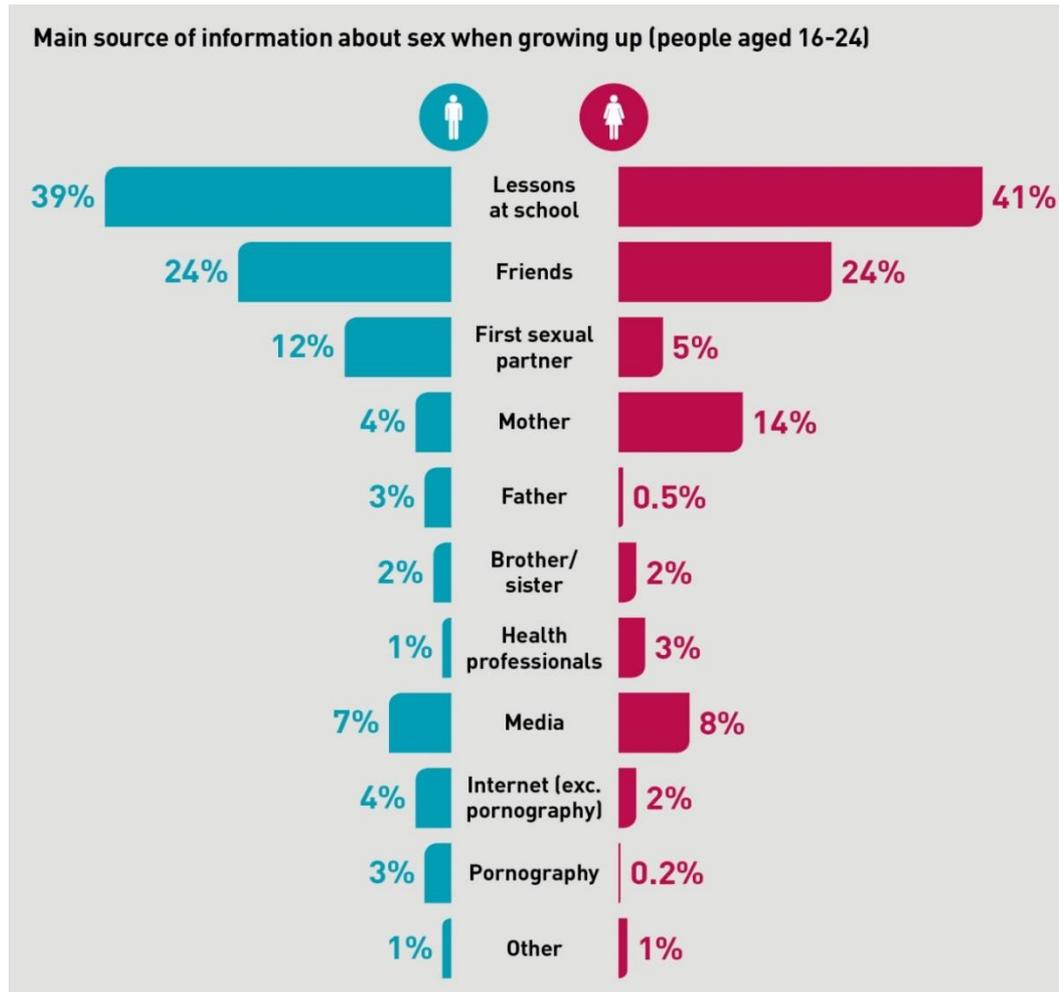


# Puberty, Changes and Growing up. Parent session

**Aim:** To explore the physical and emotional changes children may experience during puberty and how parents/careers can support them through this transition.

