



Humber Teaching
NHS Foundation Trust

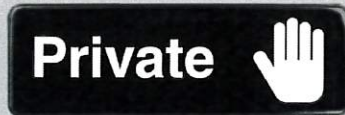
Growing up talk Year 5

0-19 Public Health Team
2025

Ground Rules



Be Respectful



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"

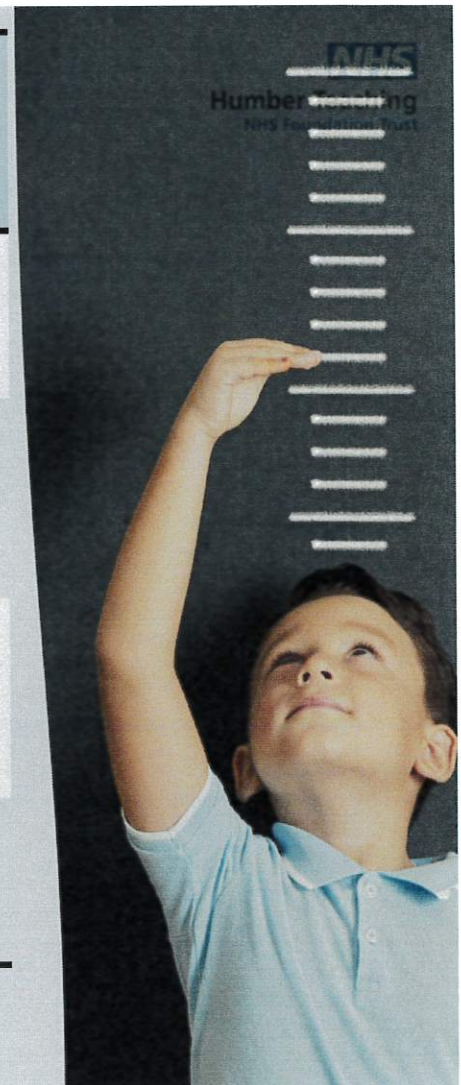
"Fluff"

"Boobs"

Growing and Changing

We will learn about today.

- What is puberty?
- Puberty for Females/ Girls
- Hormones
- Personal Hygiene
- The body changes that occur during puberty
- Mood and Emotions changing
- Puberty for Males / Boys
- Keeping safe, pants rule



What is Puberty

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Puberty is...

Puberty is when a child's body begins to change into the body of an adult.

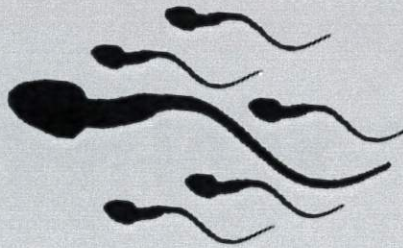
Hormones are released from the brain into the bloodstream, leading to a changes: **physically, emotionally and socially**



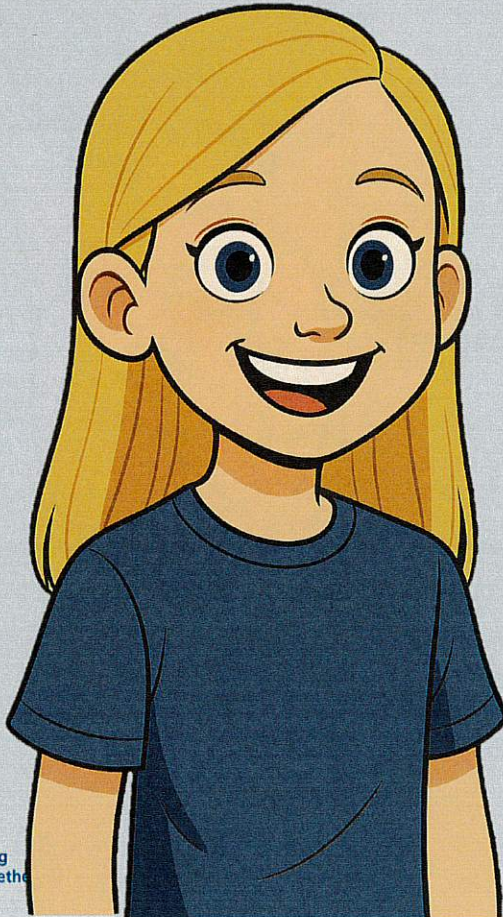
Hormones: Travel in our blood around the body.

