



# Year 6

## Changes

### Lesson Sequence

We are learning to describe how and why the body changes during puberty in preparation for reproduction.

We are learning to explore the process of conception and pregnancy.

We are learning to express how I feel about my self-image and know how to challenge negative 'body-talk'

We are learning to know ourselves well enough to maintain positive relationships with others whilst still keeping our own identity.

## Lesson 1:

We are learning to describe how and why the body changes during puberty in preparation for reproduction.

# Personal Social Health Economic Education: OUR PSHE REMINDERS

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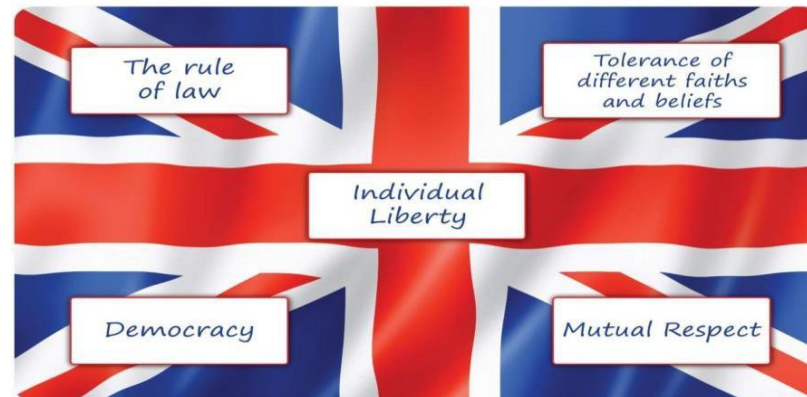
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# Objectives, Key Words and British Values

Learning questions for the lesson:

We are learning to describe how and why the body changes during puberty in preparation for reproduction.

Key Words :

Puberty  
Physical Changes  
Genitals  
Reproductive system

Link to British Values:

Mutual respect  
Individual liberty

# Starter- 5 W's and Puberty

## Puberty and the 5 w's

What is it?

Who does it happen to?

When does it start?

Where do people see changes on their body?

Why does it happen?

# Starter- 5 W's and Puberty

## Puberty and the 5 w's

What is it?

Who does it happen to?

When does it start?

Where do people see changes on their body?

Why does it happen?

### What:

Puberty is the process during adolescence of growing from a child to an adult. It is physical, emotional and social changes.

### Who:

Puberty happens to everyone. There are changes that are the same and different for boys and girls

### When:

Puberty is a long process over a few years.

For girls it can begin between 8-11 and boys 11-12

### Where:

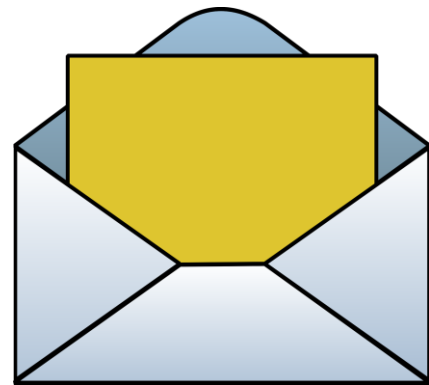
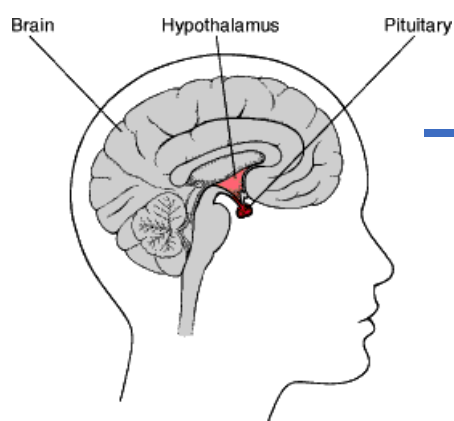
There are physical changes to height, weight and body shape, hair growth and changes to the genitals.

### Why:

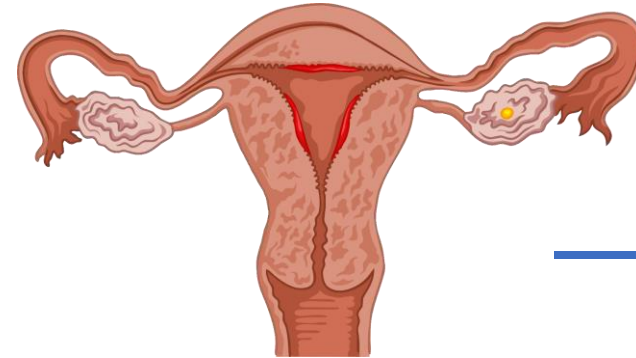
Puberty happens so our bodies can prepare for adulthood. It starts by new hormones being released into our bodies from the ovaries or testicles.

# How puberty starts...

Puberty begins because hormones (chemical messages) are released from our brain telling parts of our reproductive system that they need to start making a new hormone as our bodies need to start preparing for adulthood.

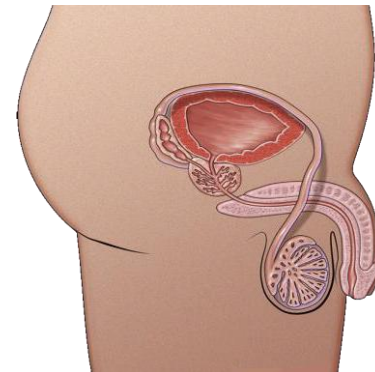


The brain sends a hormone message to the ovaries or testicles, saying they need to begin producing the new hormones as part of puberty.



The females ovaries receive the hormone and then start making 2 new hormones oestrogen and progesterone

OR



Males testicles start releasing the hormone testosterone which will start the body changes for boys.

