



Year 6 Growing Up Day

2024

Ground Rules

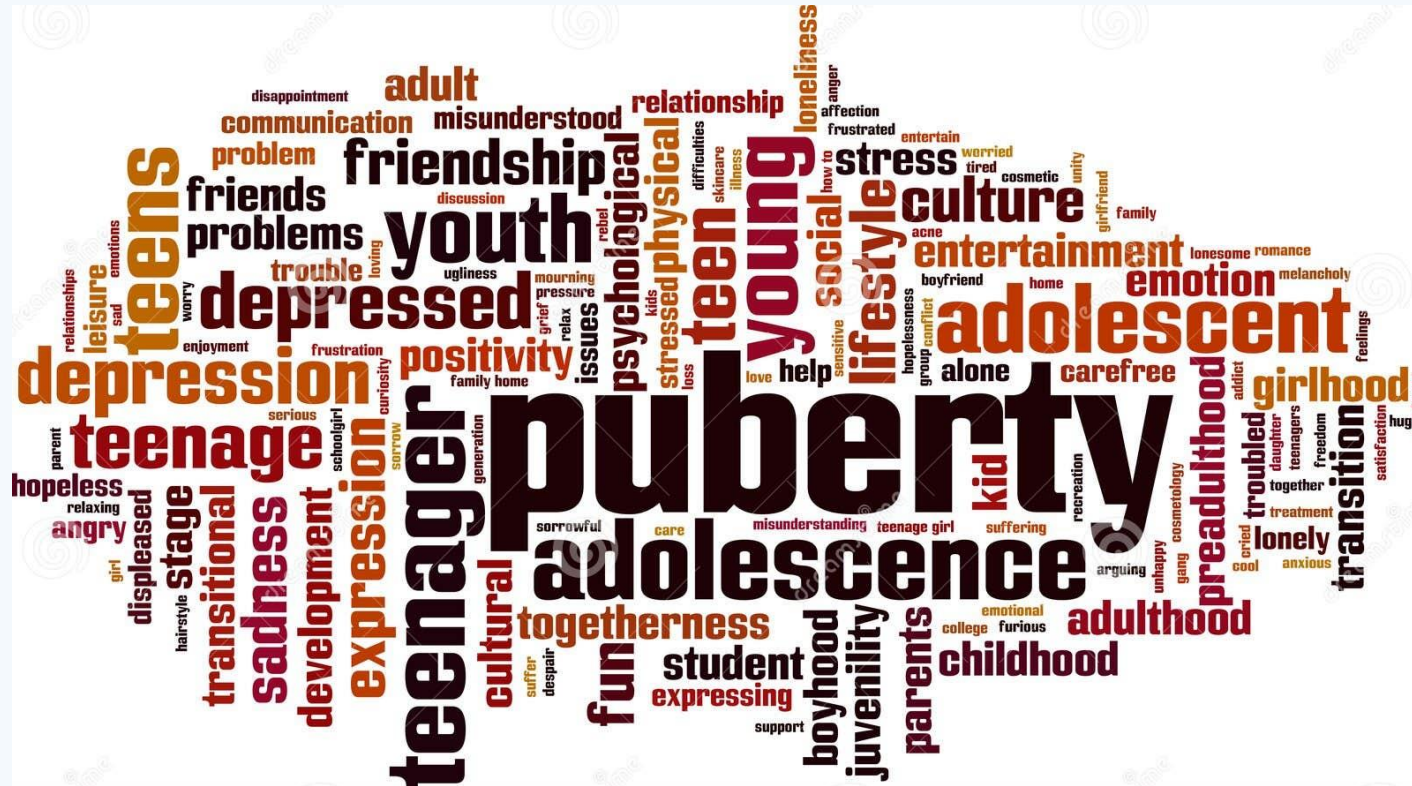
- G** Giggling is okay!
- R** Respect what others say; no put-downs.
- O** Okay to pass on a question or activity if something feels too private.
- U** Understand others' feelings, be sensitive, listen and respect their differences.
- N** No personal questions or stories from pupils or teachers.
- D** Discuss puberty topics responsibly outside the classroom.
- R** Remember to ask questions if you are unsure about anything.
- U** Use the correct names for body parts – ask if you can't remember.
- L** Let the teacher know if you want to speak to them privately.
- E** Encourage others to participate and get involved.
- S** Speak for yourself; use 'I' statements and don't refer to others by name or by pointing.

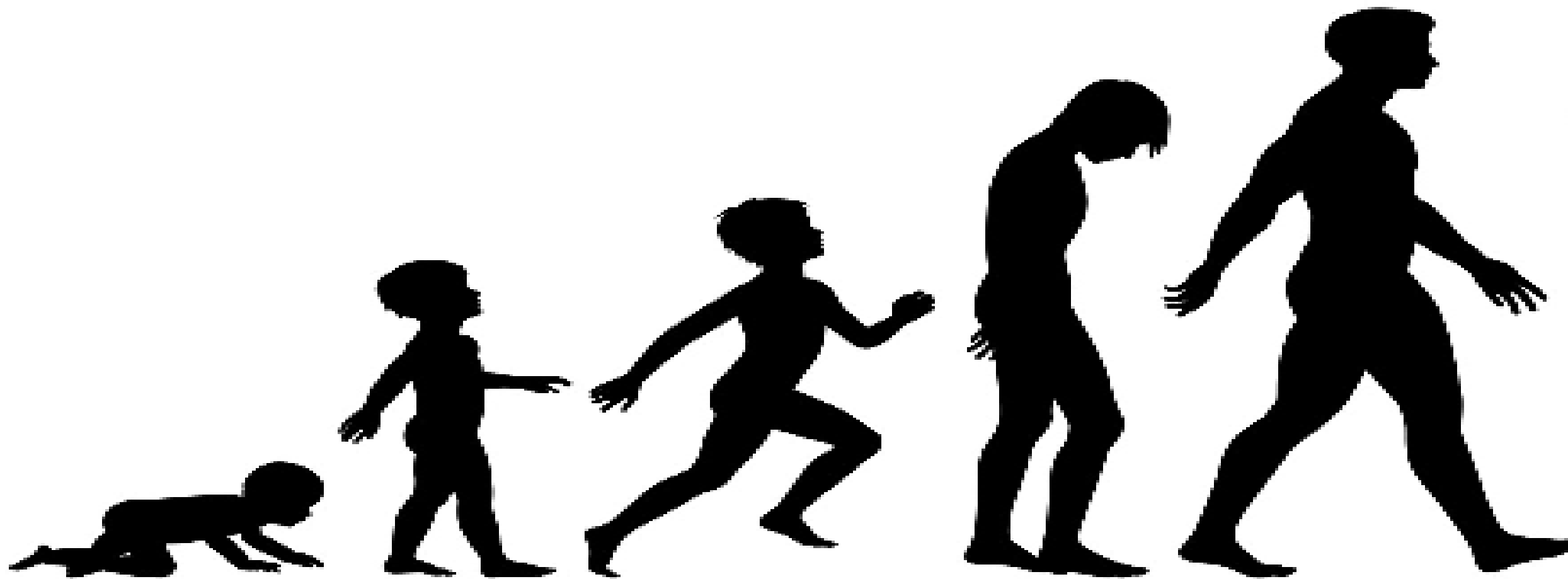
Discuss It: Do you agree with each statement?



