

Changing Bodies



Aim

- I can describe the changes people's bodies go through during puberty and how we can look after our changing bodies.

Success Criteria

- I can use scientific vocabulary when talking about the human body.
- I can discuss changes my body will go through and I know what to expect.
- I can explain how to look after my changing body.
- I can explain how to protect my body and stay safe.

Ground Rules

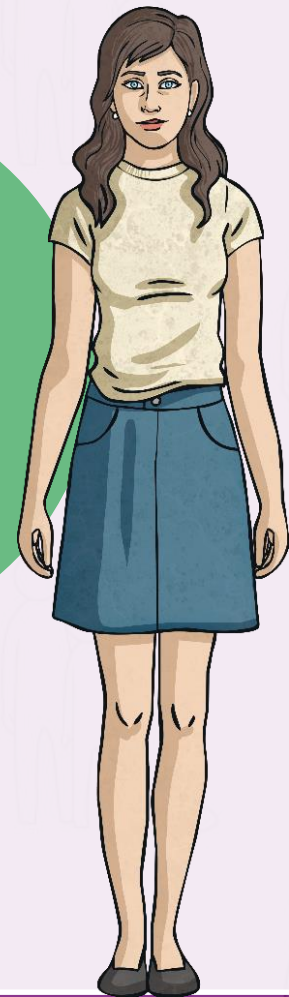
- G** Gigging is okay!
- R** Respect what others say; no put-downs.
- O** Okay to pass on a question or activity if something feels too private.
- U** Understand others' feelings, be sensitive, listen and respect their differences.
- N** No personal questions or stories from pupils or teachers.
- D** Discuss puberty topics responsibly outside the classroom.
- R** Remember to ask questions if you are unsure about anything.
- U** Use the correct names for body parts - ask if you can't remember.
- L** Let the teacher know if you want to speak to them privately.
- E** Encourage others to participate and get involved.
- S** Speak for yourself; use 'I' statements and don't refer to others by name or by pointing.

The Big Questions



What are the changes that occur in boys' and girls' bodies during puberty?

How can we look after our changing bodies as we grow?



First...

What language and vocabulary do you think you might hear today?

Puberty



Today we will be learning about how peoples' bodies change as they go through puberty.

Write down what you already know about puberty. Think back to previous learning about how our bodies change as we grow.

On the pieces of paper provided, write down any questions you have about puberty that you would like answered in this lesson, or at a later date.



Puberty



Which changes do you think both males and females go through during puberty?



How might young people feel when their body starts to change?

How Bodies (and Emotions) Can Change during Puberty

What is puberty?

Puberty is the word to describe the phase when a child's body starts to change, as they become an adult.



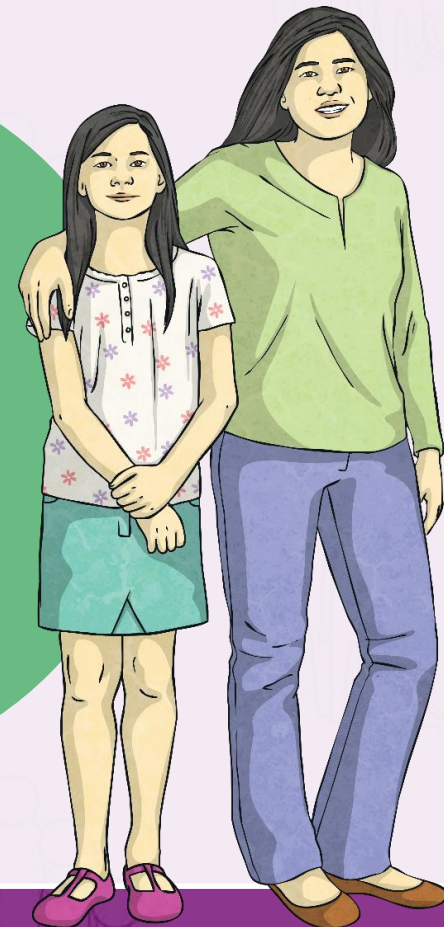
Apart from when you were a baby, this is the time when your body will grow the fastest.