= PUBERTY

# Complete the table- Boy, Girls or Both

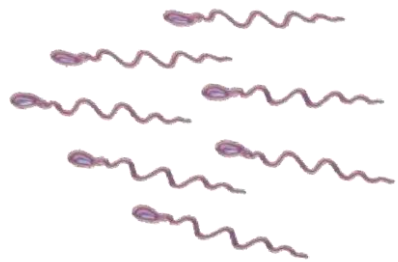
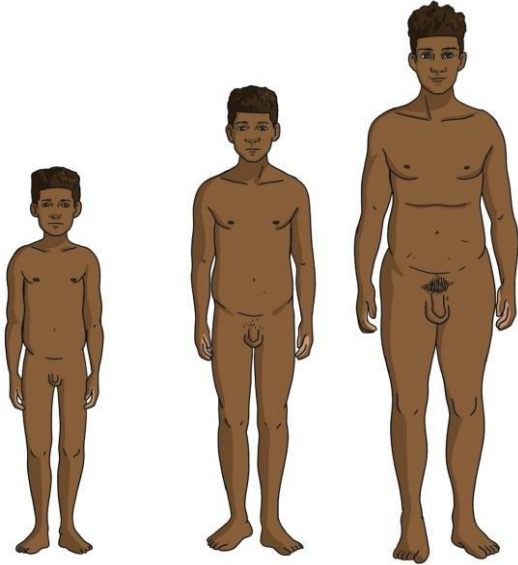
The hormones being released will start to cause these changes, physically, emotionally and socially.

Tick whether they happen to boys, girls or both.

Change	Boys	Girls	Both
Grow taller			
Skin becomes oily			
Hair grows on face			
Hair grows under arms			
Hair grows darker on arms and legs			
Hair grows around genitals (pubic hair)			
Breasts develop			
Face shape changes			
Hips get bigger			
Voice becomes deeper			
Weight gain			
Testicles grow larger and fuller			
Ovaries start releasing an egg			
Body sweats more and smells			
Mood swings			
Period starts			
Testicles start producing sperm			
Want more independence			
Concerned about friendship and being liked			
Chest grows broader and grows hair			

# Changes for boys

## Starter Activity



A boy's body changes through adolescence as it prepares for adulthood.

- One of the changes that testosterone causes is to make the penis and testicles larger.
- Boys also start producing sperm in their testicles during puberty.
- The testicles cannot make sperm before puberty.
- Sperm look like tadpoles, with what appear to be a head and a tail.
- Sperm cells are needed for the reproductive cycle. We will be learning more about this next lesson.

# Changes to the penis and testicles

As boys go through puberty, they may notice times when their penis goes hard. This is called an **erection** and is caused by extra blood flowing to the penis.

A boy's testicles are now also producing sperm.

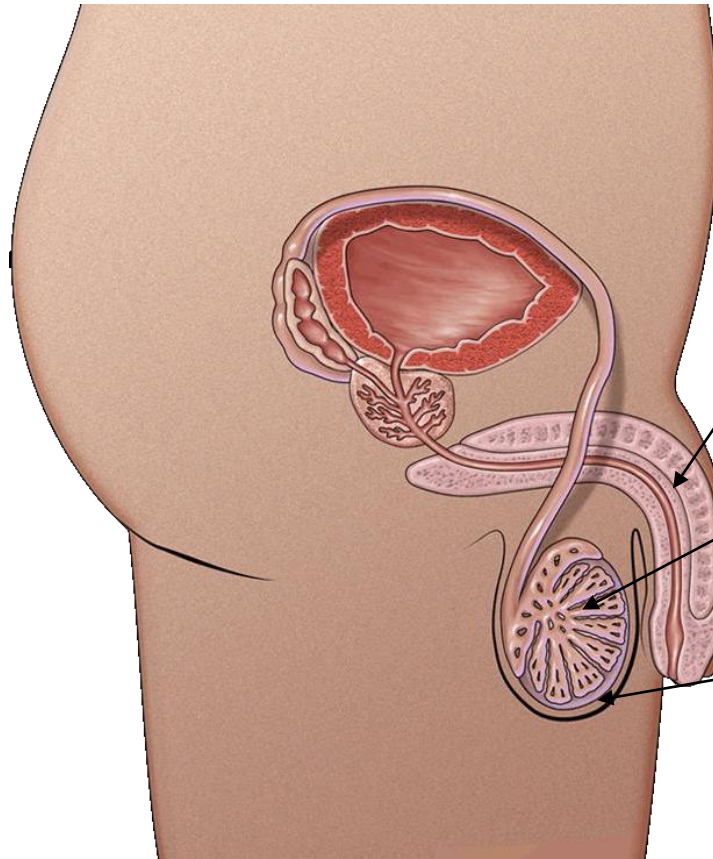
Sperm leave the body through a liquid called **semen**. Sometimes while a boy is sleeping, semen may leave the boy's penis, this is known as a nocturnal emission or wet dream.

Boys may notice that their PJs or bedsheets feel wet or sticky.

**Unexpected erections and wet dreams are a normal change in puberty**, caused by extra hormones in the body. As a boy grows up, he will be able to control these things more.



# Changes for boys



## Urethra

The tube through which urine and semen leaves the boy's body

## Penis

- Tube-like organ that hangs outside the body
- Come in all sizes and shapes, determined by our genes

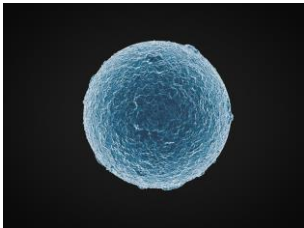
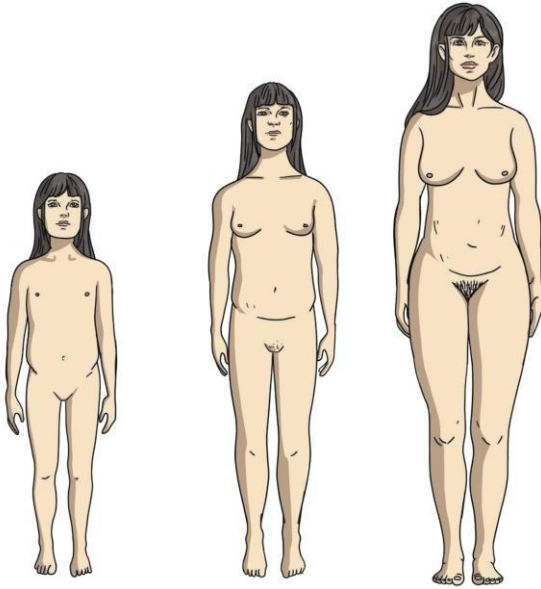
## Testicles or testes

- Usually two, one hangs lower
- Where sperm are made
- Where hormone testosterone is produced

## Scrotum

- Bag of skin that holds testicles
- Keeps them at right temperature to make sperm, slightly cooler than body's temperature
- Gets bigger and baggier and turns a darker colour during puberty

# Changes for girls



A girl's body changes through adolescence as she prepares for adulthood.