What do we mean
by 'Growing Up?'

Part of growing up is referred to as PUBERTY.



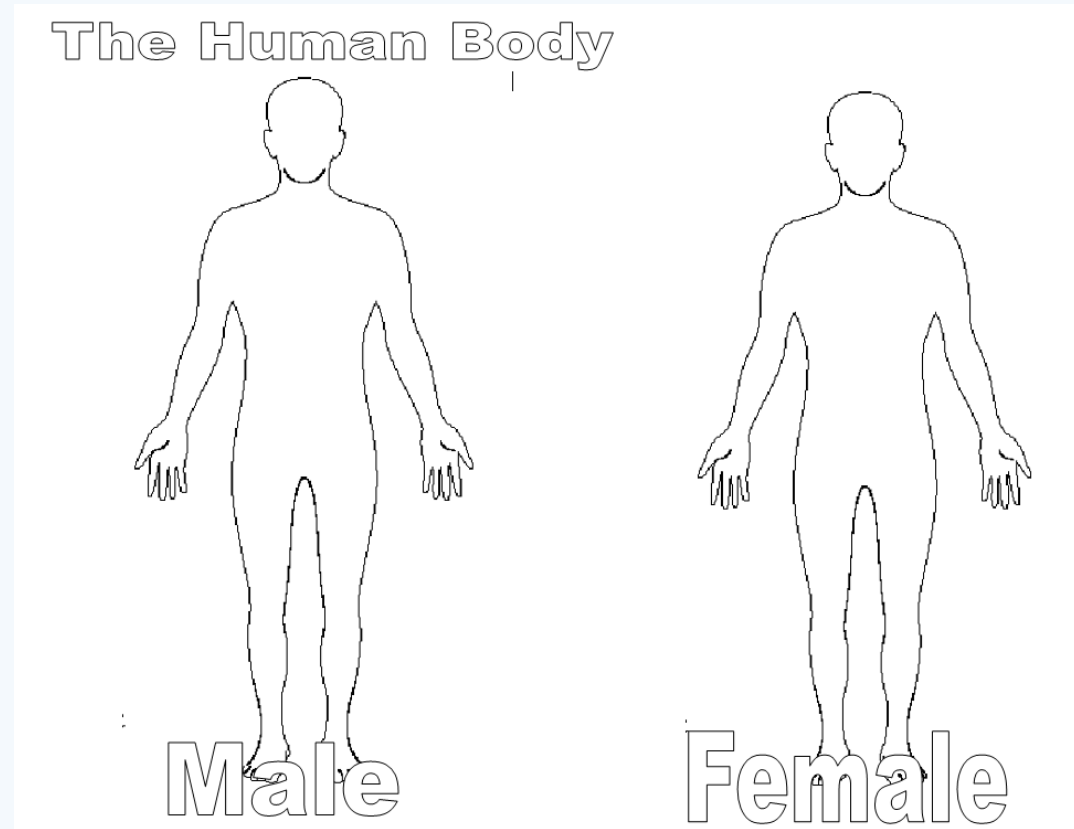




The background features a stylized landscape with rolling hills. The top portion consists of several layers of light blue and white wavy bands, suggesting a sky or distant mountains. The bottom portion consists of rolling green hills in various shades of green, from light to dark, creating a sense of depth and texture.

What do you know about Puberty?

Can you annotate the drawings with changes to the body during puberty?





*Everyone grows up!
...Sorry Peter!*

*All boys and girls from
all over the world,
experience the changes
to their body during
puberty.*

Human Development

As we grow older, our bodies change. This is called **puberty** and is an important part of the human life cycle as our bodies mature so that we can reproduce as adults.

What stage in the cycle are you at?

What change will happen to you next?



fertilisation



infancy



childhood



puberty



early adult



middle age



old age



Can you sort the cards into Fact or Fiction?

Keep the cards... we'll come back to them later.

Check out the Changes to Godfrey



Moods may change a lot

Sexual feelings may begin

.....may appear

.....will break

.....may grow

.....will grow

.....will grow

.....will broaden

.....will grow

.....grow bigger

Have a go at identifying the changes.

These words might help you:

Underarm Hair

Penis

Testicles

Sexual Feelings

Spots

Pubic Hair

Shoulders

Voice

Chest Hair

Moods

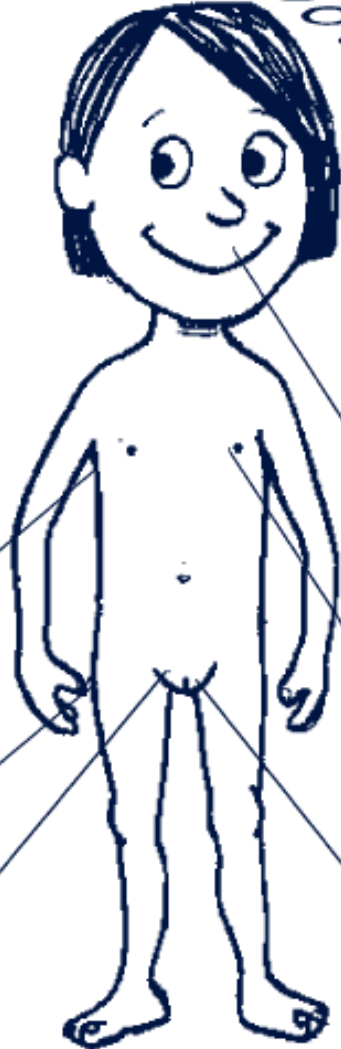
Facial Hair

Check out the Changes to Lucinda



Moods may change a lot

Sexual feelings may begin



.....will grow

.....will widen

.....will start

.....may appear

.....will develop

.....will grow

Have a go at identifying the changes.

