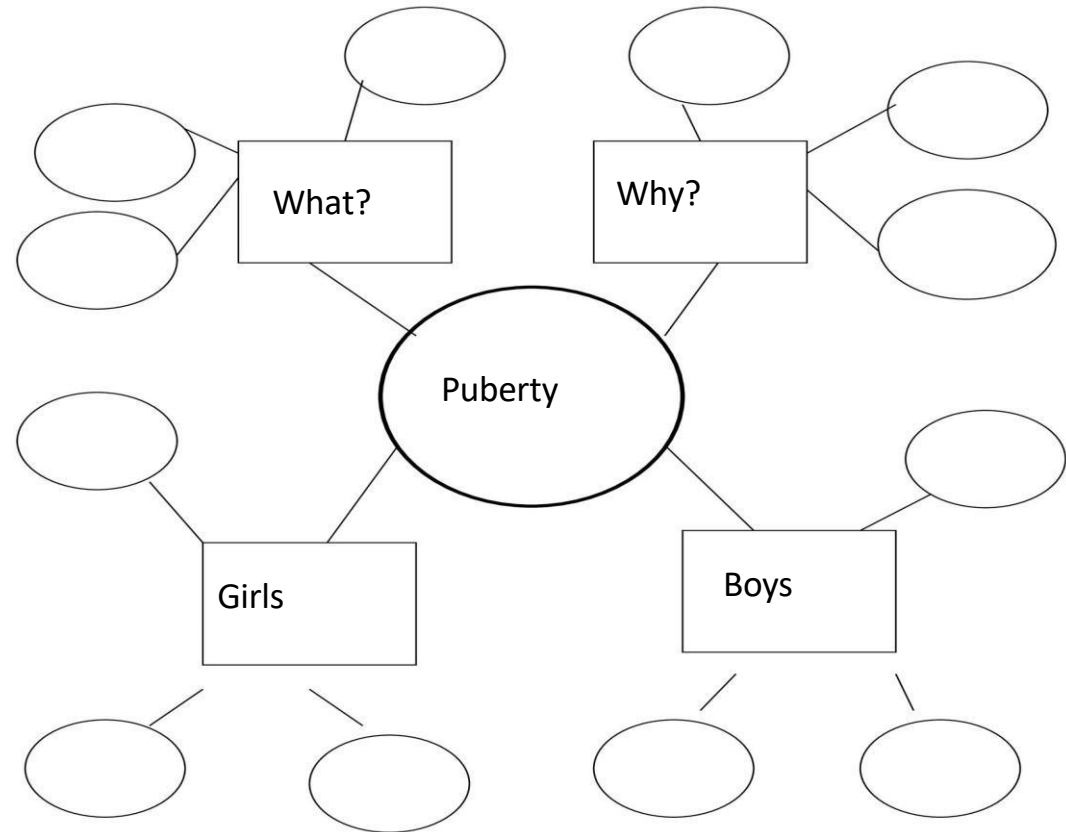
What is it?

Why does it happen? When does it happen?

How is it connected to the life cycle?

What changes happen to girls, boys, both?

What changes happen emotionally and socially?



If you missed anything, you can add on to your mind map in another coloured pen as we go through the lesson

Puberty Definition

The definition of puberty is....

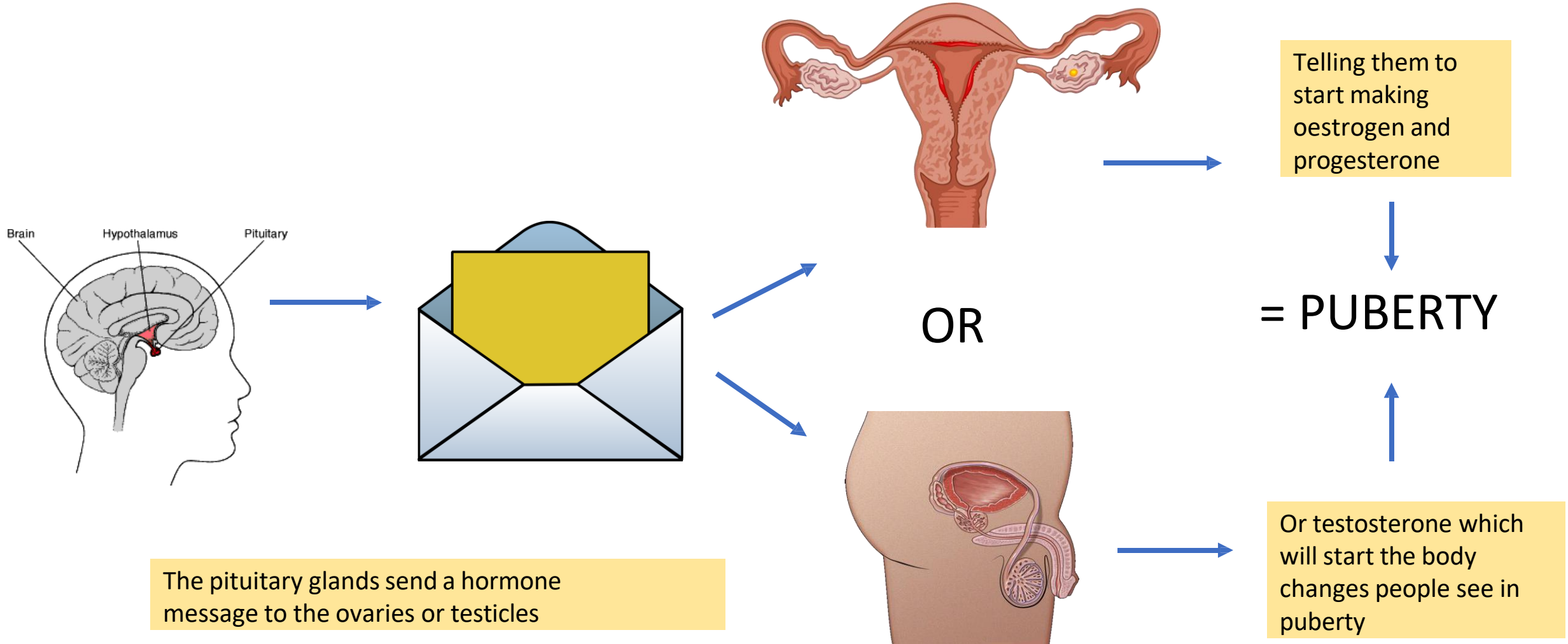
Puberty is the process during adolescence of changing, growing and maturing from a child to an adult.



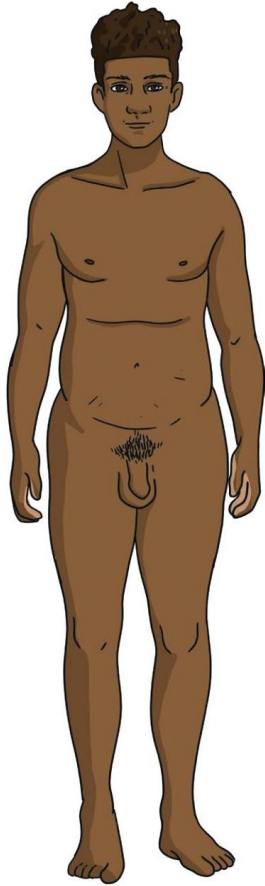
For girl's puberty may start anywhere between 8 to 11 years old.

And for boys around 11-12 years old.

How puberty starts...

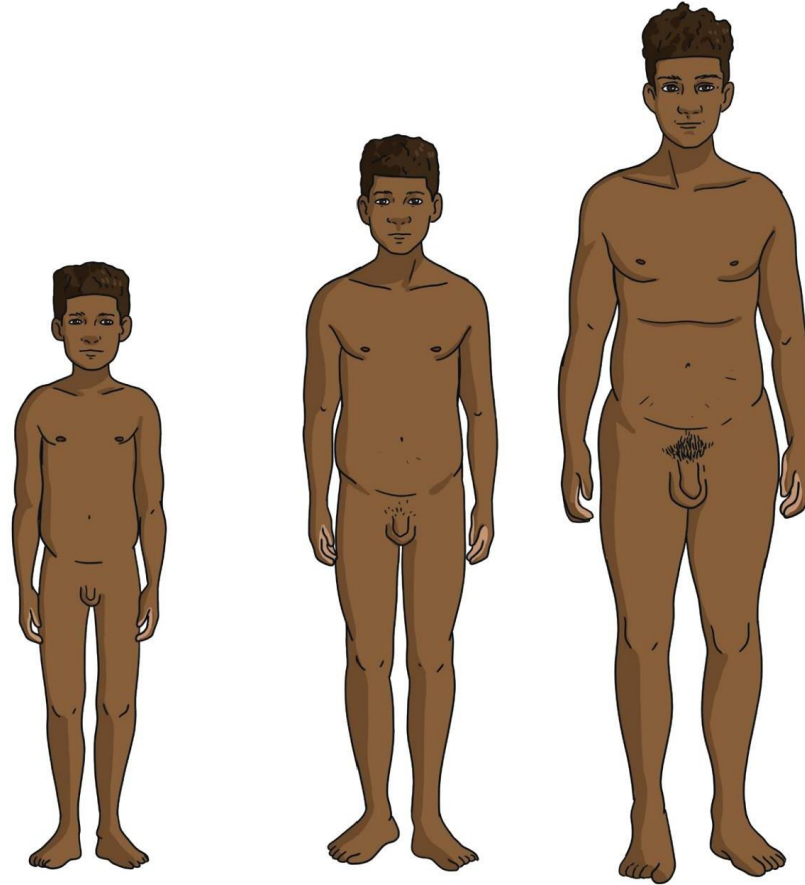


Recap: Naming body parts



Physical changes for boys

What physical changes have happened as boys move from childhood, to adolescence to adulthood?



Larynx (voice box) grows –
'Adam's apple'

Grow taller Skin

becomes oilier

Become more muscular

Grow facial hair

Grow hair under armpits

Grow hair on chest

Sweat glands produce more sweat

Testicles and penis develop

Grow pubic hair

Gain hair on arms and legs

Remember that everybody's body looks different!