- The hormones progesterone and oestrogen mean that a girl's ovaries will start releasing one egg every month as part of the menstrual cycle.
- When the egg is not used, as a woman is not pregnant, she doesn't need the egg or the blood that has built up to protect it so that blood leaves her body from her vagina as part of her period.
- We will learn more about the egg and pregnancy next lesson.

# Changes to the girl's body

The vagina on a girls body is actually inside her. It is a tube shape. The opening of the vagina is what can be seen from the outside of the body.

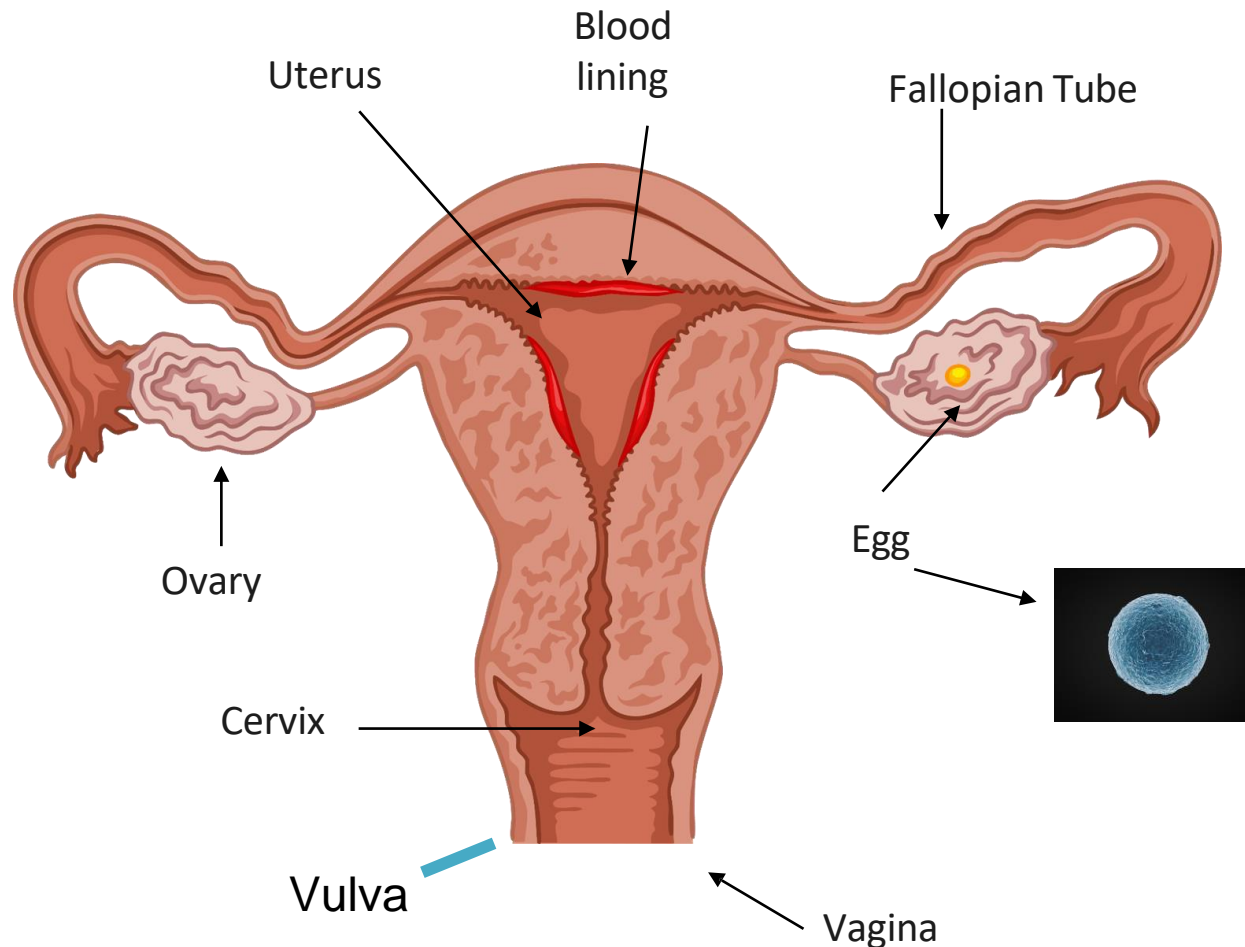
The correct word for what can be seen from the outside of the body is called the vulva.

The pubic hair grows.

There is also the urethral opening, this is the hole that a girl wee comes out of.  
She does not wee from her vagina.

Only blood from her period comes out of her vagina.

# On the inside.



You can see the vagina is like a tube in this diagram.

At the top of the vagina is the cervix, this stops things getting up into the body, for example a tampon cannot go any higher than the vagina because of the cervix.

Then there is the uterus. This is where a baby would grow if a woman was pregnant. We will learn more about this next week.

The lining of the uterus thickens with blood each month. When a woman is not pregnant, she does not need this blood lining so it leaves the body through the vagina.

The uterus is connected to the ovaries by the fallopian tubes. The ovaries store a woman's eggs and release one a month as part of the menstrual cycle.

The egg travels down the fallopian tubes to the uterus. If it is not needed then it comes away from the uterus with the girl's period.

# Preparing for periods

Girls usually start their period between 8 and 14yrs old, most period bleeds last between 3-7 days. They can be very irregular when they first start. This is sometimes called spotting before the full period begins.

When a girl has her period, she can use sanitary products to help collect the blood.

Most young girls use sanitary pads in their underwear to collect the blood.

As girls get older, some women move to tampons which sit inside the vagina and collect blood before it leaves the body.

Some people prefer reusable period products which use less plastic and are washable. These include special absorbent period pants, reusable pads or menstrual cups.

Periods should not be very painful, there can sometimes be cramps, because the uterus has to contract like a muscle to make the blood leave the body. Some girls might also experience more mood swings and feel more sensitive during this time as there hormones change during their period.