These words might help you:

Periods

Spots

Hips

Pubic Hair

Breasts

Underarm Hair

Moods

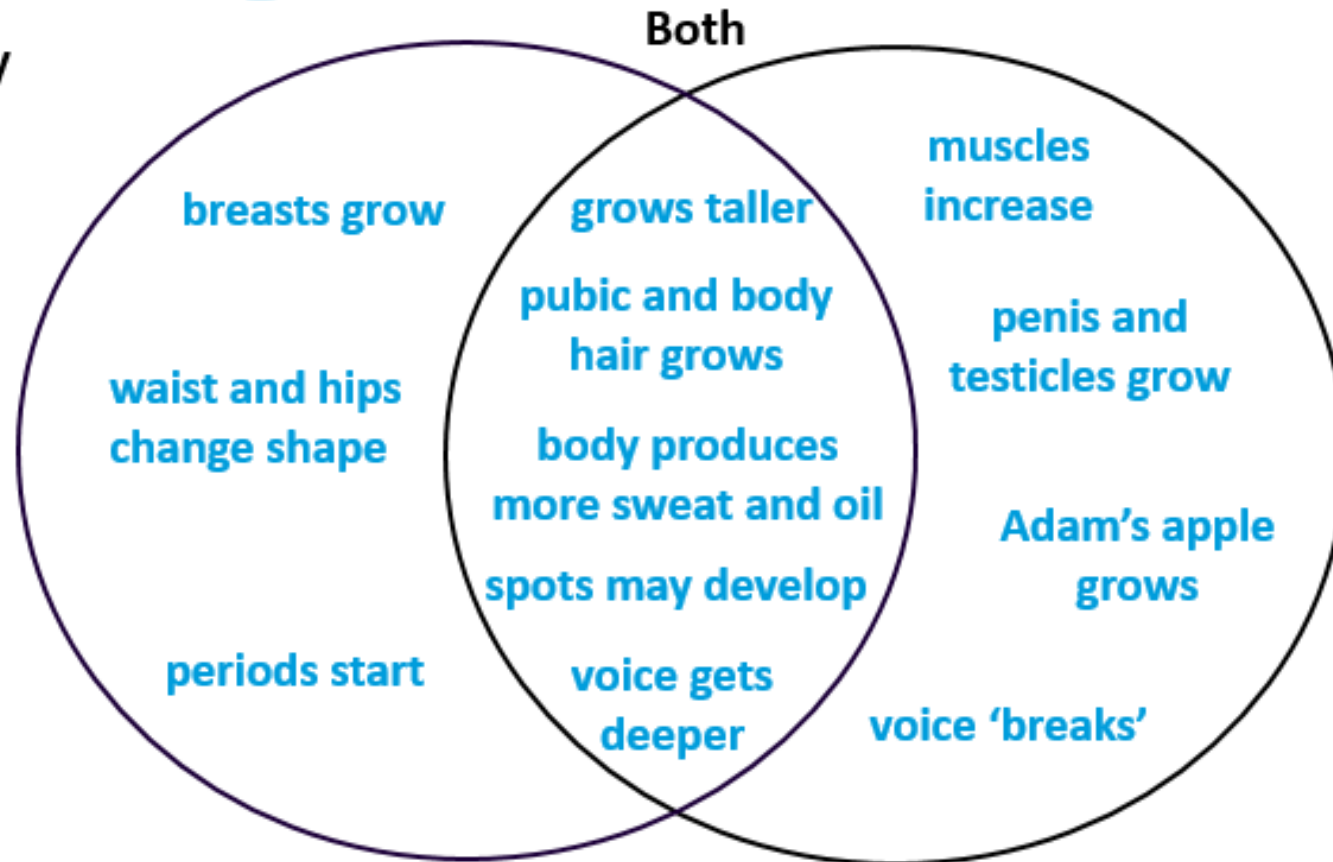
Sexual Feelings

Now that you know a bit more about puberty, can you sort the statements?



Body changes

Female body changes



Male body changes

Fact or Fiction? Do you still agree with how you sorted them? Let's discuss...

Puberty causes people to sweat more.

Voices get deeper at puberty.

Everybody starts puberty at the same time, around the age of eight.

Pubic hair grows during puberty.

Squeezing spots will help them to go away.

Sanitary pads are the only protection available for use during a girl's period.

People's body shape changes when they grow through puberty.

Everyone gets tummy ache when girls get their period.

Puberty is a natural part of growing up and the human life cycle.

Boys don't start producing sperm until after puberty.

It is normal to have mood swings or to feel different or have strong emotions during puberty.

The size of a person's breasts or penis is determined at puberty.

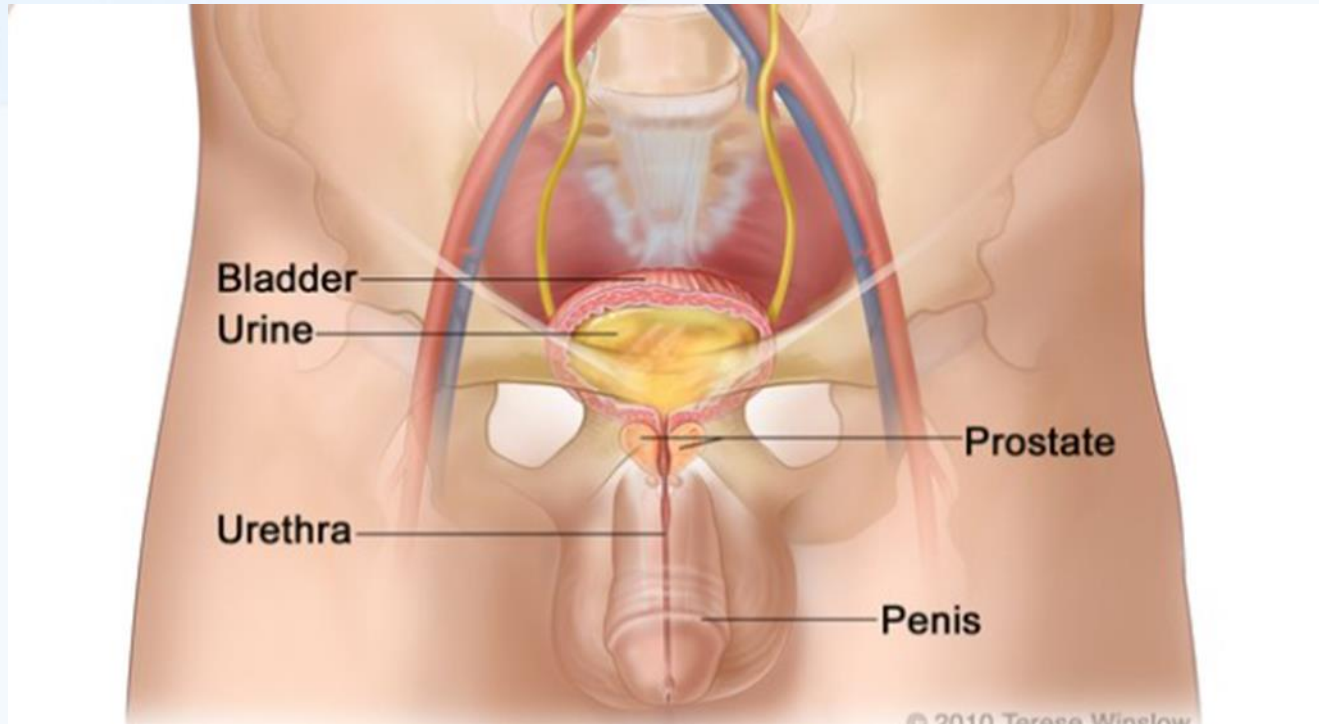


Why does puberty happen?

