

# Growing up talk Year 6

0-19 Public Health Team  
2025

# Ground Rules

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Be Respectful

Private



Private Space



It's Okay to Giggle  
But be mature.



Ask Questions

## Family Words used:

"Mini Moo"

"Willy"

"fu-fu"



Use of the correct words.

Penis, Vagina, Breasts, Testicles,  
Scrotum

"Balls"

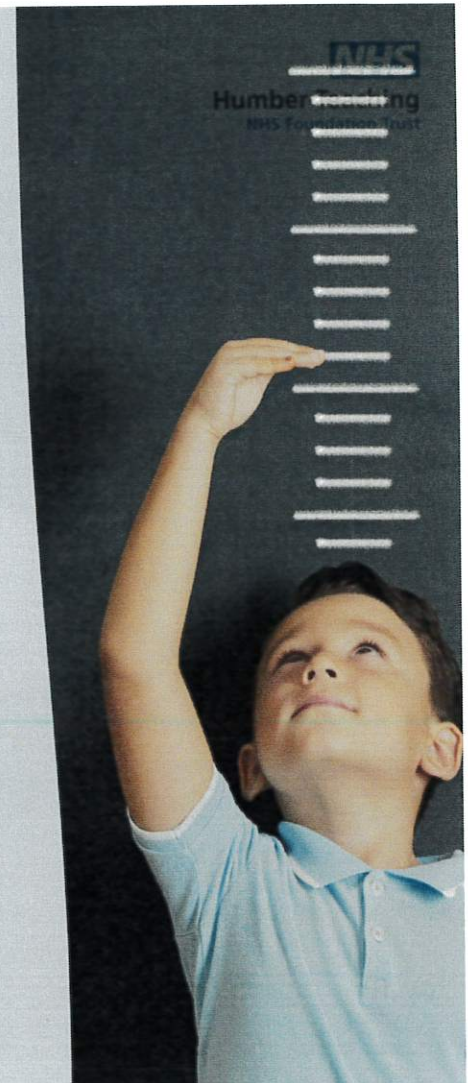
"Fluff"

"Boobs"

# Growing and Changing

We will learn about today.

- What is puberty?
- Consent
- What happens to Boys during puberty
- Transitions to secondary School
- What happens to Girls during Puberty and periods
- Relationships
- Personal Hygiene
- Human reproduction from Conception to Birth of a baby



# What is Puberty

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# Puberty is...



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Puberty is when a child's body begins to change into the body of an adult. Hormones are released from the brain into the bloodstream, leading to a changes: **physically, emotionally and socially**