Male Hormones

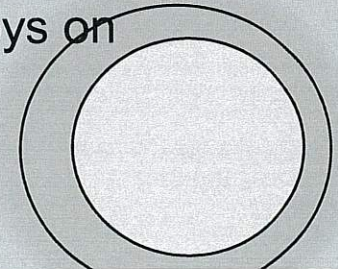
- Males are born with two testicles in their scrotum.
- Males start to produce **Testosterone** in the testicles and start to produce sperm.
- The average age for males to start puberty is typically between 9 and 14 years old, with most boys beginning around age 11 or 12.



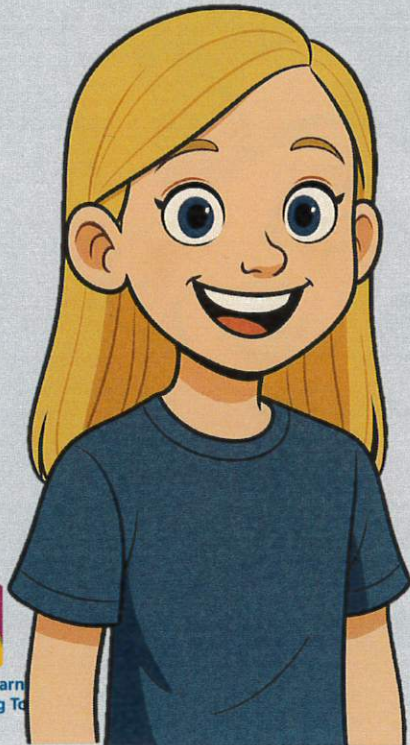
Hormones: Travel in our blood around the body.



- 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 because of these hormones
- 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.




The Changes that Happen During Puberty



Puberty Body Changes




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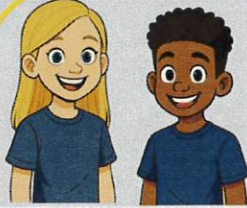
Girls

Blank space for notes



Boys

Blank space for notes



Girls and Boys

Blank space for notes

1: Growth Spurt

2: Spots

3: Under arm hair/ Sweat

4: Hips widen

5: Pubic hair

6: Voice deepens

7: Greasy/oily hair

8: Facial hair

9: Breasts develop

10: Muscles develop, shoulders broaden, chest hair

11: Waist narrows

12: Periods/vaginal discharge

13: Smelly feet

14: Testicles get bigger and produce sperm

15: Mood swings

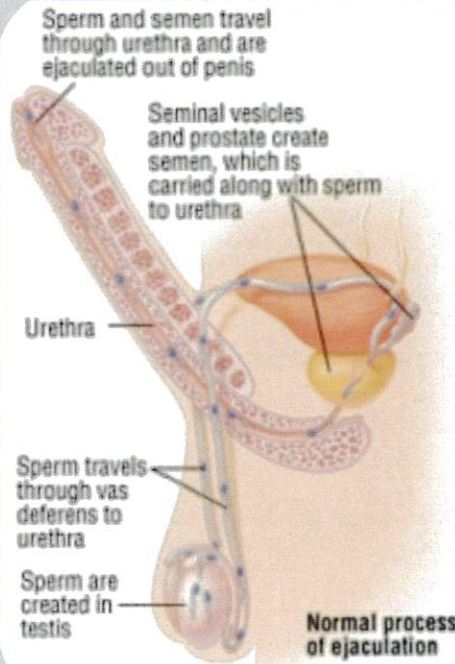
Puberty for Boys



What is an erection?

What is happening?

Erections can lead to ejaculation



Puberty for Boys



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In the video it talks
about 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.