Reproduction



Reproduction is the process by which living organisms produce offspring or generate new individuals of the same species.



Urethra

Urine and semen pass along this on their way out of the body.

Penis

The urethra runs down the middle of the penis, allowing urine and semen to leave the body.

Testis

This produces millions of sperm cells and male hormones such as testosterone.

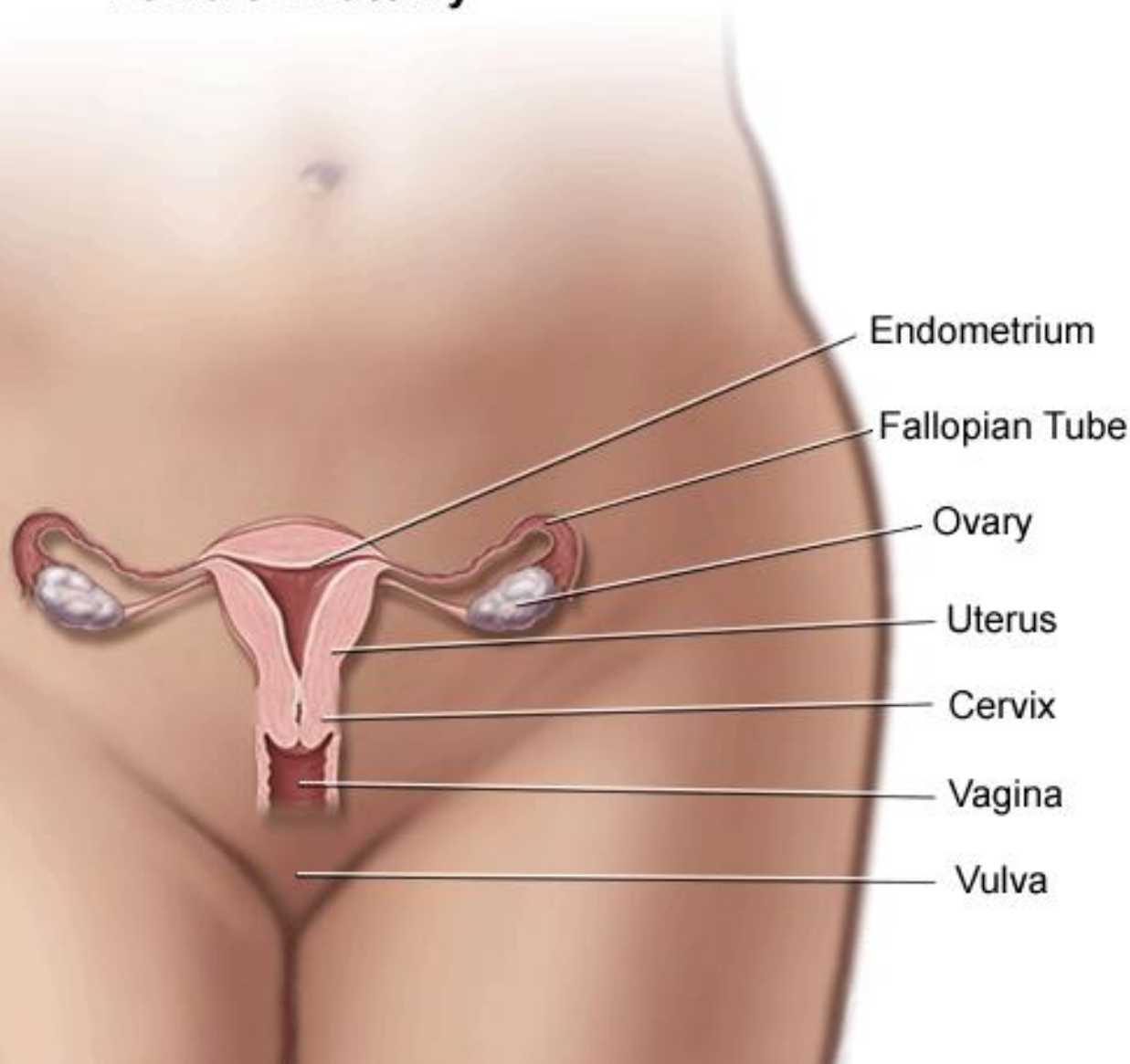
Scrotum

This is a sack that holds and supports the testes.

Sperm Duct

This is a tube that carries the sperm cells from the testes to the urethra.

Female Anatomy



Uterus

This is a muscular bag with a soft lining. A baby would develop here.

Cervix

This is a ring of muscle that holds the baby in place during pregnancy.

Vagina

This is a muscular tube that leads to the cervix.

Fallopian Tubes

These are tubes that connect each ovary to the uterus. Fertilisation usually happens here.

Ovary

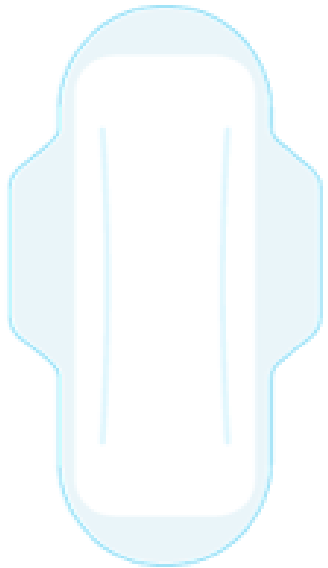
These contain hundreds of undeveloped eggs (ova). After puberty, a mature egg is released each month.