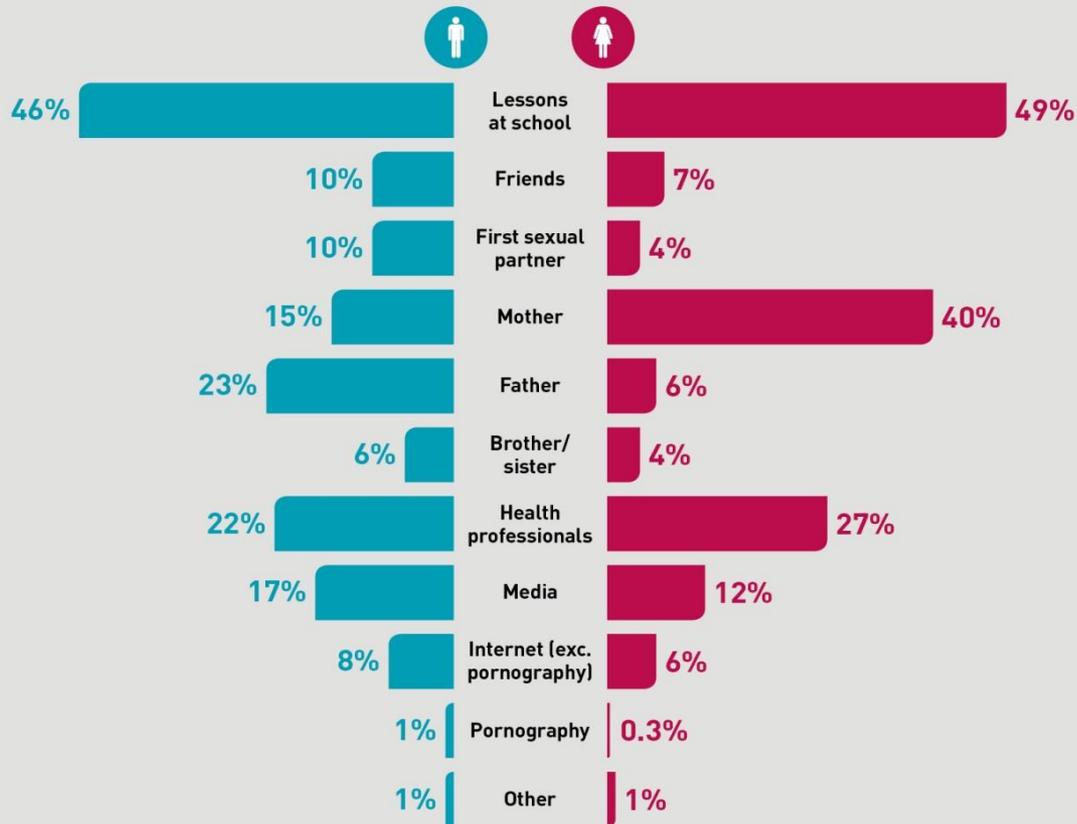
# Where do young people get information about SRE? (Natsal-3)



# Where would young people like to get information about SRE? (Natsal-3)

## Preferred source of information about sex when growing up (people aged 16-24)

70% of young people said they didn't know enough when they first felt ready to have some sexual experience. They would have liked to get more information from the following sources:



Participants could give one or two answers so the percentages sum to more than 100%.

- Schools PSHE & SRE, content and resources
- Physical and emotional changes for boys and girls during puberty and its impact on children
- Resources available
- Opportunities and questions
- Beyond puberty.

# What is PSHE?

- PSHE education deals with real life issues affecting our children, families and communities.
- All schools must, by law provide 'a broad and balanced curriculum' that 'prepares young people for the opportunities and responsibilities of adult life.'
- How they do this is left up to the individual school but there are some national programmes to guide them.
- Some aspects of sex education are statutory as part of national curriculum science.

# SRE (Sex and Relationship Education)

- SRE is a planned and progressive programme which gradually and appropriately begins to prepare our children for adult life.
- It teaches the skills they need to fully manage the natural, physical and emotional changes that will happen to them as they grow and mature
- SRE teaches the skills children need to develop positive relationships.

# Ofsted

- Lack of high-quality, age-appropriate sex and relationship education is a concern as it may leave children and young adults vulnerable to inappropriate sexual behaviours and sexual exploitation. This is because they have not been taught the appropriate language or developed the confidence to describe unwanted behaviours or know where to go for help.

# Year 4 and 5

## Week 1

Children learn about the way we grow and change throughout the human life-cycle - science

Baby, toddler, child, teenager etc

Can identify changes throughout the human life-cycle

- Understand that change is ongoing
- Understand that change is individual

## Week 2

• Children learn about the physical changes associated with puberty

Are able to define puberty: the changes that occur sometime between 8-17 that turn us from children to young adults

- Can identify the physical changes associated with puberty
- Understand that everyone's experience of puberty is different and that it begins and ends at different times

**Video resource**

## Week 3

- Children learn about menstruation and wet dreams
- Can describe menstruation and wet dreams
- Understand the relationship between the sex cells (sperm and ovum), menstruation and wet dreams
- Know and can explain effective methods for managing menstruation and wet dreams

### Video resources

Sanitary products shown and discussed, sample for girls to take

## Week 4

- Children learn about the impact of puberty on physical hygiene and develop strategies for managing this.

### Children:

- Can explain how changes at puberty affect body hygiene
- Can describe how to care for their bodies during puberty
- Can recognise the similarities between the needs and wants of boys and girls and challenge gender stereotypes around hygiene and grooming

Hygiene products shown and discussed

## Week 5

- Children learn:
- How puberty effects emotions and behaviour
- Strategies for dealing with the changes associated with puberty

Children:

Are able to describe how feelings and behaviour change during puberty.

- Understand how changes during puberty can affect relationships with other people
- Can devise strategies for managing some of these changes

## Week 6

- Children learn strategies to deal with feelings in the context of relationships

Children:

Are able to identify feelings and understand how they affect behaviour

- Show awareness that feelings change during puberty and these changes can affect our relationships
- Can practise strategies for managing some of these relationships and changes
- Can empathise with other people's feelings in relationships, including parents and carers.