**And remember, always put used products in the bin, never flush them!!**

# Plenary:

Today we have focused on the physical changes for adulthood:

**How might hormones cause emotional and social changes at the same time?**

Think about our relationships with our friends, family and how people might feel about their body images as their body changes.

# PSHE

Lesson 2: To explore the process of conception  
and pregnancy

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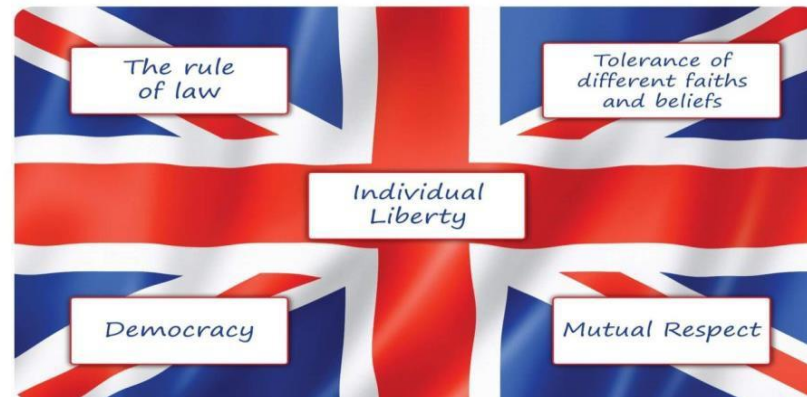
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How is my body preparing for adulthood?

Learning questions for the lesson:

To explore the process of  
conception and pregnancy

Key Words and Definitions:

Puberty  
Physical Changes  
Genitals Reproductive  
system

Link to British Values:

Mutual respect  
Individual liberty

# Starter- The life cycle

What are the 5 key stages of the life cycle

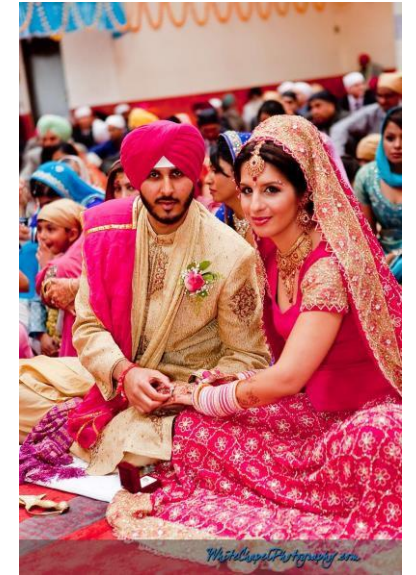
B \_\_\_\_\_  
C \_\_\_\_\_  
A \_\_\_\_\_  
A \_\_\_\_\_  
E \_\_\_\_\_

What can adult bodies do to keep the life cycle continuing?



# Other changes before reproduction

What things might adults do before they decide to have a baby?



# Physical changes for reproduction

These are changes that happen to a woman during puberty, do you know how they help with the bodies ability to prepare for adulthood and the ability to have a baby?

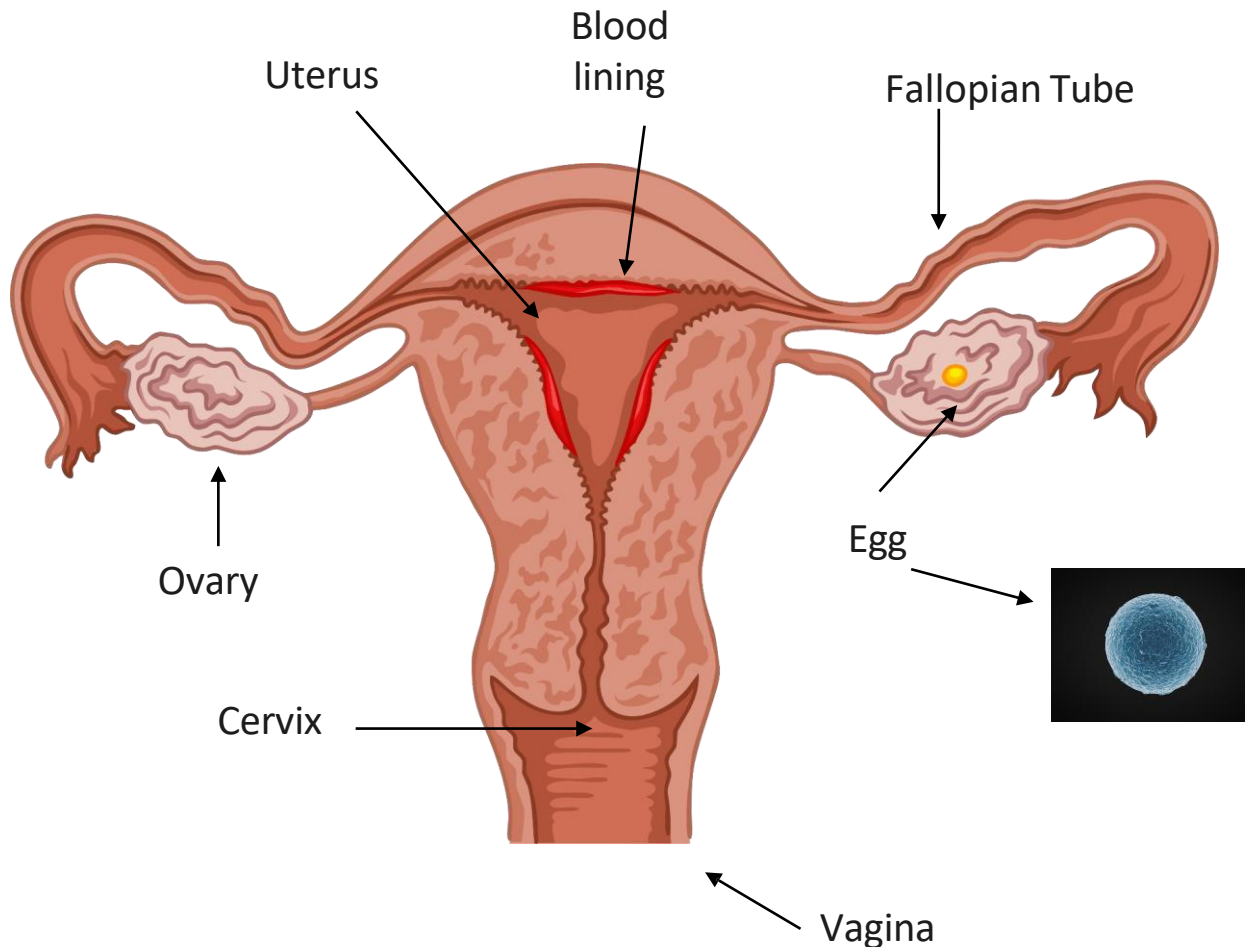
Hips get wider

This is so her body is strong enough and has room for her baby to grow

Ovaries start releasing eggs once a month as part of the menstrual cycle

The egg is the female reproductive cell. The egg would need to be fertilised to start to grow into a baby.  
When the egg is not fertilised, it is not needed and a girl has her period.

