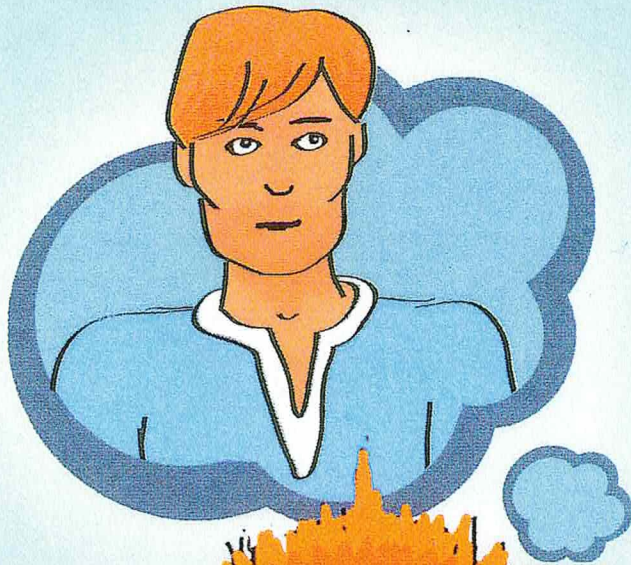


Boys & Girls Men & Women

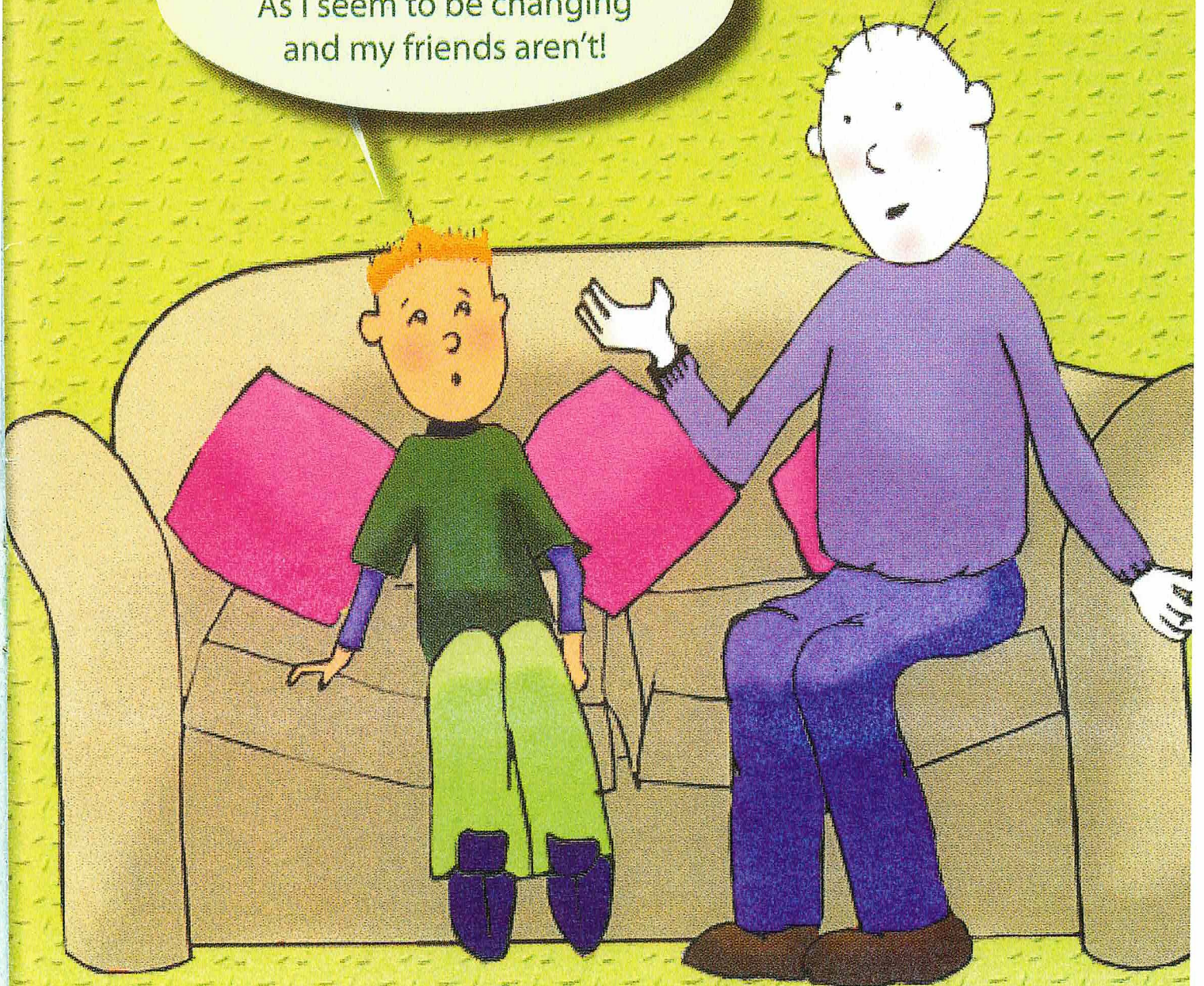


YEAR 6 Summer 1.
Lesson 7. Non-Stat.
Sex Education.