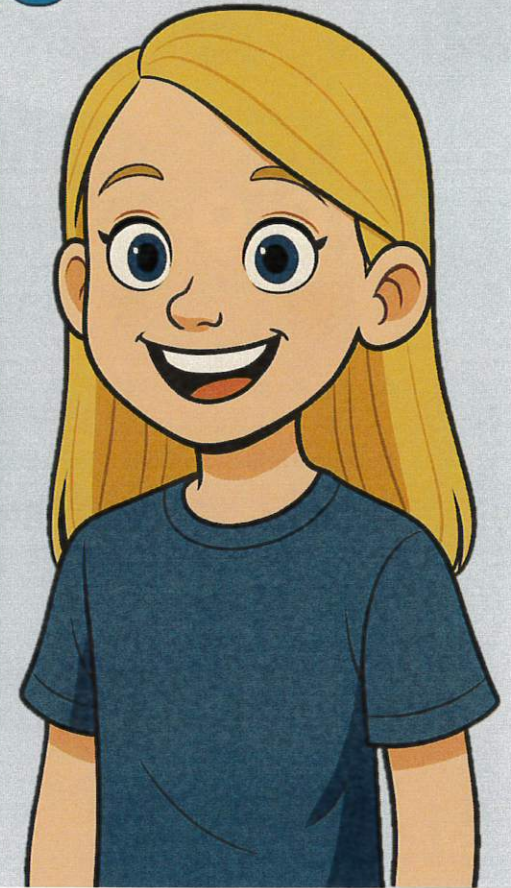
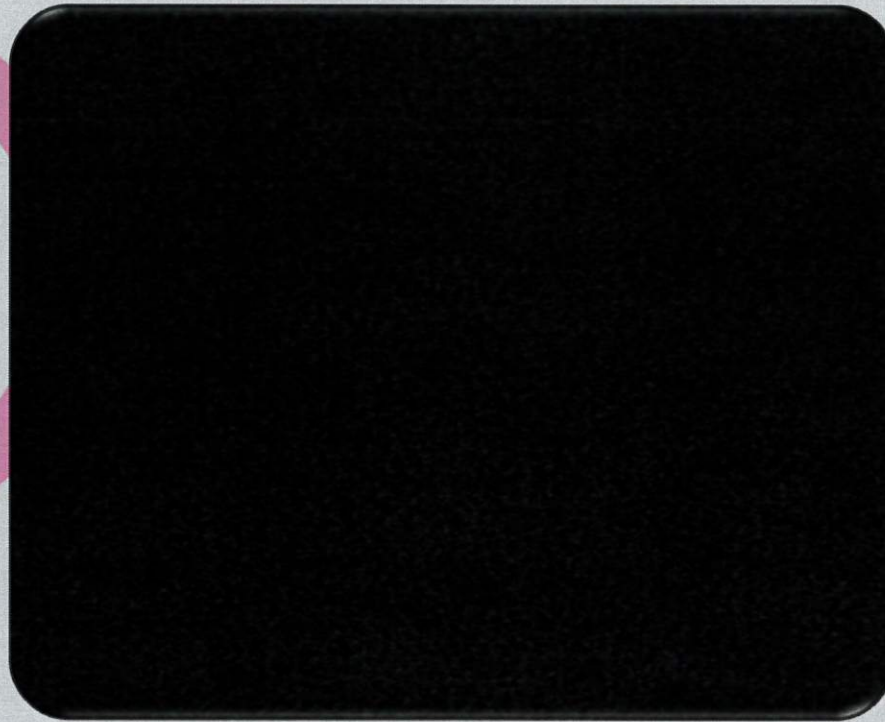
What to do:

