

# 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*

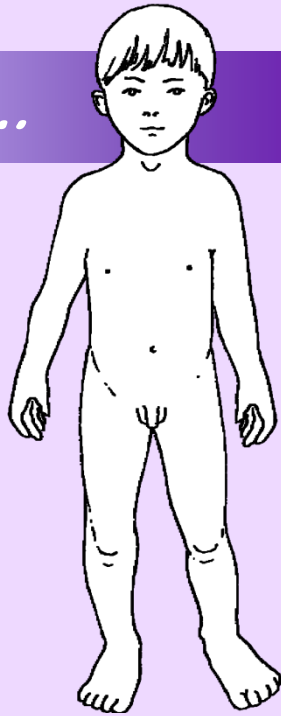


*Make friends*

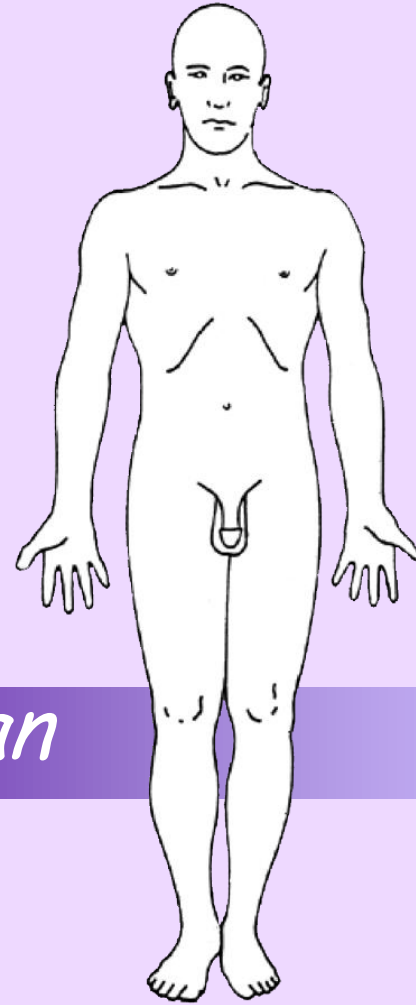


*We will change more before we are grown*

*boy...*



*...to man*



# *Physical changes in boys*

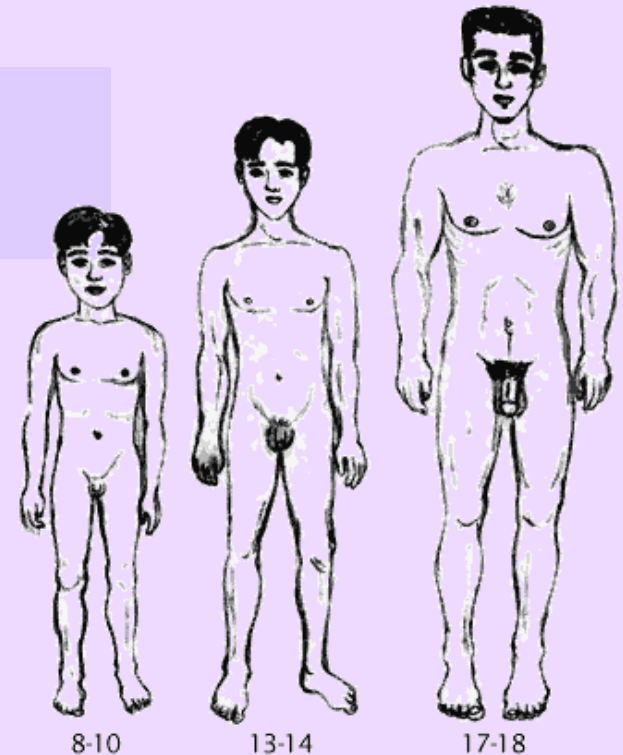
- *Testosterone in the bloodstream triggers changes*
- *Muscles and bones develop*
- *Voice deepens*
- *Some boys get uneven breast development in early puberty*
- *Waist thickens*
- *Limbs lengthen in proportion to body*
- *Shoulders broaden*
- *Wet dreams and erections*