Boys Only



Wet Dreams

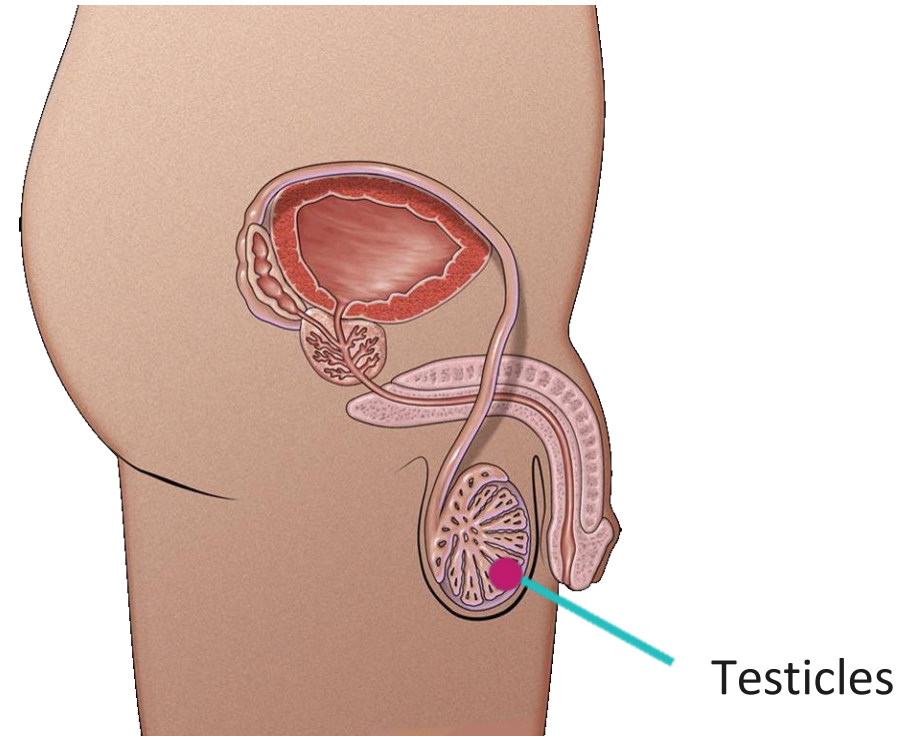
You start producing sperm which may be ejaculated (released from your penis) during sleep – don't worry, this is perfectly normal!

Changes for boys...

For boys, their genitals (private parts) are changing and preparing for adulthood.

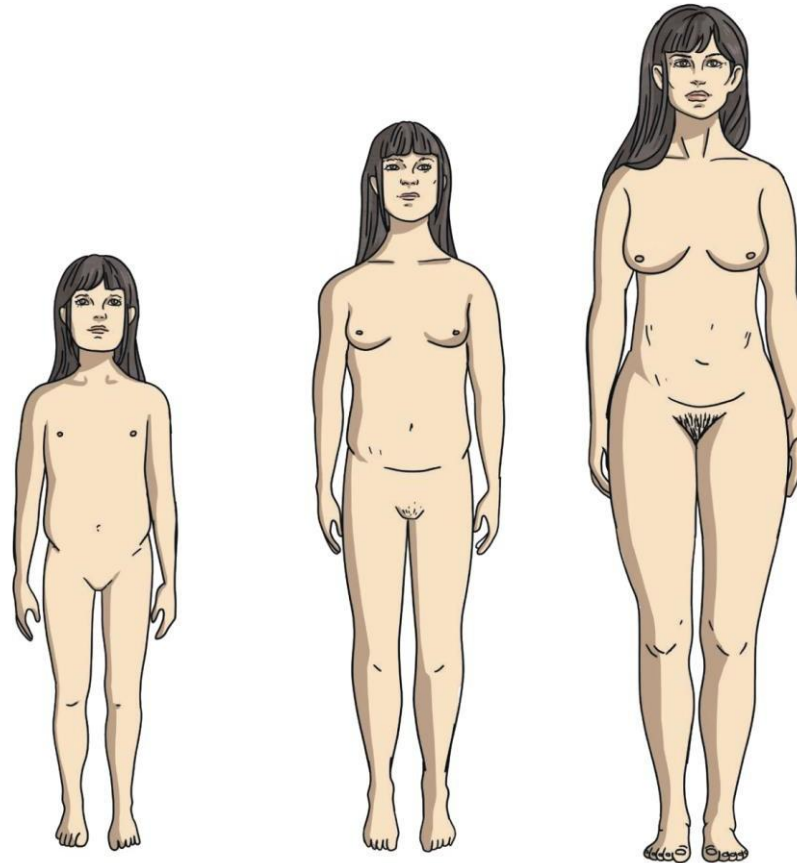
The penis and testicles will become larger, like all other parts of the body.

A new change for boys, is that their testicles will become lower, inside the testicles, they will start producing a new cell called a sperm cell.



Physical changes for girls

What physical changes have happened as girls move from childhood, to adolescence to adulthood?



Larynx (voice box) grows

Grow taller

Skin becomes oilier

Sweat glands produce more sweat

Gain hair on arms and legs

Grow hair under armpits

Grow breasts

Grow pubic hair

Start menstrual cycle/ start period

Hips Widen

Remember that everybody's body looks different!

Changes for girls...

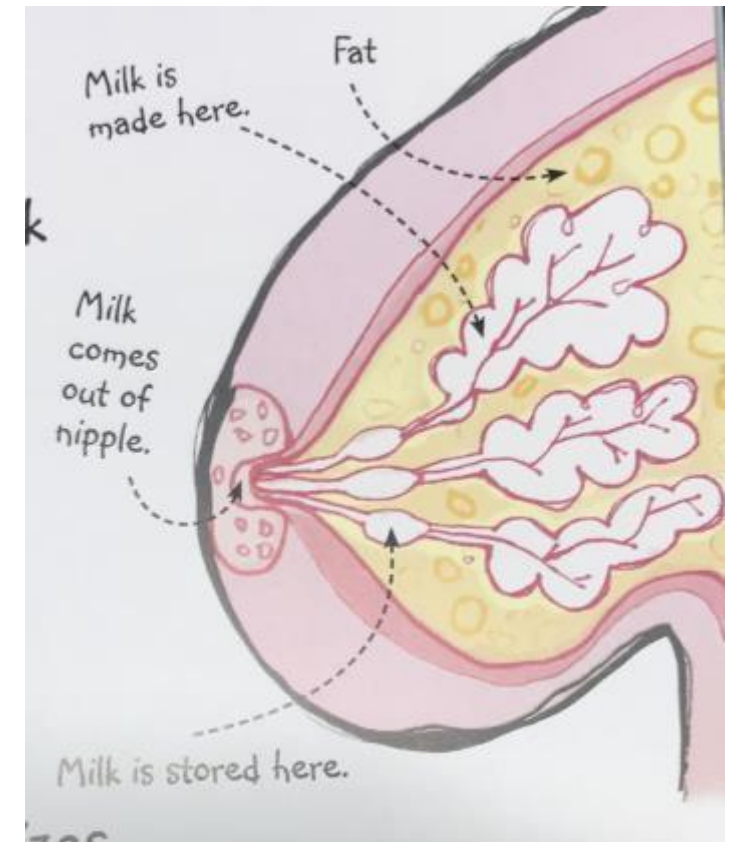
Two big changes for girls during puberty are breast growth and periods.

Both of these changes are preparing a girls body for the ability to have a baby when she is older.

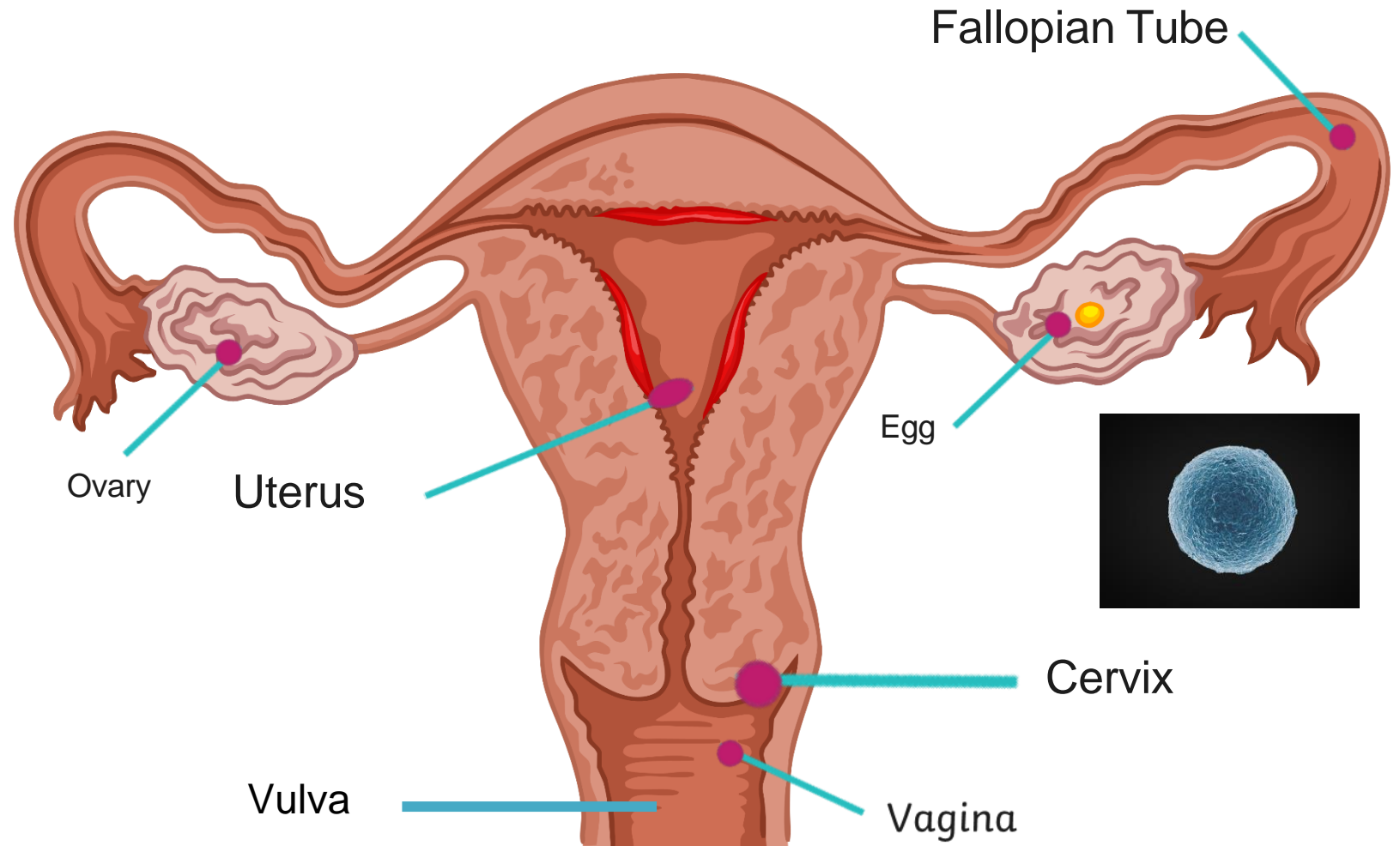
The ovaries are producing new hormones during puberty. The hormone progesterone, helps the breasts develop so a woman could feed her baby in the future.

