

# Teachers Note:

This lesson is part of a sequences of lessons taught to cover Relationships and Sex education.

Please ensure that you have confirmed this session with SLT and RHE lead before teaching.

**If this lesson is virtual, please delete this slide.**

# Our Bodies

## Relationships and Sex Education (RSE)

To learn how your body changes throughout life. You will be finding out about how to look after your body throughout these changes and how to keep maintain a healthy body. You will also learn about how other bodies, not just your own, change.

# When will it happen?

People usually say you start changing when you're about 10, but it happens to some girls earlier than this and to others quite a bit later. The most usual age for the first changes is between 8 and 13. The fact is, when your body is ready, you'll start growing up.



## Your weight

First of all, you have to build up some fat. Your body needs this as an energy store before it can cope with all the changes. So don't worry if you put on a bit of weight. It's not bad for you.

## Same age, different stage

You might be the same age as your friend, but that doesn't mean you'll be growing up at exactly the same time. You may have finished growing and developing before she's even started, or the other way round. This can be embarrassing for both of you. If you start changing young, you may feel proud of your new body, but you might also feel self-conscious about being ahead of everyone else. If you don't start changing until later, you can feel left out, and as though everyone still treats you like a child when you don't want to be one.

You can't make yourself grow up faster, or more slowly. But one thing's for sure – everyone gets to the same stage in the end. No matter how old you are when you start puberty, you'll go on changing until you're fully grown up.

# Our Bodies

## Puberty is our body growing up and changing...

# Our Bodies

## What next?

Just so you know what to expect, here's a list of growing-up changes in the order they usually happen. But it doesn't matter if the order is different for you. Many will overlap anyway.



## A new you

It can take up to 3½ years from the very first changes of puberty to starting your periods. And it will be several more years after that before you finish growing up. All along, you'll start to feel a bit different in yourself. You're changing mentally as well as physically, and this can be stressful sometimes. Don't worry though: you'll still be you at the end of it all – just a more grown-up version of yourself.



As a girl, here are some things you might experience...



## Taller and wider

When everyone starts telling you how much you've grown, the chances are that other changes are on the way too. Getting taller quickly is one of the very earliest signs of puberty. Soon after you start growing upwards, you'll start broadening out as well.

Not all girls have a really obvious growth spurt. Some seem to grow more gradually over several years.

## A growth spurt

Girls usually grow fastest around the time they're 11½, but you may grow tall when you're quite a bit younger or older than this. Most girls have almost finished growing by the time they're 15.

If you go through a growth spurt early, it's likely that you'll stop growing early too. And if you start your growth spurt later, you may well catch up the early growers and even overtake them.



# Our Bodies

## The broad bits

Your hips will be the part of you to broaden out the most. The bones of your pelvis widen to make more room for babies to be born.

## Muscle power

An adult's body has double the percentage of muscle of a baby's, and you build up most of the extra during puberty. That's one good reason to eat well and exercise now.

Girls tend to have less strength than boys, but not only because they're naturally less muscley. Boys are usually bigger, with broader shoulders and bigger hearts and lungs.



## The weight question

You'll get a lot heavier, maybe doubling your weight between the ages of 9 and 18. It isn't only fat and muscles that cause this; your bigger bones also weigh more and so do internal organs such as your heart and liver.

Girls put on more fat than boys, but for a reason. The extra can be used for energy when a woman is pregnant or breast-feeding her babies.

Remember,  
everyone is  
different!  
Who could you  
talk to about  
your worries?

