



Key Facts

- When you go through puberty, you will experience physical and emotional changes
- There is a normal range of emotions (e.g. *happiness, sadness, anger, fear, surprise, nervousness*) and scale of emotions that all humans experience in relation to different experiences and situations
- There is advice available and steps we can take to support menstrual wellbeing

By the end of these topics, I should:

- 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

Ask me a question!

- What does the brain release in order for puberty to begin?
- What changes do females and males go through during puberty?
- How long do periods normally last?
- What coping strategies can help us through puberty?

I will learn the following new words/phrases:

Puberty	<i>When a child matures physically and the reproductive system becomes active.</i>
Hormone	<i>A chemical substance made in the body, which controls the activity of other cells and organs.</i>
Anonymous question	<i>When someone asks a question without revealing their name or identity.</i>
Vagina	<i>A canal that leads from the female uterus to the outside of the body.</i>
Vulva	<i>External female genitalia that surround the opening to the vagina.</i>
Ovaries	<i>A reproductive organ where eggs are produced.</i>
Fallopian tube	<i>The tube where the female egg travels to the womb (uterus).</i>
Penis	<i>A male organ that urine and sperm pass through.</i>
Testicles	<i>Two male sex glands where sperm is produced.</i>
Bladder	<i>An organ inside the body where urine is stored.</i>