Dad, these boys were saying something at school today.
Can I ask you about it?

Yeah, course you can.
What was it?

Is it true that
puberty happens to everyone?
As I seem to be changing
and my friends aren't!



Why, what's happening?

I'm starting to grow hair on my face and get a bit spotty.

Yes, I've noticed!
Are there any other changes?

Ummm yeah.
The other boys were talking about me as I've started to grow hair, down there, you know, around my penis.

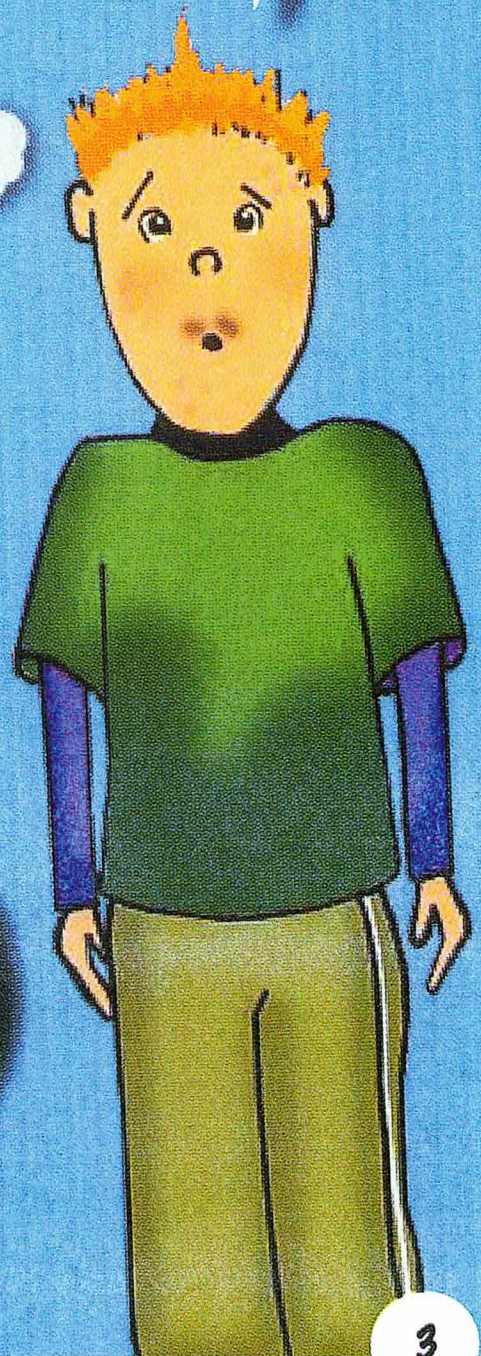
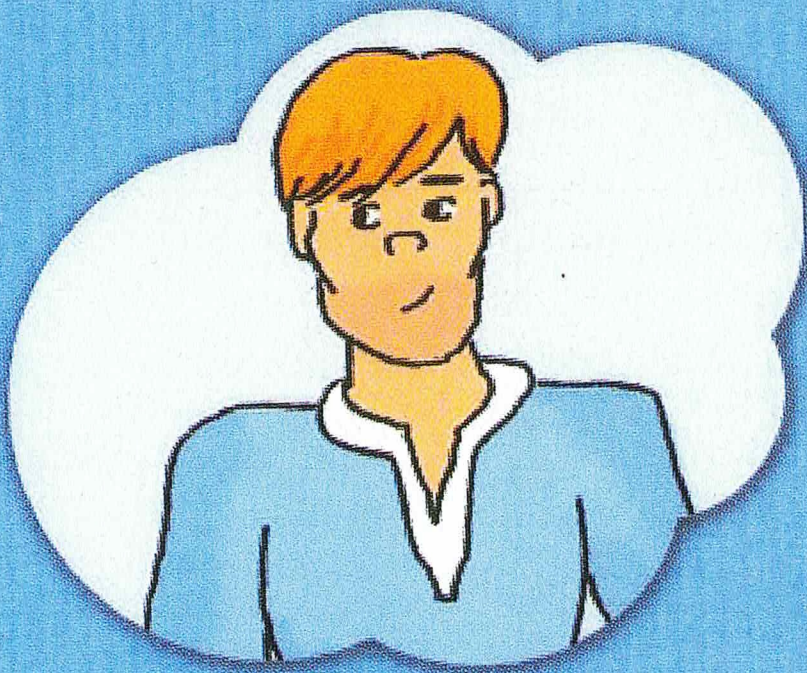
OK, that's normal.
I've noticed you've started to grow hair on you face as well. You'll also start to grow hair under your arms and later on on your chest as well.

