

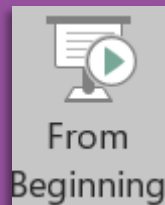
**Parents: read  
our helpful  
guidance before  
you get started**

**Before you  
get started**

# Growing and Changing

Home-learning Lesson 2:  
Managing puberty — Emotions and hygiene

To start, play this slideshow from  
beginning



# Parents – Home-learning about puberty:

When learning about puberty in schools, we recommend that pupils are taught in mixed groups so all children and young people learn about changes to both male and female bodies.

We continue to recommend that young people learn about changes to both male and female bodies while learning at home.

Please ensure that young people following this powerpoint are guided to complete all activities.



**We are learning about how to manage feelings and hygiene during puberty.**

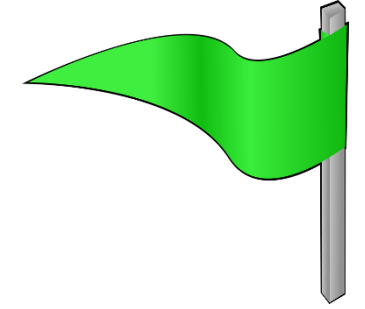


**We will be able to:**

- ✓ describe ways of managing physical changes during puberty, including how and why it is important to keep clean.
- ✓ describe how emotions and relationships may change during puberty.
- ✓ explain how and when to get help and support in relation to puberty.

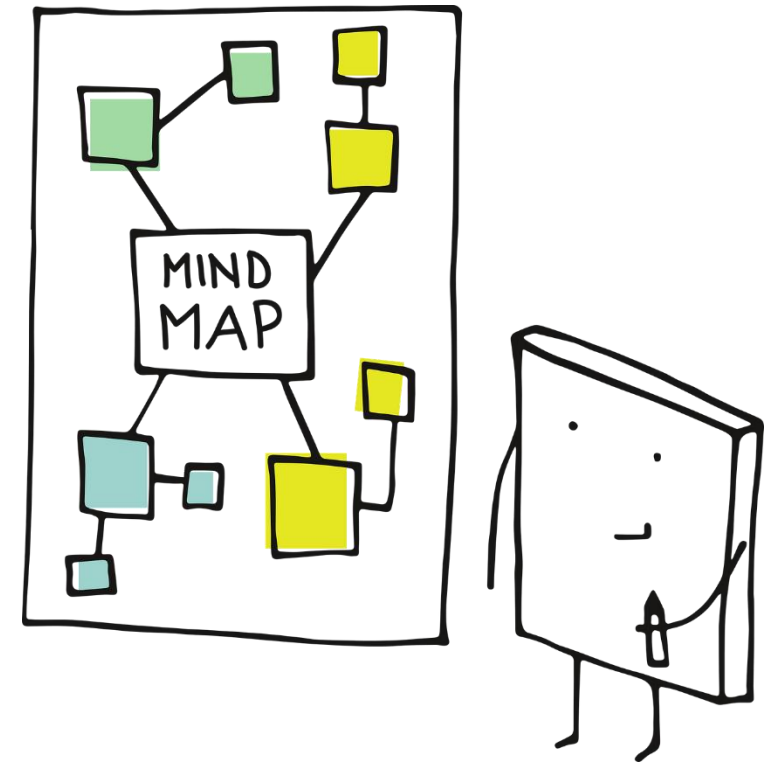
# Growing and changing

## What's our starting point?



Imagine a young person about your age or a little older. They are going through puberty.

- What might they find difficult about puberty?
- What might they do to manage these challenges?

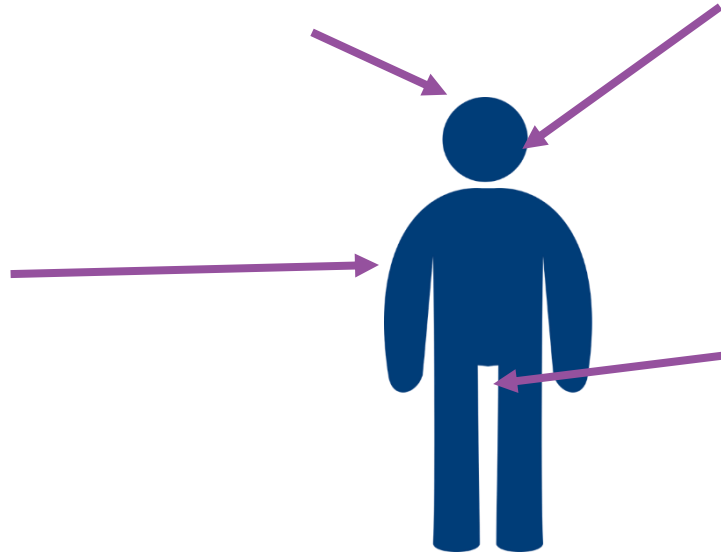


**Draw a mind map and try to include as many answers to the two questions above as you can.**

What body parts do you think someone going through puberty might need to pay special attention to while keeping clean?