# Female reproductive system



You can see the vagina is like a tube in this diagram.

At the top of the vagina is the cervix.

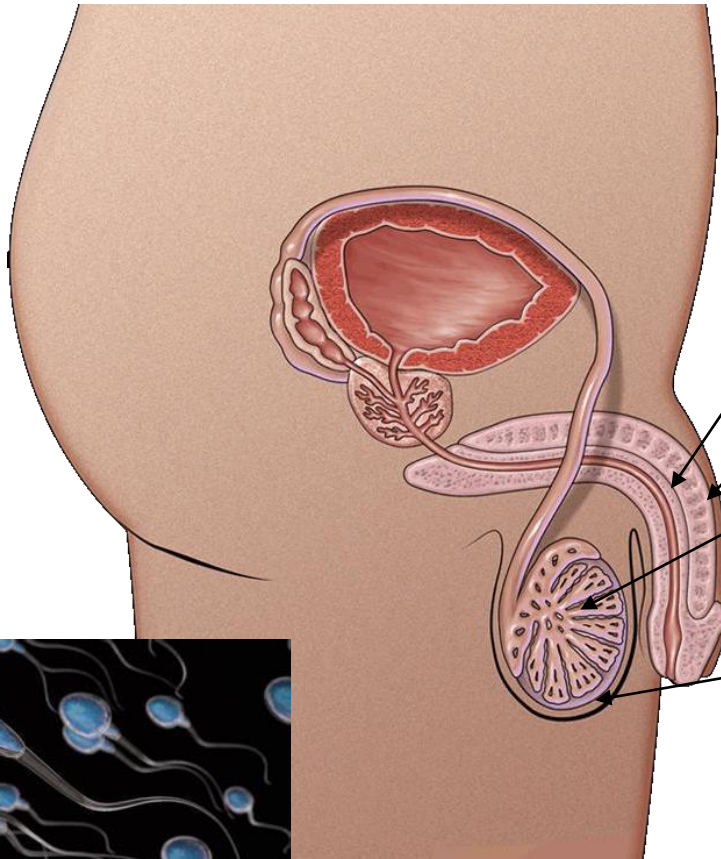
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# Male reproductive system



## Urethra

The tube through which urine and semen leaves the boy's body

## Penis

- Tube-like organ that hangs outside the body
- Can become hard and erect caused by more blood flowing to this area

## Testicles or testes

- Usually two, one hangs lower
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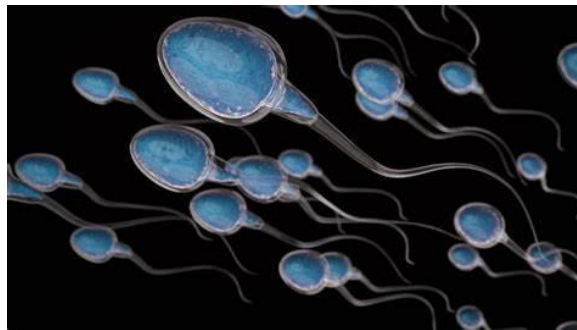
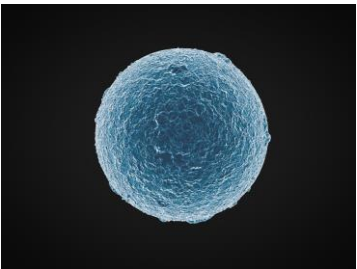


# Reproduction

In order for the lifecycle to continue, there needs to be reproduction.

Reproduction is the process of new life being created.

Reproductive happens when the male and female reproductive cells come together and new life is formed.



They are the egg cell and the sperm cell.

If they meet, this can lead to fertilisation of the egg cell.

If the egg is fertilised by the sperm then this can lead to conception and the start of a new life being formed.

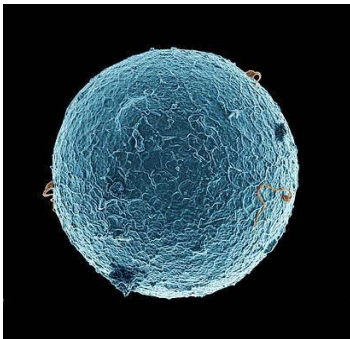
We will go through this step by step.

# Reproduction



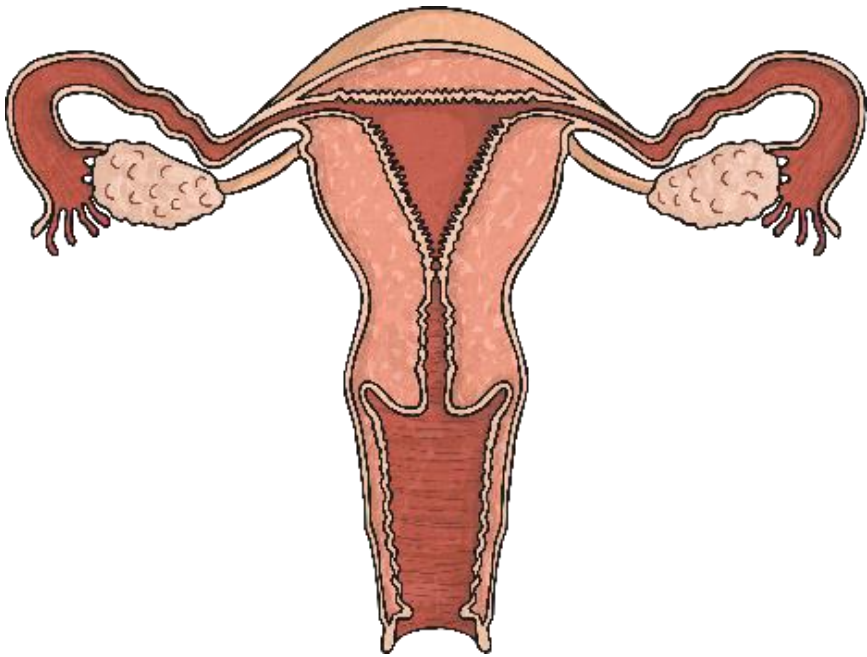
- A man produces sperm in his testicles.