- Maintain good hygiene
- Change bedding/clothing as needed

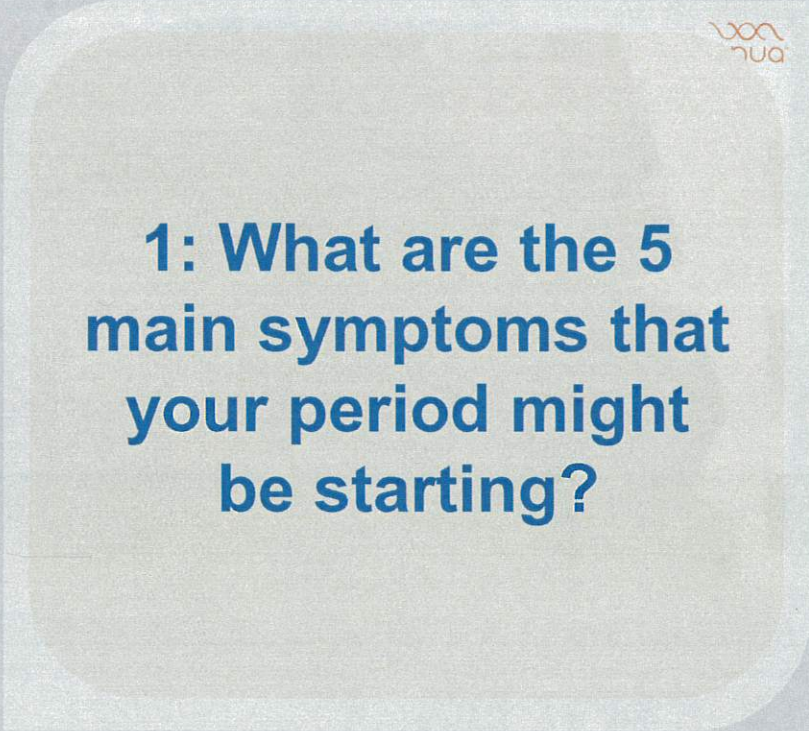
Remember: This is a natural part of growing up, just like other changes that happen during puberty.



Puberty for Girls



Period Symptoms

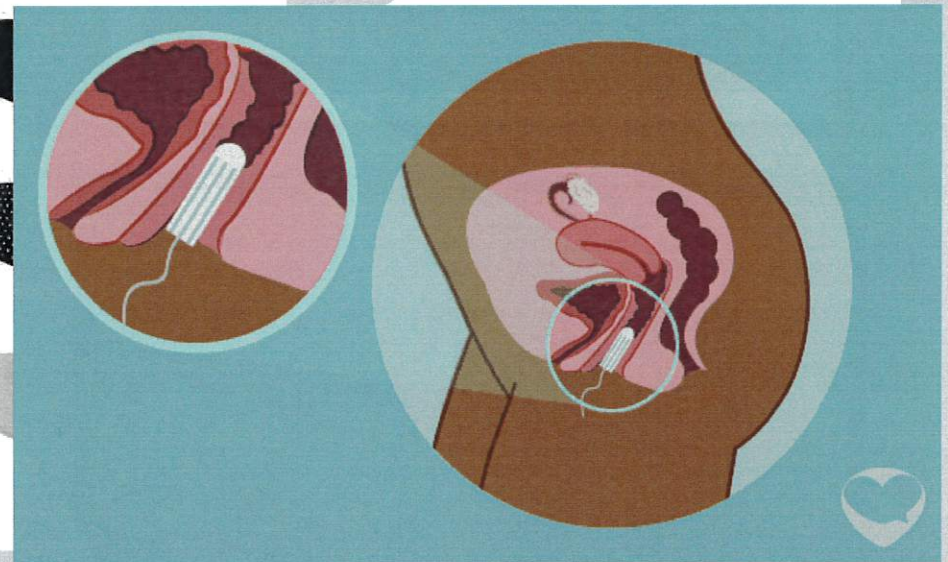


1: What are the 5 main symptoms that your period might be starting?

2: What colour can period blood be?

3: How long does a period usually last?

Period Products



What is Personal Hygiene?



Brushing your teeth



Cutting/cleaning under your nails



Washing your body and hair regularly



Using the toilet and staying clean

Remembering and focusing on your 3 hot spots

Washing your hands



Putting on deodorant

Changing/washing your clothes

Why is Personal Hygiene Important?

Personal hygiene should be more important to you during puberty for two reasons:

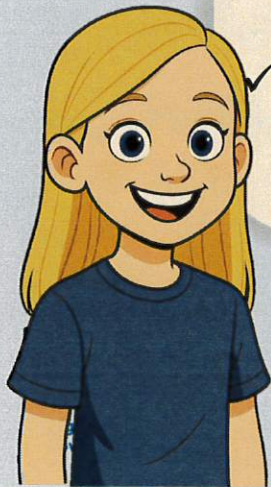
1: It becomes your responsibility to look after yourself.

2: Your skin changes, sweat glands develop, and produce more sweat (You become smellier!)