Both boys and girls have nipples but as girls begin puberty their chest will change.

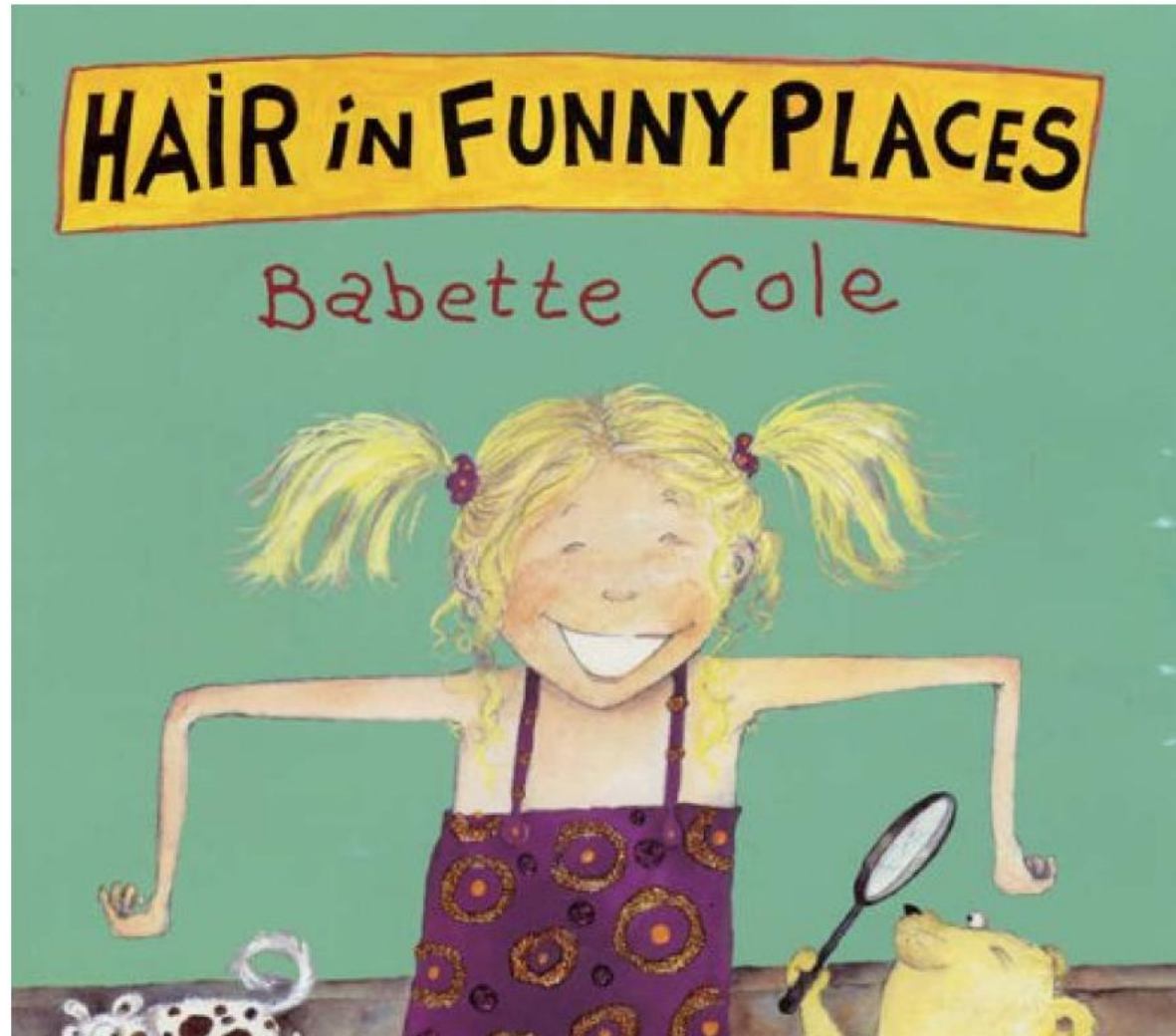
Girls may notice that tissue forms under their nipple. This is called a bud. The areola which is the outer part of the nipple may become darker and larger. Some girls notice some tenderness in their breasts during these changes.



Changes for girls...



Hair in funny places



Puberty toolkit

Make a puberty advice sheet for other pupils to use. Include ideas to cope with puberty and growing up. For example:

- Ways to help someone with physical changes
- Ways to help someone with emotional changes



Puberty Myths or Truths?

1. Puberty starts because of hormones in the body

3 bonus points if you can name the hormones...
2 for girls and 1 for boys!

True!

The hormones for girls are Oestrogen and Progesterone The
hormone for boys is Testosterone

Puberty Myths or Truths?

2. Some people don't ever go through puberty

Myth!

Some people will go through puberty earlier than others, some people may be 14, 15 or 16 and boys tend to be later than girls.

If you haven't seen any puberty changes by 16 then you should speak to a Dr.

Puberty Myths or Truths?

3. Boys are born with sperm already in their testicles.

Myth!

Boys testicles don't start making sperm till they have started puberty.

Girls do have all their eggs but they don't release them until puberty starts.

Remember these cells are tiny, we need a microscope to see them.

Puberty Myths or Truths?

4. Girls and Boys both get deeper voices

True!

Girls and Boys voices will both get deeper.

The pituitary gland sends a hormone to larynx box telling it to grow bigger.

For boys, it grows much bigger which is why boys voices are deeper and you can see their adam's apple in their neck.

Puberty Myths or Truths?

6. Girls and boys need to wash more regularly and use deodorant to stop sweat and bad smells

True!

During puberty, your body makes more sweat and oil. This can smell more strongly. That's why regularly washing and using deodorant in the morning and before bed will help keep you clean.

You may also need to wash your clothes and bedding more too.

Puberty Myths or Truths?

7. Going through puberty really hurts

Myth!

Puberty is a long process, so we don't recognise how much we are growing.

Sometimes we may feel achy legs as they grow and some girls may experience some cramps during their periods or as their breasts grow but this shouldn't be very painful.

If you ever feel serious pain anywhere on your body but especially around your genitals, speak to a trusted adult or DR for help.

Puberty Myths or Truths?

8. All of the changes during puberty are physical

Myth!

Hormone changes also impact our mood and emotions.

Our brains are also changing so our relationships with others begin to change too.

We will learn more about this next lesson!

Puberty Myths or Truths?

9. Going through puberty is normal and not something to be scared of

True!

It is normal to be sometimes be a bit worried about changes to our bodies but remember these are a normal part of growing up.

Speak to older siblings, friends or cousins who have experienced the same.

Always speak to your families or teachers if you have any questions, they will be able to give you better advice than things you might see online.

Teacher/s Guidance

Before the lesson: *Do not explain the role in reproduction but leave as definition that they are one of the changes in puberty. We learn more in Y6 if children have questions.*

- Menstruation lesson
- Boys and girls to be separated. Boys must also do this lesson. Year 5 Science curriculum.

Links to prior learning:
Recapping puberty from Y3 and Y4

Opportunities for assessment:
Mind map can be used at start and end of lesson. Use different colour pens during the lesson to add to it.

Quiz can be completed

PSHE

Learning Question for this Term: What can I expect during puberty?

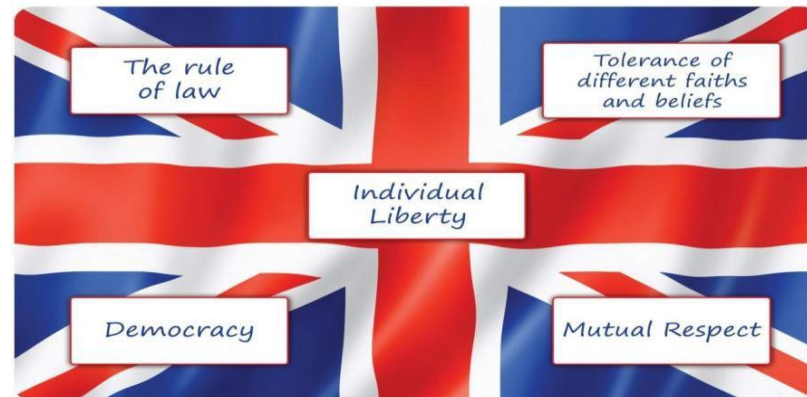
Learning questions for the lesson:

Lesson 2 Menstruation Cycle:
What physical changes happen during
puberty?

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Objectives, Key Words and British Values

Learning question for the term: What can I expect during puberty?

Learning questions for the lesson:

What is menstruation and why does it happen?

Key Words and Definitions: *Puberty*

Menstruation

Periods

Menstrual towels

Menstrual pads

Menstrual cups

Tampons

Ovary/ Ovaries

Vagina

Oestrogen

Link to British Values:

Individual Liberty

What Are Periods?

Having a period (or menstruating) is where blood and tissue from the lining of the uterus is released through the vagina.

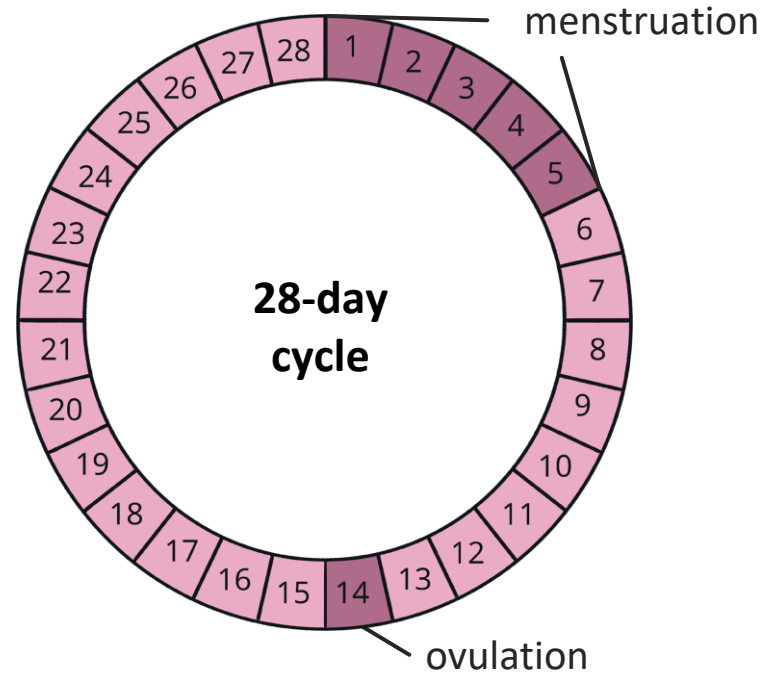
In most people who menstruate, an **egg cell** is released from an **ovary** once a month – this is called **ovulation**. If this egg cell is not fertilised by a **sperm cell**, it is shed through the **vagina** along with blood and tissue from the lining of the **uterus**.

