

Puberty



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Age range for puberty to begin

- The average age for girls to begin puberty is 11, while for boys the average age is 12.
- Every child is different, so don't be concerned if your child reaches puberty before or after their friends.
- It is normal for puberty to begin at any point from the ages of 8 to 14. The process can take up to 4 years.
- Children who begin puberty either very early, before 8 or very late, after 14, should see a doctor just to make sure they're in good health.

Sex Education Programme for Horton and Old Sodbury schools

Year 3

To talk and write about their feelings and opinions

To learn about the skills of making and keeping friends; respect, honesty, trust and loyalty

To know that they can have different kinds of relationships with different people, including marriage and those between family and friends.

Feeling safe and asking for help, for children to know who they can talk to if they have any worries.

To consider ways of understanding and helping people

To know body part differences between males & females

To know the correct terminology for parts of the body

To know how our bodies change.

Life cycles - animals and humans/how offspring grow into adults

DVD - 'Living and Growing' unit 1, programme 1

Sex Education Programme for Horton and Old Sodbury schools

Year 4

To talk about their opinions and views on issues that affect themselves and society

To discuss what peer pressure is and find practical ways of resisting it

To decide what kind of physical contact is acceptable or unacceptable, public and private touching.

To recognise how to be effective in different relationships, including marriage and those between friends and families

To discuss diversity within family units

To consider some of the changes over which we have no control and the choices we can make concerning those over which we do not have control.

To understand that family and friends should care for each other.

To recognise different risks in different situations and how to behave responsibly.

DVD - 'Living and Growing' unit 1, programme 3

Year 5

To be able to describe the physical and emotional changes that take place as boys and girls go through puberty (including menstruation)

To understand what puberty involves and to reassure pupils that we all develop in our own time and that this is completely normal.

To talk about how to express feelings, addressing the concerns and worries of both sexes.

To make boys more aware of the changes that occur as girls become young women.

To make girls more aware of the changes that occur as boys become young men.

To identify positive things about themselves and their achievements

To know the correct names of the male and female reproductive organs.

To know that adults have young and these grow into adults which in turn produce young.

To be aware of the skills necessary for parenting and appreciate the responsibilities that parents have for their baby, in that human young are dependent on adults for a relatively long period.

To appreciate the effect that a new baby has on that family.

To know where individuals, families and groups can get help and support.

To develop an understanding of sexual relationships as an expression of a couples trust, love and affection in a committed relationship.

To learn about personal hygiene

To handle conflict through discussing what bullying is and develop ways of getting help and responding to its many forms

DVD - 'Living and Growing' unit 2, programme 4 & 5

Sex Education Programme for Horton and Old Sodbury schools

Year 6

To reassure pupils that their changing emotions are a normal aspect of puberty.

To look at the nature of friendship and how it can change at puberty.

To deal with their feelings towards themselves, their families and others in a positive way

To understand the importance of making decisions for themselves and not succumbing to pressure from others.

To have more opportunity to make responsible choices and take action

To realise the nature and consequences of racism, teasing, bullying and to recognise and challenge stereotypes.

That differences and similarities between people arise from a number of factors including cultural, ethnic, racial and religious diversity, gender and disability

To consider how sex is presented in the media.

To consider sexual stereotyping.

To acknowledge sexualities in our society today

To learn about the main stages of the human life cycle including reproduction, conception & birth

To know that it is possible to prevent fertilisation.

Stages of puberty

- <https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/>
- The link above provides a good range of detail regarding puberty and links for various website support.

What to Say to your Children

- When talking to children about puberty, it is important to be understanding and reassuring. Puberty brings about so many changes that children can feel insecure.
- Children entering puberty often feel worried about their appearance, so let them know that everyone is going through these changes, but just at different times. Reassure that they may feel awkward about their bodies but other children are feeling the same. Let children know that growth spurts, acne etc. are all part of growing up.

Things children should know about puberty

- Girls become more rounded, especially in the hips and legs.
- Girls breasts begin to swell and grow, one sometimes faster than the other.
- Girls and boys get pubic hair and underarm hair, and their leg hair becomes thicker and darker.
- Both girls and boys often get acne and start to sweat more.
- Both boys and girls have growth spurt.
- Boys voices change and become deeper.
- Boys grow facial hair and their muscles get bigger.

Early signs of puberty

- One of the earliest signs is a growth spurt.
- This can result in both sexes becoming extremely clumsy, this is due to simple mechanics, arms and legs being further apart and as children age into teenagers that feel awkward in their body, so ten to hunch over, slouch and lean against things.
- This occurs before many of the obvious signs of puberty.

Resources for you and your child

- <https://www.fpa.org.uk/sites/default/files/lets-grow-with-nisha-and-joe-non-printing.pdf>
- A comic type booklet to work through with younger children.

- Useful books are :-