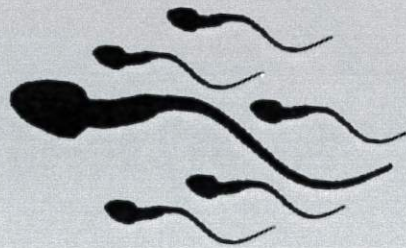


# Hormones: Travel in our blood around the body.

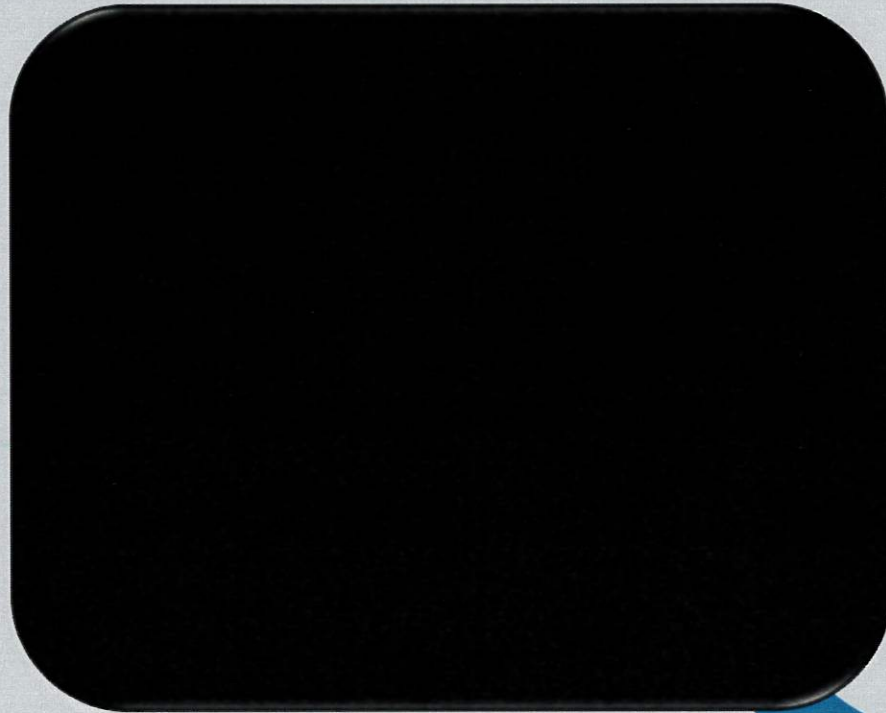
## Male Hormones

- Males are born with two testicles in their scrotum.
- Males start to produce **Testosterone** in the testicles and start to produce sperm.
- The average age for males to start puberty is typically between 9 and 14 years old, with most boys beginning around age 11 or 12.

Can you name some of the other changes?



# Puberty for Boys

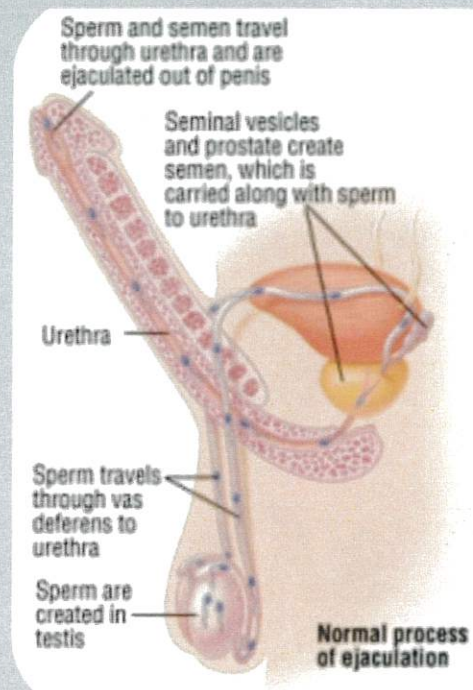


What is an erection?

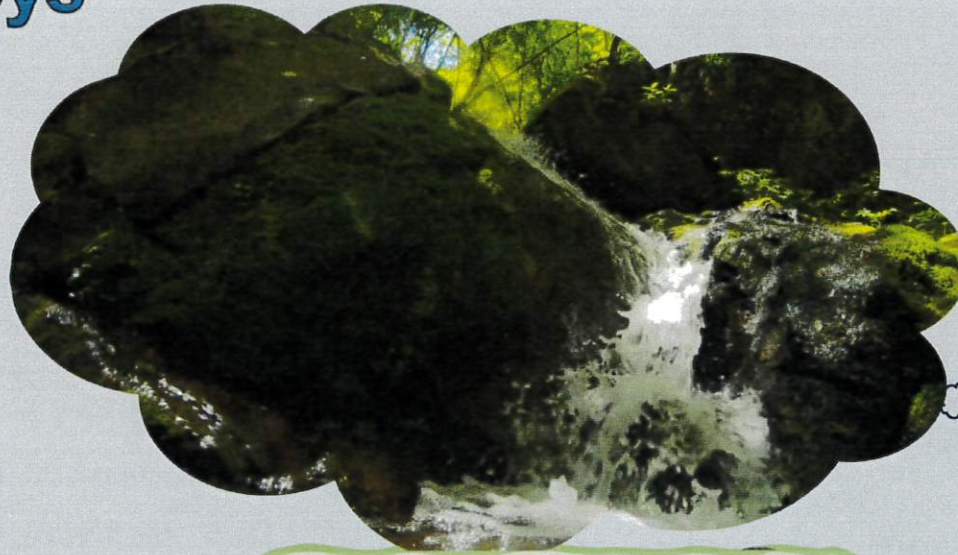
What is happening?



Erections can lead  
to ejaculation



# Puberty for Boys



What is a wet dream  
What does it mean??



A wet dream is when a male ejaculates during sleep.

Puberty hormones cause natural physical responses during deep sleep

You may wake up and notice a small wet/sticky patch.