When people talk about their period, they are referring to this bleeding, but this is just one stage (the most visible stage) in a process that the body goes through every month to prepare for pregnancy. This process is called the **menstrual cycle**.

What Are Periods?

The average length of the menstrual cycle is **28 days**, but this can vary from month to month, and from person to person. The menstrual cycle is measured from the first day of a person's period (menstruation) to the first day of the next period.

Several changes occur during the menstrual cycle to prepare for a fertilised egg cell to implant in the uterus.

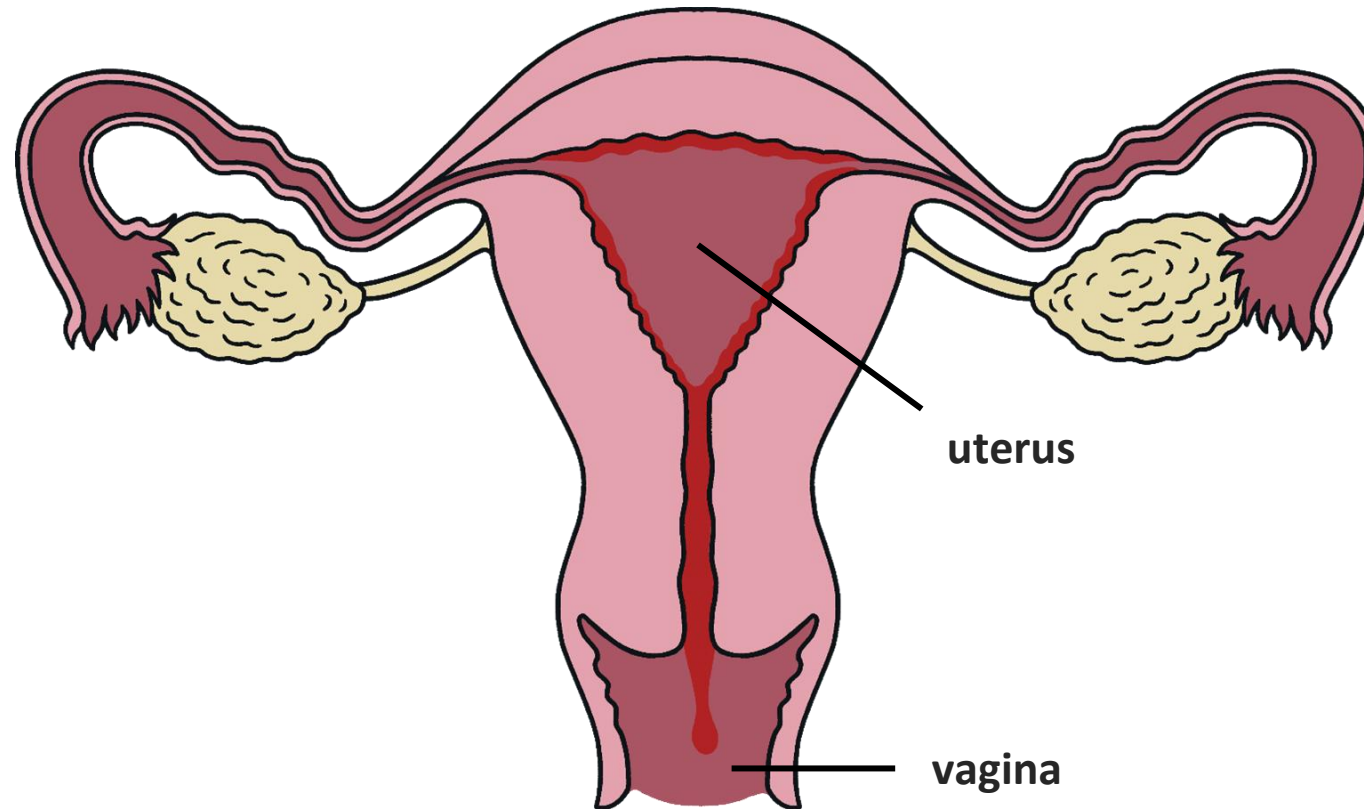


The average age for periods to start is around 12 years, but they can start earlier or later than this for many people.

People who menstruate will continue to have periods until they reach the **menopause**. This normally happens between the ages of 45 and 55, at which time, periods will stop.

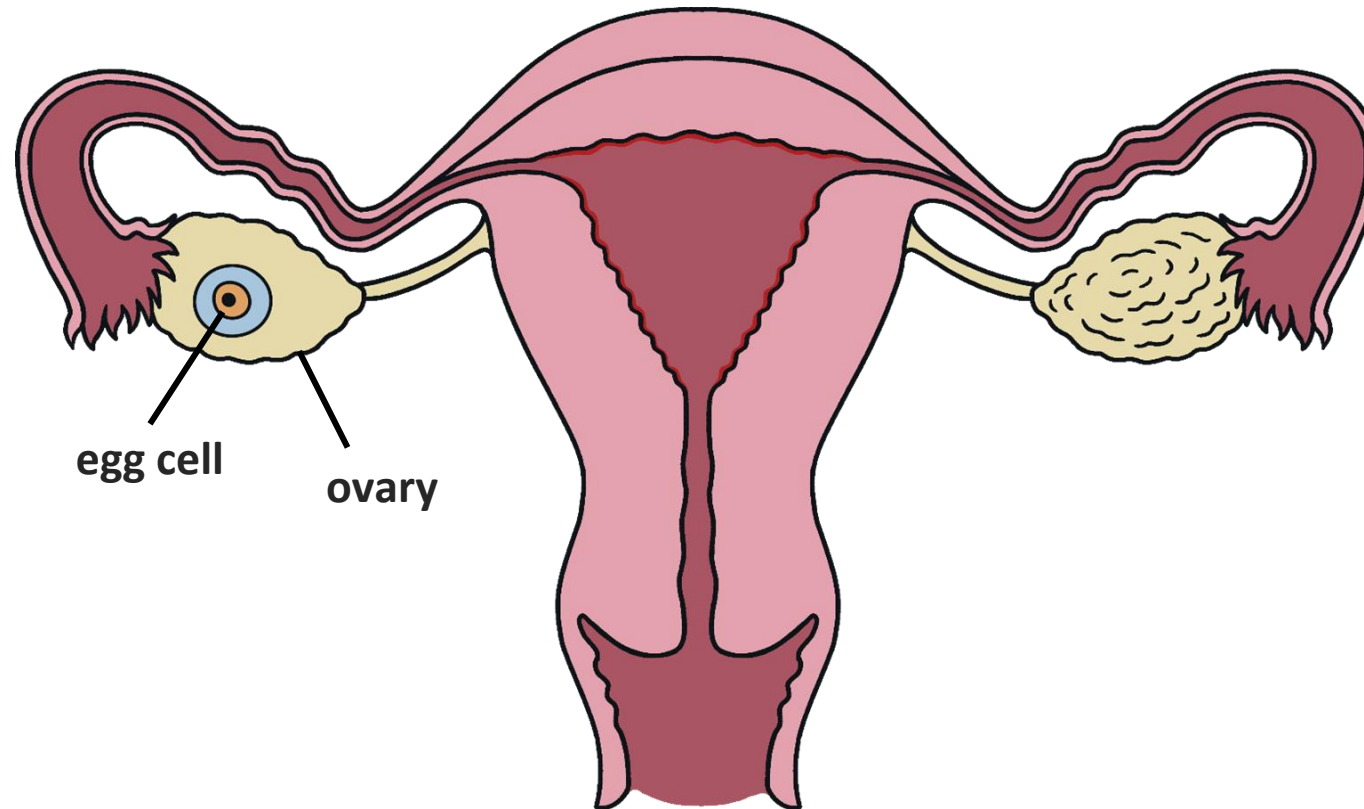
Stages of the Menstrual Cycle

Day 1-5 The lining of the uterus breaks down and passes out of the vagina. This is known as **menstruation** or 'having a period'.