How Bodies (and Emotions) Can Change during Puberty

So, what sorts of changes should we expect?



How does a boy become a man and how does a girl become a woman?



How Bodies (and Emotions) Can Change during Puberty

It helps to know about the changes your body will go through before they happen, so you know what to expect.



It is important to remember that everyone goes through these changes, no matter who they are, what they are like or where they live.

We are all different, but we all go through puberty!

How Bodies (and Emotions) Can Change during Puberty

Puberty usually starts between the ages of 9 and 15 in males.

Let's take a look at some changes that happen in the male body during puberty...

Boys might notice that their penis sometimes becomes hard. This is called an erection. It can be embarrassing but don't worry - it is completely normal and it will happen less and less as you get older.



Boys' bodies start making the hormone testosterone and facial hair begins to grow. sperm in the testes (testicles).



Boys' voices will become deeper and their bodies will become more muscular.

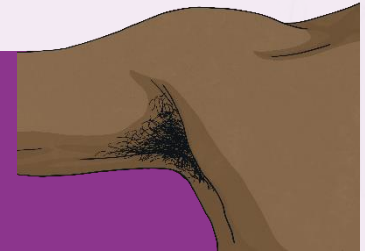
Changes in Boys



You may notice you are getting an Adam's apple – this is your voice box getting larger, which makes your voice deeper.

Your testes (or testicles) will grow bigger and your penis grows longer and wider.

You grow more hair on your body, such as under your arms, around your penis and on your chest.



You may notice your penis getting hard sometimes. This is called an erection. It's nothing to worry about and it doesn't last long.



Your body will grow bigger and stronger.



Your body will start to sweat more – and that means you get more smelly!

Washing more often is a good idea and you might want to start using a deodorant to keep you smelling fresh.



You may find your hair is more greasy.

You start to grow hair on your face.

