



# Year 5: Puberty

## Key Vocabulary

Puberty	The stage or age at which a person experiences the development of the reproductive system
Moods	The way a person feels at a certain time
Menstruation	The process in a woman of discharging blood and other material from the lining of the uterus at intervals
Breasts	The front part of the body between the neck and the stomach; chest
Periods	A flow of blood and other material from the lining of the uterus in women lasting for a few days
Tampons	A plug of soft material inserted into the vagina to absorb menstrual blood.
Semen	The male reproductive fluid
Erection	An enlarged and rigid state of the penis
Sweat	Moisture released through the pores of the skin
Spot	A small hard inflamed pimple on the skin

## Puberty Changes

- Private parts (genitals) grow and develop
- Body hair grows
- Spots can appear on the face and shoulders
- The body sweats more and smells differently
- Hair may become greasy
- Sexual feelings can develop
- Moods and feelings can change a lot

## Male and Female Puberty Changes