**Draw a person and write your answers around them, or discuss with a parent.**



# What body parts do you think someone going through puberty might need to pay special attention to while keeping clean?



Draw a person and write your answers around them, or discuss with a parent.

## Hair

During puberty hair can get oilier. Washing hair with warm water and a small amount of shampoo can help to control oil.

## Sweat and body odour

During puberty sweat glands become more active than before and sweat can smell stronger.

Showering or bathing everyday using warm water and a mild soap or shower gel can help keep the smell and bacteria under control. Wearing clean clothing can also help to keep clean.

Deodorants cover up the smell of body odour and anti-perspirants reduce sweating.

## Skin and spots

Skin also gets oilier during puberty. Sometimes this oil traps dirt or germs. While they can be upsetting and embarrassing, they are a normal part of puberty. Everyone will get them at some point in their life, it doesn't mean they have poor hygiene!

## Washing genitals

**The vulva:** Washing the outside part of the vulva with an unperfumed soap every day can help to keep it clean. The inside of the vagina can clean itself and this does not need washing, and cleaning inside can cause irritation.

**The penis:** Gently washing the penis with warm water and soap each day keeps it clean. If the penis has a foreskin, this should be gently pulled back and washed underneath. This prevents the build up of too much *smegma*, a cheesy-looking substance that can start to smell and build up bacteria.

# How often should a person do each of the activities below?

Write each activity under one of the time headings, or discuss with a parent.

## Activities

- Washing hair
- Brushing hair
- Brushing teeth
- Showering or bathing
- Putting on deodorant
- Changing underwear
- Washing PE kit
- Wash day-to-day clothes

Every day

A few times a week

Once a week

# How often should a person do each of the activities below?

## Activities

- Washing hair
- Brushing hair
- Brushing teeth
- Showering or bathing
- Putting on deodorant
- Changing underwear
- Washing PE kit
- Wash day-to-day clothes

### Every day:

Brush hair, brush teeth twice in a day, put on deodorant and change underwear. Shower if the person exercised that day.

### A few times a week:

Shower or have a bath, wash hair (may be more or less depending on how oily a person's hair is) and wash clothes.

### Once a week:

Wash PE kit (or more often if you do PE on more than one day) or outerwear such as school jumpers.



# Feelings and emotions

Hormones, which are special chemicals in the body, change the body's physical appearance. They can also affect how people's emotions.

 On a piece of paper, write out different emotions or feelings someone might have during puberty.

Once you have done this, cut these out so that each feeling is on a separate piece of paper.