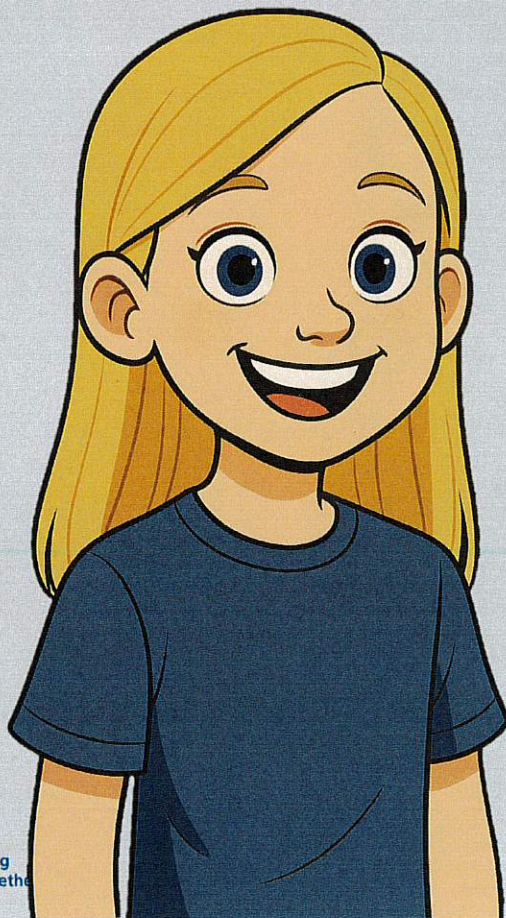
You cannot control wet dreams; most males, but not all, have them, and they happen less in adulthood.

What to do:

- Maintain good hygiene
- Change bedding/clothing as needed

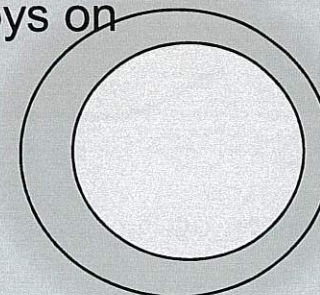
Remember: This is a natural part of growing up, just like other changes that happen during puberty.

## Hormones: Travel in our blood around the body.

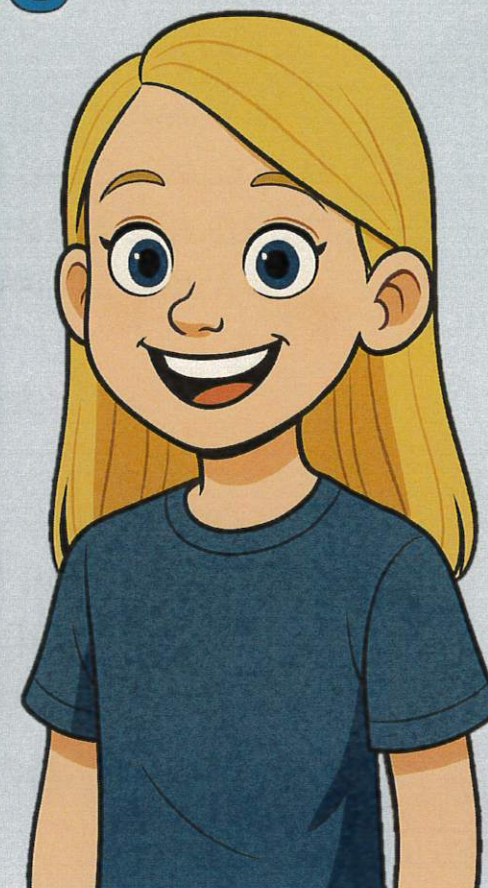
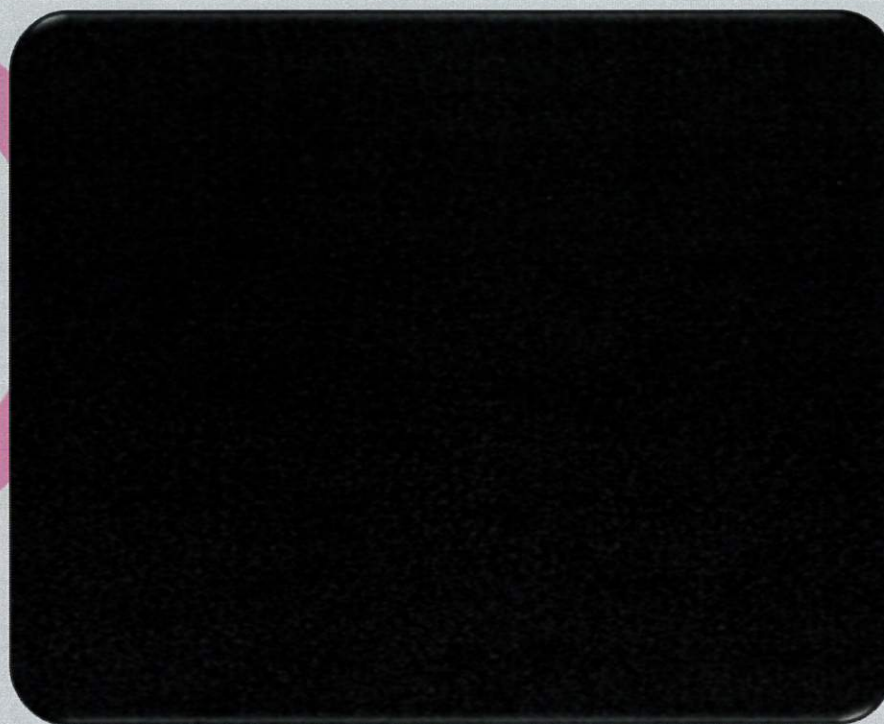