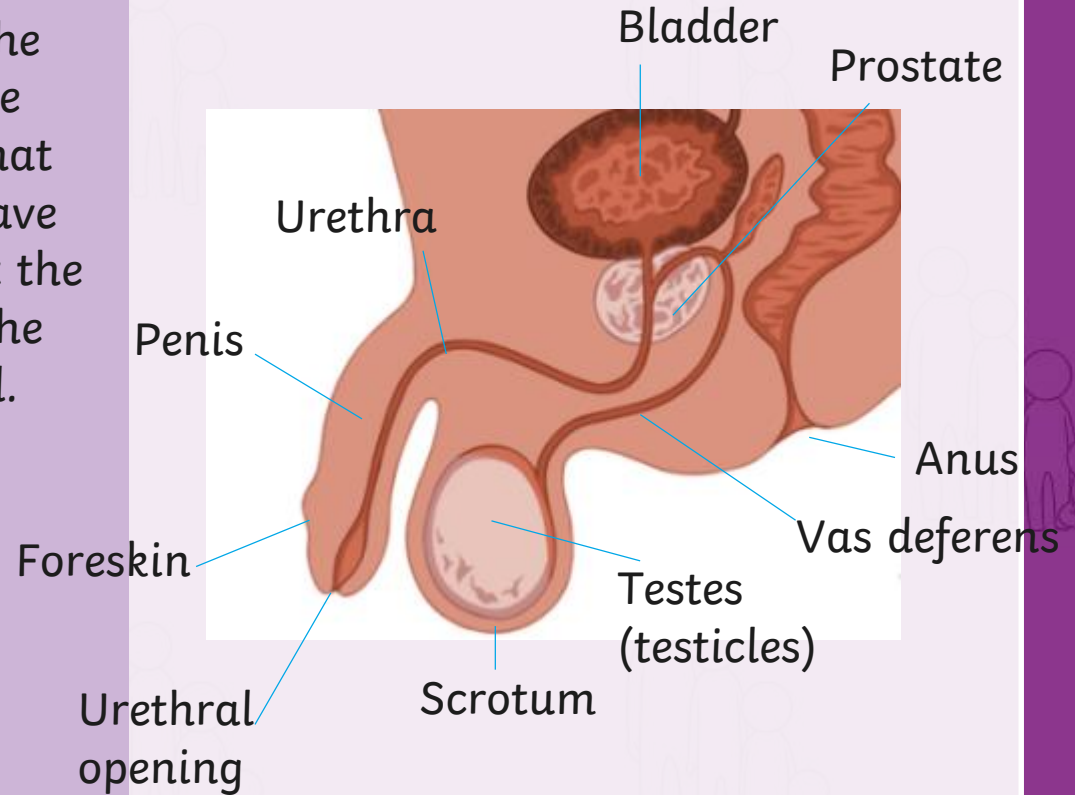


You may get spots on your face or other parts of your body, such as your chest, back or shoulders.

It's best to leave spots alone. Keep clean and maybe try treating acne with special spot cream.

Male Genitalia

It is important to know the parts of the body and the correct terms. We know that male and female bodies have different parts. Let's look at the male genitals and what the different parts are called.



How Bodies (and Emotions) Can Change during Puberty

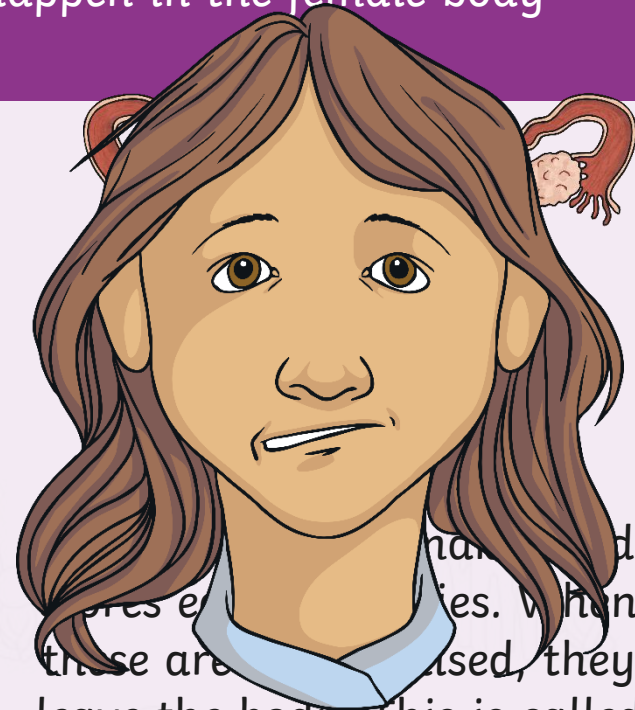
Puberty usually starts between the ages of 8 and 13 in females.

Let's take a look at some changes that happen in the female body during puberty...



Girls might notice that they have white or clear fluid coming from their vagina. It might be thin and wet or thick and sticky. This is nothing to worry about. It is called discharge and it's just another sign that hormones are changing your body.

The female body gets curvier, as the hips get wider and breasts develop.



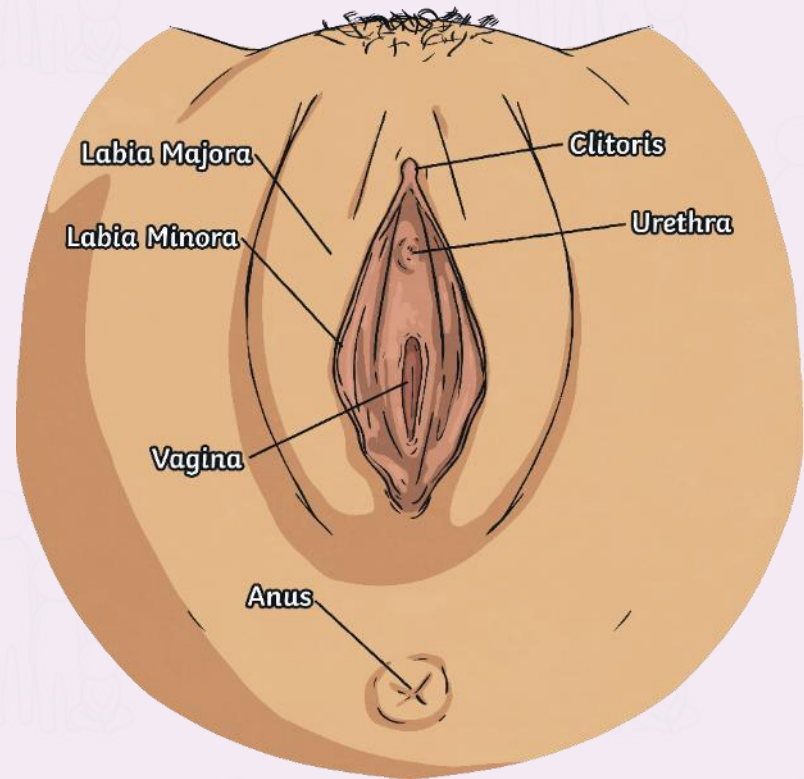
When these are released, they leave the body. This is called menstruation or 'periods'.