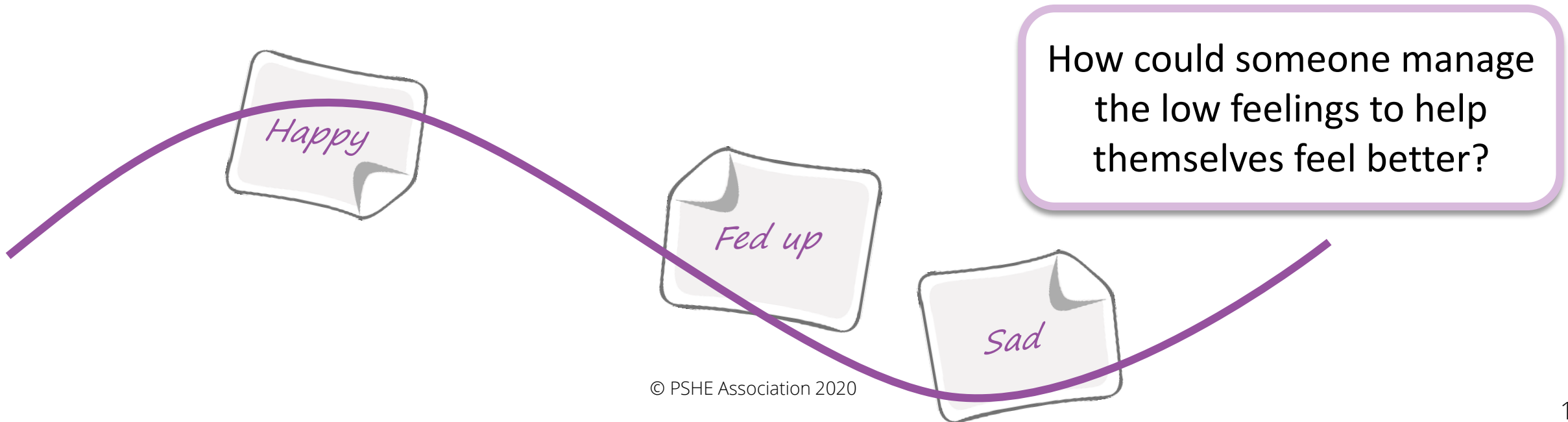
# An emotional rollercoaster



On a new piece of paper, draw a wavy line like the one below.

Sometimes feelings can change quickly during puberty, one minute a person can feel really happy (or up) and the next they can feel really sad (or low.)

**Arrange the emotions and feelings you wrote out earlier on the line. Which feelings are high up? Which feelings are low down? Are there any somewhere in the middle?**



# New feelings towards others

What do you think emojis like the ones below represent?

Sometimes, as a person goes through puberty, they may develop new feelings for another person that they haven't felt before. They might have a 'crush.'



A person with a crush might feel a tingly feeling, or they might feel like another person makes them really happy. Sometimes it can feel very intense or overwhelming.

A person could have a crush on someone they know, or someone they don't, like a celebrity. It could be towards someone of the same or opposite sex.

Crushes are a natural part of growing up.

Sometimes a person might need help and support to manage their feelings during puberty.

Which of the options below do you think would be most helpful to manage each of the situations?

## Options:

- Talking to a friend
- Talking to a family member
- Visiting childline for advice, and using services such as 'Ask Sam' on their website
- Reading a book about it
- Doing nothing
- Something else (if you have any other ideas, discuss these with a parent or someone at home)

## Situations:

**A**

Cameron keeps feeling really angry about little things. She shouted at her mum and now she's upset.

**B**

Devan is worried about the changes that might happen to their body.

**C**

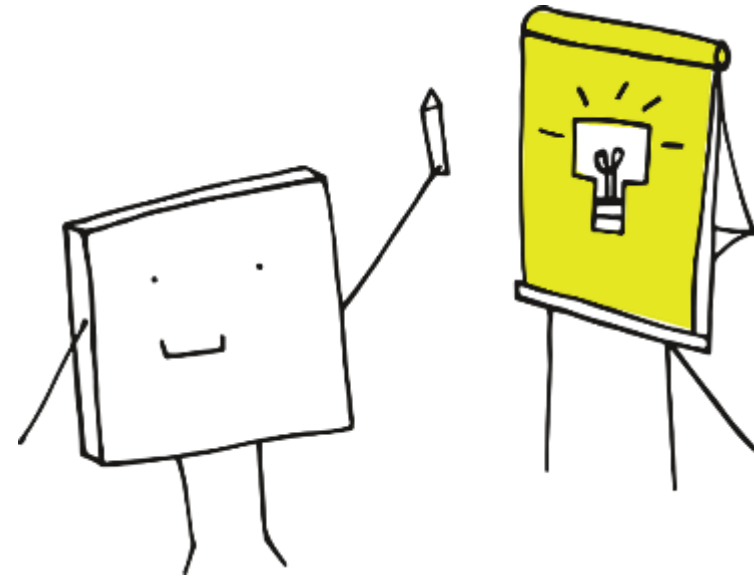
Lando had a crush and told everyone about it. He doesn't feel the same way anymore and feels a bit embarrassed.

# Growing and changing. Where are you now?

Look back at your mind map  
from the start of the session.



Can you add to or change  
anything that you have written  
about managing the challenges a  
person might experience during  
puberty?



# Remember!

If you feel worried about puberty or what you have learned during this session, talking to an adult you trust is one of the best ways to find help.



Talk to a trusted adult at home

ChildLine: [www.childline.org.uk](https://www.childline.org.uk)  
0800 1111

If you want to talk to someone other than a parent:

ChildLine can help. See:  
<https://www.childline.org.uk/get-support/> or phone 0800 1111

# Optional extension

## Build a puberty toolkit

Create an advice sheet for other young people to help them manage their emotions and physical wellbeing through puberty.

### You might want to consider:

- How to manage physical changes to the body.
- How to manage emotional changes.
- Where to get help and support.

