

Parent Information – Year 6

Children will discuss the changes that happen during puberty with their teacher and then complete this work sheet

Changes that happen in puberty...	Male	Female	Everyone
Grows taller			
Has hair under the arms			
Develops pubic hair			
Grows hair on the face			
Private parts grow bigger			
Breasts grow			
Hair on legs			
Periods start			
Voice gets deeper			
Has mood swings			
Might think about having a boyfriend/girlfriend			

The children will discuss with their teacher when puberty happens and why.

After this the children will have a conversation with their teacher about how to stay clean during puberty and the importance of hygiene. Their teacher may show them some examples of products that will help them do this (deodorant, face wash etc.)

After this the class will learn about menstruation. Their teacher will show them this animation

<https://kidshealth.org/en/teens/menstruation.html>

They will also discuss how the cycle can impact feelings and about menstrual hygiene. The class will look at some examples of products that women use during their period.

The children will then discuss changes that boys go through during puberty using these slides on a PowerPoint.

Penis
During puberty the penis gradually grows larger.

Foreskin
This is the loose skin that covers the end of the penis. Some males have this removed by a doctor when they are babies, often for religious or cultural reasons.

Testicles
During puberty the testicles grow bigger and hang a bit lower. The testicles are covered by a sac of skin called the scrotum. The testicles produce sperm.

Sperm
The sperm are the male sex cells. During puberty the testicles start to produce sperm every day.

Semen
Is a white sticky liquid. Sperm mixes with this liquid before it comes out of the end of the penis. This is called ejaculation. Each ejaculation of semen contains millions of tiny sperm.

Erection
This is where the penis becomes hard and sticks out. Erections can happen quite often. Erections are a normal part of growing up.

Ejaculation
One or two teaspoons of semen come out of the end of the penis. Ejaculation doesn't happen every time a boy has an erection. Some males are asleep when they first ejaculate. This is called a wet dream.



The children will then conclude their lesson by looking at the following statements and deciding as a class if they are true or false and addressing any misconceptions.

1. A girl gets her first period when she starts secondary school	2. A period normally lasts 2-7 days
3. All boys have wet dreams	4. Girls can go swimming when they have their periods
5. Most boys' voices break during puberty	6. The blood from a period and the semen from a wet dream are dirty
7. A boy starts to produce sperm at age 12	8. Girls who start their periods unexpectedly should go home from school immediately

Throughout the lessons children will be encouraged to write questions down anonymously in a box which their class teacher will answer if the questions are relevant to the topics covered in the lessons.

All content covered in these lessons is part of the Science national curriculum and the statutory Health and Relationships education. Children may not be withdrawn from these lessons