

# *This is... My Puberty* **Year 5 Boys and Girls**

School Nurse  
0 – 19 Health & Wellbeing Service

# Ground Rules

As a group we need to be able to talk freely and safely. By setting basic ground rules we should be able to do this.

- Only one person to talk at a time
- Confidentiality of the group
- No inappropriate personal comments or questions
- No 'put downs'

# Aims

- To introduce the concept of puberty and the importance of good personal hygiene.
- To explore the emotional and physical changes that occur during puberty and promote positive self-esteem.
- To ensure pupils know where to seek further help.

# Objectives

- To understand about emotional and physical changes that will happen during puberty
- To describe the process of menstruation and support how girls cope with their first period
- To learn the importance of good hygiene and where to access help and advice
- To learn about the 'NSPCC PANTS' campaign in order to support them to keep safe

# What is Puberty?

We change physically and emotionally preparing us to be ready start a family when we grow up.

As you grow from a child to an adult you might notice gradual changes happening to your body.

It is part of growing up – this is called puberty.

It happens to everybody.

# What age does Puberty Start?

As we are all different we start puberty at different times.  
Girls usually start before boys and boys finish later than girls.

# How old do you think?

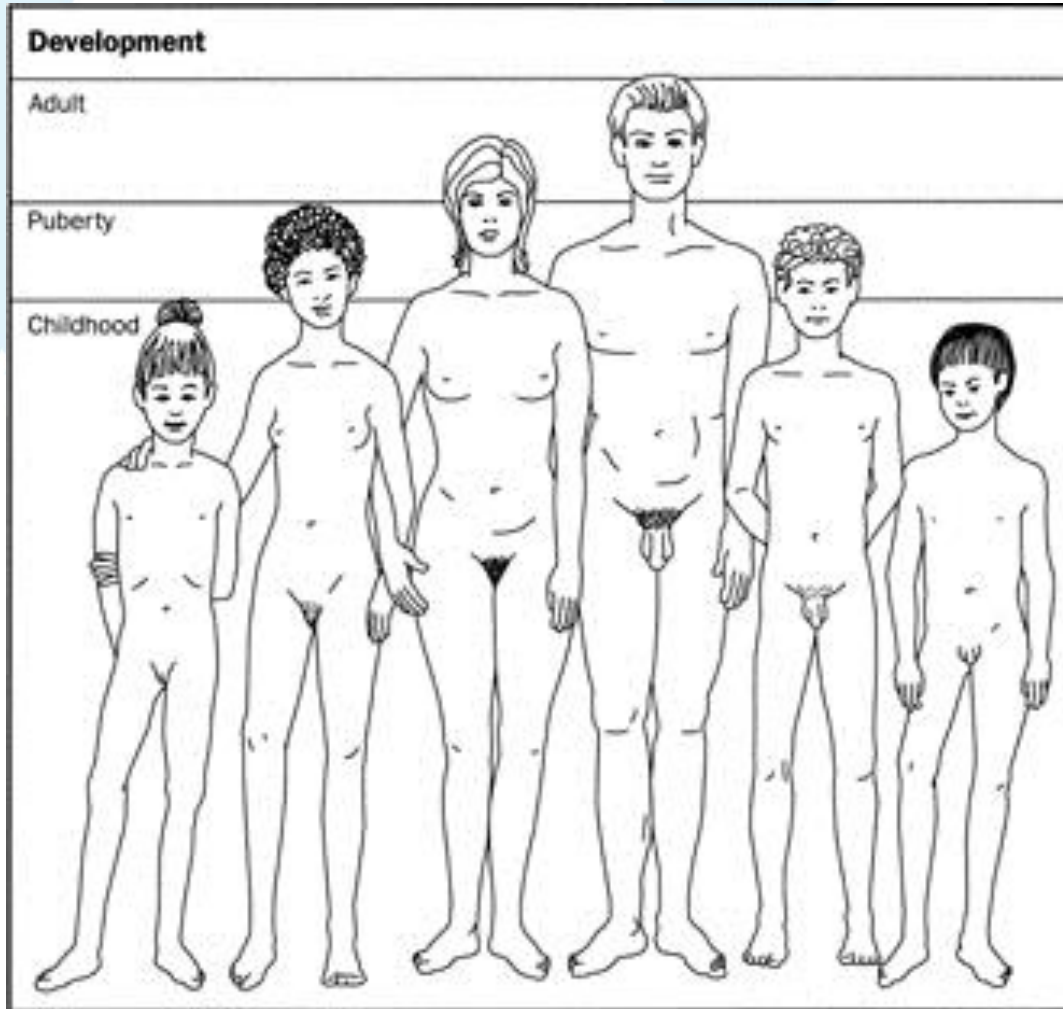
Have you started to notice changes in you already?

# What age does Puberty start?

**Girls 8 - 15**

**Boys 10 - 17**

# What changes will happen?





# Menstruation (Periods)

Every month the uterus lining gets thicker to prepare for a fertilised egg. If the egg doesn't get fertilised the lining is released from the body as blood through the vagina. This monthly process is called menstruation or a **period**.

A period is made up of blood and uterus lining. It usually lasts 3-7 days. Most girls start their periods at about age 12 but it varies from person to person. Typically, you may start your periods about two years after your breasts start growing.

# Personal Hygiene and You

Why is important to have good personal hygiene?

- Gives a good first impression
- You feel better about yourself
- Reflects the best possible you
- Preventing the transmission of germs
- Keeps you healthy

# Emotional Health and Wellbeing

## Five Ways to a Healthy Childhood



**Connect**



**Be active**



**Take notice**



**Keep Learning**



**Creativity and play**

# Keeping safe



# Where do we learn about Puberty?

## Who tells us?

- TV
- Media
- Internet
- Friends
- Siblings
- Parent's friends
- Older children at school or community

## Who should we trust?

- Teachers
- Parents
- Doctors
- Nurses
- Mentor
- Supportive adult

**Thank you...**

***Any Questions?***