- Female are born with eggs in their ovaries, The hormone **oestrogen** prepares the body to start releasing eggs, resulting in monthly periods.
- Breast buds will start to develop
- The average age for girls to start puberty is typically between 8 and 13 years old, with most girls beginning around age 10 or 11 - which is generally about a year earlier than boys on average.

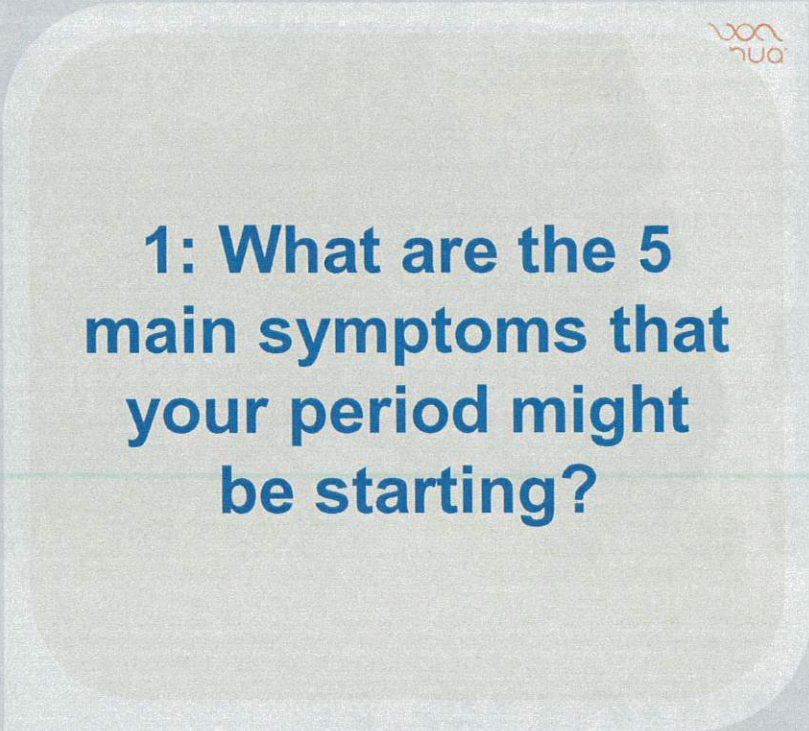
Can you name some of the changes?