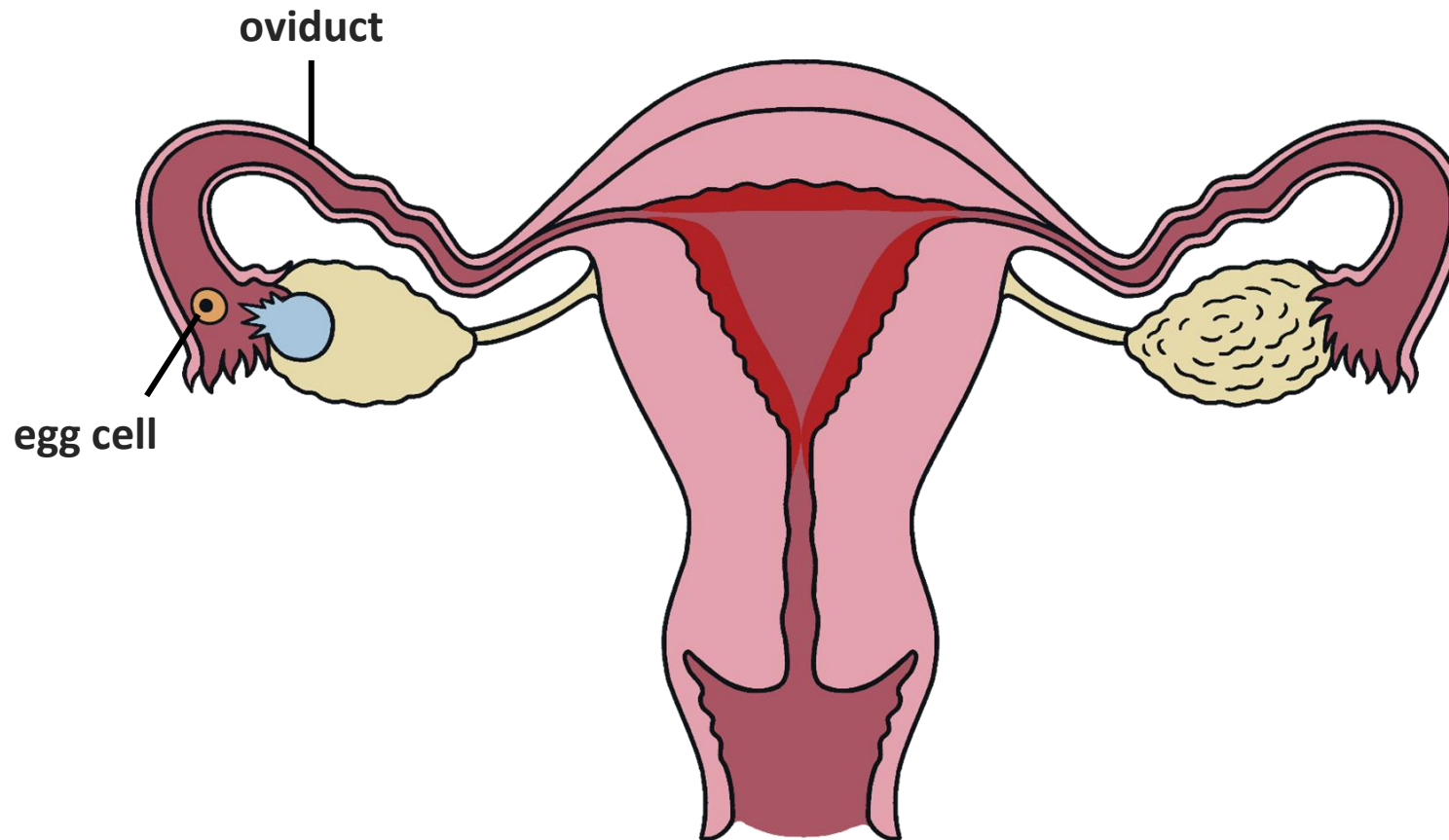
Stages of the Menstrual Cycle

Day 5-14 An egg cell starts to mature in the ovary. The lining of the uterus begins to build up again.



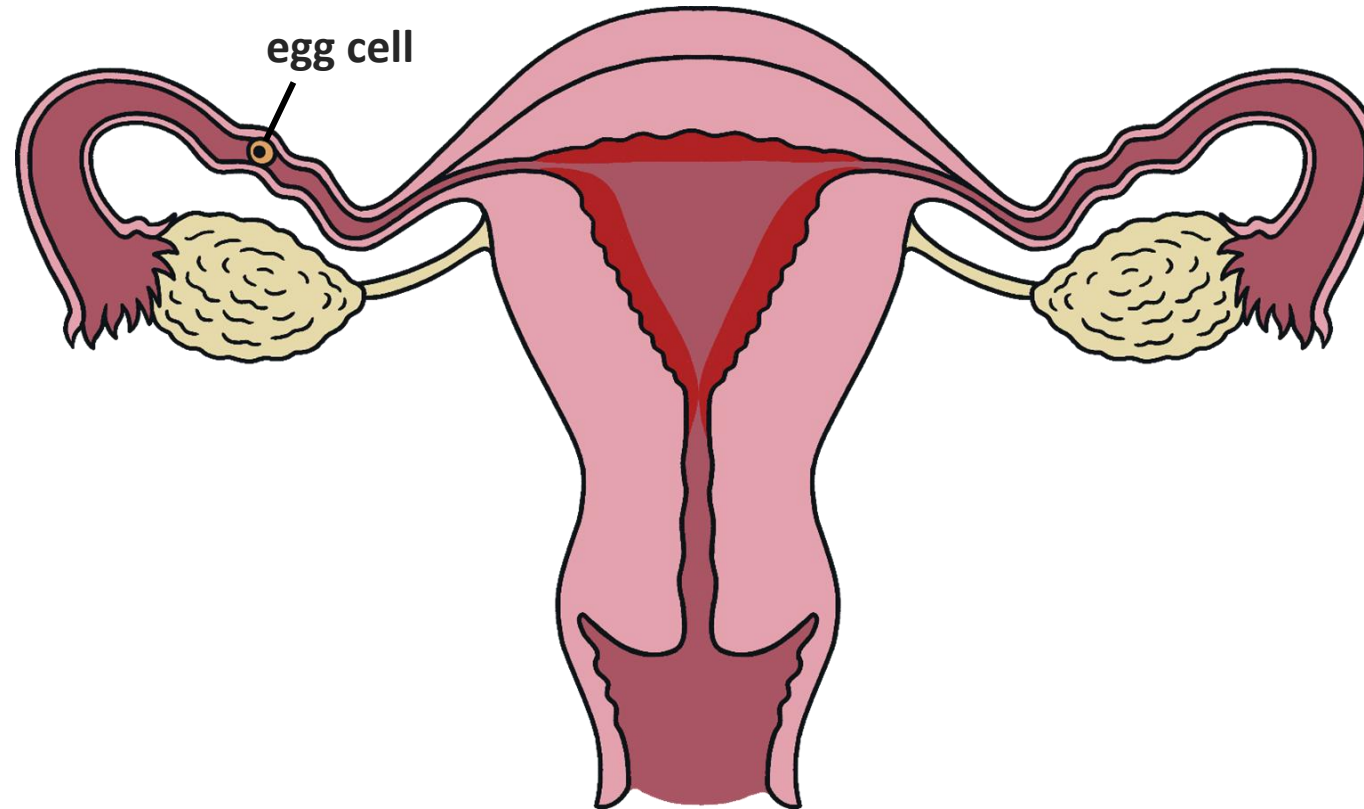
Stages of the Menstrual Cycle

Day 14 An egg cell is released from the ovary into the oviduct. This is known as **ovulation**.



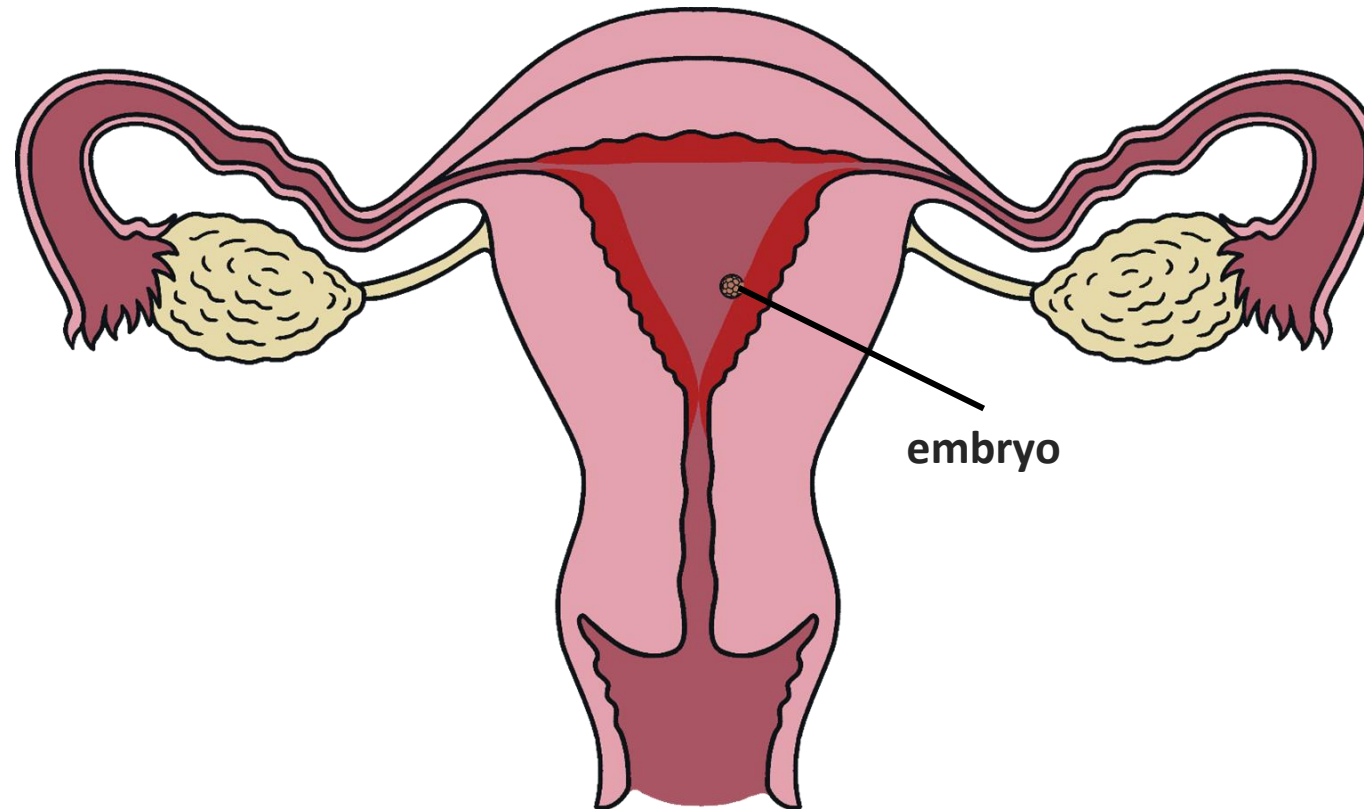
Stages of the Menstrual Cycle

Day 14-28 The egg cell travels along the oviduct towards the uterus. If a sperm cell is present in the oviduct, fertilisation may take place. The uterus lining remains thick awaiting the arrival of a fertilised egg cell.



