This section includes:

Puberty changes - Female
Puberty changes - Male
Inside a boys body
Inside a girls body
Inside our bodies
Boys growing up
Girls growing up
Hormones
Coping with emotions
Being attracted to someone
Attraction
Talking about puberty and private things
Body changes reminder

Some activities need additional guidance, or can be expanded:

Puberty changes - Female, Puberty changes - Male, Inside a boys body, Inside a girls body, Inside our bodies, Boys growing up and Girls growing up
These activities may benefit from drawing a large body outline with private body parts on.

Students should also be encouraged to explore where their own body parts are. They could do this at home, at bathtime, or in private with a mirror. Parents could support them with this if they need help with bathing or changing.

‘These are your testicles, this is where semen and sperm is made’.

‘This is where your ovaries are, but they are inside you. This is where your eggs are made’.

It can be difficult to think about things INSIDE your body, so these activities may take time and may need to be repeated.

Hormones and Coping with emotions
Add any emotions that might be particular to that student (for example, frustrated). Develop coping strategies as necessary.
**Being attracted to someone and Attraction**
Introduce wanting to have sex, if appropriate. If done as a class exercise, students could role play meeting someone and having feelings of attraction (you would probably need a script).

**Talking about puberty and private things**
Identify people in school that students can go to for help or advice.

**Body changes reminder**
A recap on the exercise from growing up.
During puberty, boys and girls bodies change as they grow up.

Can you remember the changes?
Puberty Changes - Male

During puberty, boys and girls bodies change as they grow up.

Can you remember the changes?
During puberty, changes happen in a boy’s body.

Some of these changes take place inside his testicles.

When a boy starts to grow in to a man, he produces a creamy liquid in his testicles. This creamy liquid is called semen.

Semen is a liquid that contains sperm.

When a boy grows in to a man, the sperm is needed to make a baby.

What does a man produce in his testicles?

________________________________________________________
Inside a Girls Body

During puberty, changes happen in a girl's body.

Some of these changes take place in her womb and ovaries.

When a girl starts to grow into a woman, she produces tiny eggs inside her body.

These tiny eggs are in her ovaries and are too small to see.

When a girl grows into a woman, she can use her eggs to make a baby.

What does a woman produce in her ovaries?

__________________________________________

Ovaries are inside the body (just at the top of her pubic hair)
Draw a line to where the ovaries are inside a woman’s body. This is where her eggs are kept.

**ovaries**

Draw a line to the man’s testicles. This is where his sperm is made.

**testicles**
A boy will know when he starts to produce sperm and semen in his testicles.

His penis will sometimes become hard and stiff and stick out from his body.

This is called an erection and it will feel nice.

When his penis is hard and stiff, a creamy liquid might come out of the end of it. This is semen and sperm.

When semen and sperm come out of the end of a boy’s penis, this is called ejaculating.

Erections are normal for boys.

Ejaculating semen and sperm is normal for boys.

Draw a line to where the semen and sperm are made in the man’s testicles.

Draw a line to the man’s penis, where the semen and sperm ejaculate from.

*We will learn more about erections and ejaculating in the erections and wet dreams section of the workbook.
Girls Growing Up

When a girl grows up she produces a new tiny egg from her ovaries.

This happens once a month.

If she does not use the egg to have a baby, she will bleed for a few days.

This is called a period.

The blood comes from the girl's vagina.

Periods are normal for girls and means that she is growing up.

Draw a line to the woman's ovaries (inside her body). This is where her eggs are kept.

Draw a line to the girl's vagina. This is where blood comes from once a month if she is not having a baby.

* We will learn more about periods in the periods section of the workbook.
As our bodies grow and change they produce chemicals called hormones. Hormones are inside our bodies.

Hormones can also change the way we feel sometimes when we are growing up. Tick any of the emotions you might feel sometimes.

- Happy
- Sad
- Grumpy
- Tired
- Frightened
- Tense
- Angry
- Nervous
- Worried
- Upset
- Afraid
- Confused
COPING WITH EMOTIONS

The words below describe emotions, or how we feel. Draw a face that shows each emotion and answer the questions.

SAD
If you were SAD, how would you make yourself feel better?

________________________________________________________________________

________________________________________________________________________

WORRIED
If you were WORRIED, how would you make yourself feel better?

________________________________________________________________________

________________________________________________________________________

UPSET
If you were UPSET, how would you make yourself feel better?

________________________________________________________________________

________________________________________________________________________

ANGRY
If you were ANGRY, how would you make yourself feel better?

________________________________________________________________________

________________________________________________________________________

FRIGHTENED
If you were FRIGHTENED, how would you make yourself feel better?

________________________________________________________________________

________________________________________________________________________
BEING ATTRACTED TO SOMEONE

Our hormones can make us feel differently about other boys and girls.

We might be attracted to someone else, or fancy them.

This is normal and part of growing up.

These are some things people might think when they are attracted to someone, or fancy them.

I fancy you
I like you
I want to spend time with you
I want to be close to you
I want you to be my boyfriend
I want you to be my girlfriend
I want to kiss you
I want to touch you
I want to cuddle you
I want to hold your hand
I love you

Can you think of any others?

___________________________________

___________________________________

___________________________________
Have a look at the pictures. What might they be thinking if they fancied each other?
Attraction

Have a look at the pictures. What might they be thinking if they fancied each other?
Attraction

Have a look at the pictures. What might they be thinking if they fancied each other?
Talking about Puberty and Private Things

Who could you talk to about:

Growing up? _________________________________

Your body changing? _________________________________

Having a period? _________________________________
(girls only)

Having an erection or wet dream? _________________________________
(boys only)

Wanting to have a boyfriend or girlfriend? _________________________________

Having a boyfriend or girlfriend? _________________________________

Feeling sad? _________________________________

Feeling angry? _________________________________

Being in love? _________________________________
**BODY CHANGES REMINDER**

Here is a list of some of things that happen during puberty. Tick if they happen to a Boy or a Girl. Sometimes they happen to both.

<table>
<thead>
<tr>
<th></th>
<th>Boy</th>
<th>Girl</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body gets taller</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Hair grows on arms and legs</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Voice gets deeper</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Penis becomes erect</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Breasts get larger</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Armpits are sweaty</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Hair becomes greasy</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Spots appear on face</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Eggs are produced from the ovaries</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Period starts</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Wet dreams sometimes happen</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>semen and sperm are produced in the testicles</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Feel grumpy sometimes</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Feel sad sometimes</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Pubic hair grows around vagina</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Pubic hair grows around testicles and penis</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Start fancying boys or girls</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

Can you remember at what age puberty can start?

__________________________

* We will be learning more about periods, erections and wet dreams later in the workbook.*