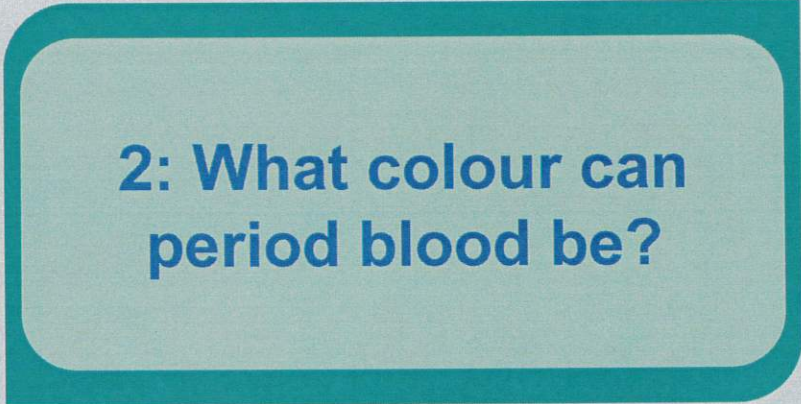
# Puberty for Girls



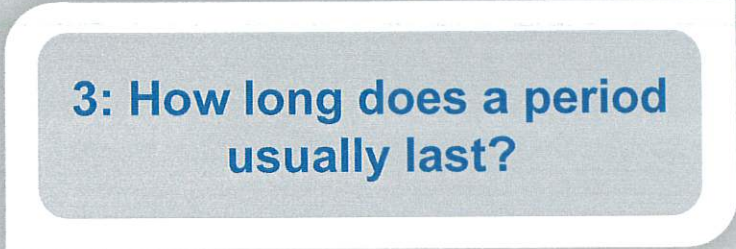
# Period Symptoms



**1: What are the 5 main symptoms that your period might be starting?**



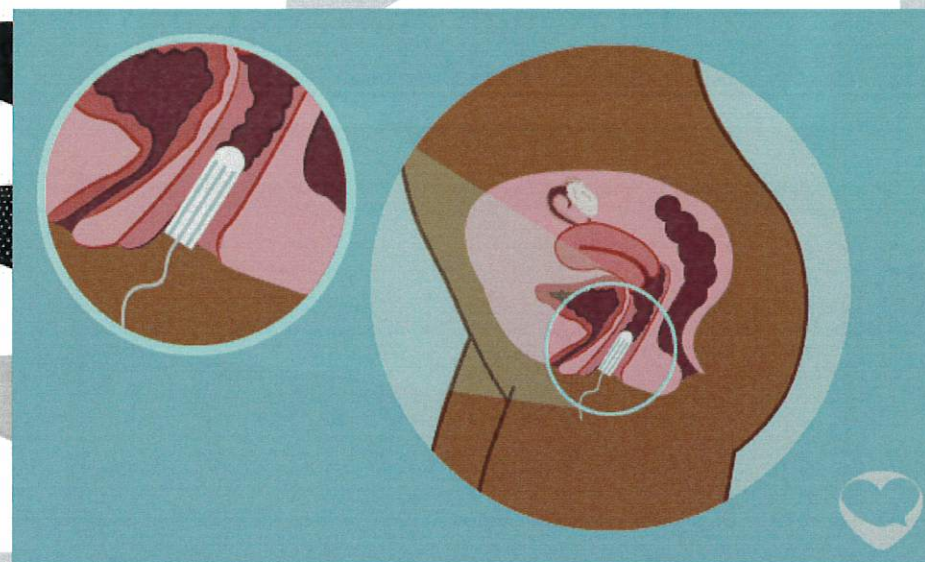
**2: What colour can period blood be?**



**3: How long does a period usually last?**

# Period Products

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# Why is Personal Hygiene Important?

Personal hygiene becomes more important to you during puberty for three reasons:

## DAILY ROUTINES FOR ALL DURING PUBERTY

☐ Get a wash or shower daily



☐ Brush Teeth



☐ Put on deodorant (antiperspirant)



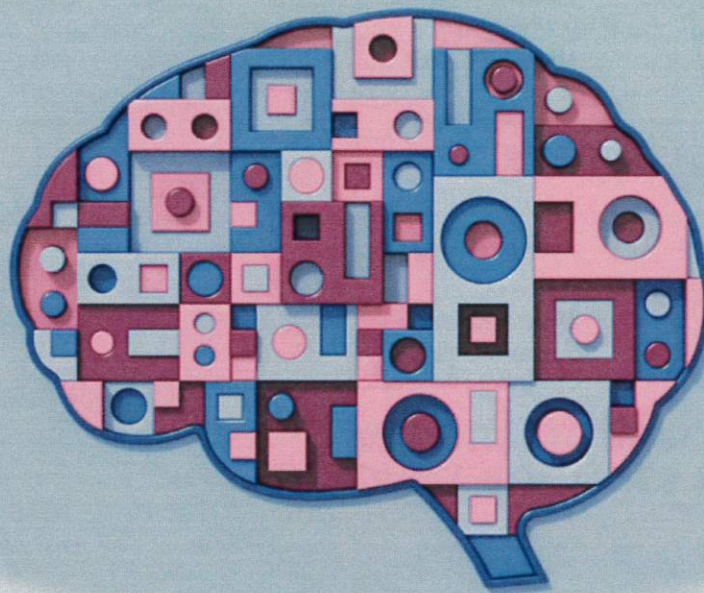
☐ Put on clean underwear on a clean body