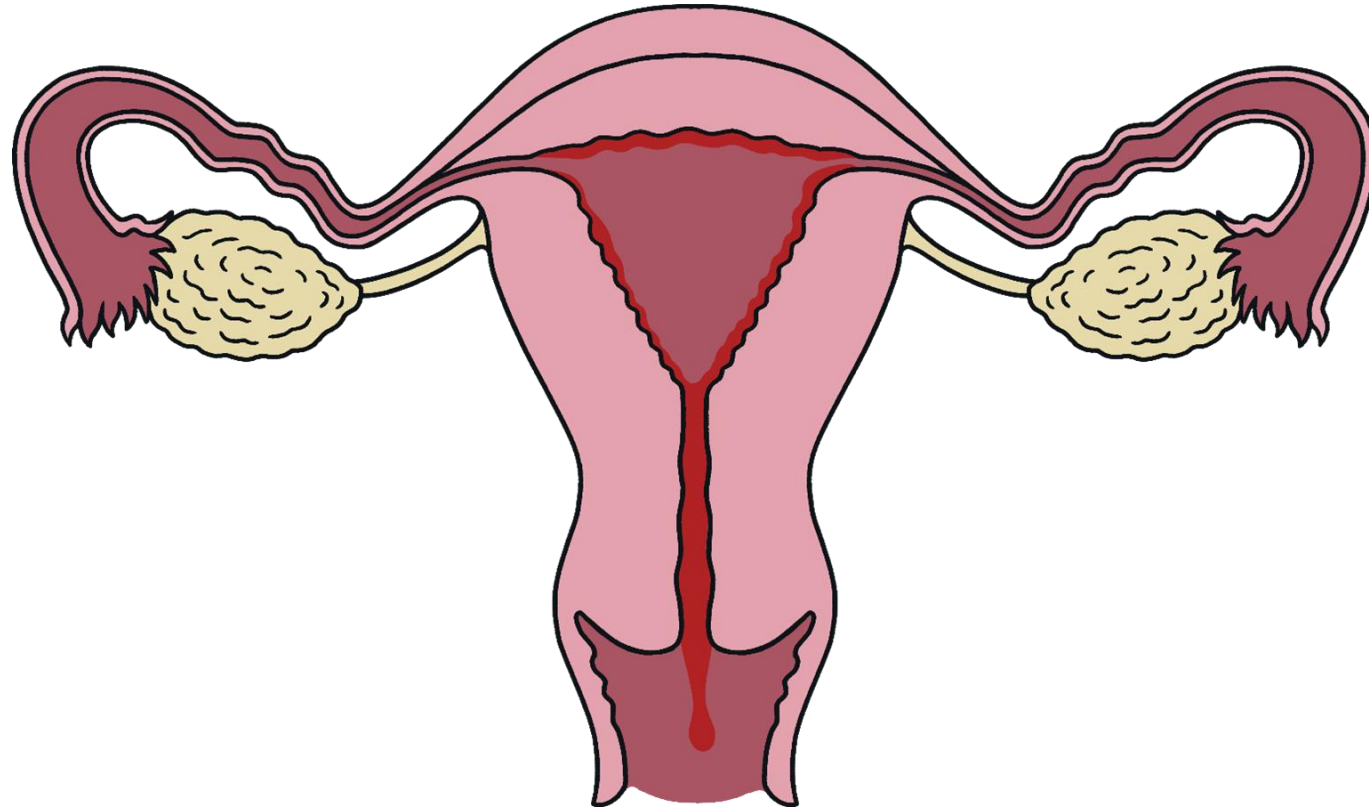
Stages of the Menstrual Cycle

Day 14-28 If fertilisation occurs, the fertilised egg cell implants in the uterus lining and develops into an embryo. The uterus lining remains thick and the menstrual cycle stops.



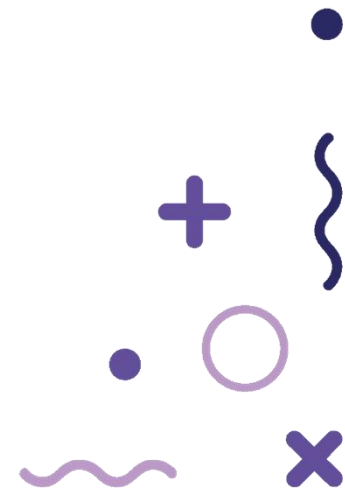
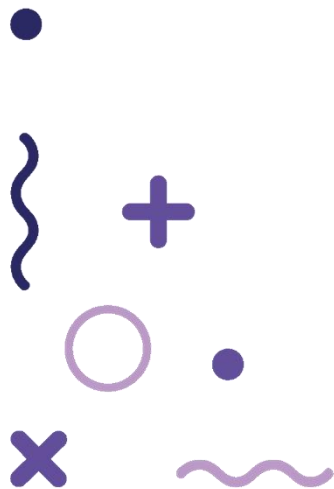
Stages of the Menstrual Cycle

Day 28 If fertilisation does not occur, the uterus lining begins to break down again and the cycle repeats.



True or False

Decide whether the following statements are **True** or **False**.



True or False

All people who menstruate get their first period between the ages of 11 and 13.

False

The average age for periods to start is 12, but this varies from person to person. Most people's periods start between the ages of 10 and 16, but they can start as young as 8 and as old as 17. Whatever age your period starts, it is nothing to be embarrassed about, and it doesn't say anything about who you are as a person. If you're worried about the age at which your periods have started (or not started) – for example, if they have started before the age of 10 or haven't started by the age of 16 (or 14 if there are no other signs of puberty) – you may wish to visit your GP to be on the safe side.

True or False

A full menstrual cycle will always be 28 days and bleeding will always last 5 days.

False

Although these are the average lengths of time, they often vary between people and individual cycles by a few days. One way of working out your average cycle and period length is to track them by writing them down or using an app. You should visit your GP if you have periods more often than every 21 days or less often than every 35 days, your periods last longer than 7 days, or there is a big difference (at least 20 days) between your shortest and longest menstrual cycle.

True or False

The blood that is shed during a period is usually between 40 and 80ml (about 2-4 tablespoons).

True

Although it can sometimes feel like a lot more! How much someone bleeds on their period is known as their flow, and this might be light, medium, heavy or somewhere in-between. This is shown on period products like pads and tampons to help you find the right one for you. Variation in flow is common between people and individual periods, but if you think that your flow is especially heavy (for example if you need to change heavy flow tampons or pads every hour or two), or it changes significantly, you should visit your GP.

True or False

The colour of menstrual blood can vary from brown to red to pink.

True
—

The colour of menstrual blood can vary depending on the person and where they are in their cycle. One way of working out what's normal for you is to track different symptoms during your cycle by writing them down or using an app. If you are worried about the colour or consistency of your menstrual blood at any point, including if it changes significantly, you should see your GP to be on the safe side.

True or False

It is normal to get menstrual blood clots (gel-like collections of menstrual blood).

True
—

Occasional menstrual blood clots which are small in size are normal and usually nothing to worry about. However, if you are getting a lot of blood clots, they are larger than 2.5cm in size (about the size of a 10p coin), or the size/amount of them changes noticeably, you should visit your GP.

True or False

Periods are always really painful.

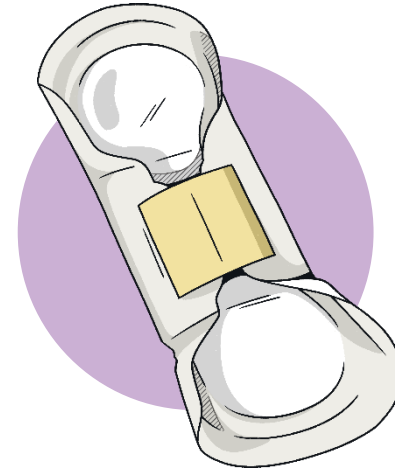
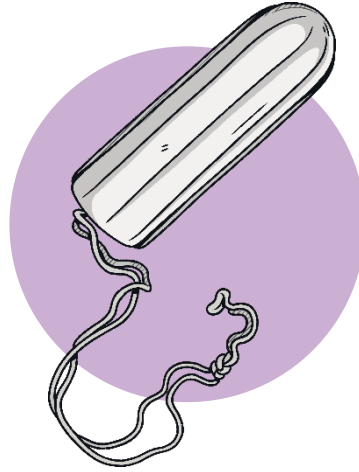
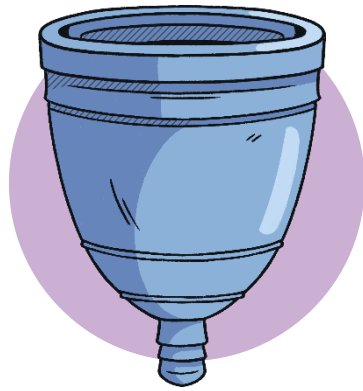
False

Some people will get period pain (most commonly tummy cramps), while others may not. Many people will also find that they have other side effects on their periods, such as mood swings, spots, breast pain and headaches (to name a few!). If you are ever concerned about the side effects of your period, for example if the symptoms/pain are preventing you from doing day-to-day activities, you should visit your GP.


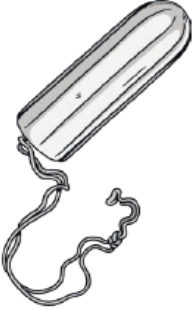








Girls Only

Period Products

There are several different period products that people who menstruate can use to absorb or catch blood on their periods.



Period Products

	 Period Pads and Panty Liners	 Tampons	 Menstrual Cups	 Period Pants	 Reusable Pads
How long can they be used for?	Recommended up to 6 hours (but can be kept on for longer)	Up to 8 hours	Up to 12 hours	Recommended up to 6 hours (but can be kept on for longer)	Recommended up to 6 hours (but can be kept on for longer)
Absorbency					
Internal or external?	External	Internal	Internal	External	External
Ease of use	Easy	Medium	Difficult	Easy	Easy
Can they be used when swimming?	No	Yes	Yes	Yes (swimsuit versions only)	No
Are they reusable?	No	No	Yes	Yes	Yes
Average cost	£2-£10 per pack	£2-£10 per pack	£15-£40 per cup	£6-£30 per pair	£5-£15 per pad
Where to buy	Most supermarkets and pharmacies	Most supermarkets and pharmacies	Online and some shops/pharmacies	Online and some shops/pharmacies	Online and some shops/pharmacies

How to Use a Pad

1. Don't forget to wash your hands first! Open the wrapper, unfold the pad and peel it off. It should be sticky on the bottom (unless it's a reusable pad).



2. Place the pad roughly in the centre of your pants. You will get used to where to place it over time. For longer and night pads, the back will be wider.



3. If the pad has wings, remove the extra tab of paper to reveal them, and fold them over the edges of your pants to stick underneath. For reusable pads, the wings secure with Velcro or a pop button instead.



How to Use a Pad

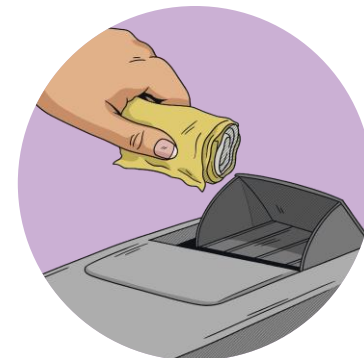
4. Wipe away any excess blood with toilet paper and pull your pants up. Make sure the pad feels comfortable and adjust if it doesn't. You should aim to change your pad when it is full or every 6 hours (whichever is first).



