

# Year Five

*God loves me in  
my changing  
and development*



# Objectives

*\* Know that as we grow we will become  
different in our...*

*...bodies*

*...feelings*

*...love of God*



# Keywords

*God*

*Sensitivity*

*Puberty*

*Presence*

*Celebrate*

*External*

*Internal*

*Change*

*Develop*

*Ovulation*



# Physical and Intellectual

*We have changed in many ways since we were born.*

*We have grown...*



# We can do more...



Run



Walk

Feed ourselves



Dance





*Read and  
write*



*Play*

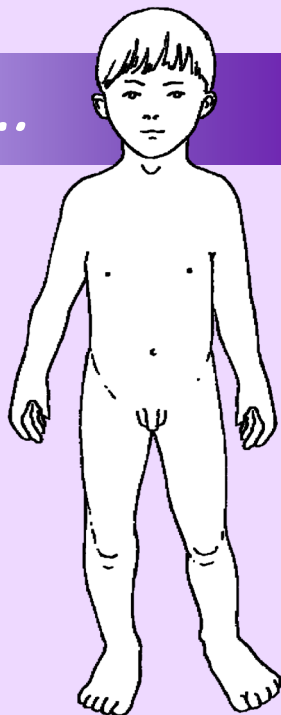


*Make friends*

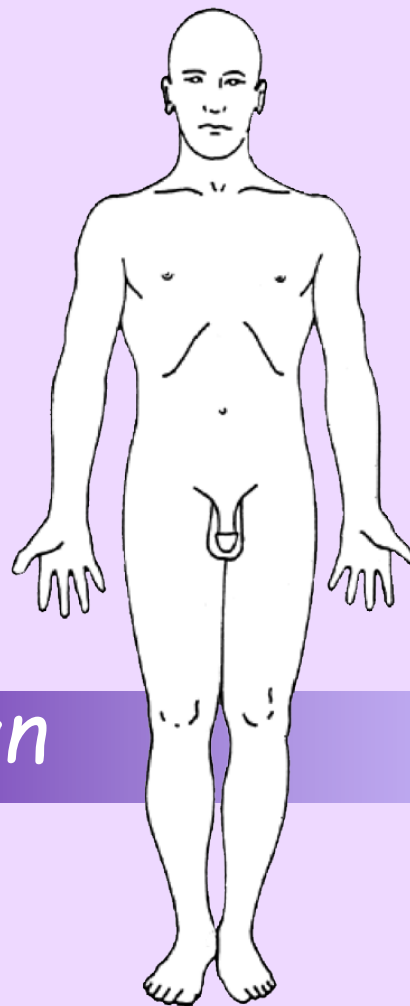


# We will change more before we are grown

boy...



...to man



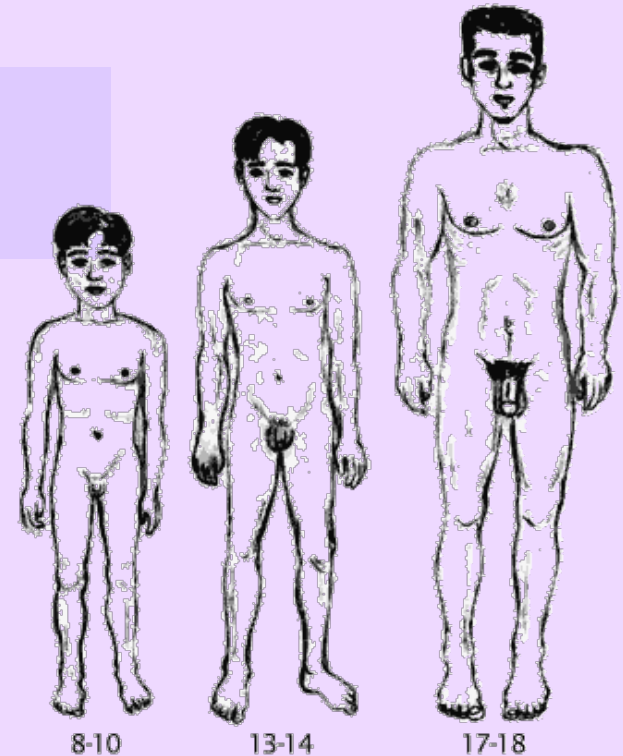
# *Physical changes in boys*

- *Testosterone in the bloodstream triggers changes*
- *Muscles and bones develop*
- *Voice deepens*
- *Some boys get uneven breast development in early puberty*
- *Waist thickens*
- *Limbs lengthen in proportion to body*
- *Shoulders broaden*
- *Wet dreams and erections*

