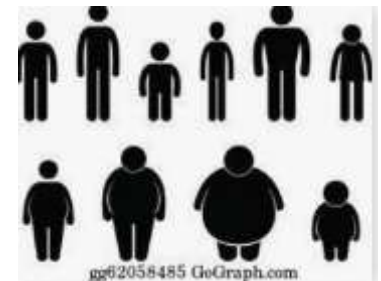


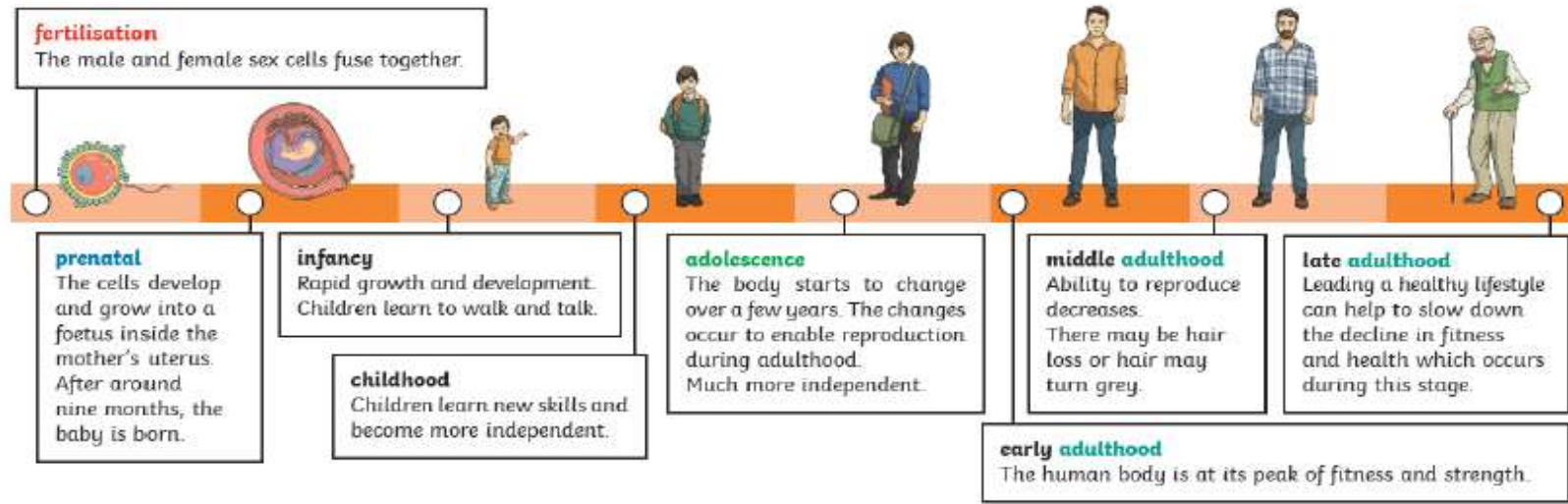
Year 6 Summer Health & Wellbeing - Growing and Changing

- When we go through puberty, our bodies sweat more which means we need to wash more often.
- As you reach puberty, your hair may become greasier because your scalp produces more oil.
- Looking at magazines for 60 minutes lowers the self-esteem of over 80% of girls.
- Body image is the phrase we use to describe how people think and feel about their own bodies.
- There is no such thing as 'the perfect body'
- People come in all shapes and sizes.
- Moving to secondary school might change how we feel and we may change our friendships.

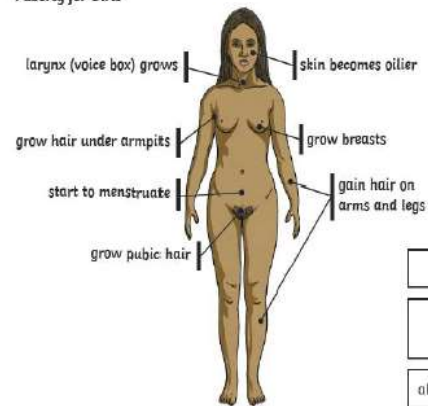
### Vocabulary

testosterone	The hormone that causes most of the changes in a boy's body during puberty
puberty	When a child's body begins to develop and change as they become an adult.
fertilisation	When the male and female cells fuse together.





**Puberty for Girls**



**Puberty for Boys**