Dadwill anything else happen to me?



Ah yes. Now that you're older,
you'll notice other changes
such as your voice will 'break'.

What do you mean?

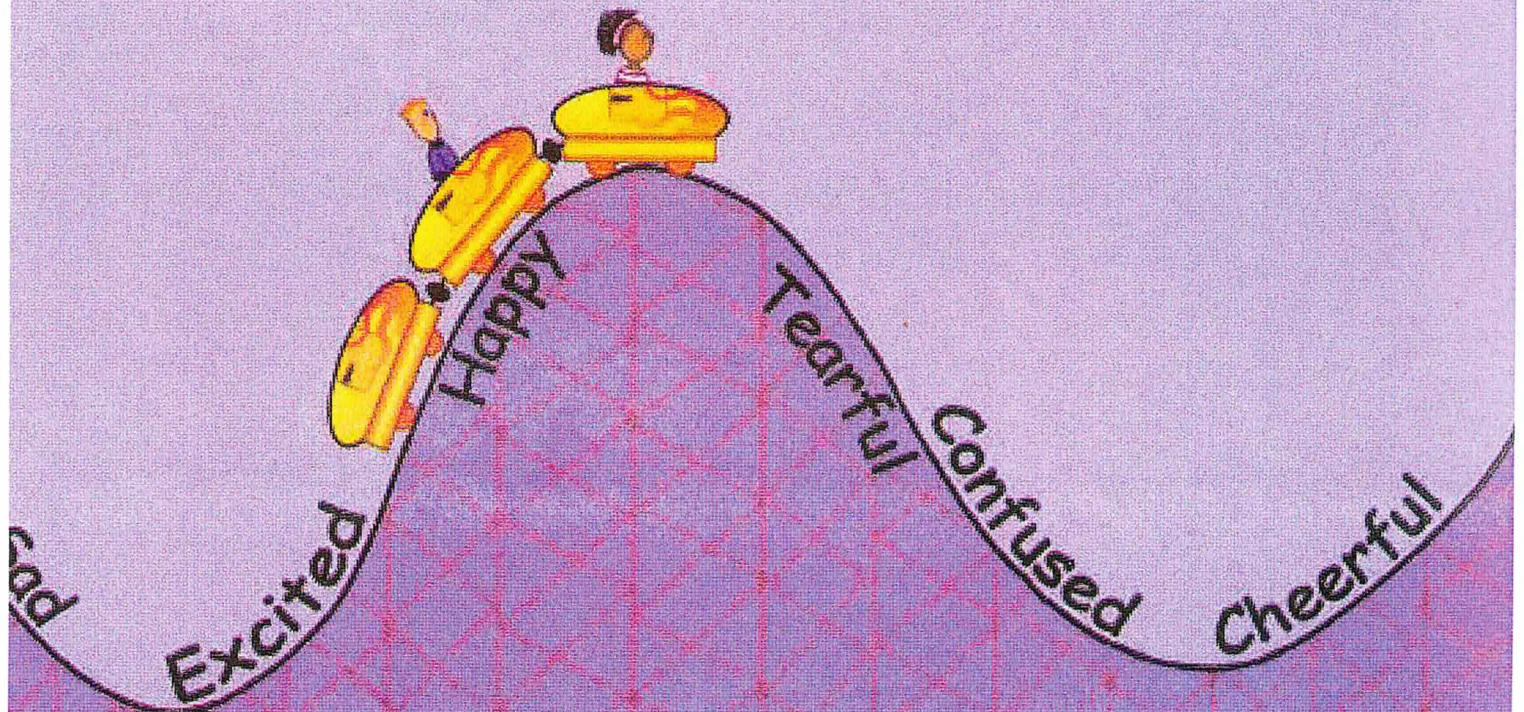


Your voice will change
and get deeper but whilst it's changing
sometimes it goes squeaky which is
funny to hear but can be embarrassing.
Also your body changes shape with your
chest and shoulders getting bigger, your
muscles will get bigger and you'll get a
lot taller very quickly.

And it's not just your body that changes! Your feelings change, and so do your likes and dislikes.

What do you mean?

Sometimes your feelings change very quickly, from happy to sad and back again. It's like being on a mood rollercoaster!



What are you two talking about?

We were just talking about growing-up.

Can you tell me as well?

OK.



