



MY BODY – YEAR 5

Developing a healthy, safer lifestyle

STICKY KNOWLEDGE

Bodies change and develop as you grow:

- Pubic hair will grow
- Breasts will develop and hips will widen (in girls)
- Body odour will occur (wash daily, use deodorant, change underwear daily)
- Facial hair will grow and voices will break (in boys)

Emotions may change due to hormones. You may experience heightened responses to situations, mood swings, and find that you are quite weepy.

Changes happen to the body during puberty, which is the time when adolescents become capable of reproduction.

In puberty (in girls) menstruation occurs (normal vaginal bleeding each month).

Pregnancy can occur once a girl has started menstruating.

In puberty in boys, the penis and testicles grow.

Report concerns or abuse.

Get advice and seek support from: family, school, ChildLine, The NSPCC.