☐ Put on clean clothes



# Quiz Recap Time



| Questions                                                                           | Answers                                         |
|-------------------------------------------------------------------------------------|-------------------------------------------------|
| Where are the three hot spots you sweat most in during puberty?                     | Armpits, Private Area, Feet                     |
| When does puberty usually begin?<br>(a) 9 to 16 yrs (b) 6 to 9 yrs (c) 17 to 21 yrs | A. 9 to 16 years old                            |
| Why do breasts develop?                                                             | To produce milk to be able to breastfeed a baby |
| What happens to a female once a month?                                              | A period (Menstruation)                         |
| What do the testicles start to produce during puberty?                              | Sperm / Semen                                   |
| How long does puberty last?                                                         | Puberty last 2 to 5 years                       |
| What types of products can a female use during a period?                            | Tampons, Pads, Period pants                     |
| Are wet dreams normal?                                                              | Yes, it's your body producing testosterone      |
| What is a mood swing?                                                               | Your emotions are changing due to the hormones  |
| Should I be worried about puberty?                                                  | No, it is all natural and part of growing up    |

# Let's Talk about Consent?

Dictionary definition:  
Permission for something  
to happen or agreement  
to do something.

**What is Consent?**

**Let's task everyone?**





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Do you know what the  
legal age of consent to  
sexual activities in the UK  
is...

## UK AGE OF CONSENT



In the UK, the legal  
age of consent is 16.

# How Relationships Can Change During Puberty.

What might change in your relationships with friends and family when going through puberty.

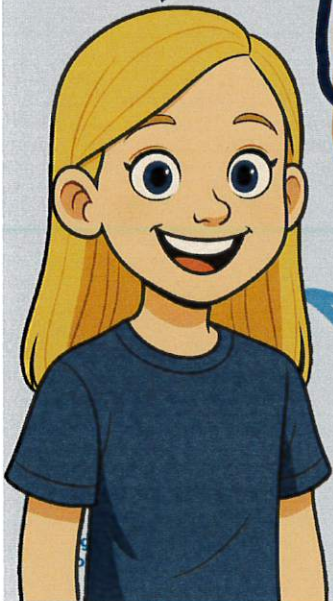
More independence

Spending more time with friends rather than family

Start to want more privacy

Emotions will become more uncontrollable, and you might start feeling out with friends more

You start to become led more towards "friends" behaviours and actions.



 **Primary**  
School

**Secondary**   
School

# Changes are coming:

One of the changes that happens when we grow up is moving from primary school to secondary school



It is normal to feel different emotions when changes happen.





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# Moving to Secondary School

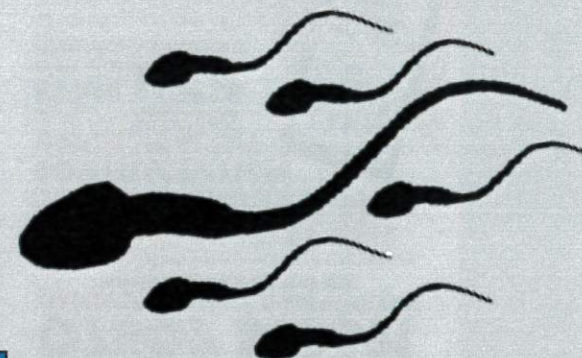


Every secondary school in The EastRiding has a school nurse pop in once a week.

Ask during your transition week how and when you can see your school nurse if you needed to

A poster from NHS ChatHealth. At the top, it says 'ChatHealth' with a logo. Below that, in large bold letters, is 'NEED SOMEONE TO CHAT WITH ?'. Underneath, it says 'TEXT YOUR SCHOOL NURSE ON 07507 332891'. Below that, in smaller text, it says 'CONFIDENTIAL ADVICE &amp; SUPPORT FOR YOUNG PEOPLE AGED 11-19 (25)'. There is a list of topics: 'BULLYING', 'SEXUAL HEALTH', 'SELF HARM', 'SMOKING', 'CONTRACEPTION', 'DRUGS', 'HEALTHY EATING', 'ALCOHOL', 'EXAM STRESS', 'EMOTIONAL', 'GENDER', and 'HEALTH &amp; WELLBEING'. At the bottom, there is a graphic of a hand holding a smartphone with a chat bubble icon on the screen. Text on the phone screen says 'TEXT ANYTIME WE RESPOND Mon-Fri 9am-5pm'. There is also some small text at the bottom of the poster.