When you're older you might want to have a boyfriend or a girlfriend

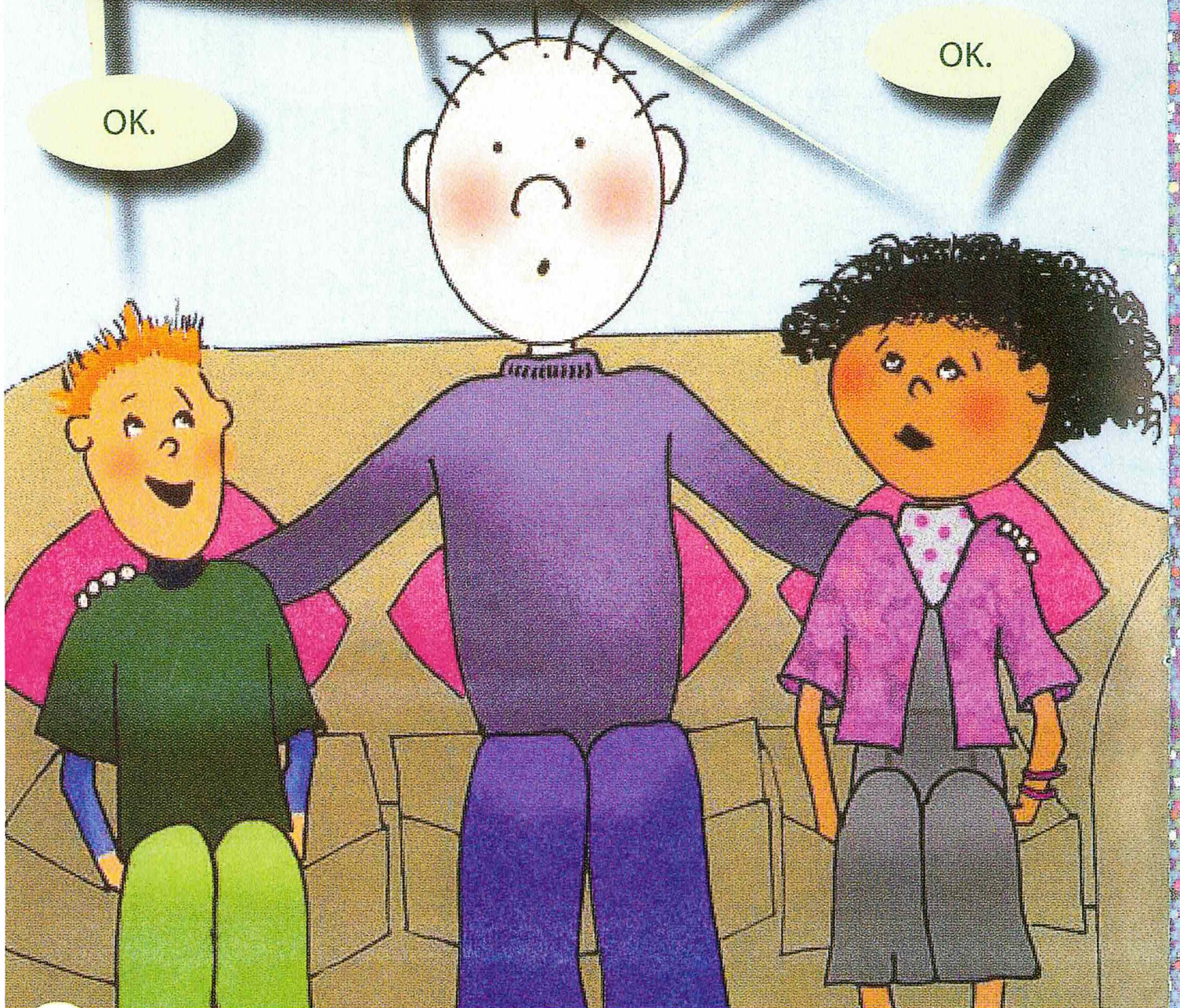
Eurgh!

Well, you might think that now but as I said, how we feel changes as we go through puberty

....and, when you get older, some of your friendships and relationships will change. You might meet someone who will be very special to you.

OK.

OK.



Like you and mum?

Yes. We've been together quite a while now.

How did you first meet?

We met through friends.



Then over time we grew to love each other
and wanted to get married.

When did we come along?

