

Growing Up Worth Talking About



What are you going to learn?

What changes do boys and girls go through during puberty?

Understand that our bodies and our feelings change during puberty.

How to keep healthy and look after yourself.

How to keep safe.

Ground rules

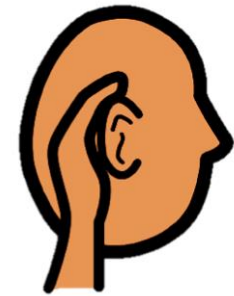


Use the correct words

Listen

Respect others

Remember not to get too personal



What is puberty?

Growing up and maturing ready
for adulthood

Emotional changes

Physical changes



Gender



Puberty: What makes this happen for boys?

TESTOSTERONE

Male changes

Attracted to others

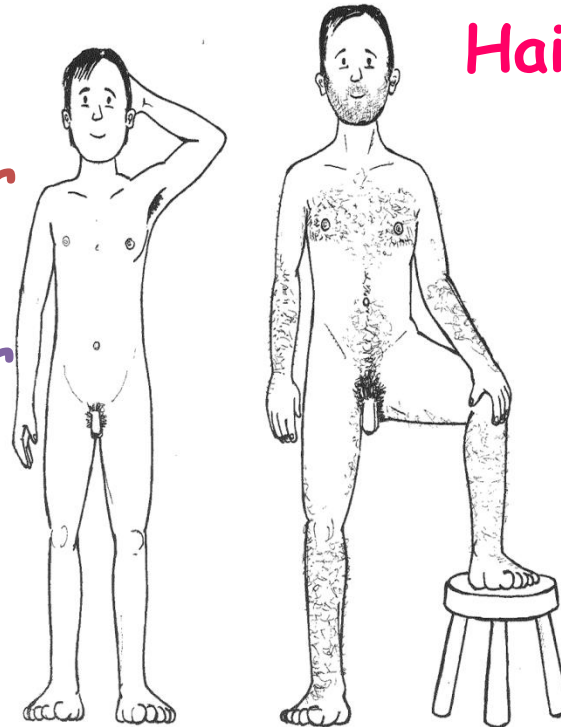
Grow taller

Voice gets deeper

Shoulders get broader

Pubic Hair

Erections



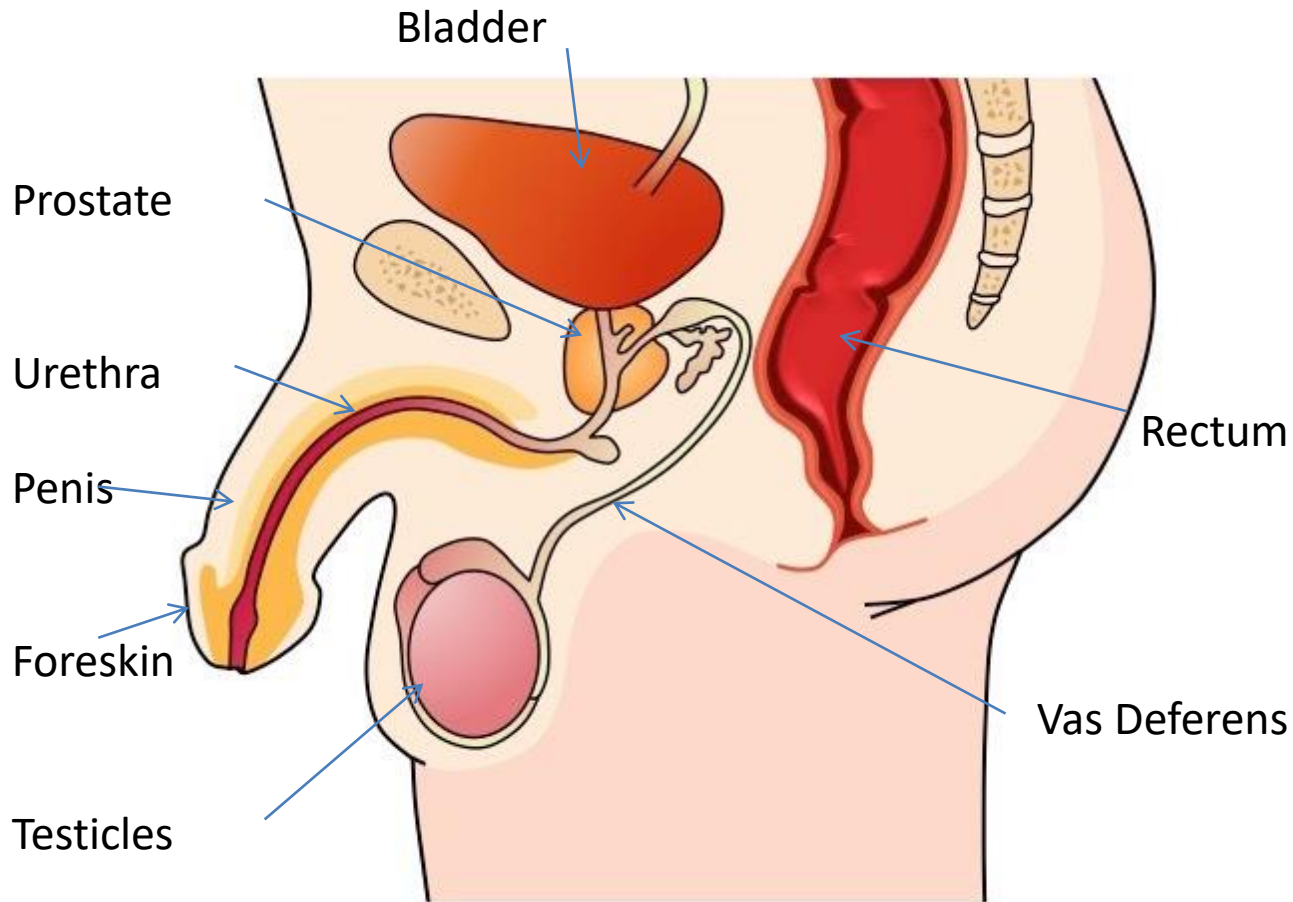
Hair and Skin get Oily

Body Hair and
Face Hair

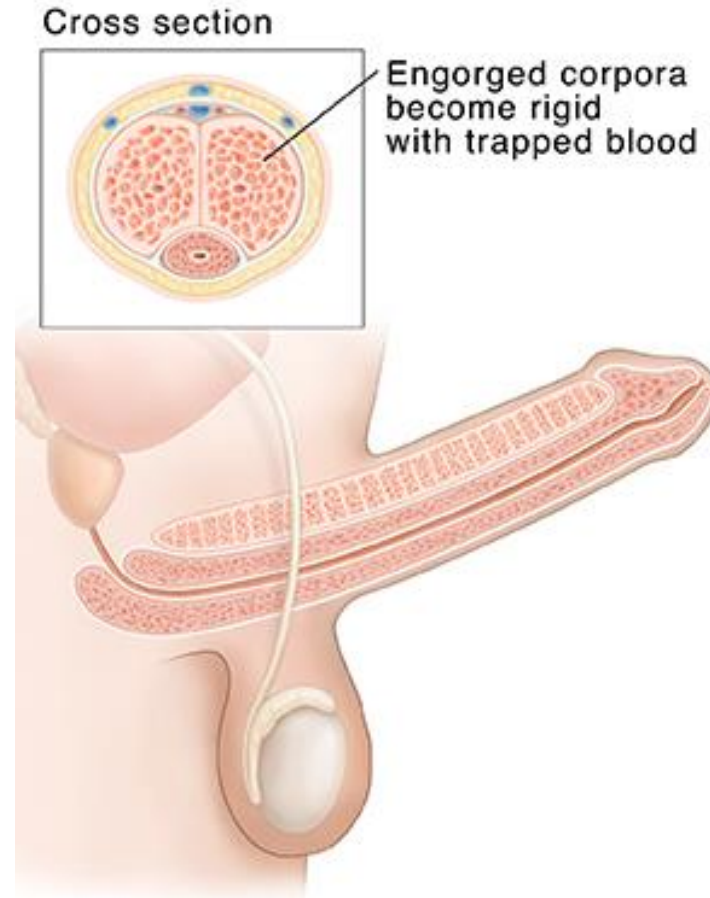
Sweat

Penis and
Testicles get
bigger start to
make sperm

Male Reproductive System



Erections and Wet Dream



Puberty: What makes this happen for Girls?