# Our Bodies

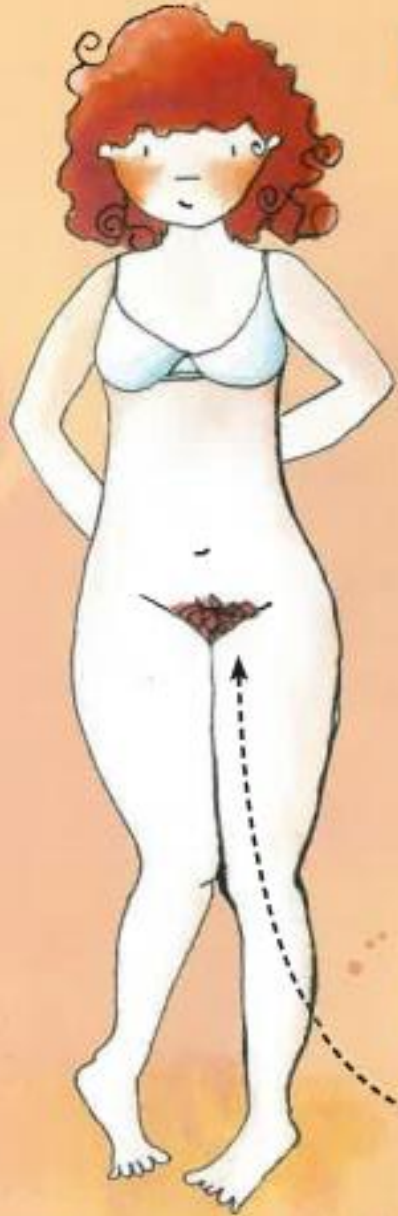
## Getting hairy

One of the first changes you'll notice is that you start getting hair in places you didn't have it before. Some people don't like this very much at first, but it's perfectly natural and everybody gets it.

### Pubic hair

The first hair to sprout is your pubic hair. This gets more curly as it grows, and it may be a different colour from the hair on your head. If the hair gets so bushy that it sticks out from your swimsuit, you can always trim it; but, to save your skin, use round-ended baby scissors, not sharp ones.

Pubic hair grows in a triangle shape here.



## What's the hair for?

No one really knows why people get pubic and armpit hair. Weirdly, it may be to give sweat something to cling to. Many animals use their sweaty smell to attract a mate, but this doesn't seem to work in humans.



# Our Bodies



<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2--ks3-embarrassed-about-body-hair/zkvcd6f>

# Our Bodies

## Under your arms

About a year after you get pubic hair, you'll notice hair starts growing in your armpits too. If you want to shave this hair (you don't have to), you'll need a razor and some shaving foam or gel from a chemist's or supermarket.



1. First, splash some warm water on your armpits, then squeeze on a little bit of foam and spread it over the hair with your finger. Make sure the razor blade is securely in place.



2. Carefully shave the hair off. Go downwards first, rinse your blade in water, then shave upwards to finish off. Rinse your armpits with cold water and dry them. Wait a few minutes before you put deodorant on, or it will sting.

If your skin feels sore after shaving, it may be that your blade is blunt or that you're sensitive to the foam you're using.

## On your legs...

You might see more hair on your legs, but that's normal too. It's easy to cut yourself shaving your legs. If you do shave, go slowly and carefully in an upwards direction, and don't go higher than you need.



# Boys have worries too

Don't think that growing up is a walkover for boys. They can get just as anxious and embarrassed as girls do about the changes they're going through.

## Squeaky voice

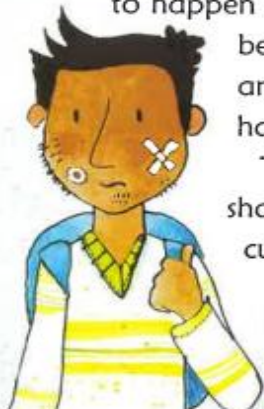
As boys grow up, their voice box (larynx) gets bigger and this makes their voice go deeper. While this is happening, a boy's voice can suddenly break into a squeak while he's talking. It's only the muscles of his voice box getting out of control for a moment, but it can be very embarrassing.



## When to shave?

Getting a moustache and beard is one of the last changes to happen to boys. They can feel self-conscious because the hair is quite soft to begin with, and it may not grow evenly, so that they have some hairless patches.

Then, they have to decide when to start shaving and learn how to do it without cutting themselves.



# Our Bodies

Remember, it is not just girls that go through puberty, boys do too!

# Our Bodies

## Size anxieties

Am I tall enough? Are my shoulders broad enough? Am I muscley enough? And (worst of all) is my penis big enough? These are the main anxieties. But there's no "right" size or shape for boys any more than for girls. Everyone is different.



## Breasts?

Some boys worry that they're changing sex because their breasts feel tender and swell up. But this doesn't last long. Once their hormones settle down, the "breasts" disappear.

We need to be considerate of how others may be feeling.

# Our Bodies

What  
questions,  
queries,  
curiosities, are  
in our class  
Curiosity Box...