Female Bodies and Periods

It is important to know the parts of the body and the correct terms. We know that male and female bodies have different parts. Let's look at the female genitals and what the different parts are called.



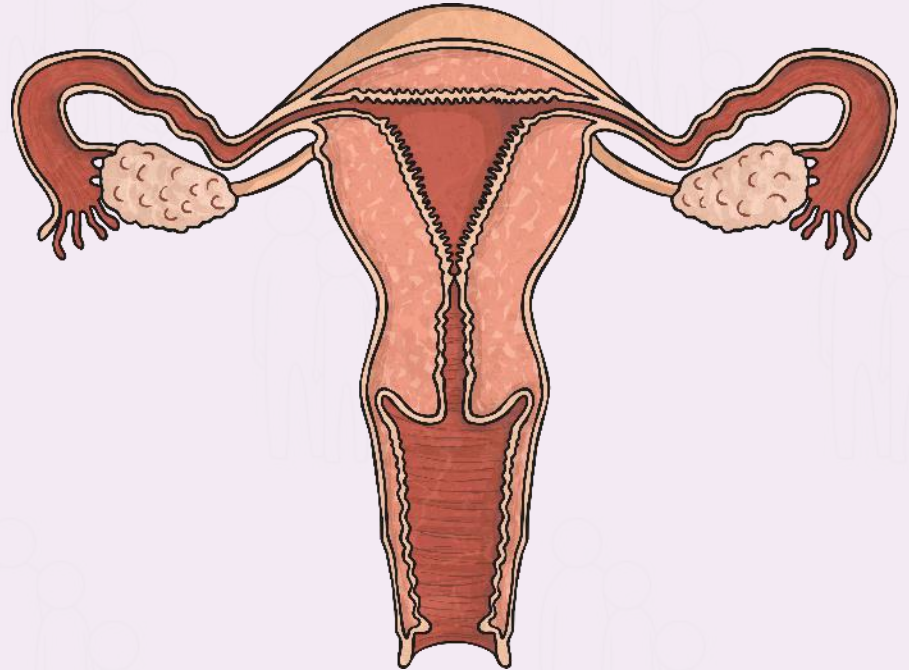
The Vulva



Female Bodies and Periods

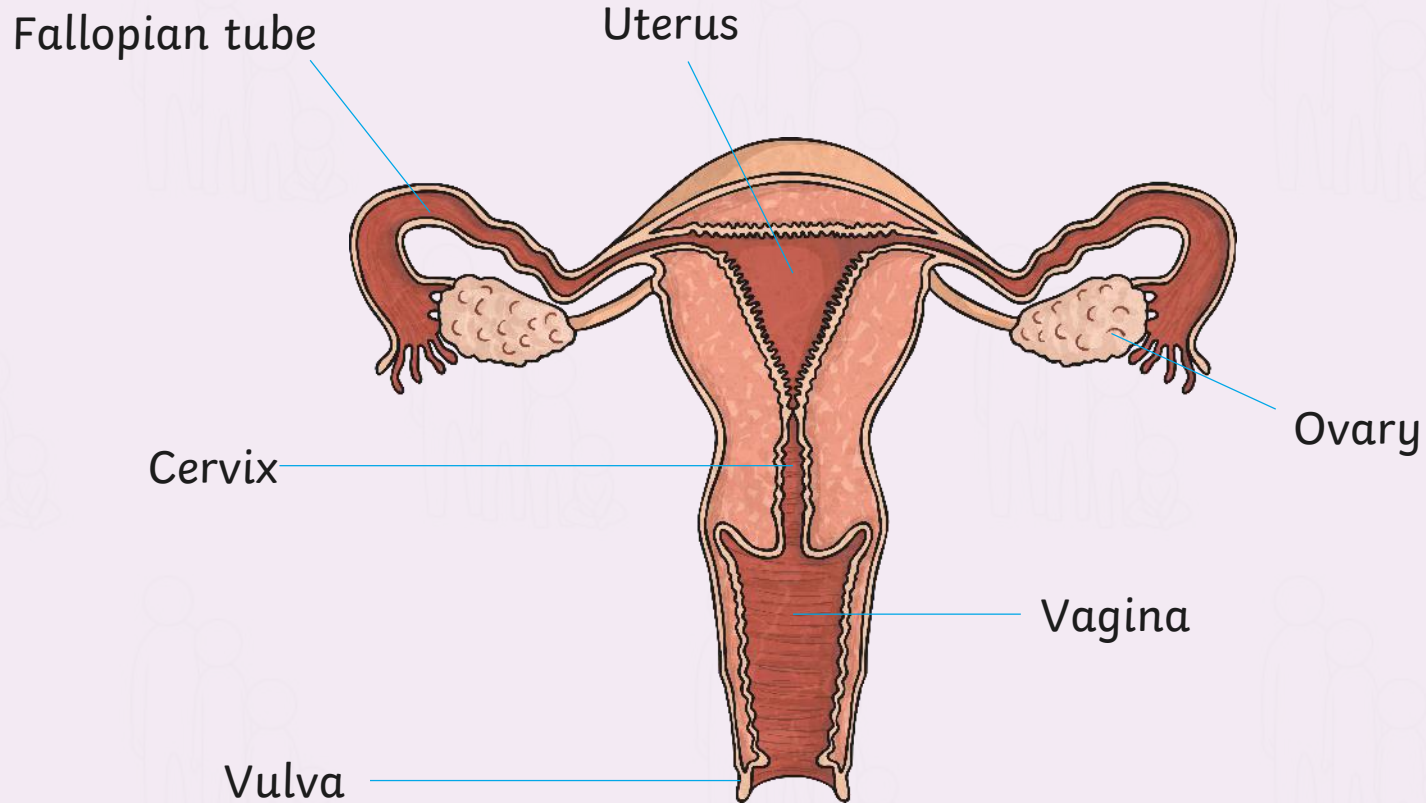
Now, let's look at another diagram. What do you think this is a picture of?