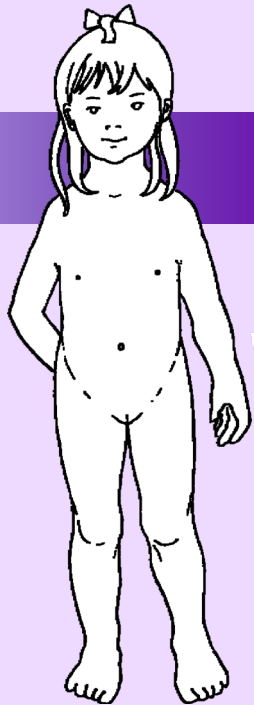


# Physical changes in boys continued

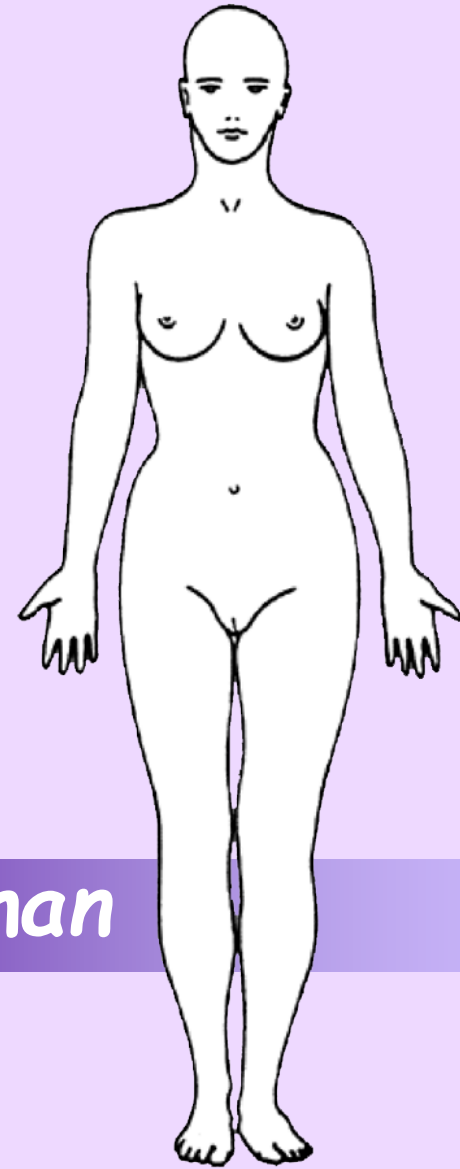
- *Penis and scrotum enlarge*
- *Production of sperm and discharge of seminal fluid during ejaculation*
- *Adam's apple enlarges*
- *Hair can grow on face, chest and back as well as underarms and pubic area*



