# Year 5
# Parents Puberty Talk

FAIRFIELD ROAD



PRIMARY SCHOOL

Puberty is a compulsory part of the **English National Curriculum** under **Relationships and Health Education (RHE)** for primary schools.

**Key Points:**

**•Taught in Primary Schools:**

- all pupils must be taught about the physical and emotional changes that occur during puberty.
- This includes topics like body changes, menstruation, hygiene, and emotional wellbeing.

**•Part of Statutory Health Education:**

- The **Department for Education (DfE)** made **Relationships Education and Health Education** statutory in all primary schools in **September 2020**.
- Parents **cannot withdraw** their child from these lessons.

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# Puberty

## Learning Outcomes

By the end of the topic, you should be able to:



- explain what puberty means
- describe the changes that boys and girls may go through during puberty
- identify why our bodies go through puberty
- develop coping strategies to help with the different stages of puberty
- identify who and what can help us during puberty

# Puberty

In this module, we have been looking at how we change and grow. We are now going to take a look at puberty.

Can anyone explain what this means?



# Puberty

Puberty is a phase of rapid growth, at the end of which the body reaches reproductive maturity. Other body systems mature during this time too.

When we go through puberty, we can experience physical and emotional changes.

What do you know about puberty?



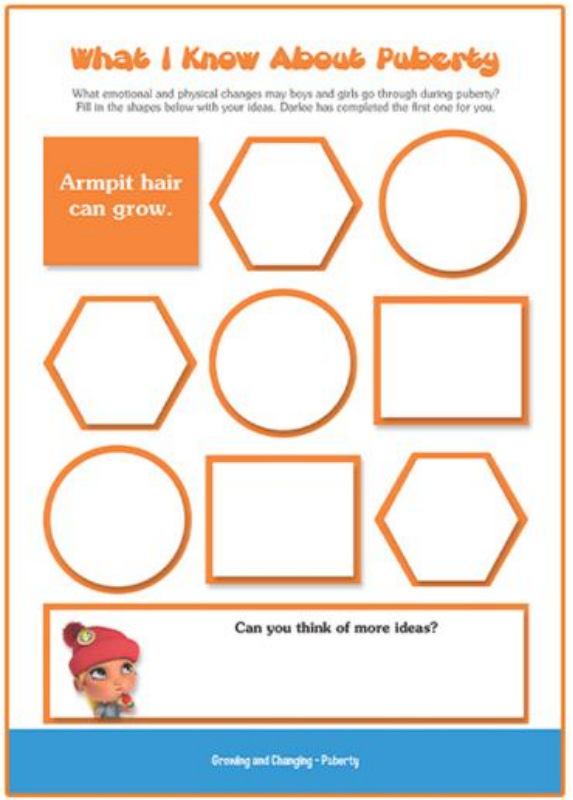
# Activity time

## Baseline Activity

**Complete the activity in one colour pen or pencil**

# What I Know About Puberty

*Note to teacher: If pupils are not recording their answers, please record these, as you will need to return to their responses at the end of the topic. These can be written, photographed, or videoed.*



# Share your ideas!

**What do you know about puberty?**

As a class, or in small groups, share your ideas.

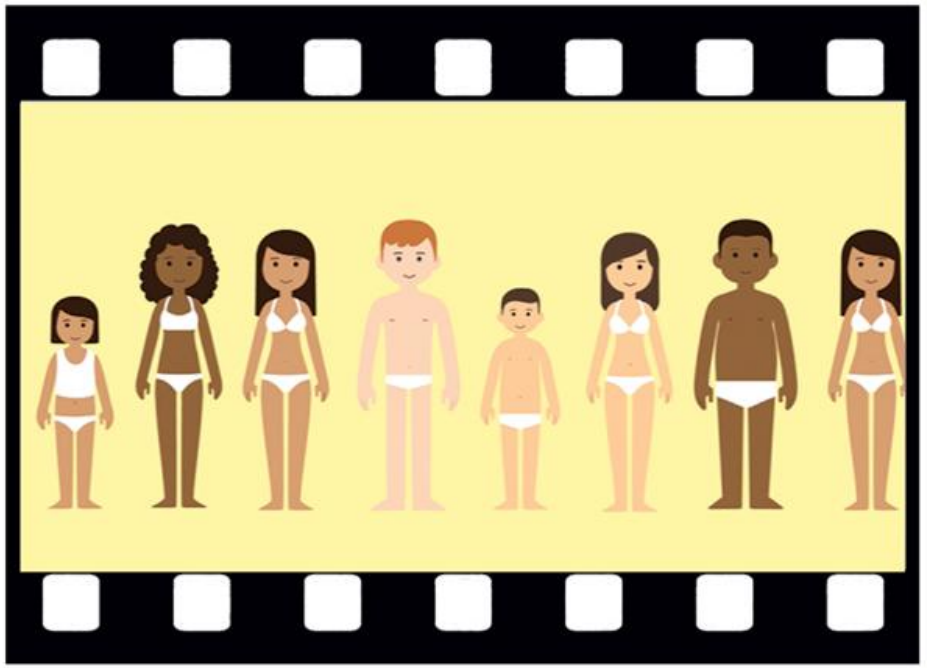


# Watch the video clip!

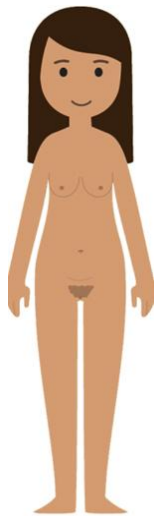
**Let's watch the Puberty video.**

We will return to this lesson guide once we have watched the video.