5. When you need to change your pad, you should take it off by folding in the wings and unsticking it from your pants. Then roll it up with the used side facing in.

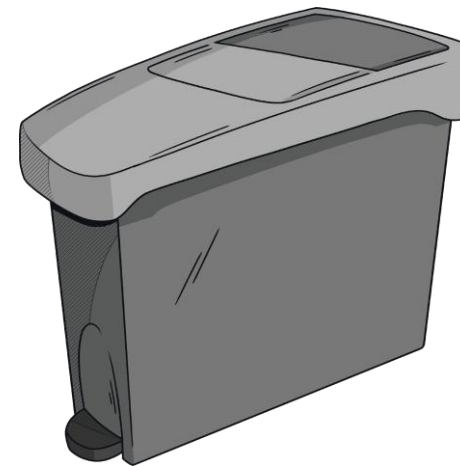


6. Wrap it in the wrapper of the next pad or toilet paper, and put it in the bin. For reusable pads, you will need to store them somewhere until you can wash them. Replace the pad by following the steps again if needed. Follow the same steps for panty liners – they just don't usually have wings or a wrapper.



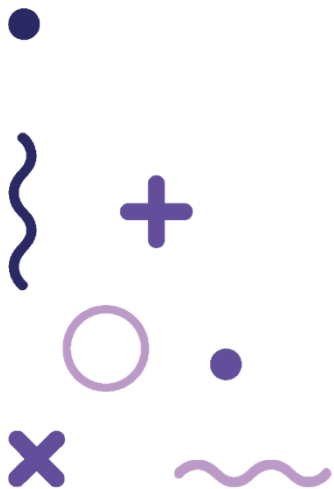
Period Product Tips

- Always wash hands with soap and water before and after using period products, to reduce the risk of bacteria getting anywhere near the vulva or vagina.
- Changing period products in a bathroom or toilet cubicle allows for privacy and easy access to the toilet, sink and toilet roll.
- Many toilets have special bins for disposable period products. If they don't, wrap them up and put them in the nearest available bin. You can also buy small bags to put used period products in if you prefer.
- Always put period products in the bin. Never flush them, as this causes plumbing issues. If there is no bin available, wrap them up and put them in your bag or pocket until you find a bin.
- When your period first starts, checking whether you need to change your period product every 2-3 hours (where possible) will help to avoid leaking. You will get to know your flow more over the years, including how this varies during your cycle.
- Many people use a combination of different period products, as they accommodate different activities and flows. Don't be afraid to experiment to find what works best for you.



Periods Scenarios

Discuss the scenarios and decide what advice you would give each person.



Periods Scenarios



Lily (she/her) is 11 and has found blood in her pants when she went to the toilet at school. She's heard about periods, but doesn't know what to do next. She thinks she should tell someone, but isn't sure who.

What advice would you give?

Periods Scenarios

Starting your period can be scary at first, especially if it's earlier than expected or you don't know anything about it, but she doesn't need to panic. She should try to get hold of a pad or tampon to absorb the blood. As she is at school, she could ask a teacher or another staff member. If she was out in public, she could use a pad/tampon vending machine (usually in public toilets) or go to a local shop. There is no need to feel embarrassed when buying period products – they are perfectly normal and millions of people menstruate! She might wish to layer some toilet roll in her pants until she has these.

When she gets home, she could chat to her parent/carer about purchasing period products. She might like to start off with pads, as they're often the easiest to get to grips with. Alex can arrange buying period supplies regularly once she's found the product(s) that work(s) best for her. She might want to keep some in her bag in case she starts bleeding at school or when she's out in future.

Teacher/s Guidance

Before the lesson: *Do not explain the role in reproduction but leave as definition that they are one of the changes in puberty. We learn more in Y6 if children have questions.*

- Hygiene in puberty lesson
- Video for lesson - <https://www.youtube.com/watch?v=00BYyDr8Xdg>

Links to prior learning:
Recapping puberty from Y3 and Y4

Opportunities for assessment:
Mind map can be used at start and end of lesson. Use different colour pens during the lesson to add to it.

Quiz can be completed

PSHE

Learning Question for this Term: What can I expect during puberty?

Learning questions for the lesson:

Lesson 3 Hygiene:
What physical changes happen during
puberty?

Personal Social Health Economic Education: OUR PSHE REMINDERS



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Objectives, Key Words and British Values

Learning question for the term: What changes happen as I grow up?

Learning questions for the lesson:

What is Hygiene?

Why is it important?

Key Words and Definitions:

Life Cycle
Adolescence
Brain
Body
Sweat
Hygiene
clean

Link to British Values:

Mutual Respect
Individual Liberty

Our personal hygiene team task:

Group task.

You will get some post it notes.

There are 3 posters around the room

Personal Hygiene: Things I need to do every day

Personal Hygiene: Things I do regularly

Personal Hygiene: Things I might need help with

What Is Personal Hygiene?

Personal Hygiene is how we look after our bodies. Keeping ourselves clean and tidy makes us feel better about ourselves and also keeps us, and those around us, healthier!



What Does It Include?

Can you think what might be included in personal hygiene? Discuss.

Brushing our teeth;

Washing our hands;

Wearing clean clothes;

Showering or bathing regularly;

Keeping fresh and clean;

Minimising the spread of germs where we can!

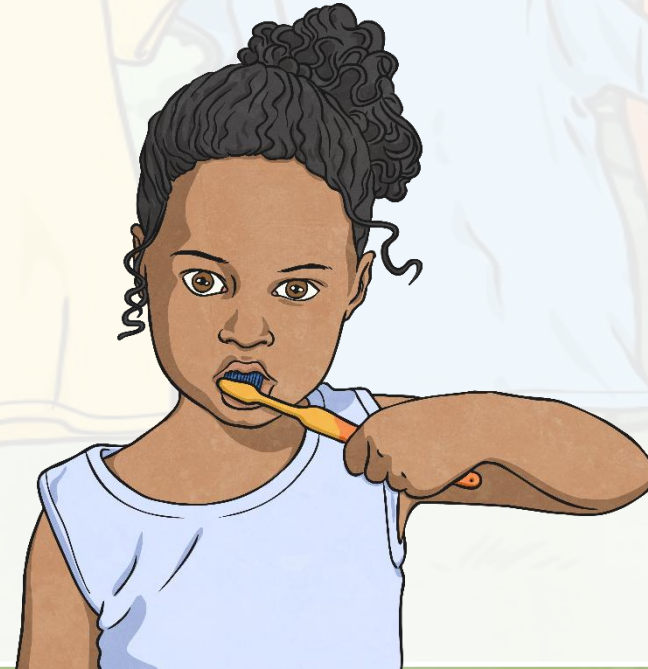
Brushing Our Teeth

It is recommended that we brush our teeth twice a day, for around 2 minutes.

We should visit the dentist every 6 months for a check up.

Brushing properly removes plaque which can cause cavities, tooth ache, gum disease and even our teeth falling out!

It also gives us lovely fresh breath!



Washing Our Hands

Washing our hands is one of the simplest ways we can keep ourselves and those around us healthy.



Think about everything your hands touch in a day...

door handles;

stair banisters;

toilet flushers.

Think about how many other people have touched these things too!

Dirtier Than a Toilet Seat?



A study from a University in Arizona claimed there were things that we touch that are actually dirtier than a toilet seat!

Have a quick chat with a partner and see if you can think of anything.

Remember: think of things that people touch regularly, not things we try to avoid!

Dirtier Than a Toilet Seat!



Your pet's food and water bowls



Your bathroom taps



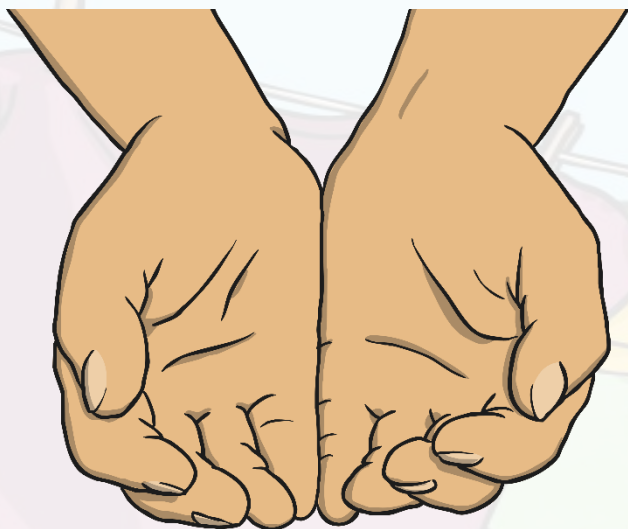
Your smartphone or tablet screen



Chopping boards

All of these things were found to have more bacteria and germs than a household toilet seat!

Handwashing



When we touch things we pick up germs, which we can then spread by rubbing our eyes, putting things into our mouths, etc.

We can even spread them to our friends and family without realising. Some germs can make us unwell, spreading everything from a cold to stomach bugs (and much more).

Washing our hands with clean, warm water and soap will kill off the germs and keep our hands clean.

When Should We Wash Our Hands?

Can you think of times when its really important to wash your hands? Discuss!

When they are dirty;

Before we eat or help prepare food;

After petting animals;

After using the toilet;

After we sneeze, cough or blow our noses;

Before **and** after visiting someone who is unwell.

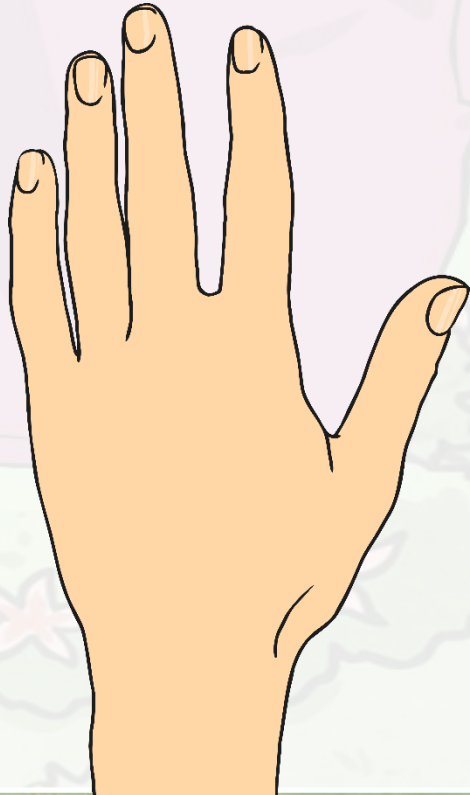


Don't Forget About Your Nails

Can you think of times when its really important to wash your hands? Discuss!