**Oestrogen and
Progesterone**

Female changes

You get taller

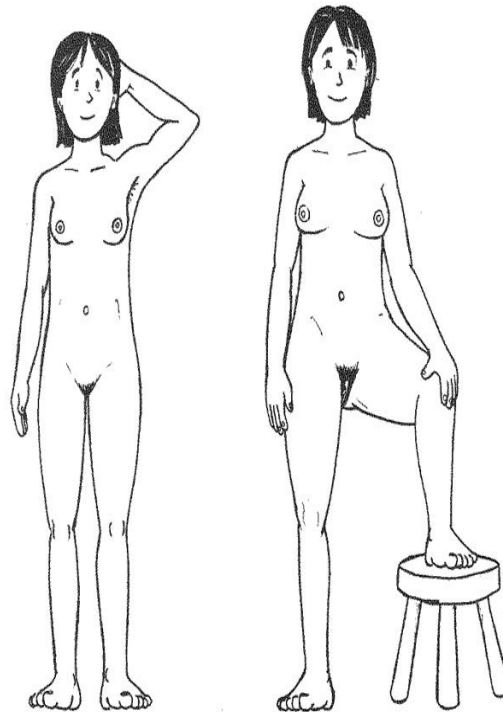
Attracted to others

Armpit Hair

Hair and skin get oily

Wider Hips
Thinner waist

Hair on legs gets
thicker and darker
on legs



Breasts grow

Periods

Vaginal
Discharge

Pubic hair

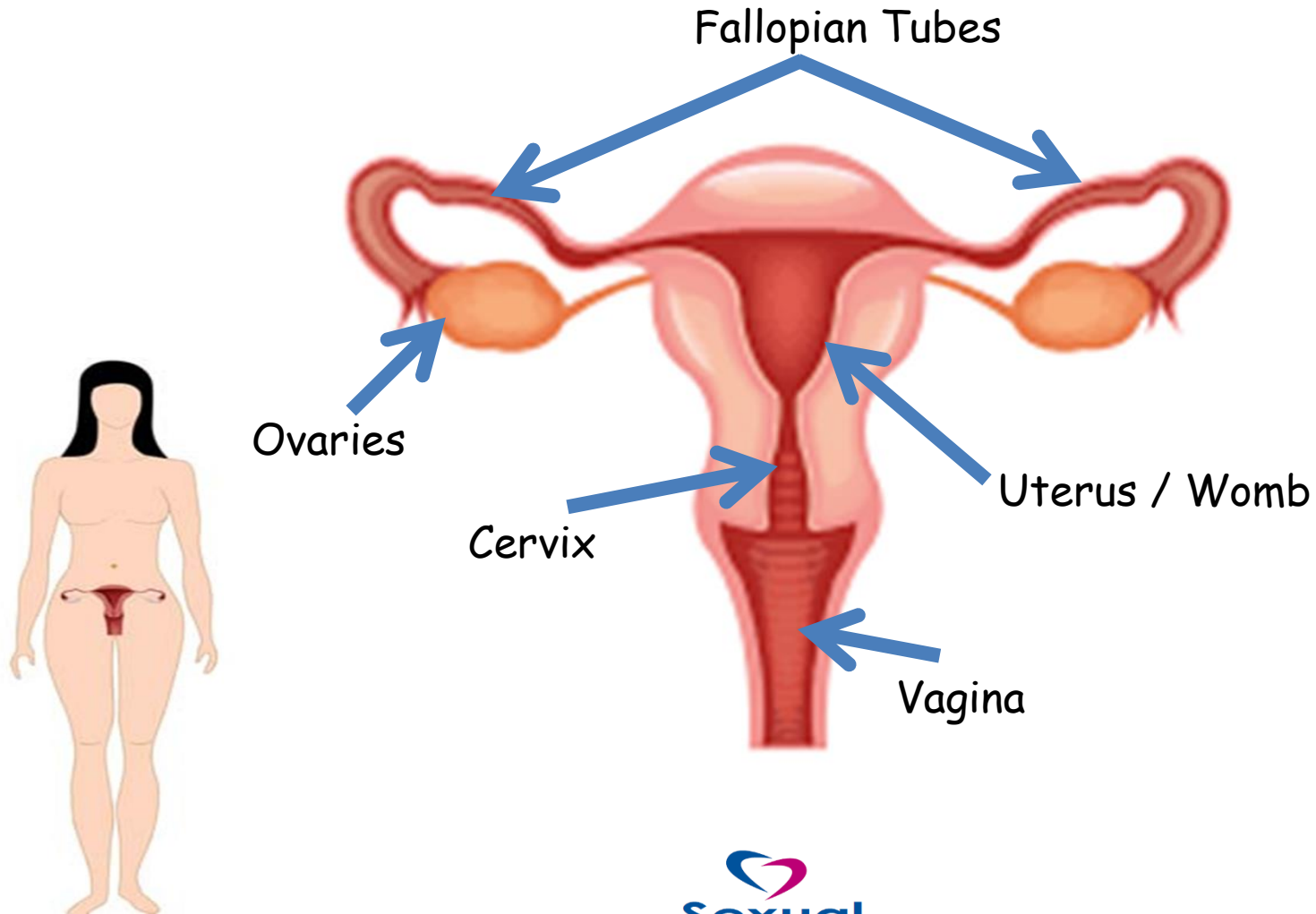
Sweat



What is this Mum doing?