# Sexual Reproduction

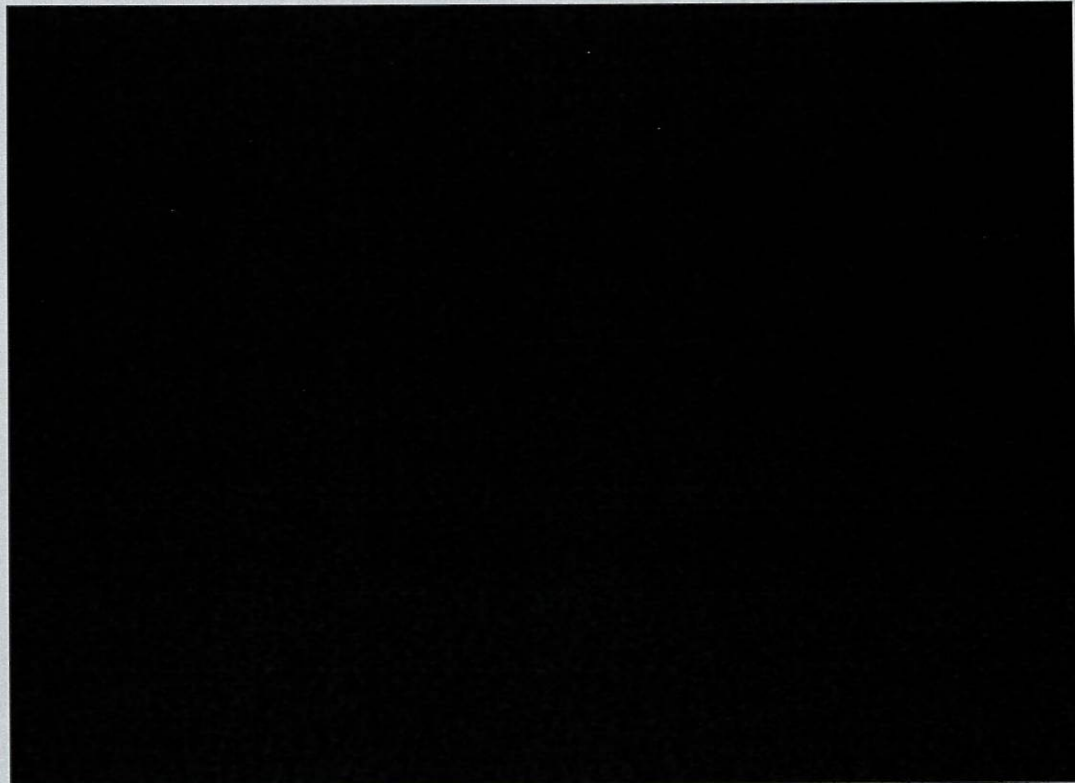
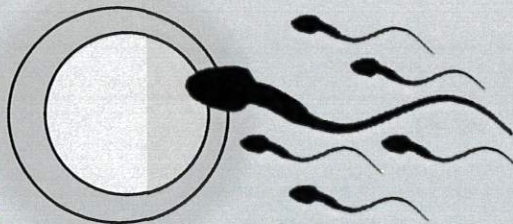


# Sexual Reproduction / Making a baby

Sexual reproduction  
is when a male sex  
cell (sperm)  
and female sex cell  
(egg) join and grow  
into a baby.  
The egg and sperm  
meet during sexual  
intercourse.