*girl...*

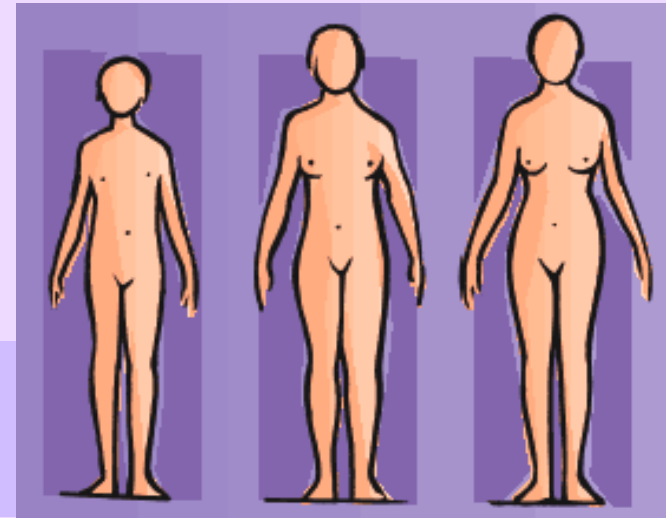


*...to woman*



# Physical changes in girls

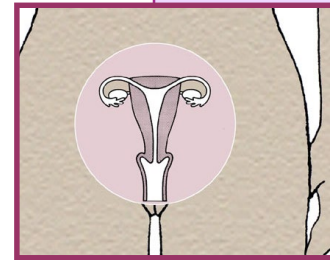
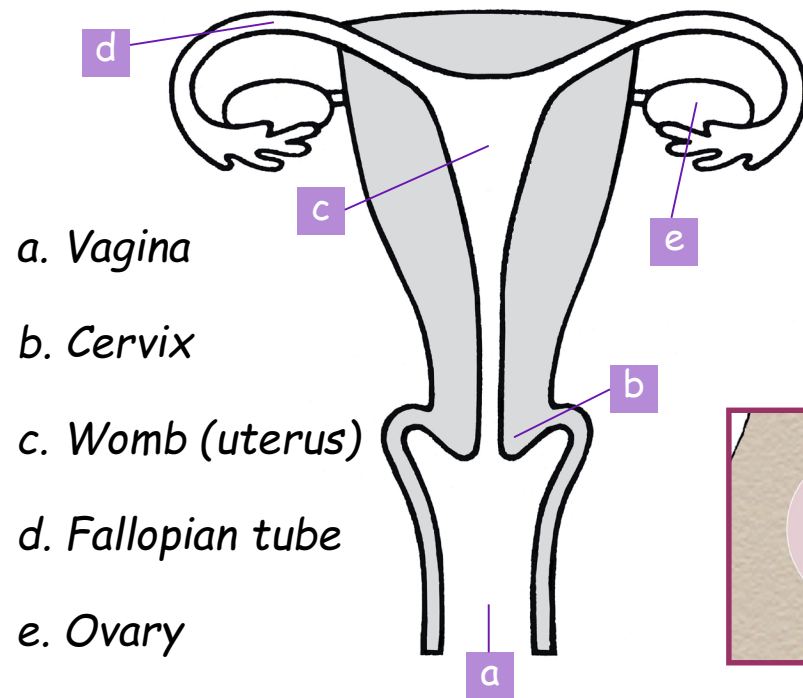
- Breasts develop: they come in all shapes and sizes
- Hips broaden and waist slims
- Ovaries produce oestrogen
- Hormonal activity
- Menstruation begins (about 12 months after breasts begin to develop)
- Uterus enlarges
- Vaginal lining thickens
- Usually start to grow hair on underarm, pubic area and legs



# Menstruation

The menstrual cycle is to prepare the female body for reproduction

Inside a woman's body:



# There are 2 important stages:

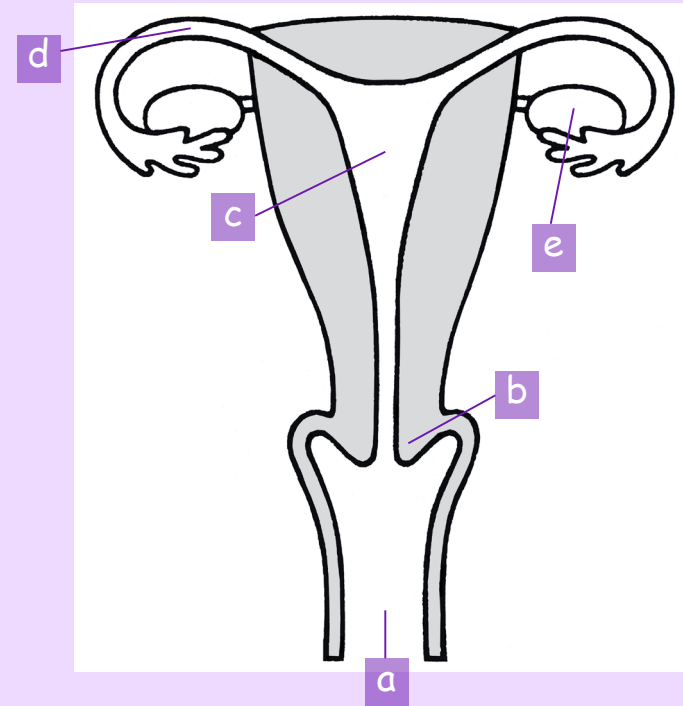
## 1. Menstruation

The menstrual cycle is controlled by hormones released from the pituitary gland.  
Most menstrual cycles last for about 28 days.  
The first day of the period marks the start of the cycle and is counted as day 1.

If the uterus does not receive a fertilised ovum, the lining of the uterus breaks down and is shed over the next few days.

This is called **menstruation**.

The lining of the uterus begins to thicken and an ovum begins to develop.



a. Vagina

b. Cervix

c. Womb (uterus)

d. Fallopian tube

e. Ovary



## 2. Ovulation

On about the 14<sup>th</sup> day of the cycle an ovum is released into the fallopian tube.

