

Sample of Resources for RSE from 'Journey in Love' by Sr Dorothy

YEAR 5 Body Changes in Puberty

Aims

To look at the changes that happen in our bodies during puberty.

To be prepared for puberty and growing into teenage years.

To enjoy growing up by understanding our bodies and not being fearful of the changes that happen to us.



Genesis – 1: 26 – 27....
(After God had created the world)
'God created human beings, making them to be like Himself'. *What does that mean?*

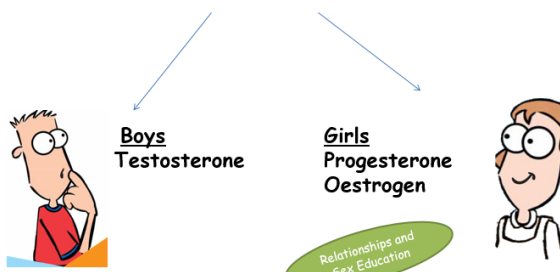
It means that we are *more* than just a body, we have a soul, or another way of putting it is that we have God's Spirit in us.

We can explain our bodies and how they change in puberty and throughout our lives...but we cannot explain the soul.

God who made us, wants us to be happy in our lives and He does this through living in this world with us and helping us throughout our lives. This includes puberty and helping us to build good relationships.

What causes these changes?

Hormones



Physical Changes

Growth Spurt



Body Shape



Hands & Feet

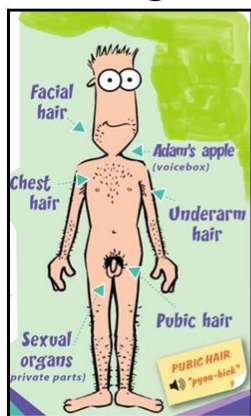


Relationships and Sex Education

Sleep More



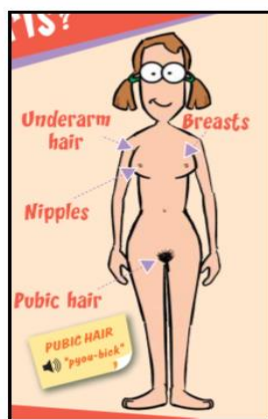
Changes in Body Shape



Boys

Relationships and Sex Education

Changes in Body Shape



Girls

Relationships and Sex Education

Relationships

A proper understanding of how we relate to one another will contribute to our school values of **Hope**, **Joy**, and **Fulfilment**.

Believing that our bodies are made in the image of God and therefore the dignity of each person - **brings us hope**.

Learning to understand that God created man and women for relationships and treating each other with respect - **brings us fulfilment**.

Understanding that relationships and sex are a normal part of growing up - **brings us joy**.

Relationships and Sex Education