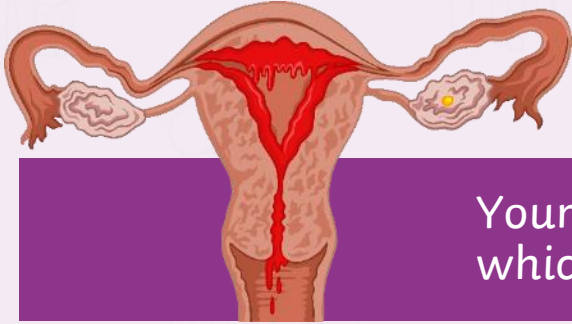
What do you already know about changing bodies, puberty and human reproduction?



How do you think this diagram links to today's lesson all about periods?

Female Bodies and Periods





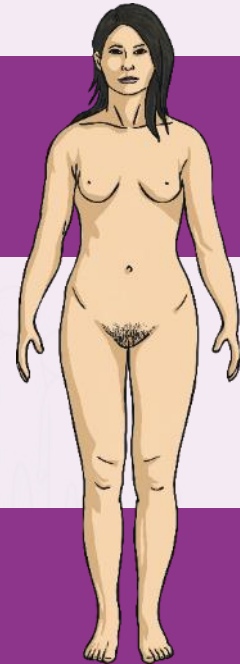
Your body starts to release eggs from the ovaries, which have been inside you since you were born.

