

MY BODY: PUBERTY: MY PRIVATE PARTS



YEAR FIVE

Lesson Objectives:

- Children will be informed of the physical and emotional changes that take place during puberty for both girls and boys including menstruation.
- Children will have the opportunity to ask questions and discuss their worries regarding puberty.
- Children will be informed of their own personal anatomy and the development of their genitals, including wet dreams, erections, self stimulation and menstruation

Key Messages:

Puberty is occurring earlier and earlier for children. Unfortunately, the latest statistics we have from the Sex Education Forum suggest that still, 1/4 of all girls in the UK will have their first period before any adult talks to them about it, either at home or school... That should not be the case.

If your child took part in All About Me last year, they will have already received an introduction to puberty as part of the year 4 programme; this lesson builds on their knowledge, and gives them the opportunity to delve in a bit deeper. Now they are a little bit older (and for many already started puberty) they may have more questions, as the topic is more relevant to them now. This is an opportunity to explore the topic further.

If this is their first year, teachers will likely deliver a mix of the material from year 4 and 5.

We ensure that both girls and boy receive the same messages. We do not split the

Closing:

So now you know more about all of the amazing changes that will take place during puberty - and all about how our privates work. Well done for being so grown up and mature. Remember puberty isn't a race or competition, and is definitely not something to poke fun at one another about. We need to be understanding to one another because everyone has worries when it comes to puberty. So it is important to be supportive to one another.



Key Messages continued:

class at any point - but both the girls and boys learn together. This is important as it helps to reinforce the message that puberty is natural and is something we should be able to talk about together.

Children will learn about both the physical and emotional changes that take place during puberty. This will be done in a body positive manner - and should be fun.

Children will learn about personal hygiene, keeping clean and looking after their body as they grow up. Children will learn about the development of their sexual organs, and use the correct name for both boys and girls genitals. We will use Penis, testicles, vulva and vagina. We will also talk about privacy and how the rules may change as they get older - this will include an explanation that girl's breasts can be sensitive and should now be included in her private parts. We know that we should never ask to see or touch anyone else private parts. Both girls and boys will learn about menstruation. As part of this lesson we will also look at sanitary products.

In this lesson children will learn more about the functions of their genitals.

One of the main reasons children go through puberty is to get their bodies ready for making babies. As you know adults can have sex to make a baby. This does not mean that as soon as you start puberty you need to start thinking about sex - as we have said that puberty is something that takes a very long time.

But one of the things you may notice is that you start to become more aware of your privates as these start to change and get ready for being able to make a baby....

So we are going to look at our private parts in more detail. Remember our privates are simply another part of our body so are nothing to get uncomfortable and silly about. They are part of our bodies and as such we should know how they work.

Emotional changes:

Puberty is a physical process where our bodies change size and shape as we grow - but there are also emotional changes that take place too, you will notice that you may start to feel different - You will become interested in different things and you may start to become attracted to people or think about having a girlfriend or a boyfriend, but also feel a bit more self conscious too. In fact puberty can be a bit of an emotional rollercoaster - where your mood go up and down. This is perfectly normal - but remember if you are feeling worried or confused you can talk to someone from your personal network.

Useful Links:

- To find out more about how to talk about puberty, and the menstrual cycle
- find books in the library

CARRYING ON THE CONVERSATION AT HOME:



Some children will naturally find the thought of discussion puberty embarrassing. Traditionally, it always has been and children internalise the messages of older peers, and adults around them who still talk about the horror stories from their days. But it doesn't have to be that way. We are working very hard to change all that.

Before the lesson, talking to your child and mention that they will be learning about puberty. Explain that it should be fun, light hearted and really interesting and certainly nothing to worry about. Stress that it is all about growing up and that it happens to everyone. Tell them that you would love to hear all about it when they get home. Again, this gives children the green light to listen and come home and ask questions. It shows you want to be involved and you are available.

Puberty is less scary when you know what to expect. When your child comes home, ask them to tell you what they learned about both girls and boys... but don't expect too much. There is a lot of information to take in all in one lesson. The more you can talk things through, correct any misconception the better... this will also help to cement the notion that they can approach you if they have any questions later on.

Take your time and allow lots of questions - there is no rush. This doesn't have to be only a single conversation - but is better spread over little and often, every time something relevant comes up... whether it is about showering regularly, or getting pubic hair.

Next time you and your child are in the supermarket, take a detour and spend sometime in the feminine hygiene section. Show them all the various products on offer. Show that you aren't embarrassed and that it is perfectly natural. Periods shouldn't be a taboo in this day and age. This is a conversation that both girls and boys should have and it shouldn't just come from the mums either, Dads need to get involved too... otherwise what happens when dad is on duty?

Now is a good time to prepare for your daughters first period. Buy some pads together. Show them where they are kept and how to use them. Sanitary towels don't come with a sell-buy date. Yes, this may feel way too soon - but is far better to be prepared (for both of you!) periods are far less scary when you know what to expect.