Mood and Emotional Changes: Changes in your brain

- ✓ You will start to think about things more
- ✓ Understand people's feelings better
- ✓ Might be able solve tricky problems





Mood and Emotional Changes: Changes with your emotions

When you're growing up, your feelings might change fast - happy one minute, sad or angry the next. This is called **mood swings**.

You might feel:

- Like everything is too much (overwhelmed)
 - Super excited
 - Weird or awkward
- Angry but not knowing why

Remember: Big feelings are totally normal when you're growing up,

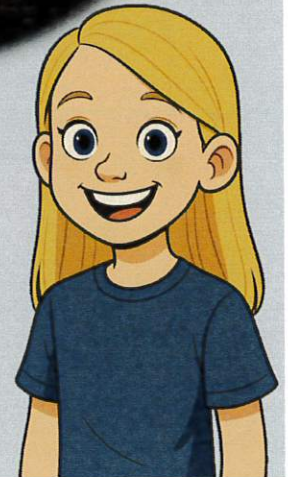
Mood and Emotional Changes: Changes with Friendships and Relationships

You might want more alone time and privacy from your family

You might notice you might not agree with your friends as much, and start to fall out with them

Your friendship group might start to change

It helps to talk with your family about how everyone is feeling



UNDERPANT RULE



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Pants video, press play

NSPCC presents




NSPCC

LEARN PANTOSAURUS' FIVE EASY RULES FOR STAYING SAFE

P RIVATES ARE PRIVATE
Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family members might have to. But they should always explain why, and ask you if it's OK first. Remember, what's in your pants belongs only to you.

A LWAYS REMEMBER YOUR BODY BELONGS TO YOU
No one should ever make you do things that make you feel embarrassed or uncomfortable. If someone asks to see or tries to touch you underneath your underwear say 'No!' - and tell someone you trust and like to speak to.

N O MEANS NO
You always have the right to say 'no' - even to a family member or someone you love. You're in control of your body and the most important thing is how YOU feel. If you want to say 'No', it's your choice.

T ALK ABOUT SECRETS THAT UPSET YOU
There are good secrets and bad secrets. If a secret makes you feel sad or worried, it's bad - and you should tell an adult you trust about it straight away.

S PEAK UP, SOMEONE CAN HELP
It's always good to talk about stuff that makes you upset. If you're worried, go and tell a grown up you trust - like a family member, teacher or one of your friend's parents. They'll say well done for speaking out and help make everything OK. You can also call Childline on 0800 1111 and someone will always be there to listen.

Remember all of these rules and they'll help you stay safe, just like Pantosaurus

TALK PANTS AND STAY SAFE, LIKE PANTOSAURUS

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

Commonly asked questions:

1: Why do only girls have periods and not boys?

2: Do all boys have wet dreams

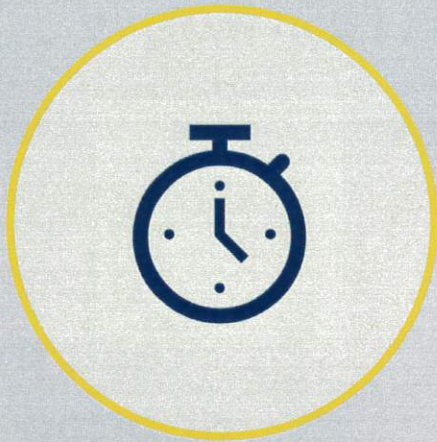
3: Do I have to use tampons?

4: How will I know puberty is starting for me?

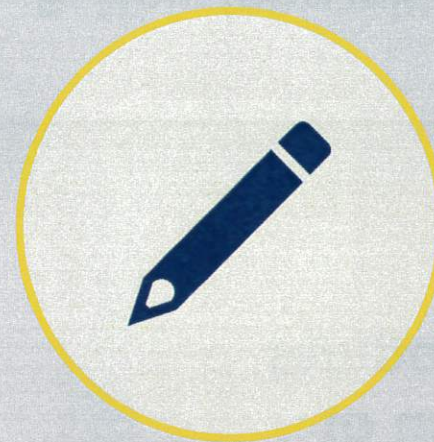
5: How long will puberty last?



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:

NHS

Humber Teaching
NHS Foundation Trust



Caring, Learning
& Growing Together

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