You start your periods. This is your body getting rid of the egg and the protective lining it made for the egg.

This is called menstruation. All females menstruate – it's part of becoming a woman.

Your breasts will grow bigger and your hips will get wider, giving your body a curvier shape.

You grow more hair on your body, such as under your arms and around your genital area.



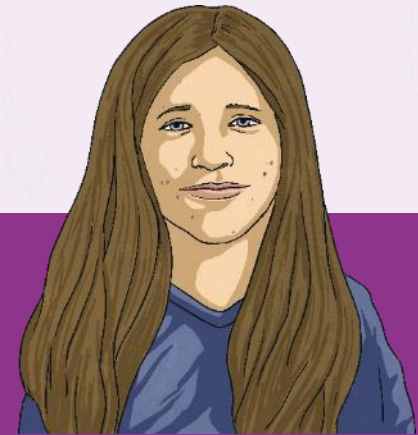


Your body starts to sweat more and your hair may become more greasy.

Washing more often is a good idea and you might want to start using a deodorant to keep you smelling fresh.

You may get spots on your face or other parts of your body, such as your chest, back or shoulders.

This is called acne. Never pick spots. Keep the area clean and maybe try some special treatment for acne.



Products

There are a variety of products that can be used when you have a period. Can you name any?



Menstrual cup

Sanitary
Bags



Tampons



Sanitary Towels (pads)



Liners



How Bodies (and Emotions) Can Change during Puberty

So, male and female bodies both go through some changes that don't happen to the other gender.

However, there are some changes that both boys and girls can experience



The hormones stimulate the glands in your skin, including the sweat glands under your arms. This can cause body odour.

How Bodies (and Emotions) Can Change during Puberty

Another change that young people might experience when they go through puberty is called **nocturnal emissions**, or **wet dreams**.

Males and females can experience wet dreams and, as you might have guessed from the word 'dreams', they happen when we are asleep.



How Bodies (and Emotions) Can Change during Puberty

If you have a penis, you might ejaculate semen (the fluid containing sperm) from your penis in the night.



If you have a vulva, you might notice it becomes wet in the night from some discharge. You might be dreaming about something of a sexual nature or you might not remember what you were dreaming about at all.



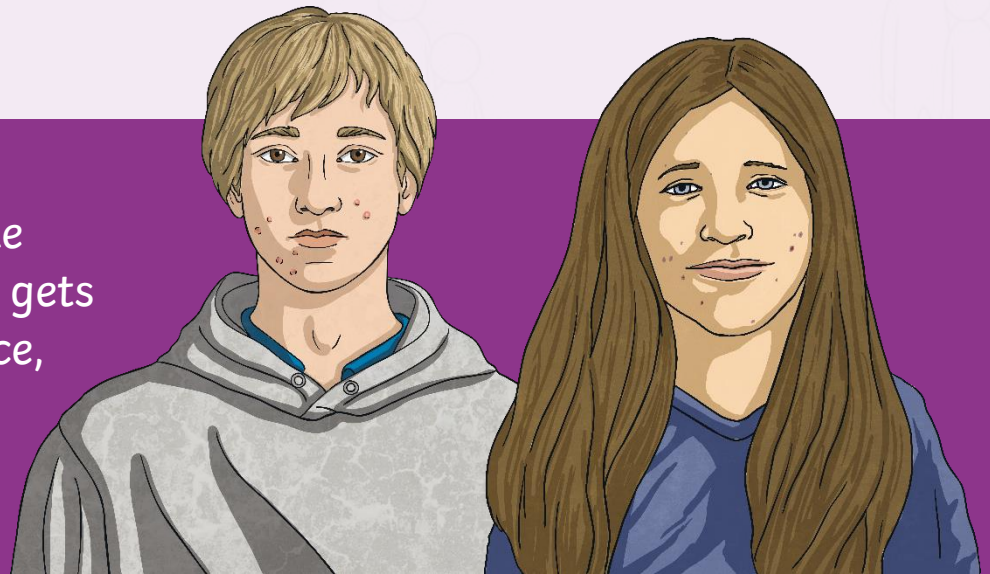
Either way, wet dreams are nothing at all to worry about. They are completely normal, but not everyone experiences them.

