

Key words		Puberty Changes	
Puberty	The time when a child becomes an adult, and able to make babies.	Usually between 11 and 16, but earlier for girls Both genders can have mood swings, pubic hair, more body odour and sexual feelings	
Hormones	Chemicals that increase in the body during puberty.	Girl Breasts grow Hips get wider Start periods Produce eggs Clitoris and labia get bigger	Boy Facial / Body hair Produce sperm, erections, possibly wet dreams More muscular and taller Testicles and penis grow
Oestrogen	.The female hormone		
Testosterone	The male hormone		
Self-esteem	The way we feel about ourselves		
Dermotillomania	Similar to self-harm, with the aim of removing an imagined imperfection.	Self harm	
Synapses	Links between brain cells, that help us learn.	Around 10% of young people are thought to self-harm at some point. Scarily, 50% of people who commit suicide are also thought to have self-harmed in the past. We should never say people who are self-harming are ‘attention seeking’, because they often keep it hidden. It can be cutting the arms, self-poisoning, drug abuse, punching a wall etc. Self-harmers have described it a “letting the pain out”, a release from tension, or just a cry for help. They should see a GP, for possible therapy or sometimes anti-depressants.	

Puberty and Wellbeing

Symptoms of PMS: Pre-menstrual Syndrome

Tender breasts Headaches
Mood swings Stomach cramps
Tiredness Spots
Food cravings Difficulty concentrating

MEDITATION

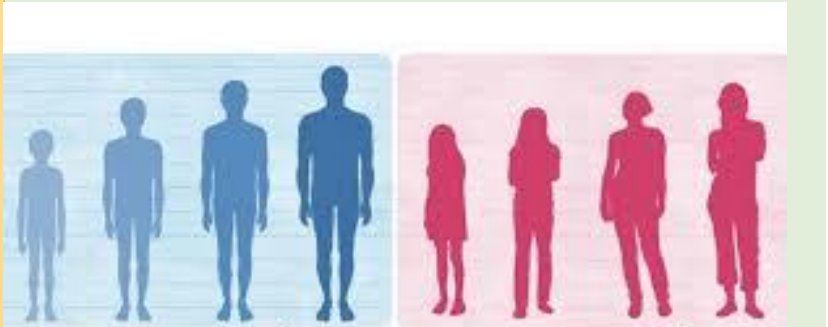
The aim of Buddhist meditation is to separate ourselves from our thoughts and feelings.
Meditation plays a part in nearly every religion, but is not always religious.
Some Muslims and Christians fiddle with beads while meditating.
Others count breaths.
It is supposed to be good for your health and can make you want things less.
Some prefer silent meditation
Others like to be “guided” by calm words
Others want calm music to meditate to.

Growth Mindset

Our brains have about 100 billion cells (neurons).
Between them are connections called synapses. Neurons communicate by sending chemical and electrical impulses to each other.
Adults just have more synapsed than babies.
We learn or remember things by practice, because that just makes and reinforces the connections between the neurons.
SO... We CAN become better / smarter / more capable, just by PRACTICE.
Inspirational people have often just shown PERSEVERENCE. They have not given up. They have practiced and succeeded, and so can YOU!

Hygiene

It can be an issue during puberty. It's very important for body image (confidence), social reasons (pleasant to be around) and health reasons (avoiding lice, athlete's foot etc)
Pay particular attention to
HAIR (which can get greasy at this age)
TEETH and MOUTH (breath can smell)
FEET and GENITAL AREAS (wash thoroughly)



**Define:
Puberty**

The process of physical maturity in a person that takes place in adolescence

**Define:
Menstruation**

Also known as a period. The process in a woman of discharging blood and other material from the lining of the uterus at intervals of about one lunar month from puberty until the menopause, except during pregnancy.