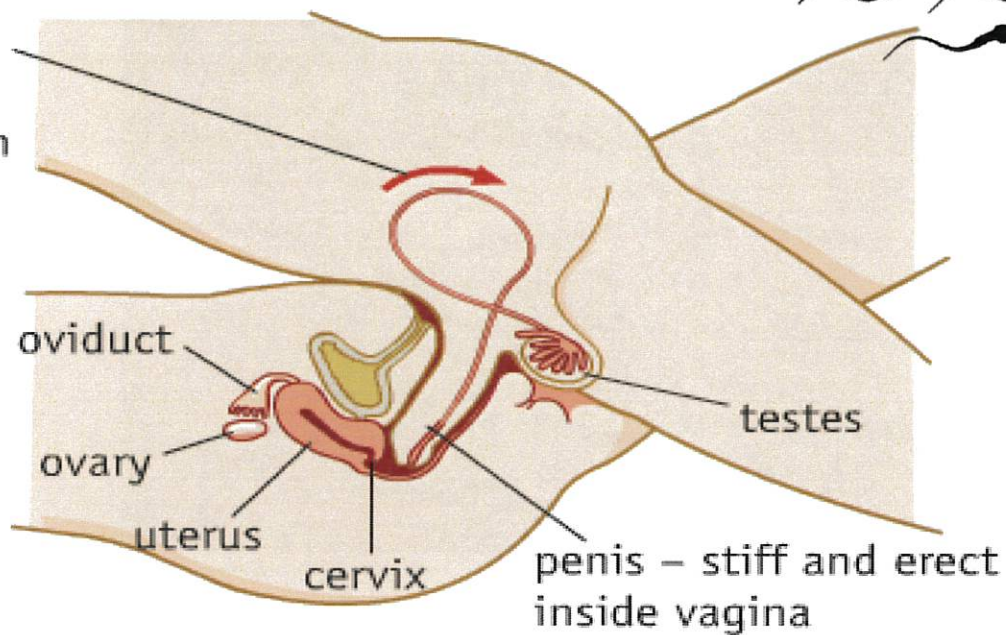


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# Sexual Reproduction & Making a baby

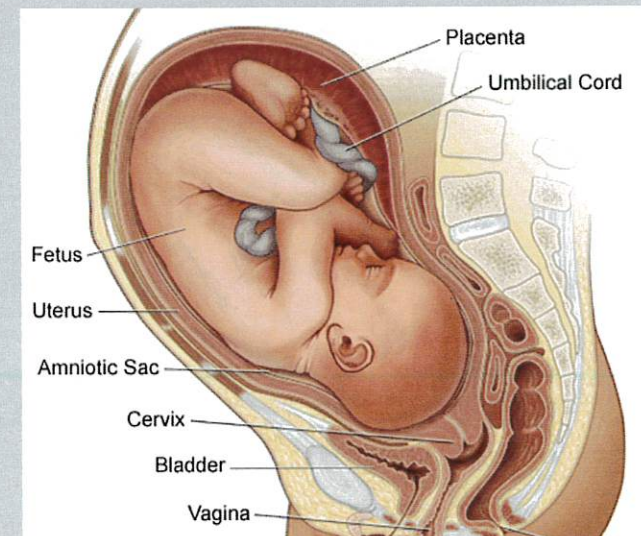
Sperm cells travel from the testes through the sperm duct and out into the vagina



# How a baby is made, grows and is born.

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# Twins

**What controls if the  
baby is going to be a  
boy or a girl?**

**There are two types of  
twins.**

**Can you name them?**

# Sex & how babies are made quiz:



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|    |                                                                                                 |         |
|----|-------------------------------------------------------------------------------------------------|---------|
| 1  | You need both a man and woman to make a baby.                                                   | TRUE ✓  |
| 2  | A baby is made when a man and a woman drink strawberry milkshake together.                      | FALSE ✗ |
| 3  | A baby can start to grow when a sperm from a man and an egg from a woman join together.         | TRUE ✓  |
| 4  | Sperm look like tiny octopus.                                                                   | FALSE ✗ |
| 5  | The sperm need to get inside a woman to make a baby.                                            | TRUE ✓  |
| 6  | The sperm go inside a woman when a man and woman have sex.                                      | TRUE ✓  |
| 7  | A man and a woman only every have sex when they want to make a baby.                            | FALSE ✗ |
| 8  | Sexual intercourse is when a man puts his penis inside a woman's vagina                         | TRUE ✓  |
| 9  | A man's penis sometimes call a 'willy' but different families call body parts different things. | TRUE ✓  |
| 10 | During sex sperm comes out of a man's ears.                                                     | FALSE ✗ |
| 11 | Sperm are the size of apples.                                                                   | FALSE ✗ |
| 12 | A woman gets pregnant every time she has sex.                                                   | FALSE ✗ |
| 13 | A baby grows for just two weeks inside the mother's womb and then it is ready to be born.       | FALSE ✗ |
| 14 | When a baby is ready to be born is shouts 'I'm ready' and pops out the woman's vagina.          | FALSE ✗ |
| 15 | Some adults are shy when it comes to talking about sex.                                         | TRUE ✓  |

# Commonly asked questions:

**1: Will my period hurt?**

**2: What if puberty does not happen for me?**

**3: How long do males produce sperm for?**

**4: How long do females have periods for?**

**5: Does it hurt using a tampon?**



# Question Time!



**TAKE 5 MINUTES TO TALK AMONGST  
YOURSELVES ABOUT WHAT WE HAVE  
DISCUSSED TODAY**



**WRITE DOWN ANY QUESTIONS YOU  
HAVE ON YOUR SLIPS OF PAPER**

# How to contact school nurses

0-19 Public  
Health Team  
01482 689689

## USEFUL CONTACTS:



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