It's best to keep your nails neatly trimmed and clean.

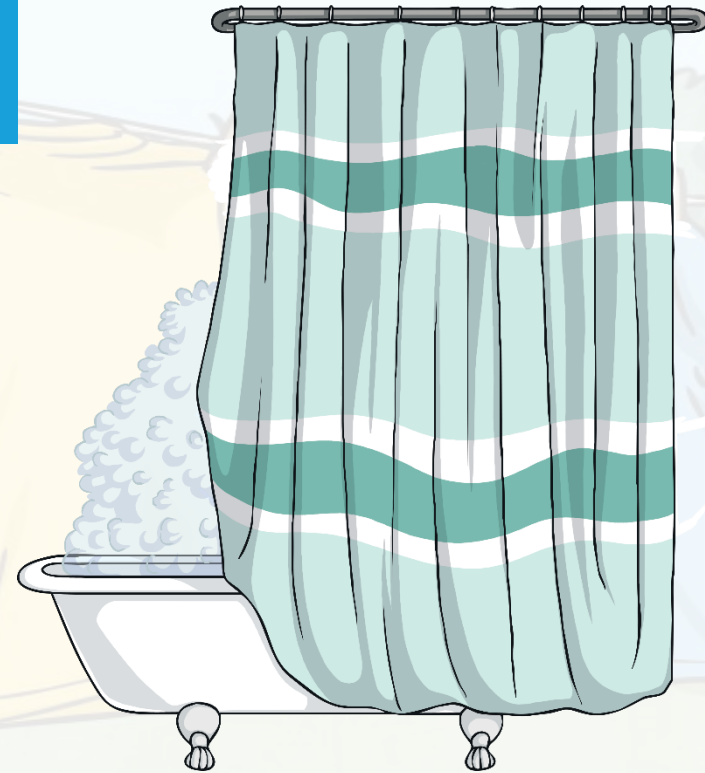
And try not to bite them!



Showering or Bathing Regularly

As we get older and start to experience puberty it becomes important to shower and bathe more regularly.

Both boys and girls bodies change during puberty, but one of the main changes that we all experience is that our sweat glands grow and start to produce more sweat.



Hormones

During puberty, hormones kick in - different hormones for boys and girls - but they can both cause oily skin and more sweat. If we don't wash regularly we are more likely to get spots and have BO (body odour).

Remember, sweat doesn't smell...it is stale sweat that produces the body odour. You can keep yourself fresh by remembering to use deodorants but this is not a substitute for showers or baths!

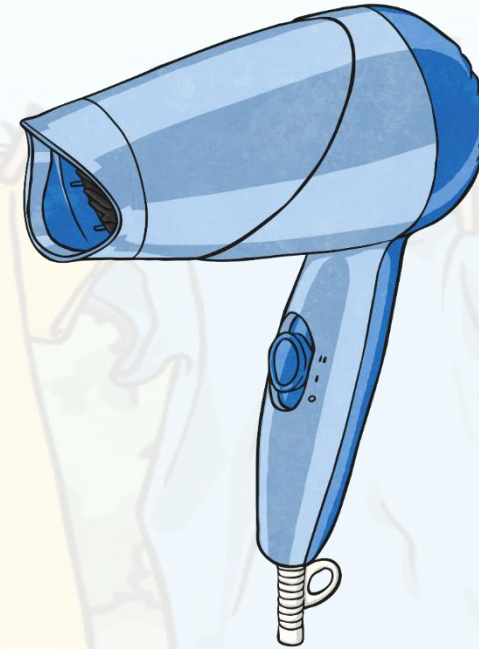


Hair

Different types of hair needs caring for in different ways. Some hair types need washing regularly whereas others don't need washing as much. Your parents will know what is the best hair care routine for your hair type.

When we wash our hair, shampoo can be used to clean our scalp. To help prevent tangles, some people also choose to use conditioner.

There are millions of products that we can use in our hair such as gels, mousse, hairspray or oils.



More Hair

Another effect of puberty is the arrival of hair on other parts of our bodies.

Girls

Girls notice hair beginning to grow around their pubic area and under their arms between the ages of 8 and 14. The hair on their legs may thicken.

Boys

Boys will also notice more hair beginning to grow. Mainly around the base of their penis and under their arms. Leg hair also thickens. As they get older, facial hair will grow and hair continues to grow into adulthood, on their chest and backs, etc.

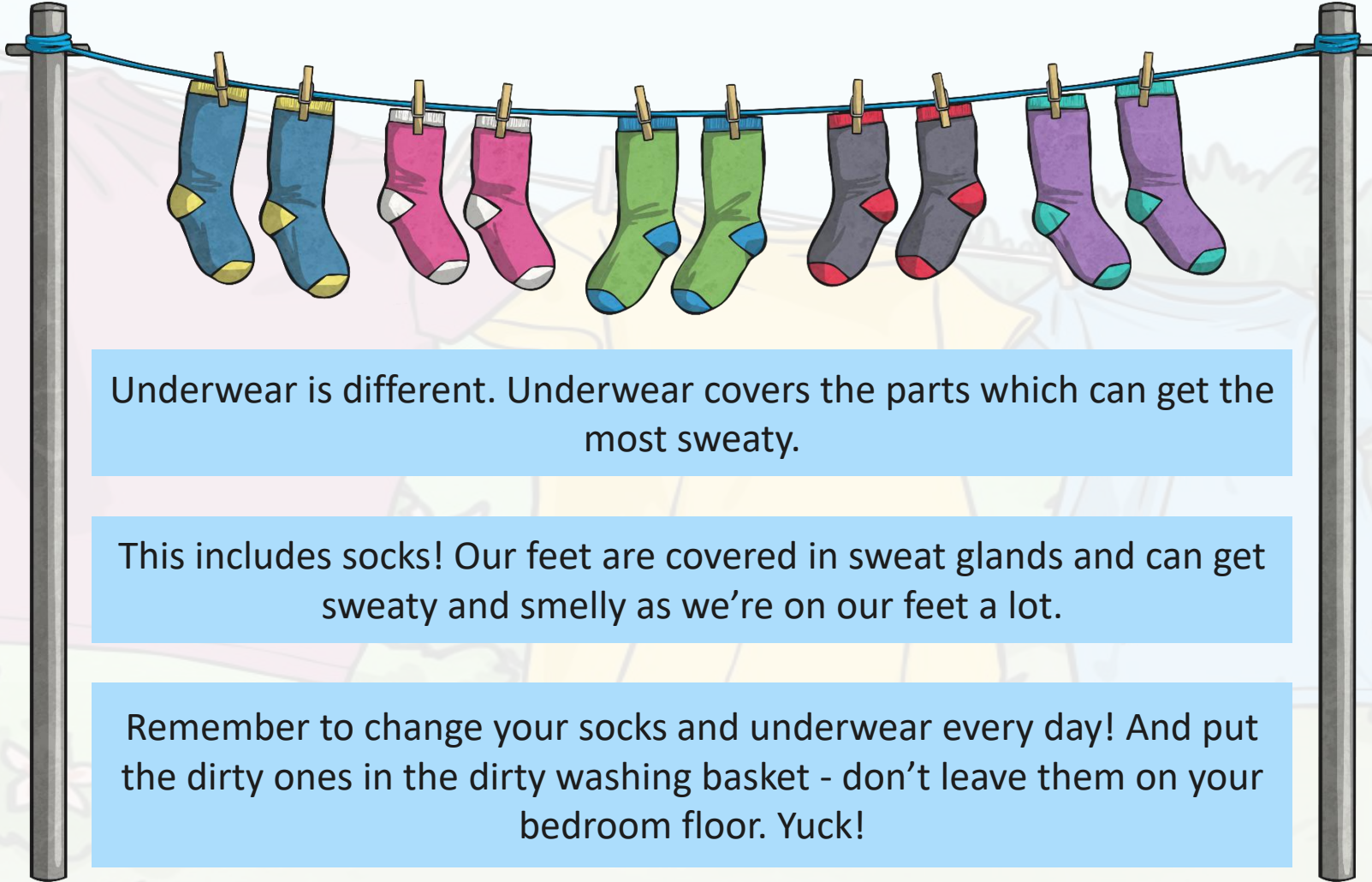
Clean Clothes



It is really important to wear clean clothes. If we wore the same thing all the time they would get dirty and start to smell. Even if it is the most fashionable thing you own...it will still need to be washed!

You don't need to wear fresh, clean clothes every day, but if, for example, you wear the same trousers to school for a few days - make sure that you take them off as soon as you get home and let them air out for a while!

Don't Forget Your Underwear!



Underwear is different. Underwear covers the parts which can get the most sweaty.

This includes socks! Our feet are covered in sweat glands and can get sweaty and smelly as we're on our feet a lot.

Remember to change your socks and underwear every day! And put the dirty ones in the dirty washing basket - don't leave them on your bedroom floor. Yuck!

Create a personal Hygiene poster

DAILY HYGIENE ROUTINE DAILY ROUTINE

1 MORNING

- Brush your teeth for 2 minutes
- Wash your face with soap and water
- Take a shower (wash your body and hair)
- Put on deodorant
- Use lotion to keep your skin soft
- Put on sunscreen (if going outside)
- Exercise: 20 minutes (play outside, jump rope, or dance)



2 DURING THE DAY

- Wash your hands before eating and after using the bathroom
- Drink lots of water to stay healthy
- Reapply deodorant (if needed)
- Exercise: Take a short walk or stretch during breaks



3 EVENING

- Brush your teeth before bed
- Wash your face to keep it clean
- Put on lotion at night to keep your skin soft
- Exercise: Stretch or relax before bedtime



4 ONCE A WEEK

- Hair Care: Shampoo your hair 2-3 times a week
- Nail Care: Cut your nails if they're too long
- Floss: Use floss to clean between your teeth
- Laundry: Change your bed sheets and towels

FEEL FRESH, STAY HEALTHY

DAILY PERSONAL HYGIENE ROUTINE

SHOWERING

1

USING SOAP

5

2

WASHING HANDS

6

SHAMPOO HAIR

BRUSHING TEETH

3

WASHING HANDS

7

4

FLOSSING

8

CLEAN CLOTHES

CURIOUS
KIDZ