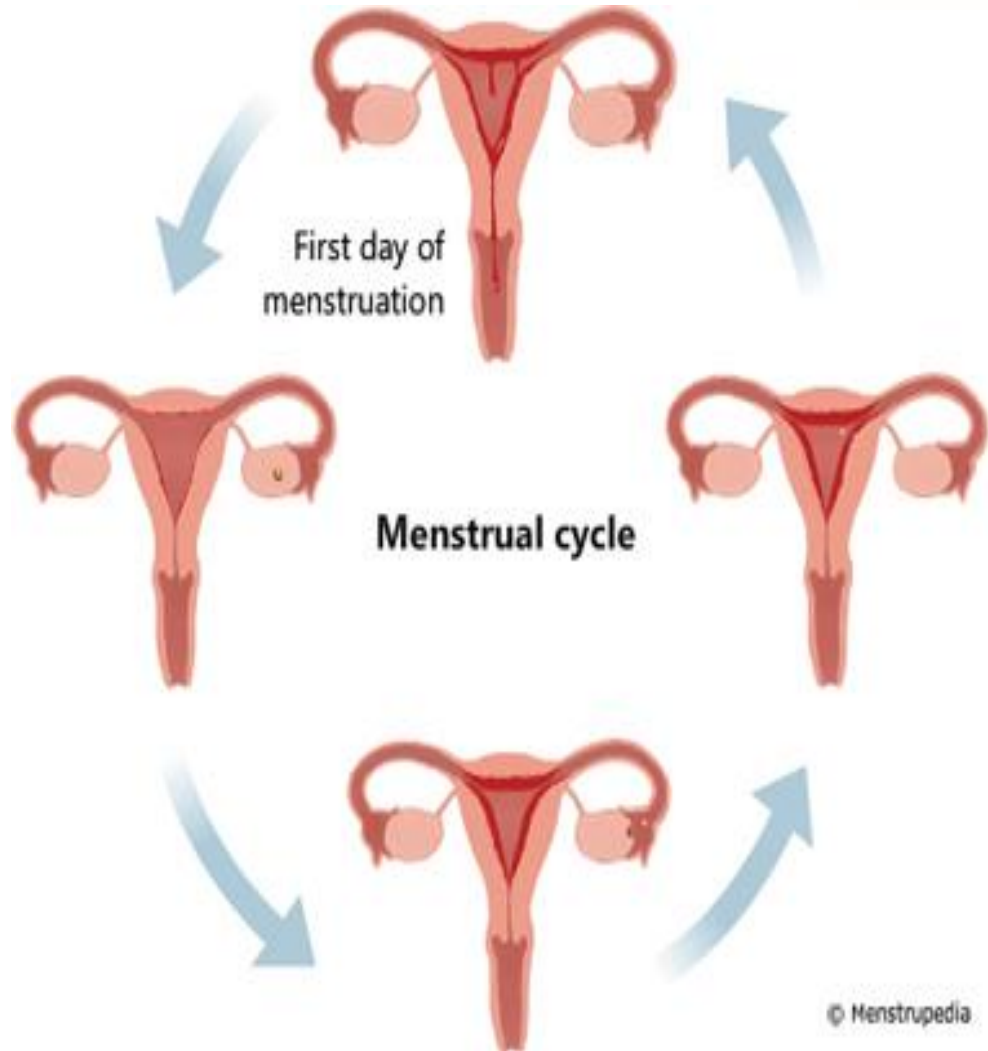


Female Reproductive System



Menstrual Cycle

1 x

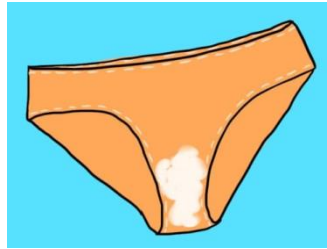


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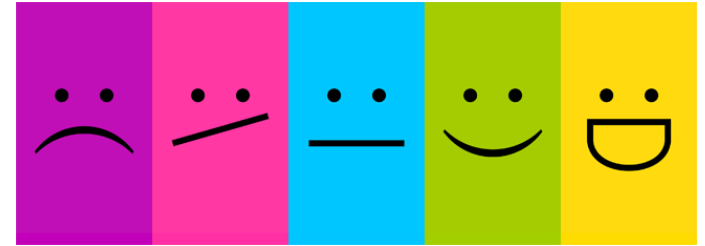
Before Period Starts



Sore Breasts



Discharge in pants



Mood Swings



Spots

Managing Periods



Emotions

During puberty you will feel a lot of different emotions

Sadness



Anger



Happiness



Love



All these feelings are normal

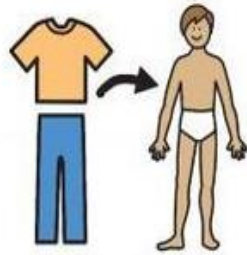
SPOTS



Keeping Healthy



Wash everyday



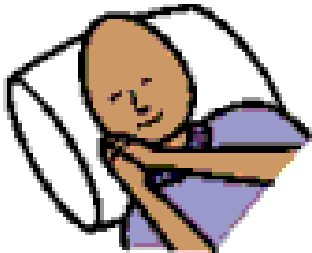
Put on clean clothes



Drink water



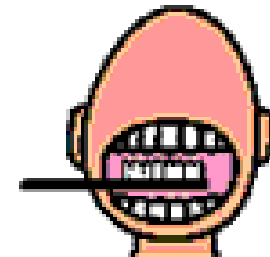
Eat Healthily



Sleep



Exercise



Brush teeth

Who can I talk to?



Parents or carers

Family

Friends

Teachers

School Nurse

Family Doctor (GP)