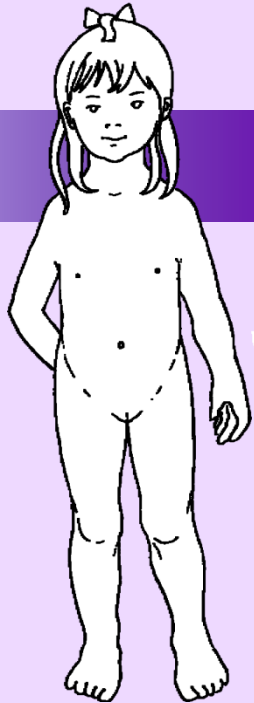


# *Physical changes in boys continued*

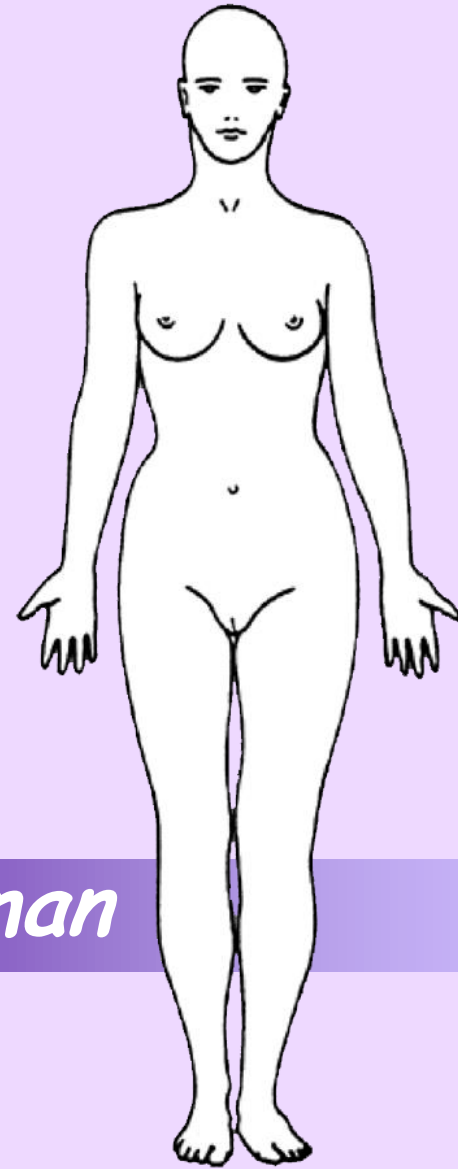
- *Penis and scrotum enlarge*
- *Production of sperm and discharge of seminal fluid during ejaculation*
- *Adam's apple enlarges*
- *Hair can grow on face, chest and back as well as underarms and pubic area*



*girl...*

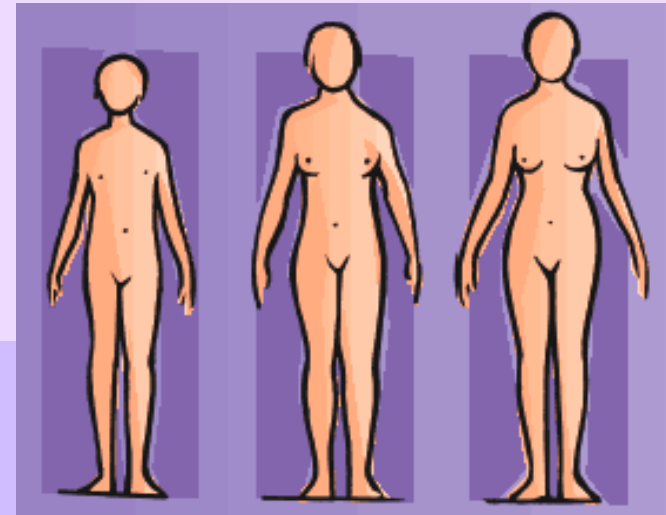


*...to woman*



# *Physical changes in girls*

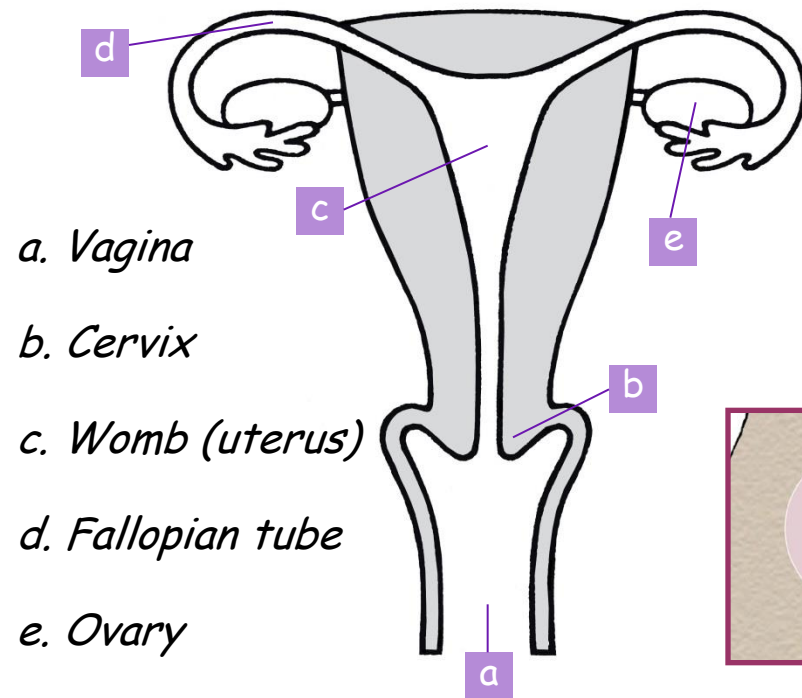
- Breasts develop: they come in all shapes and sizes
  - Hips broaden and waist slims
  - Ovaries produce oestrogen
  - Hormonal activity
  - Menstruation begins (about 12 months after breasts begin to develop)
  - Uterus enlarges
  - Vaginal lining thickens
- *Usually start to grow hair on underarm,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