- Once a month, the woman's body releases an egg.



- In order for the sperm to meet the egg a man and woman will have sexual intercourse.

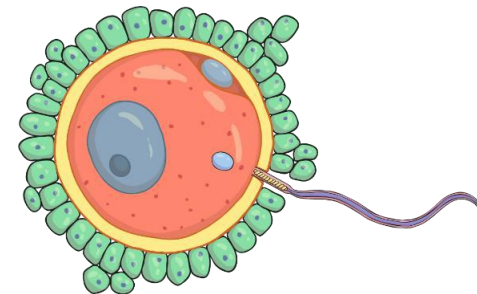
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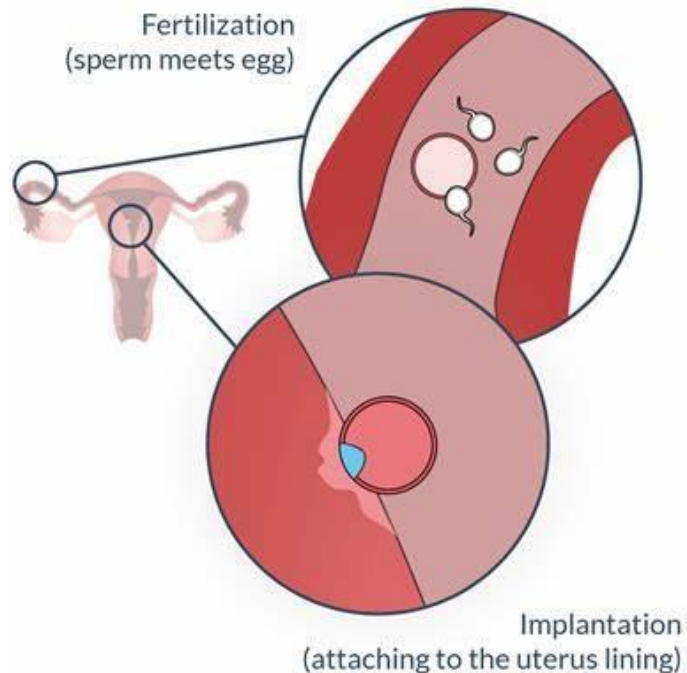
- During sexual intercourse, the sperm will enter a woman's body via her vagina.
- This sperm then travels through the vagina and the uterus and towards the fallopian tube.

# Reproduction

- In the fallopian tube, the sperm may meet an egg. The sperm and egg can join and become one. This is called fertilisation.
- The fertilised egg will then travel to the uterus.



# Reproduction



- If the egg is fertilised, it attaches the blood lining in the uterus.
- The lining of the uterus builds up with a bloody lining to protect the fertilised egg.
- Remember if the egg was not fertilised, the woman does not need this egg or the lining and her body removes this and it comes out as her period.

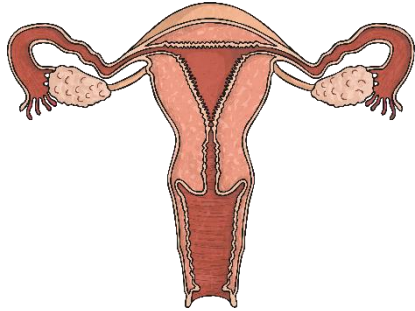
# Reproduction

A fertilised egg takes 9 months to grow into a baby.

As the uterus is now growing a baby, it get bigger and stretches. When there is a baby inside, it is called the womb.

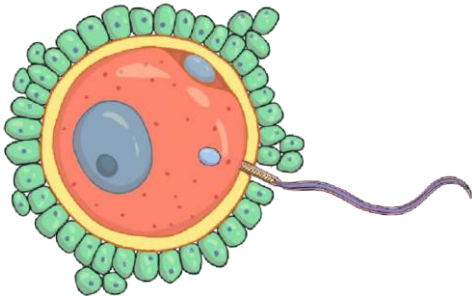


# Summary of reproduction



- If a man and a woman want to conceive a baby, they can have sexual intercourse. The man's penis releases sperm into the woman's vagina which race to find the woman's egg.

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

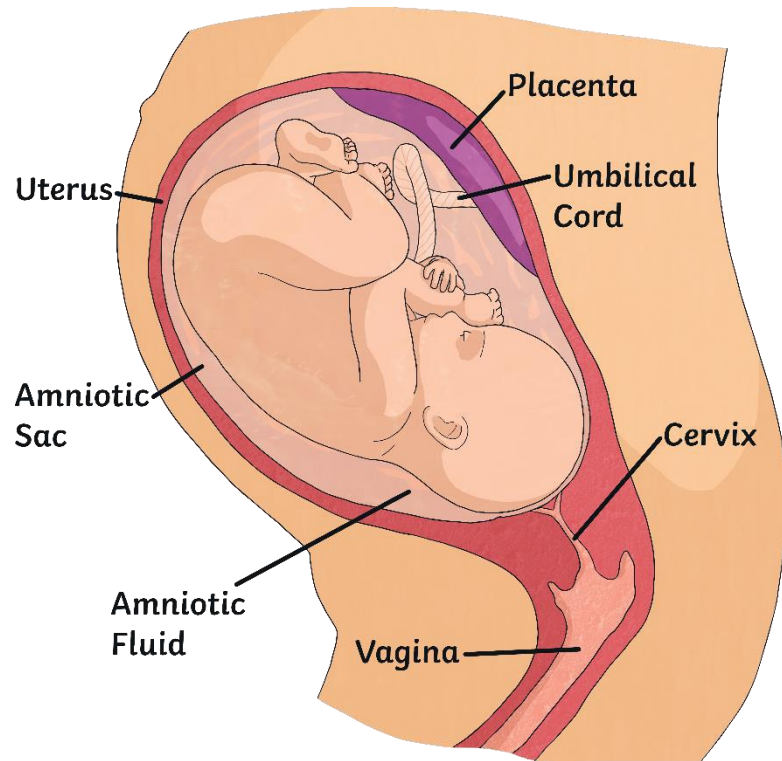


- If a sperm reaches the egg, the egg is fertilised, starting a new life form

# Conception to Birth

The foetus is protected in the uterus, 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, through the umbilical cord to the baby. That's why you have a belly button!