The Menstruation Cycle or 'periods'

[Your Menstrual Cycle & Periods in 3 Minutes \(youtube.com\)](#)

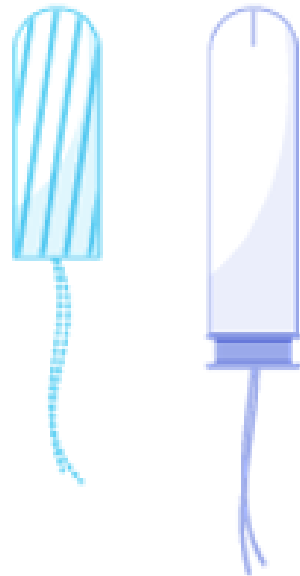


Period products



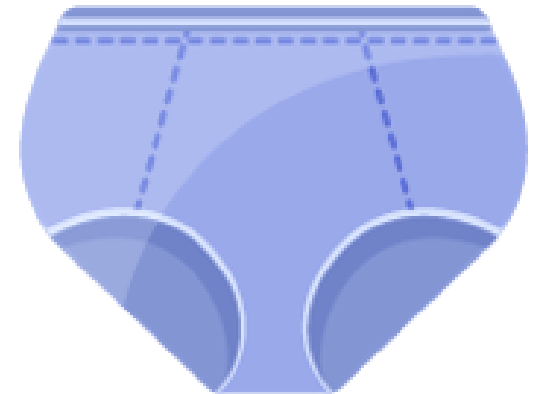
Period pads

Tampons



Menstrual
cup

Period pants

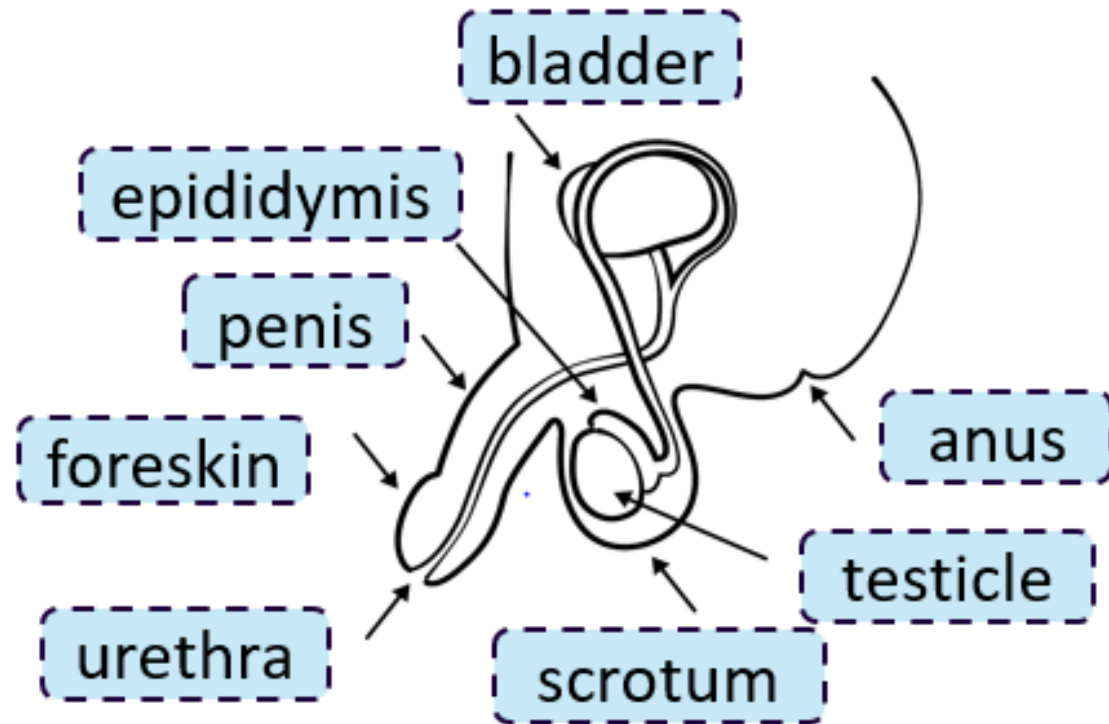


What is a wet dream and why do they happen?

[What is a wet dream? - YouTube](#)



Male body parts and wet dreams





Looking after yourself

In terms of keeping yourself healthy, what do you think will be more important as you go through puberty?

In your group, write some of your ideas down.

What needs cleaning?

feet

armpits

hair

Female genitals(vulva)

Male genitals (penis
and testicles)

Next to the labels, write down:

- **why** they need to pay attention to the area
- **how** they should keep the area clean and **how often**

What are these products for?



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!



All things hairy!

Girls

Girls may notice hair beginning to grow around their pubic area and under their arms during puberty. The hair on their legs may thicken.

Boys

Boys may 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, more hair may grow on their face, chest and/or back.

You may find that your hair will become greasier during puberty and will need washing more often.



Clean body... clean clothes

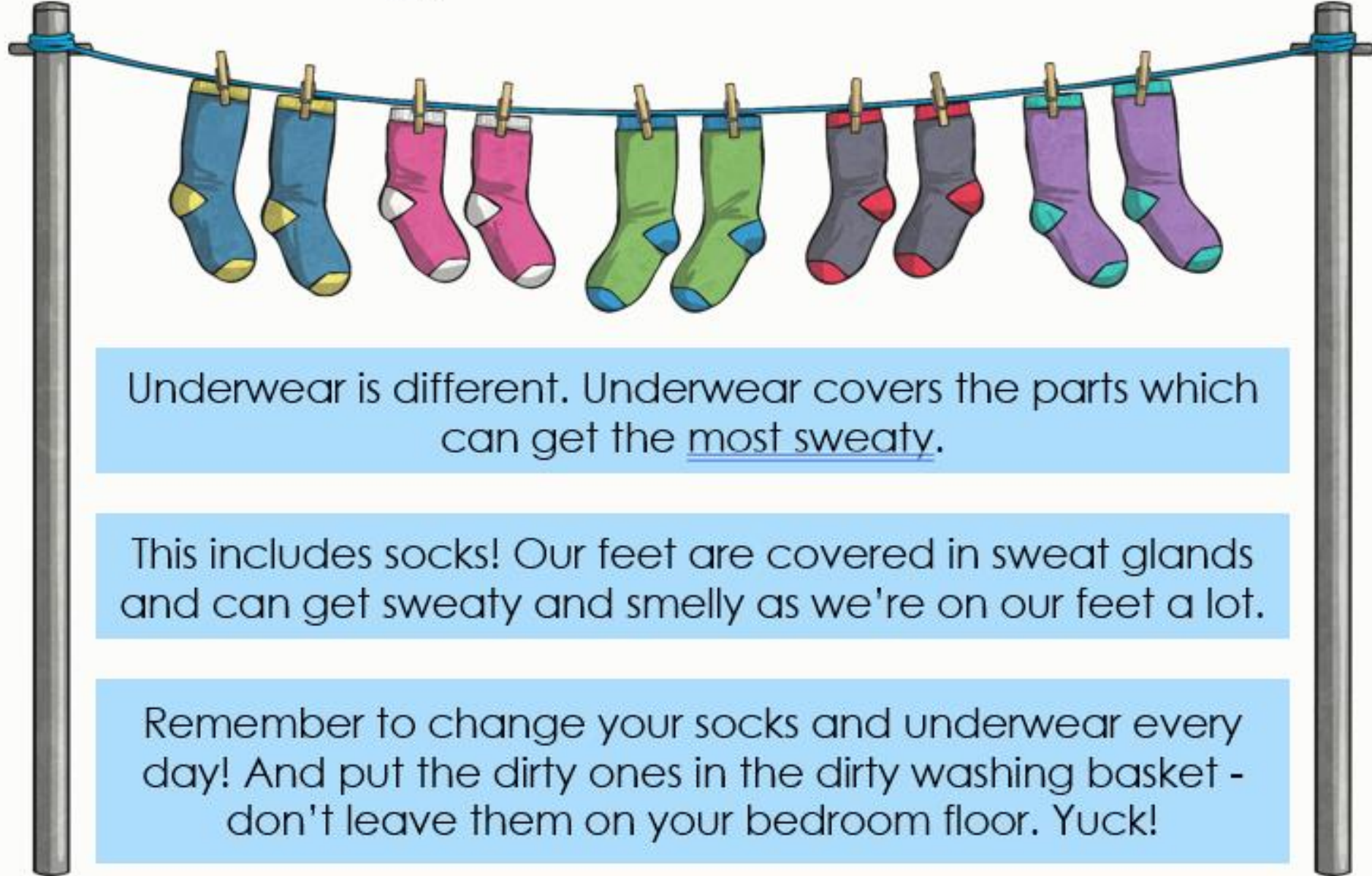
It is really important to wear clean clothes. If we wore the same thing all the time they would get dirty and start to smell. Even if it is the most fashionable thing you own...it will still need to be washed!