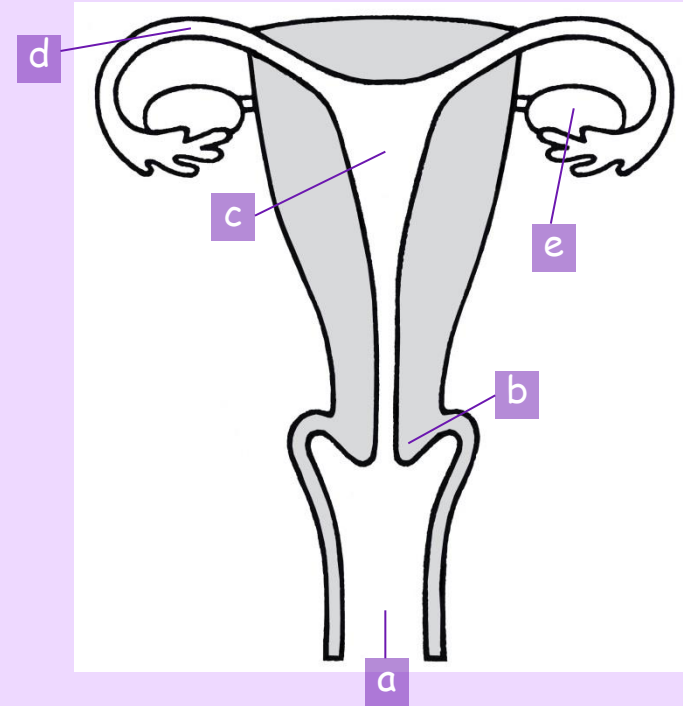
*Most menstrual cycles last for about 28 days.*

*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.*

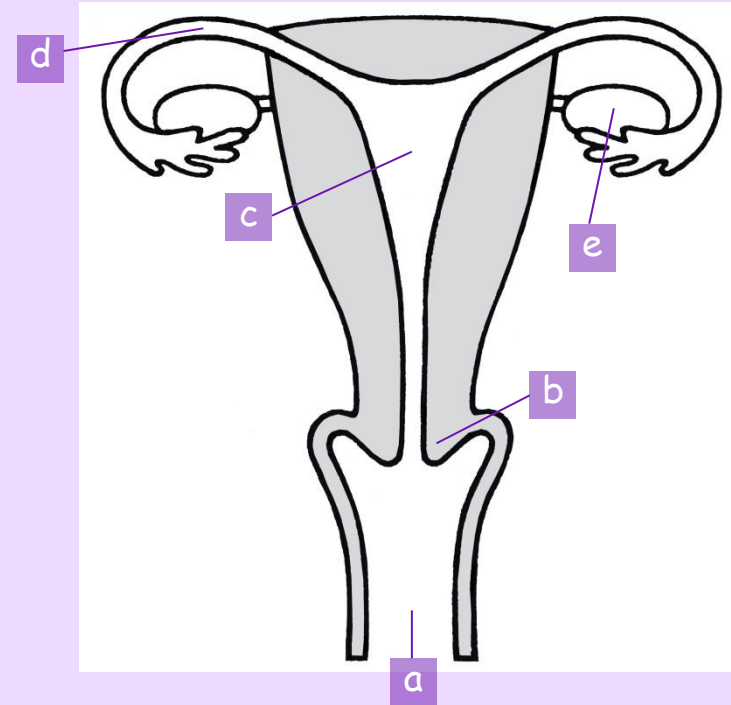
*This is called **ovulation**.*

*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*

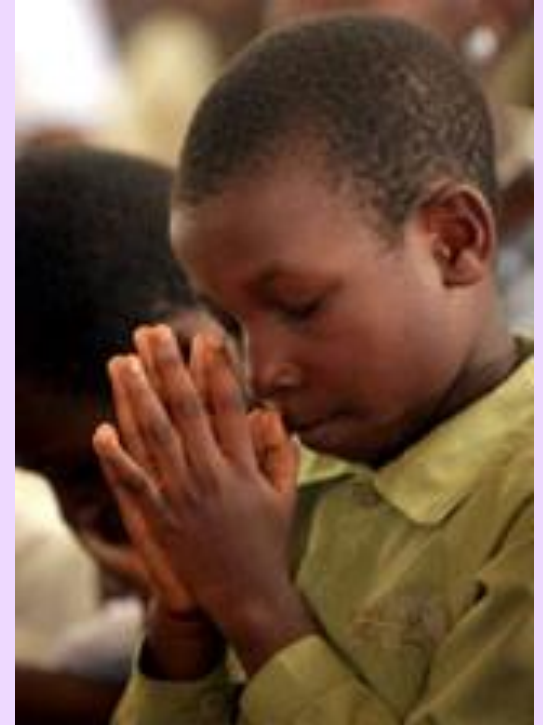


*How can we be more sensitive to our emotional development and other people's?*



# 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.*