# Year 6

## Week 1 – What’s All this About Puberty?

Children learn about the changes that occur during puberty

Children:

- Can identify the physical, emotional and behavioural changes that occur during puberty for both males and females
- Understand that puberty is individual and can occur any time between 8-17
- Understand that body changes at puberty are a preparation for sexual maturity

## Week 2 – Becoming Men and Women

Children learn to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact

Children:

- Understand how our attitudes and values about gender and sexuality may be affected by factors such as age, religion, and culture
- Can recognise and challenge gender stereotypes
- Understand how media messages affect attitudes, can cause inequality of opportunity and affect behaviour

## Week 3 – Building Good Relationships

Children:

- Can identify positive qualities and expectations for a variety of relationships
- Can explain the similarities and differences between friendships and intimate relationships
- Can describe different types of intimate relationship, including marriage
- Understand that sex or making love may be one part of an intimate relationship between adults

## Week 4 – Sexual Relationships

Children learn about human reproduction in the context of the human life-cycle

Children:

- Understand that sexuality is expressed in a variety of ways between consenting adults
- Know that sexual intercourse may be one part of a sexual relationship
- Can describe how babies are made, including the relationship between sexual intercourse and conception
- Can name the male and female sex cells and reproductive organ

## Week 5 – Conception and Pregnancy

Children learn how a baby is made and grows (conception and pregnancy)

Children:

- Know the key male and female body parts associated with conception and pregnancy
- Can define conception and understand the importance of implantation in the womb
- Know what pregnancy is, where it occurs and how long it takes

## Week 6 – Being a Parent

Children learn about the roles and responsibilities of carers and parents

Children:

- Can identify some of the skills and qualities needed to be a parent and carer
- Understand the variety of ways in which parents and carers meet the needs of babies and children
- Can recognise that both men and women can take on these roles and responsibilities

# Puberty

Puberty is the process of physical changes through which a child's body matures into an adult body capable of sexual reproduction to enable fertilization.

# What was puberty like for you?

- How did it make you feel?
- Where did you get your information?
- What else did you need?

# Onset of puberty

The female body produces Progesterone and oestrogen – sexual development can start anywhere between 8-14

The male body produces testosterone – sexual development can happen at any time between 10-18 (usually 13/14)

# Changes - Girls

| Physical  | Emotional  |
|---|--|
| Breasts grow, nipples change colour/shape   | Mood swings, irritability, tearfulness, overwhelming happiness and confusion |
| Face shape changes (becomes less childlike) .   | May feel intense emotions of love, low self-esteem, frustration and apathy   |
| Voice slightly deeper.  | May become argumentative and bad tempered and challenge authority.           |
| Body shape – hips widen, arms and legs lengthen, weight gain, hand and feet grow bigger | May become physically attracted to others – Male and female                  |
| Hair, under arms, legs, body hair becomes darker, pubic hair.                           | Begin to want more independence from parents                                 |
| Vagina discharges   |  |
| Ovaries release an egg and periods  |  |

# Changes - Boys

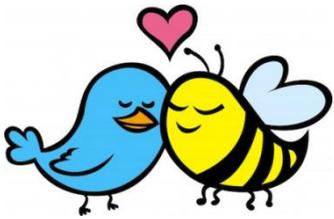
| Physical  | Emotional  |
|---|--|
| Testicles grow larger and fuller, penis grows longer and wider. Scrotum sac becomes darker in colour.                   | Mood swings, irritability, tearfulness, overwhelming happiness and confusion |
| Testicles start to produce sperm, spontaneous erections and wet dreams may begin.                                       | May feel intense emotions of love, low self-esteem, frustration and apathy   |
| Hair, under arms, legs, body hair becomes darker, pubic hair. Facial hair.  | May become argumentative and bad tempered and challenge authority.           |
| Face shape changes and becomes less childlike. Voice box grows/protruding Adams apple, voice breaks and becomes deeper. | May become physically attracted to others – Male and female                  |
| Growth spurt including arms, legs and feet. Body shape changes, broader shoulders and chest.                            | Begin to want more independence from parents                                 |
| Hair and skin become more oily, spots, sweat  |  |

# Puberty and the brain.

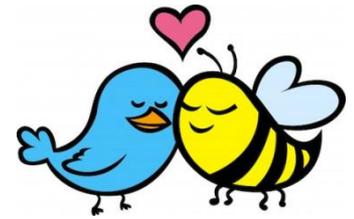
- Evidence shows that there is major brain reorganisation and brain development during puberty. (from onset until into the twenties)
- There is big changes to the front of the brain which is responsible for actions such as;
  - Priority setting
  - Planning and organising
  - Self identity
  - Socialisation
  - Empathy
  - Motivation and emotion
  - Impulse inhibition

# So what can this mean...

- More questioning, unconventional thinking and open to new ideas and change
- More passionate and increased emotional intensity
- Increased desire for risk/lower ability to assess risk
- Less ability to reason
- Less empathy
- Less ability to organise themselves, plan and prioritise
- Greater concern over self and self image.



# The birds and the bees



- ‘The talk’ <https://www.youtube.com/watch?v=a3MyLt6I5n0>
- Learning opportunities
- Resources
- Difficult questions
- And remember <https://www.youtube.com/watch?v=Max8xVOT4IU>