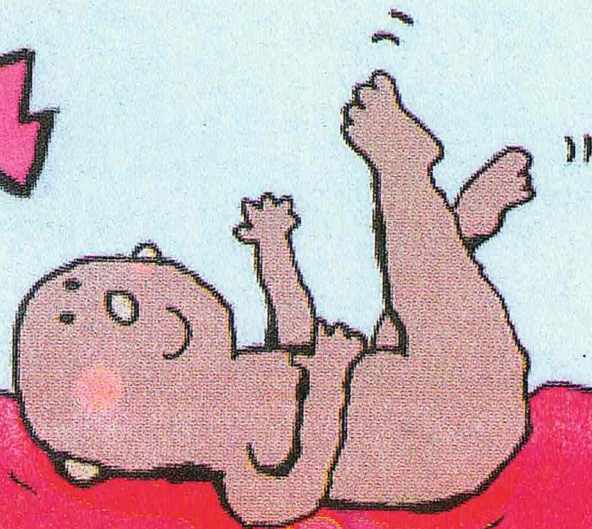
After a few years we decided to have a baby.

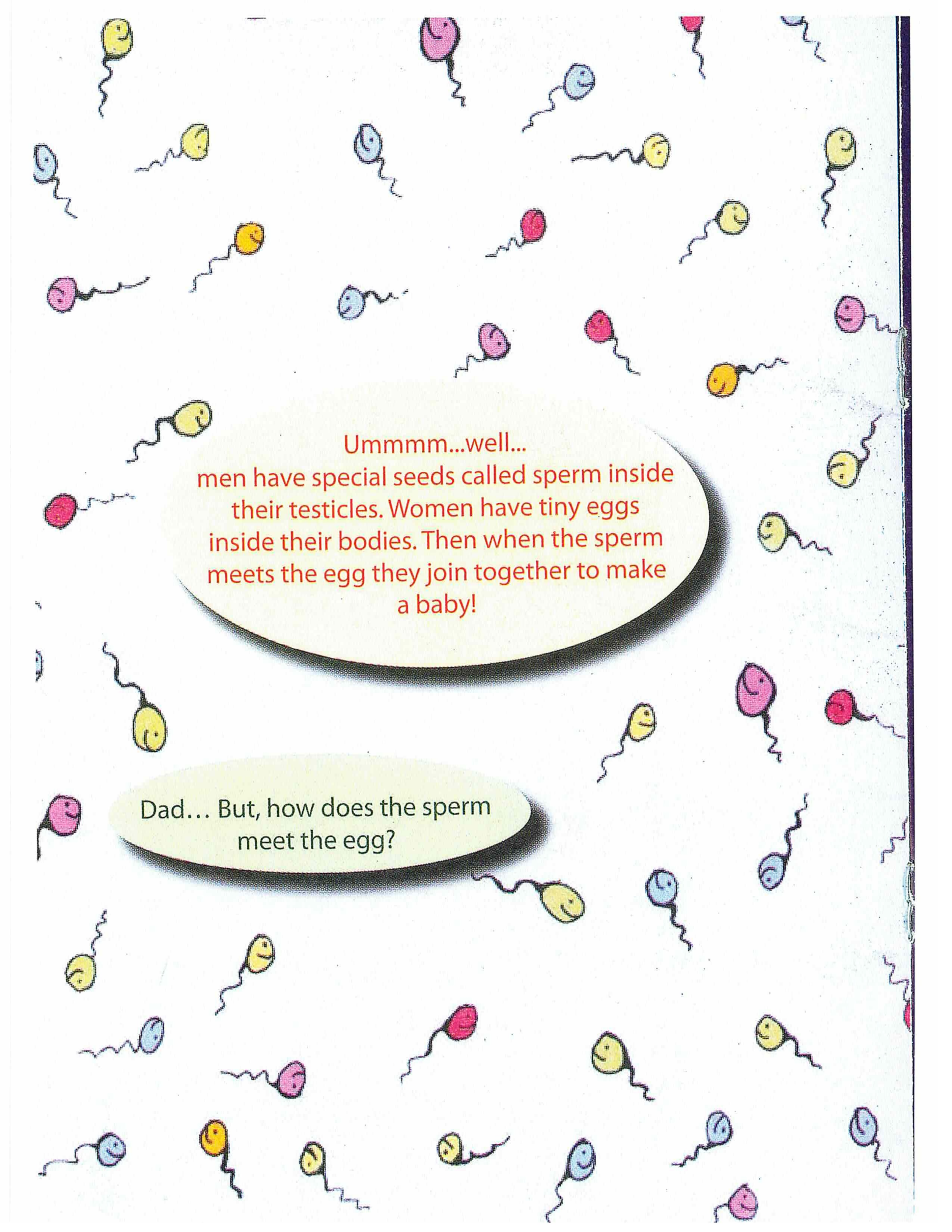


Then we were pretty busy looking after you as babies need lots of looking after!

Dad.....How are babies made?

It is very tiny and new and needs lots of love and care.

