

## How will we grow and change?

### We change and grow throughout our lives

How many different changes can you think of?



### Puberty and Feelings

Puberty is the series of changes that our bodies make as we turn from boys and girls into men and women.

- Puberty starts between ages 8 and 13 in girls and ages 9 and 15 in boys.

Puberty starts when hormones are triggered by the brain. Hormones also affect our mood and our feelings. This can make a young person think and feel different. They may want to be more independent and think about adulthood.

-Remember, however you are thinking/feeling, it is important to be kind to others. This may take compromise (reach agreements by giving up some things that you want).



### Vocabulary

Puberty	is the time when a boy or girl's body begins to develop and change as they become an adult. Boys develop a deeper voice and start to grow hair on their body. Girls develop breasts and start their periods
periods	Menstrual cycle a time when a girls' body changes and when blood comes out from her vagina. It last 2-7 days.
Emotional changes	emotions may become stronger and more intense. Their mood might change more frequently, quickly and randomly. They may have strong emotions that they've never experienced before.
Physical changes	How the body changes eg hair growing, voice changes, body shape changes.
Personal hygiene	Hygiene is about keeping our bodies and clothes clean. If we don't stay clean bacteria can build up and cause illness and disease, spots, smells and bad teeth

**Respectful Rabbit** is very important in our PSHE learning this term. Why do you think this is?

### Key Questions-

**What is puberty? How do our bodies change?**

**What biological changes happen during puberty?**

**How can puberty can affect emotions and feelings?**

**How we need to change our personal hygiene routines during puberty.**



### Dealing with Change

-In our lives, we have to deal with lots of different changes.

Some changes can be more challenging. Sometimes, we do not choose changes but they happen anyway. , remember that it is important to try and take on new challenges and persevere. (Growth Mindset) Also, the people who are close to us are there to **support us** through changes.