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!



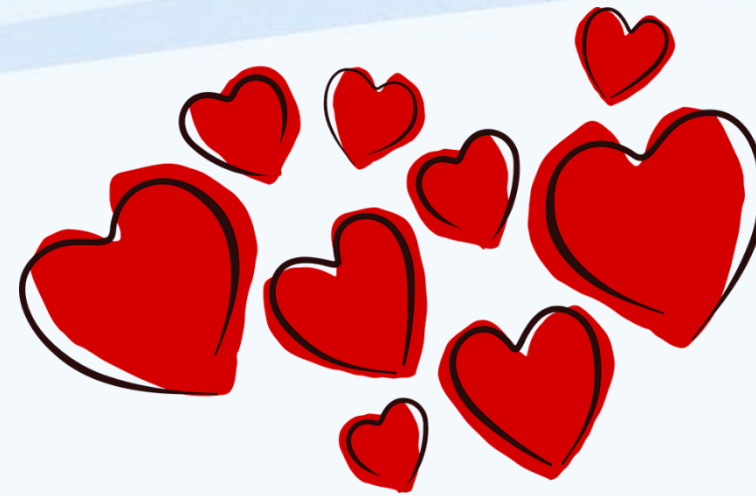
Don't Forget Your Underwear!



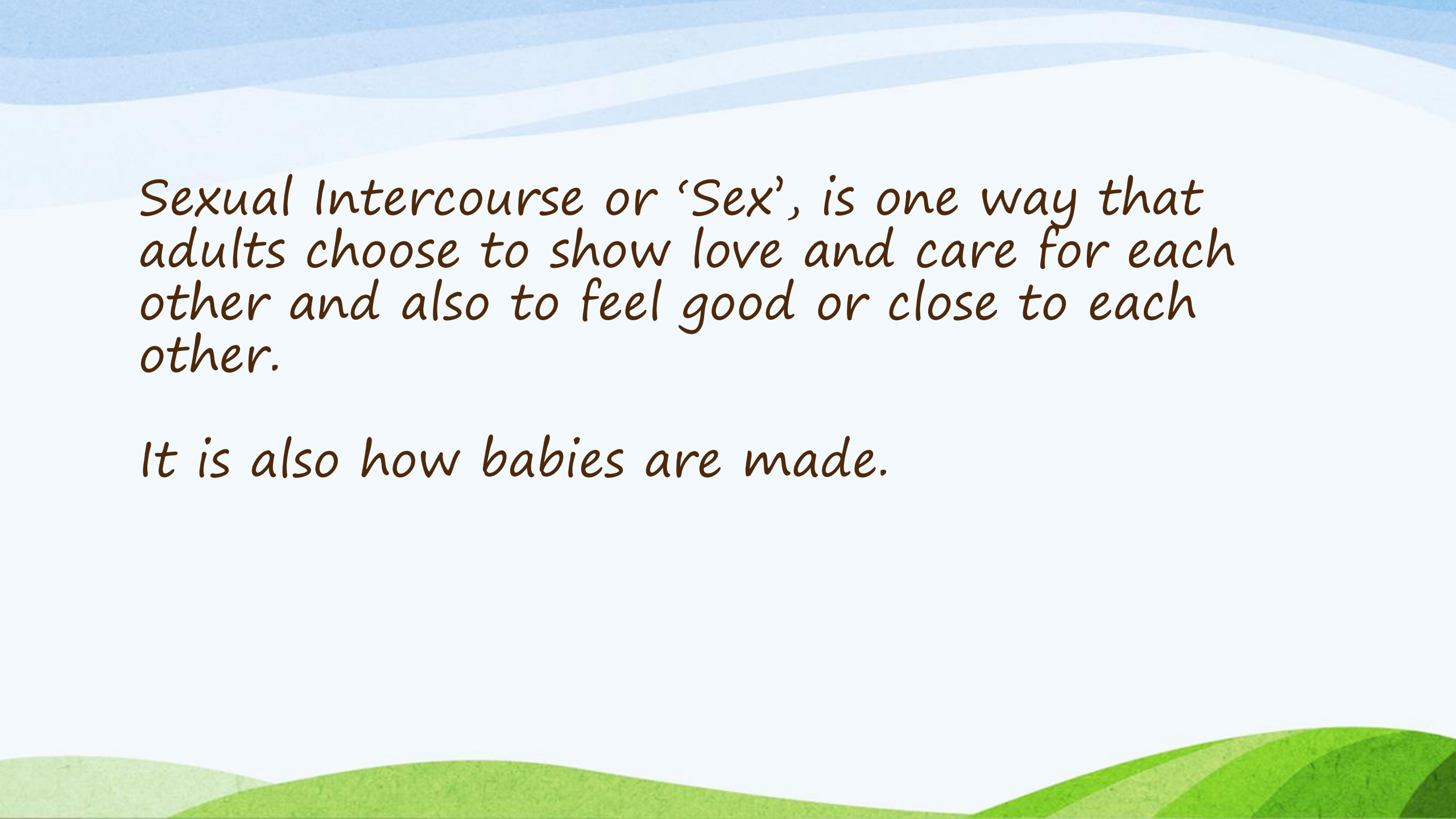
Underwear is different. Underwear covers the parts which can get the most sweaty.