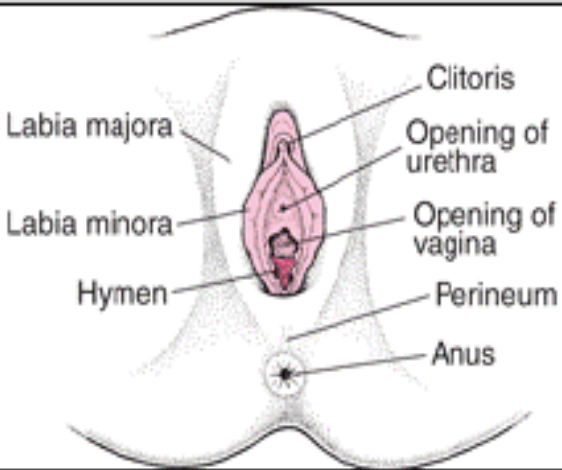
**Define:
Hormones**

A chemical substance produced in the body that controls and regulates the activity of certain cells or organs.

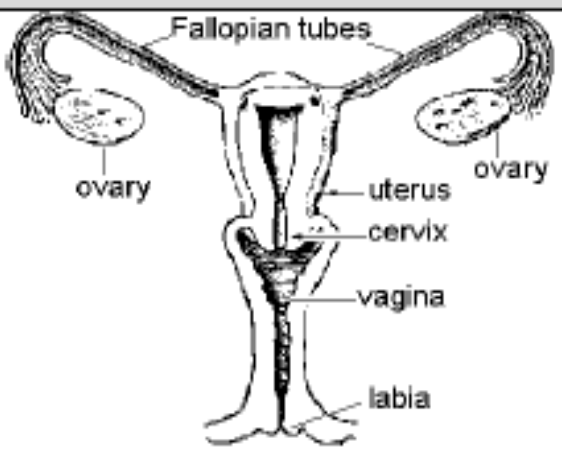
**Define:
Wet Dream**

An involuntary ejaculation that occurs whilst a person is asleep.

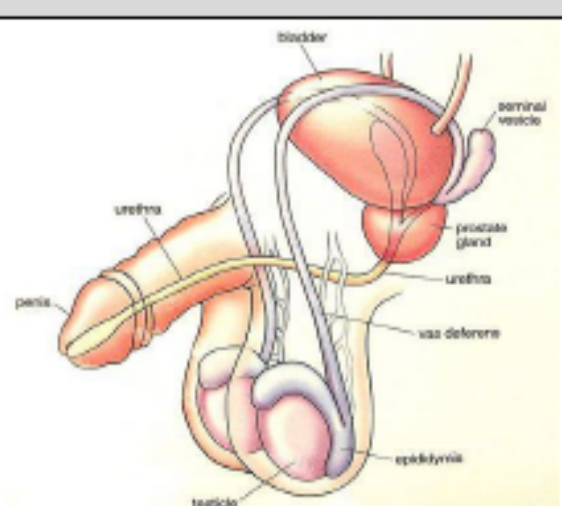
Female Genitalia - External (Vulva)



Female Genitalia - Internal



Male Genitalia



Physical Changes during Puberty

Boys only	<ul style="list-style-type: none"> Starts between 10 and 12 years of age Facial Hair Voice Breaking Erections Wet Dreams Widening of chest and Shoulders
Girls Only	<ul style="list-style-type: none"> Starts between 9 and 11 years of age. Menstruation / Periods begin Breast growth Stretch Marks Cellulite Hips widen
Both	<ul style="list-style-type: none"> Grow taller Sweat more Changes to hair and skin Spots and Pimples

Things to Remember

- Puberty begins at different times for different people.
- Changes will happen at different rates and in a different order for different people,
- Everyone goes through puberty, you are not alone.
- Good diet and exercise can help deal with some of the physical changes.
- Puberty is normal despite feeling very abnormal.

Who Can you turn to for help and Support

Parents or trusted family members	Teachers or school Staff
Your Doctor or Practice Nurse	School Nurse
NSPCC	Helpline: 0808 800 5000 (24 hours, every day) nspcc.org.uk
Childline	Helpline: 0800 1111 (24 hours, every day) https://www.childline.org.uk
NHS Live Well Website	www.NHS.UK/Livewell