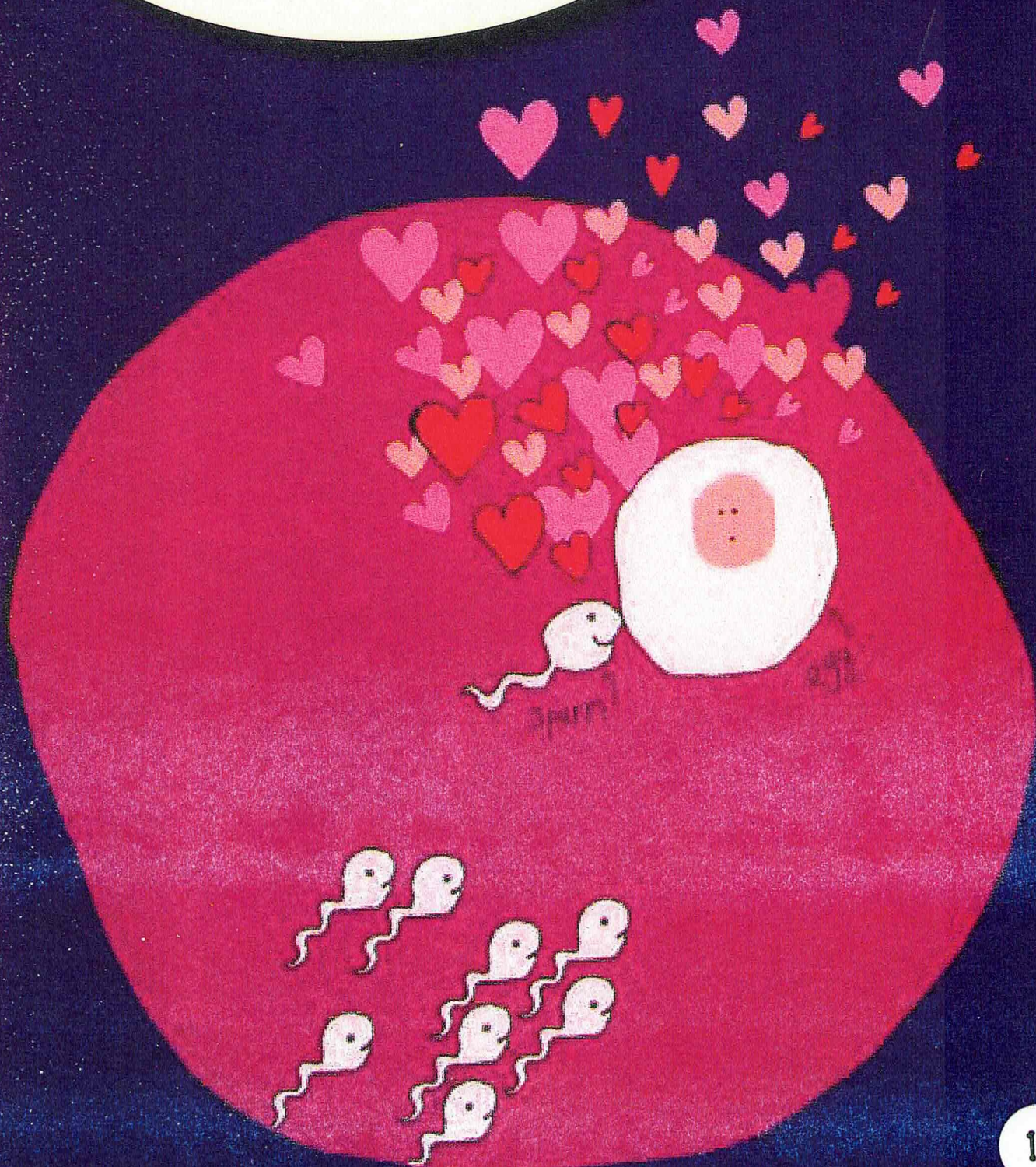




Ummmm...well...
men have special seeds called sperm inside
their testicles. Women have tiny eggs
inside their bodies. Then when the sperm
meets the egg they join together to make
a baby!

Dad... But, how does the sperm
meet the egg?

Hmmmmmm.....errrrr.
How do I say this?....I know, this happens
when a man and a woman make love.
A man's penis becomes erect and he puts
it in a woman's vagina. Then some sperm
comes out of the penis and, sometimes,
a baby is made.