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!



Discuss the different ways in which people might show their love and care for each other.



Sexual Intercourse or 'Sex', is one way that adults choose to show love and care for each other and also to feel good or close to each other.

It is also how babies are made.

A colorful illustration of a landscape. The sky is composed of horizontal wavy bands of blue and white. In the foreground, there are rolling green hills with dark brown soil. On the left, there is a green tree with a red bird flying above it. Next to the tree is a purple flower with a pink center. The overall style is simple and child-friendly.

*How are babies
made?*

An adult couple who are in a relationship might kiss and cuddle, get very close, and touch each other in romantic and sexual ways. They should both feel happy and comfortable doing this together.



Sometimes when a male and female person are making love together, the penis grows hard, and the vagina may get slippery. The couple may decide they want to have sexual intercourse.



This means the man's penis slides into the vagina.



The penis squirts a sticky liquid called semen into the vagina.



Millions of tiny sperm in the liquid quickly swim up inside the uterus to the fallopian tubes.



If there is an egg (ovum) in one of the tubes, one of the sperm might meet it, stick on to it, and enter the egg. This means the egg is fertilised.



The fertilised egg travels down the tubes to the uterus or womb. It divides into lots of different cells and settles in the womb.

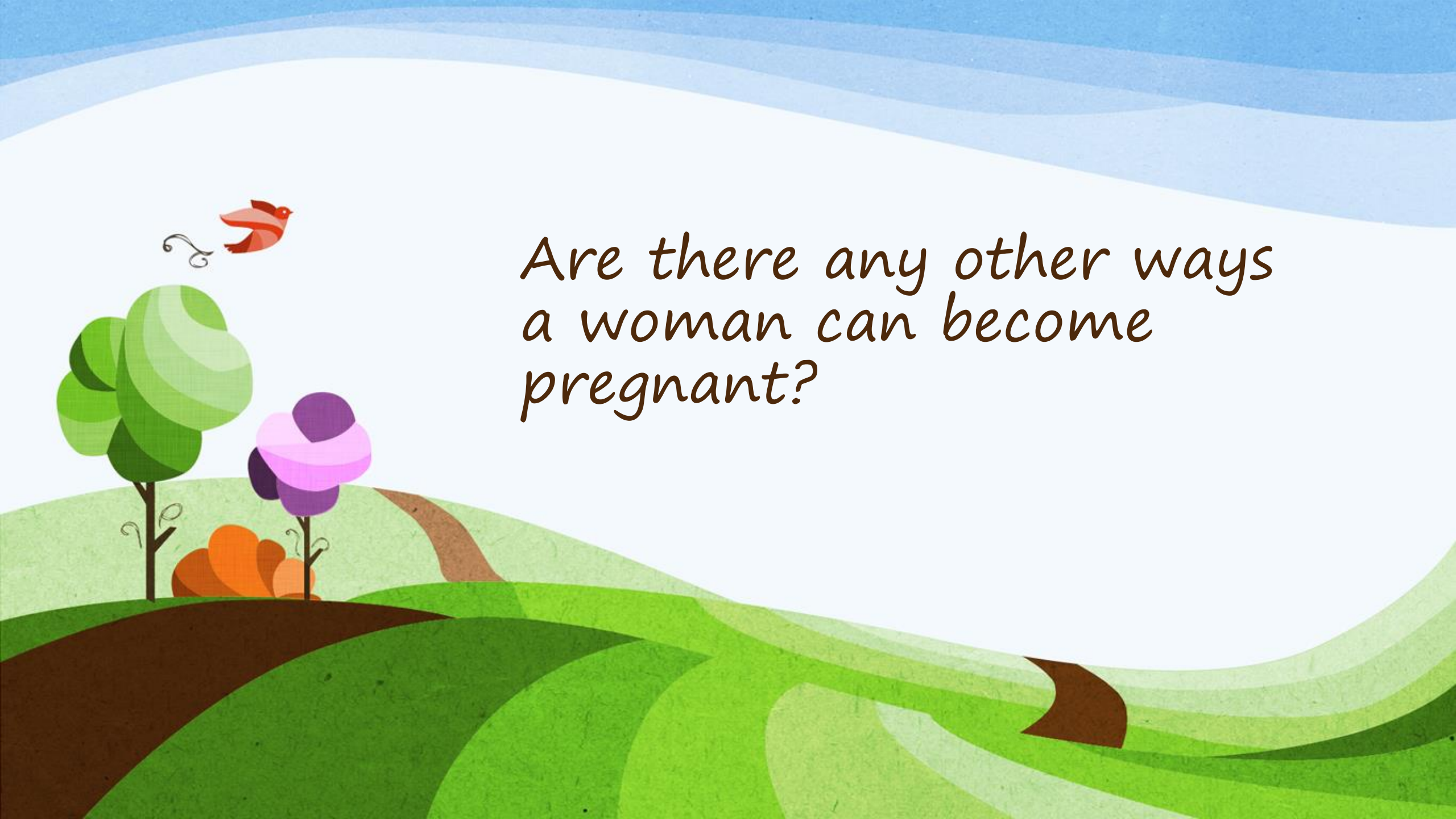


The cluster of eggs gradually grows inside the mother's uterus or womb and is called a foetus. It takes nine months until the baby is ready to be born.

The miracle of life

Human anatomy animations 2007 by
aaronscgi.net (youtube.com)






*Are there any other ways
a woman can become
pregnant?*



Pregnancy and Reproduction Explained
(youtube.com)



*Are there any other ways
adults can start a family?*



With a partner, try and match up the following statements...

A baby can be made by...

the vagina or a
'caesarean
section'.

A baby is born through...

contraception.

A pregnancy is usually...

having sexual
intercourse, or
through IVF, assisted
conception or
surrogacy.

Twins are made when...

9 months long.

People who don't want to
make a baby when they
have sex can use
something called...

two sperm find
two eggs, or the
egg splits and
develops into two
babies.