How Bodies (and Emotions) Can Change during Puberty

So, male and female bodies both go through some changes that don't happen to the other gender.

However, there are some changes that both boys and girls can experience

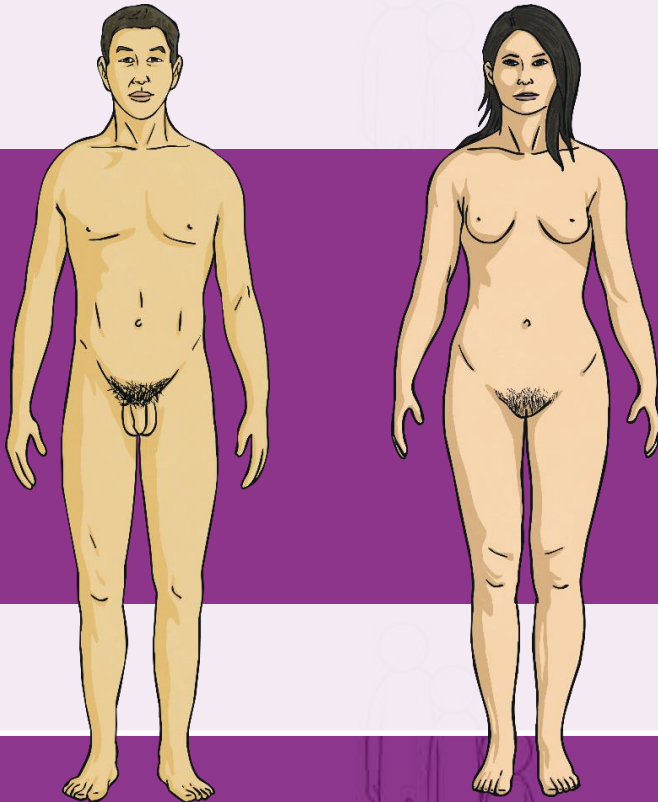
Some young people develop acne (pimples or spots), as their skin gets oilier. These might be on the face, upper-back, or upper-chest.



How Bodies (and Emotions) Can Change during Puberty

So, male and female bodies both go through some changes that don't happen to the other gender.

However, there are some changes that both boys and girls can experience

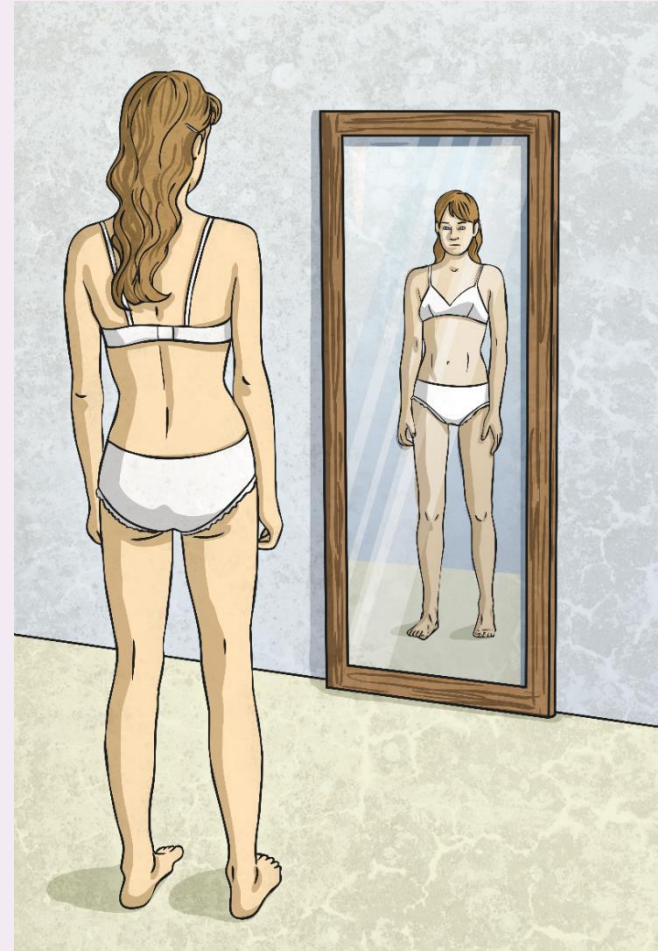


Under-arm hair and pubic hair (hair around the genitals) begins to grow.