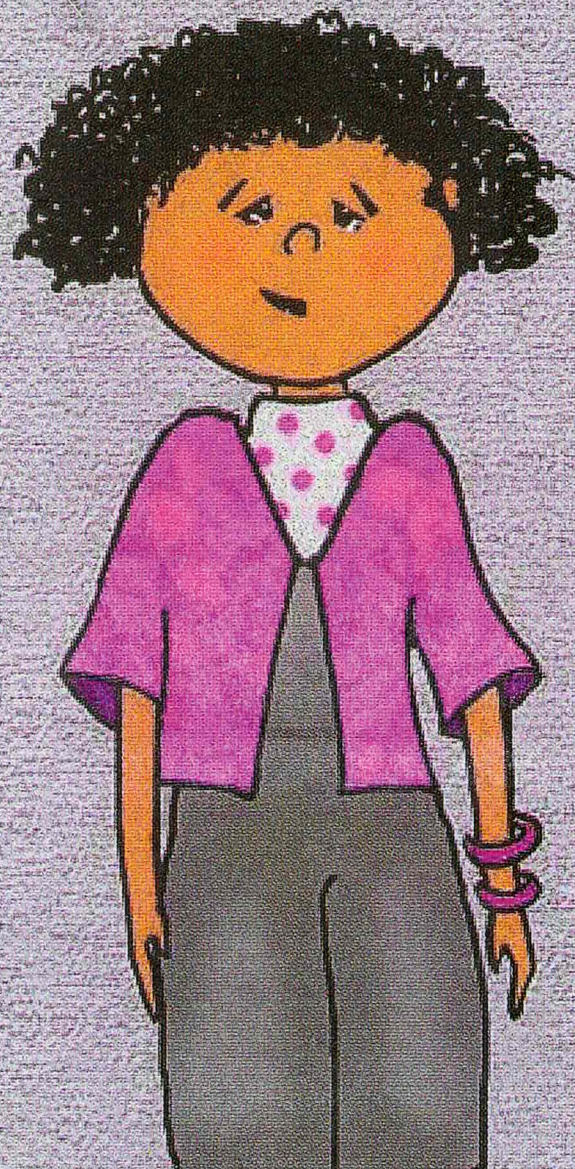
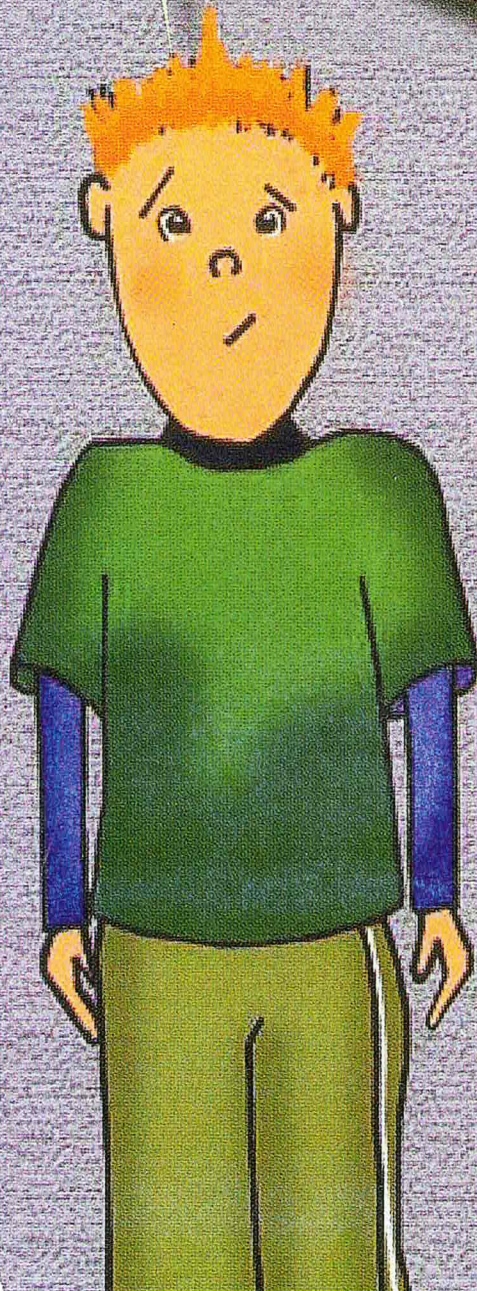


Eeeehh!!!

Is there anything else you'd like to know?

No. Think that's enough right now!