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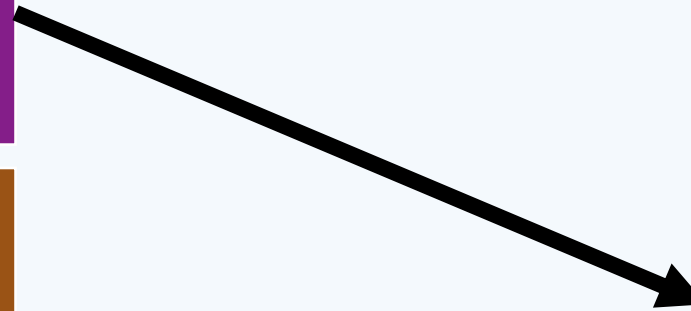
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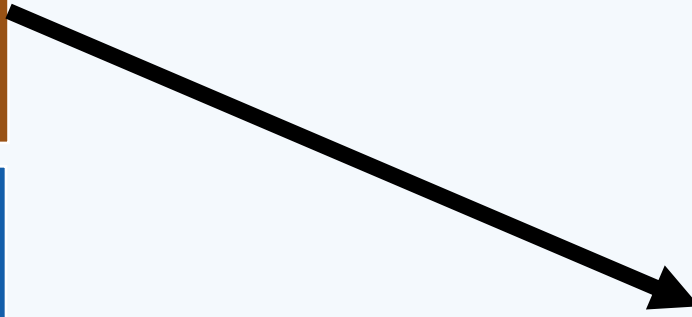
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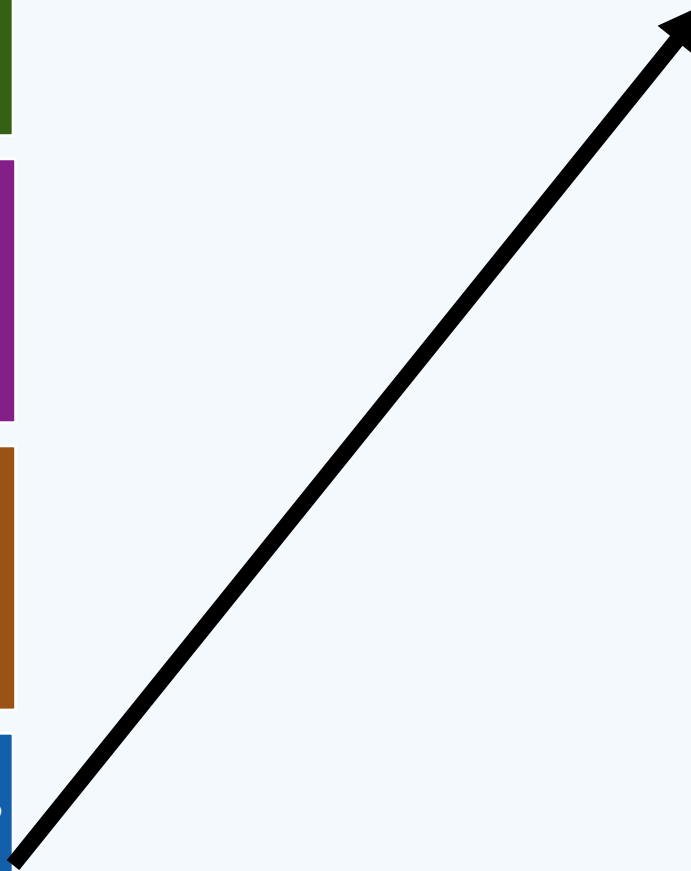
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What does consent mean?



What is the legal age to have a consented sexual relationship?

Any questions?

A photograph of a brown wicker basket, empty and viewed from a three-quarter angle. A dark grey horizontal bar is overlaid across the middle of the basket.

Ask it



Help

If you have any questions or worries about puberty (or anything else), it is important to speak to a trusted adult.

This could be a parent/carer, me, another teacher at school or someone from the Pastoral Team.



Afternoon session



We will now
break into two
groups for
further
questions and
answers.

A stylized landscape illustration. The sky is composed of horizontal wavy bands of light blue and white. In the foreground, there are rolling green hills with varying shades of green and brown soil. On the left, there is a green tree with a brown trunk, a purple flower with a pink center, and a red bird with a black outline flying. The text "Back together..." is written in a brown, cursive font in the center of the image.

Back together...

The background features a stylized landscape with rolling hills. The top portion consists of several layers of light blue and white wavy bands, suggesting a sky or distant mountains. The bottom portion shows rolling green hills in various shades of green, from light to dark, creating a sense of depth and texture.

Scenarios



In groups, read through your scenario card and discuss what would be the best response.

Scenario 1



- *Layla has been learning about growing and changing at school. She has spoken to her older brother Joe about going through puberty and is wondering when it might happen to her. She asks Joe, 'Why does puberty happen?'*
- *What could Joe say to Layla?*

Scenario 2



- *Kelly went to the school's toilet and she thinks she has started her period.*
- *How might Kelly know it was her period?*
- *What could she do?*

Scenario 3



- Bailey's parents told him, "Now that you are getting older Bailey, there are some things you must do to look after your body and keep it clean. It is really important, especially when you start puberty."
- Using the point of view of Bailey's parents, explain the importance of keeping clean, and what Bailey should do to look after his body.

Scenario 4



- *“I used to be a really happy person, but now I sometimes feel really angry or fed up about things. Lately, I’ve been feeling really up and down. Is this normal?” Taz, aged 12.*
- *What does Taz mean by feeling ‘up and down’?*
- *What might be causing Taz to feel like this?*
- *What could Taz do that might help?*

Scenario 5



- *Seb woke in the morning and noticed that his PJs were wet in the crotch area. He thinks he might have had a wet dream. He's embarrassed to tell his mum and is worried she'll find out.*
- *What advice could you give to Seb?*
- *What could he do?*

Scenario 6



- *Samantha is worried that she'll never start puberty. All her friends have started their periods, and their breasts are developing, but hers aren't. She is beginning to think there's something wrong with her. She confides in you.*
- *What could you say to reassure Samantha?*

Help

If you have any questions or worries about puberty (or anything else), it is important to speak to a trusted adult.

This could be a parent/carer, me, another teacher at school or someone from the Pastoral Team.



Teachers & Parents/Carers

Year 5 Objectives revisited:

- Identify some products that they may need during puberty and why;
- Know what menstruation is and why it happens.
- Know the correct words for the external sexual organs;
- Discuss some of the myths associated with puberty.

Year 6 Objectives:

- Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it;
- Suggest strategies that would help someone who felt challenged by the changes in puberty;
- Identify the changes that happen through puberty to allow sexual reproduction to occur;
- Know a variety of ways in which the sperm can fertilise the egg to create a baby;
- Know the legal age of consent and what it means.