# Question time

Over the past 2 lessons we have discussed:

- Physical changes to the body
- Periods and the menstrual cycle
- Erections and wet dreams
- Fertilisation
- Conception

You must write something on your post it note,  
either write a question or something you found  
interesting.

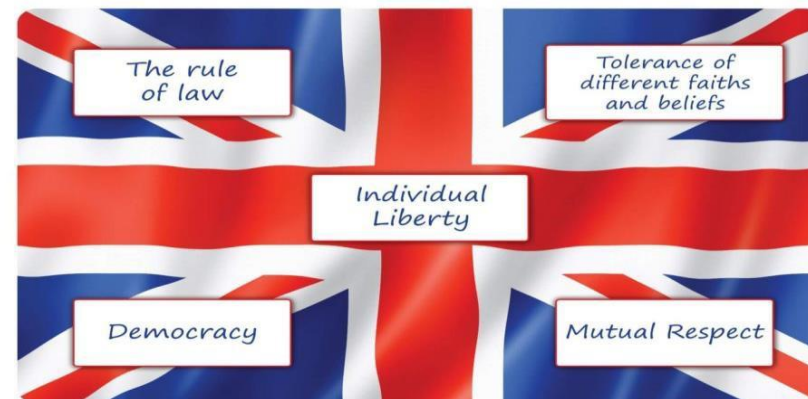
# PSHE

Lesson 3. We are learning to express how I feel about my self-image and know how to challenge negative 'body-talk'

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Key Words and Definitions:

- *Self-esteem*
- *Negative body-talk*
- *Choice*
- *Feelings/emotions*
- *Challenge*
- *Mental health*

Link to British Values:

Mutual respect  
Individual liberty

# 'Ideal bodies'

Jigsaw



# 'Ideal bodies'

Jigsaw



# 'Ideal bodies'

#Jigsaw!



# 'Ideal bodies'

Jigsaw



# 'Ideal bodies'



# 'Ideal bodies'

Jigsaw



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# Stereotypes about how bodies should look

Use the shop mannequins as an example: these are rarely made with accurate measurements that reflect a 'real' body shape, they are designed so the clothes look attractive and hang properly in shop displays. These stereotypical images can impact how we feel about ourselves.

Explain that 'body-talk' (how we look) is very common between friends, family members and we even 'body-talk' to ourselves when we look in the mirror, often comparing ourselves to these unrealistic stereotypes. We can choose to accept body-talk or to challenge it.

Ask the children how negative 'body-talk' could hurt somebody's feelings

Have you see have seen pictures or videos about expensive face creams and skin treatments? Why do you think some young people are buying these?’



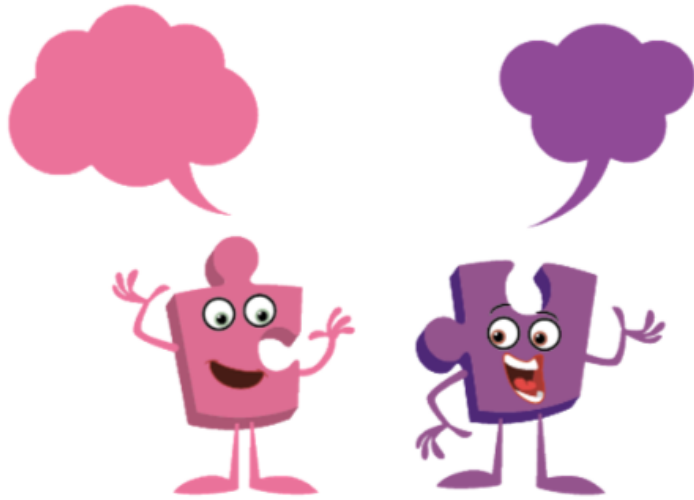
Even fictional 'game art' can passively create unrealistic expectations.



Could these kind of image stereotypes negatively affect how you feel about yourself?



# 'Ideal bodies'



**Choose 5 words to write on your ideal self about how you want to look when you are older**



# PSHE

We are learning to understand that I know myself well enough to maintain positive relationships with others whilst still keeping my own identity.

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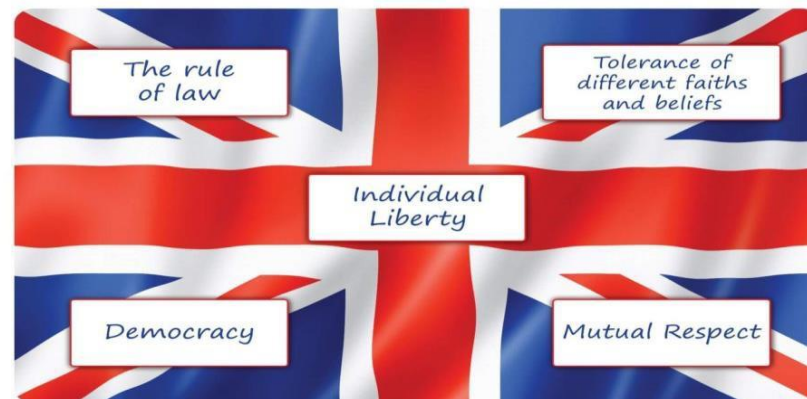
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Key Words and Definitions:

- *Independence*
- *Identity*
- *Values*
- *Relationships*
- *Pressure*
- *Adolescent*
- *Compromise*
- *Assertive*

Link to British Values:

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# Fitting in



Is 'fitting in' more important than being true to yourself?