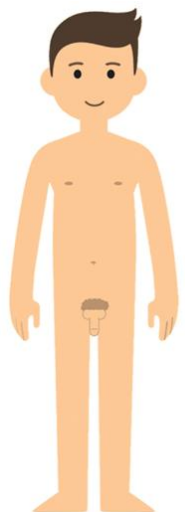
Note to teacher: minimise this lesson guide and play the video from the module screen.



- The female body can start to grow and periods can begin
- The female body can start to sweat more and can smell different to normal
- Moods and feelings can change
- Body hair will grow darker and stronger on arms and legs
- Armpit and pubic hair will start to grow
- Hips may widen, bones will get heavier, and voice may deepen
- Breasts may grow (sometimes unevenly) and nipples may darken in colour
- Hair can become greasy, skin can become oily, and spots may appear on the face, chest, and shoulders



- The male body can start to grow and voice will deepen
- The male body can start to sweat more and can smell different
- Moods and feelings can change
- Body hair will grow darker and stronger on arms and legs
- Armpit, chest, facial, and pubic hair will start to grow
- Shoulders and chest may grow and develop and muscles may get thicker
- Hair can become greasy, skin can become oily, and spots may appear on the face, chest, and shoulders



# Quiz time

The brain releases a

hormone

for puberty to begin.

This hormone is called gonadotropin-releasing hormone.



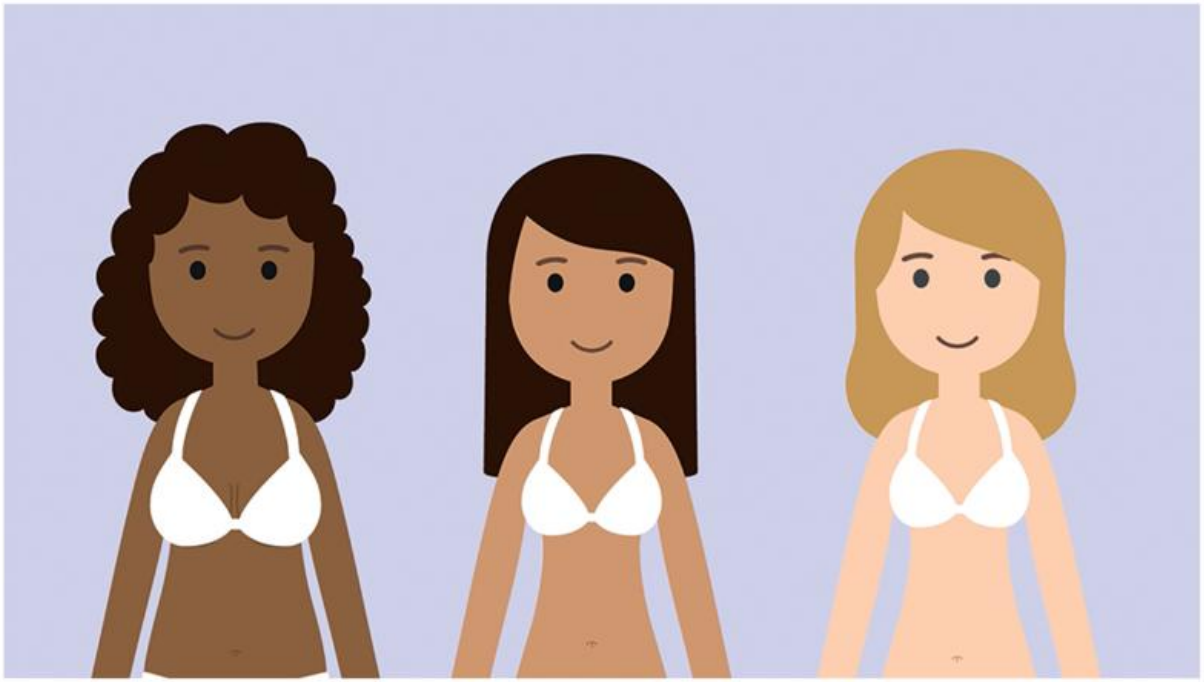
# Quiz time

True or false?

Only girls go through puberty.

**FALSE**

Boys and girls both go through puberty



# Activity time

Complete the activity

## Coping with Puberty





Teaching children about the changes puberty brings to their bodies because it helps them feel prepared, confident, and less anxious about what's happening.

1. **Reduces Fear and Confusion** – Children may feel worried or embarrassed if they don't understand why their bodies are changing. Early education helps them see these changes as normal.
2. **Promotes a Positive Body Image** – Understanding that growth spurts, voice changes, and body hair development are natural can help them feel more comfortable in their skin.
3. **Encourages Personal Hygiene** – Puberty brings body odour, oily skin, and sweating. Teaching children about hygiene practices like showering, deodorant use, and skincare helps them stay clean and confident.
4. **Prepares Them for Emotional Changes** – Mood swings, increased sensitivity, and new feelings can be confusing. Knowing that these are part of puberty helps children manage emotions better.
5. **Prevents Misinformation** – If children don't learn about puberty from trusted sources, they might believe myths from peers or the internet, leading to unnecessary fear or misconceptions.
6. **Encourages Open Communication** – Talking about puberty early fosters a trusting environment where children feel safe asking questions about their bodies and emotions.
7. **Promotes Respect for Differences** – Not everyone experiences puberty at the same time. Teaching children that people develop at different rates helps prevent teasing or feeling left out.

# Thank you for attending the parent session today!

Please speak to your child's class teacher if you have any questions regarding today's session.

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