

This is the second of four lessons on the theme of puberty and change for pupils in Year 4 or Year 5.

In lesson 1, pupils began learning about some of the physical changes that occur during puberty. This lesson focuses in more detail, on some of the external and internal changes that happen to the human body. Subsequent sessions will cover the emotional changes associated with puberty and the importance of personal hygiene at this time.

Questions your child may ask after the lesson:

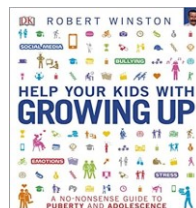
- When will I start my periods?
- When did you start your periods?
- What sanitary products do you use?
- When will I have a wet dream?
- Have you had a wet dream?
- What's an erection?



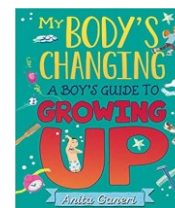
Resources for Parents:



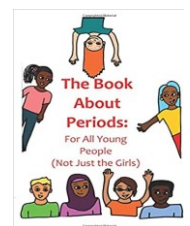
[Starting Your
Periods](#)



[Helping your kids
With growing up](#)



[My Body's Changing:
A Boy's Guide to
Growing Up](#)



[The Book
about Periods](#)

[Puberty: What's
happening to my
body?](#)

amaze

[All about getting your period
What's a wet dream?](#)