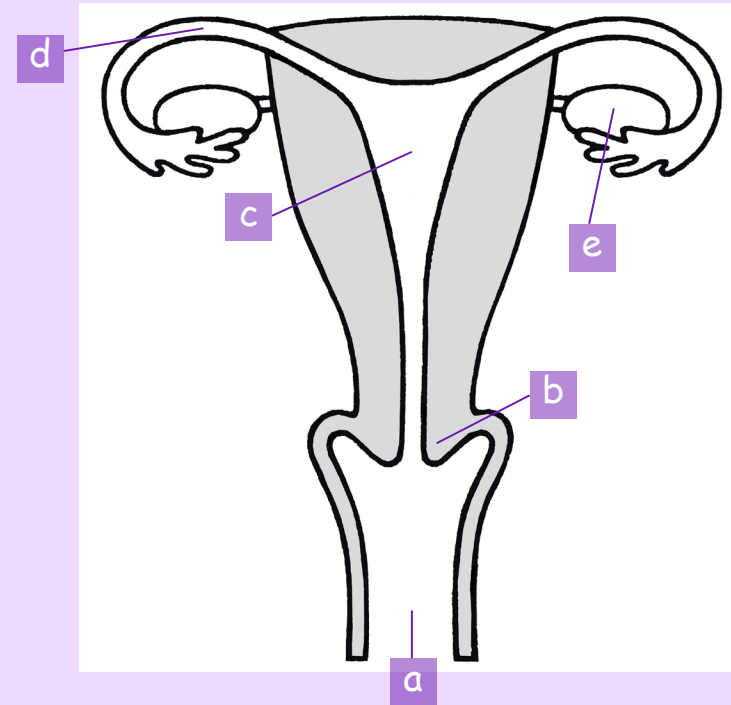
This is called **ovulation**.

The ovum travels towards the uterus.

The lining of the uterus continues to thicken and gets full of blood in case a fertilised ovum arrives.

If the ovum is not fertilised it will dissolve and a period will occur.

Then the cycle starts again...



a. Vagina

b. Cervix

c. Womb (uterus)

d. Fallopian tube

e. Ovary



# *These changes are a natural part of growing up*



*Physical changes from child to adult mean they bring the ability and potential to become a mother or father.*



# Prayer

*Think about how I am growing and developing. Celebrate these changes.*

*Giver and protector of life,  
guide me as I grow  
and develop.*

*Amen.*



# Social/Emotional

*As we grow up our feelings and behaviour change*

- *Production of hormones triggers sexual desire, arousal and urges*
- *Evolving a set of values and moral codes*
- *Seeking independence*
- *Risk-taking behaviour*
- *Concern for the future*
- *Identity formation*



- *Need for privacy*
- *Easily embarrassed*
- *Moods swing up and down without much warning*
- *May be divided loyalty between self, friends and parents*

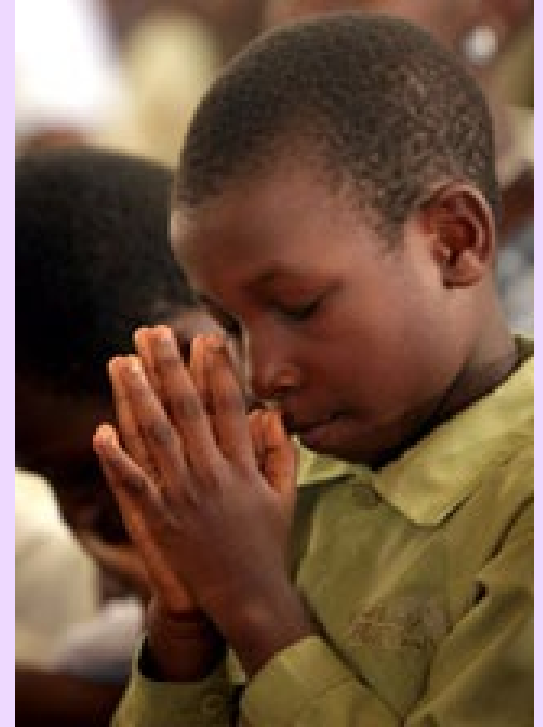


*How can we be more sensitive to our emotional development and other people's?*



# Prayer

*Loving Lord,  
help us to respect and  
understand each other  
better as we continue  
to change and grow.  
Amen.*



# Spiritual

*To live is to change  
and to be perfect  
is to have changed often.*

*Cardinal Newman*



# Prayer

*God, grant me the serenity  
to accept the things I cannot change,  
courage to change the things I can,  
and the wisdom to know the difference.*



*Amen.*



# *A Friendship Blessing*

*May you be blessed with good friends.*

*May you learn to be a good friend yourself.*

*May you be able to journey to that place in your soul  
where there is great love, warmth, feeling and  
forgiveness.*

*May this change you.*