# Assertiveness



## Assertiveness

**Being assertive is not being aggressive! It is stating what you think, feel or believe in without sounding like you are judging the other person.**

**You can acknowledge the other person's viewpoint but clearly state that it doesn't work "for you".**

**Keeping it about you, and not about them, means that you don't sound bossy or argumentative.**



# PSHE

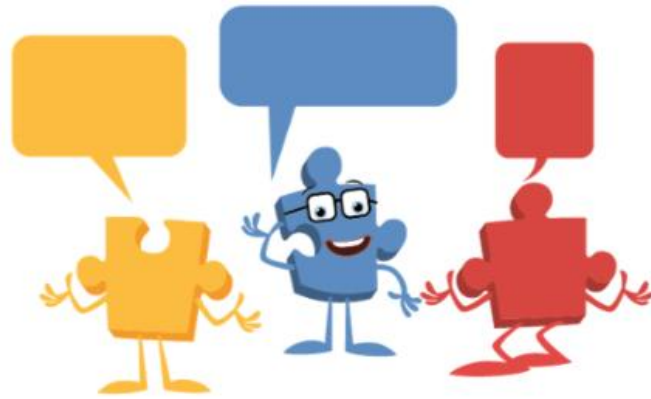


## Practice being Assertive



1. Think about the thing you believed in for Open My Mind
2. State it clearly to your partner
3. They can disagree by saying something like “I understand why you feel like that, but that doesn’t sit right with me.”
4. When it is your turn to say this, try to use your Calm Me breathing techniques to stay relaxed in how you are sitting or standing, and keep your facial expression calm

# Assertiveness



How does it feel to be disagreed with?

How does it feel to disagree?

# Assertiveness



## Take turns to...



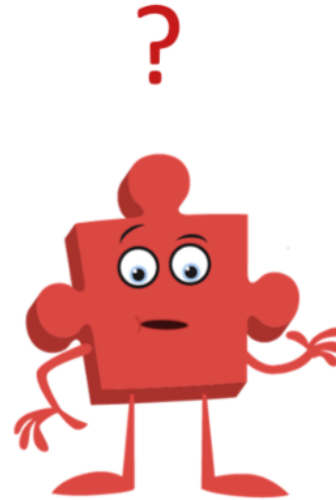
Begin a sentence by offering an alternative that doesn't mean too much compromise on either part e.g.

- I understand why you feel like that but for me it is really important to..... Why don't we.....?
- (agree to disagree, change the subject, leave it for now...)

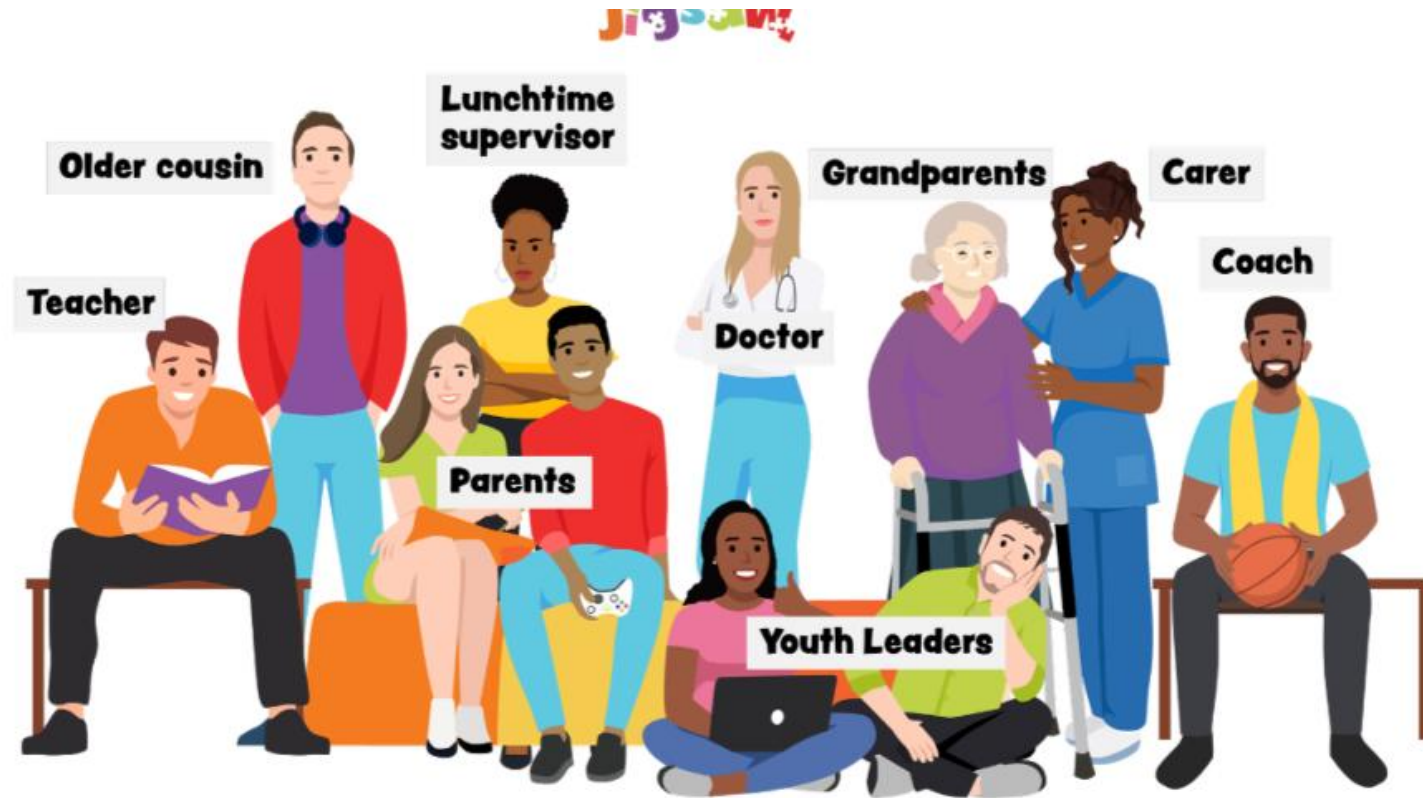
# Assertiveness



So, is fitting in more important than being true to yourself?



# Assertiveness



**Childline in the UK – 0800 1111**

# Assertiveness



**Scenarios**