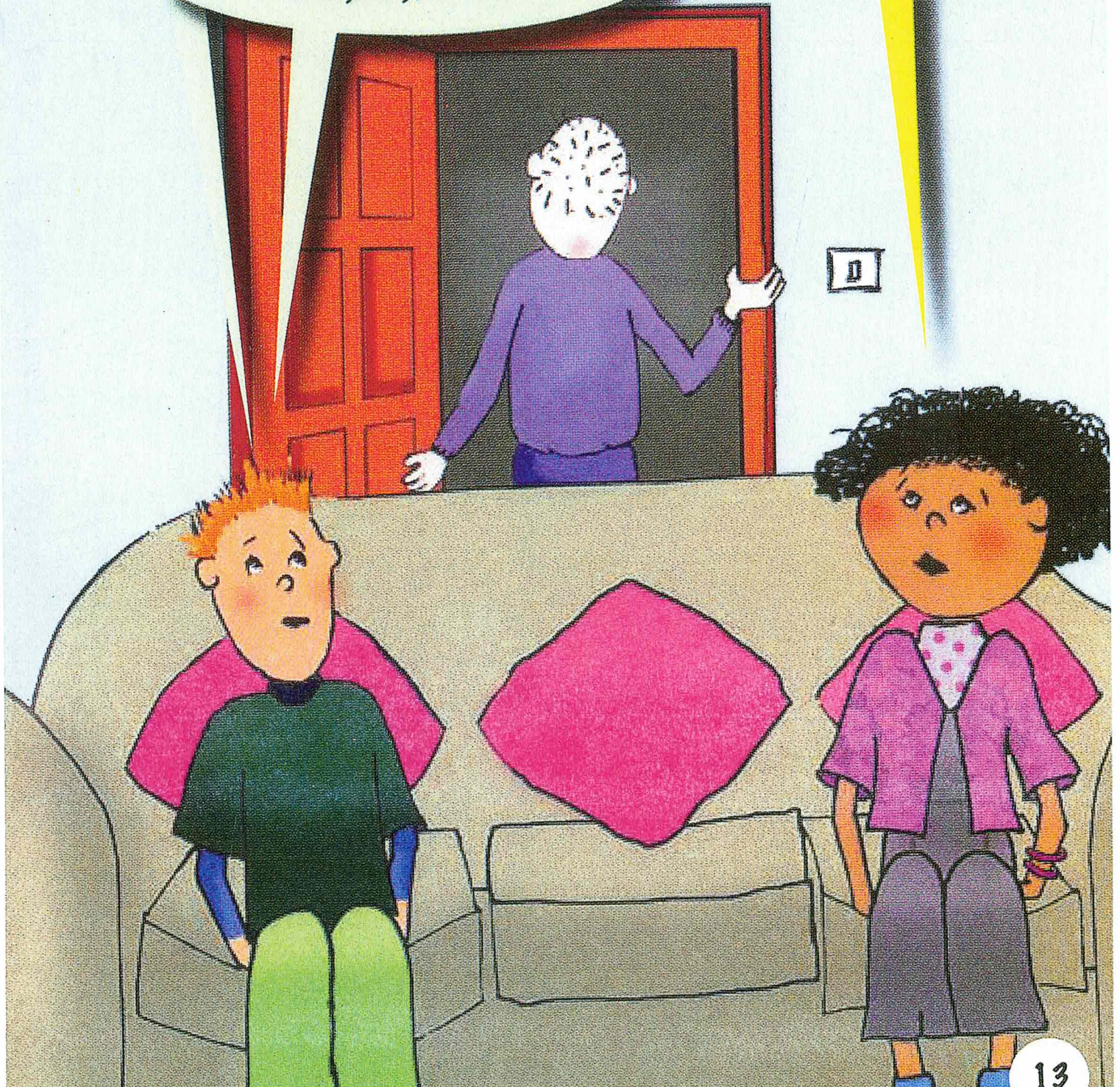
Well, if you think of anything else you can always ask me, or your mum, or anyone else you trust.



Well, that was a bit of a surprise.
Did you know any of that?

Yes. We'd done some of it at
school so it was OK.

Wish we had done some.
Anyway, I'm off.



Mum, I know you've told me this already but can I ask you something?

Yes, of course you can.
What is it?

What's a period again?

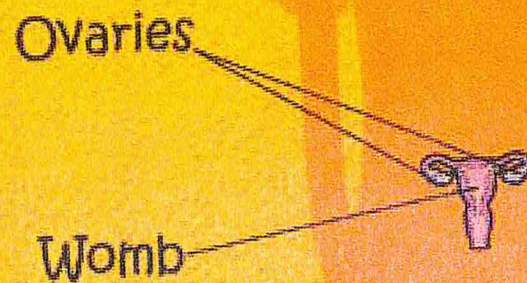


Well, inside every girl's body there are ovaries that make tiny eggs. After puberty the ovaries release one egg every month which comes out into the womb. Then the egg and a smallish amount of blood comes out through your vagina over a couple of days. You will need to use special pads or tampons to catch the blood.

I thought so. Thanks.

Is there anything else you'd like to know?

Not right now. Thanks.



By the way,
I'm sure you already know this but you
both need to make sure you have a bath
or shower or a very good wash every
day.

That's good.
Now that you're both starting to
go through puberty you will sweat
more and your sweat will smell
stronger.

Look, it happens
to everyone so you must
make sure you wash properly
every day and change your
underwear and socks and
tights every day.

We do.

MUM! We don't smell!



OK Mum.

Now remember,
there's a lot to think about as your body
and feelings start to change so, if you're
worried about anything do come and talk
to me or your dad or someone
you trust.

We will!

