

# TMS Personal development Launchpad - 2023/2024

## Year 5

**THREE  
MILE  
STONE**  
Primary  
School

### Relationships Education

#### Puberty

Puberty happens in order that adults are able to reproduce in the future if they want to. It is an important part of the human life cycle.

Puberty usually starts between the ages of 8 and 16

Each person may experience puberty differently and changes are a normal part of growing up

Puberty is triggered by sex hormones

It is important to know that if you are worried, you must contact a doctor.



**Change in females:** hips widen, breast start developing, periods start, ovaries start releasing eggs (ovulation) nipples may darken in colour, bones get heavier

Body parts: ovaries, uterus, vagina, clitoris, vulva



It is important to know about menstrual wellbeing (how to use sanitary products and the importance of hygiene)

**Change in males:** grows hair on the face, voice gets deeper, shoulders and chest get broader, muscle get thicker, chest hair grows, sperm and semen starts being produced, erections happen, wet dreams may start, testicles 'drop'

Body parts: penis, testicles, scrotum



**Changes in both:** The body starts to grow, quite fast at times, private parts (genitals) grow and develop, moods and feelings can change a lot, the body sweats more and smells differently, body hair grows darker and stronger (on arms & legs), pubic hair grows, armpit hair grows, spots can appear on the face and shoulders, skin can become oily, hair may become greasy, sexual feelings can develop

#### Female Genital mutilation

FGM is when female's external genitals are removed for non medical reasons. It is often performed by someone with no medical training.

FGM is child abuse and is illegal.

Some social, religious or cultural reasons are given to justify it, but it is dangerous and can long lasting negative effects on women.

There are laws to protect children



#### Bubbles to Protect



Personal space is the space you are comfortable with between you and another person.

Everyone has the right to body autonomy.

Personal space might be different for different people or in different relationships.

It is important to react by moving or using your voice if you feel uncomfortable about personal space.

It is important to talk to a trusted adult if you feel uncomfortable with touch or touch is not wanted.

There is appropriate and inappropriate touch