

Science - Year 5

Animals including Humans – Block 5AH

Life Explorers

Session 4

Resource Pack

Changes in puberty (teacher's reference)

*This can be a confusing and worrying time – please be sensitive to all children and allow time for discussion and questions – possibly outside science time. **Please refer to your school's PSHE and sex and relationships policies.***

In both girls and boys:

- increased height
- muscular development
- growth of pubic and body hair (some girls may develop facial hair due to hormone instability during puberty)
- onset of fertility
- acne/spots
- increased weight
- oily skin
- sweat more
- become more self-conscious
- changing moods
- Tend to start to relate more to friends than parents

In boys only:

- growth of bodily and facial hair
- Adam's apple protrudes
- testicles and penis increase in size
- possible increase in shoulder and jaw width (more 'manly' shape)
- ejaculation
- wet dreams
- voice gets deeper
- start to produce sperm

In girls only:

- breasts grow
- increase in size of internal reproductive system
- increase in bodily fat
- widening of hips (more 'womanly' shape)
- menstruation

Changes in puberty

Cut out the changes and arrange them into a Venn diagram, showing: which are changes in boys only, which are changes in girls only, and which are changes for both sexes.

Increase in size of internal reproductive system	Growth of pubic hair
Adam's apple protrudes	Growth of bodily and facial hair
Menstruation	Widening of hips (more 'womanly' shape)
Muscular development	Testicles and penis increase in size
Starts to produce sperm	Oily skin
Possible increase in shoulder and jaw width (more 'manly' shape)	Breasts grow
Wet dreams	Acne/spots
Increase in bodily fat	Increased height
Sweat more	Become more self-conscious
Onset of fertility	Ejaculation
Increased weight	Voice gets deeper
Tend to start to relate more to friends than parents	Changing moods

Puberty FAQs

Chn may feel more comfortable in single sex gps to complete their FAQs. It is important that chn understand the changes in both sexes, not just their own.

- *When will I start puberty?*
- *What will happen to my height and weight during puberty?*
- *What will happen to my body during puberty? (girls)*
- *What will happen to my body during puberty? (boys)*
- *What are wet dreams? (boys)*
- *What will happen to my emotions during puberty?*
- *What is a period, why does it happen? What are the positive and negative things about it? (girls)*
- *Why might I get spotty and sweaty during puberty?*

Add in any extra appropriate questions that are raised by chn in the class

Key vocabulary

puberty	penis
	scrotum
reproduction	sperm tube (vas deferens)
testicles	genitals
adolescence	egg
childhood	erection
babyhood	period
adult	wet dream
pubic hair	ejaculation
menarche	pregnancy
uterus/womb	masturbation
sperm	clitoris
foreskin	contraceptive
vagina	menstruation