How Bodies (and Emotions) Can Change during Puberty

Getting to Know Your Own Body

It's important that you find out about your own body and get to know it. It's **your** body, so it's OK to look at it.



How Bodies (and Emotions) Can Change during Puberty

All girls and boys go through these changes as they become women and men.

These changes happen at different times in different people. Some people may start puberty before or after their friends.

This is completely normal and no reason to worry. There is no 'right' or 'wrong' time to start puberty!

Do you have any questions?



Looking after Our Changing Bodies



Thinking about all the changes peoples' bodies go through during puberty, work in a small group to think of ways that young people can look after their bodies as they are changing.



Looking after Our Changing Bodies



What ways did you think of for young people to look after their bodies during puberty?

Wash well!

Eat healthily!

Wash often!

Ask advice!

Chat to friends about the changes!

Wear comfortable underwear!

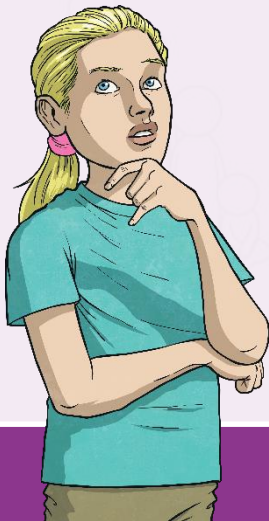
Leave spots alone!

Use deodorant!

Get plenty of sleep!

Be prepared!

Get lots of exercise!



Looking after Our Changing Bodies



Your body – before it changes, during puberty and after it has changed – is **YOUR** body.

You have the right to protect yourself against any inappropriate or unwanted contact. Others should respect you and your body.

If you ever have any concerns about someone wanting to do something to your body, you should report it to an adult you trust. They could advise you and get the help and support you need.

Take care of your body and stay safe.



What Have We Learnt?



So, what have we learnt about the ways in which our bodies change during puberty? What have you learnt about the ways that we can look after ourselves as our bodies change?

Summarise your learning with your talk partner.



Changing Bodies



Aim

- I can describe how thoughts and feelings may change during puberty and suggest how to deal with those feelings.

Success Criteria

- I can use scientific vocabulary when talking about puberty and changes.
- I can discuss the emotional changes I might experience and I know what to expect.
- I know where to get help and advice if I need it.

The Big Questions



How might our thoughts and feelings change during puberty?



How can we deal with difficult feelings and moods?



Changing Emotions



Today we will be learning about how peoples' feelings and emotions may change as they go through puberty – a time of change in all young peoples' lives.

With your talk partner, list the range of feelings and emotions you think people might experience during puberty.



**Think about why
young people
might be feeling
these emotions.**

How Emotions Can Change



What is Puberty?

Puberty is the word to describe the phase when a child's body starts to change, as they become an adult. Apart from when you were a baby, this is the time when your body will grow the fastest.



We have already learnt about the physical changes we can expect to see during puberty, but what about the emotional changes?

How Emotions Can Change

Puberty can be a confusing, even worrying time for many young people. That's why it is important to understand what is happening to your body and to know where to get help or advice if you need to.

It may feel like you are the only person going through these emotions and that nobody else understands how you feel, but that isn't true. Puberty happens to everyone!



How Emotions Can Change

Let's read about some children who are experiencing new or difficult emotions as their bodies change and develop.

On the following slides are some letters written to a 'Problem Page' website.



Think about what advice you could give the young people who wrote these letters, or what you might do if you were them.

How Emotions Can Change



Hello,

I am a bit embarrassed about this, but I hope someone can help. I really, really like this boy in my class. I get strange feelings whenever I see him, like I am excited and a bit sick at the same time. I think about him loads and sometimes dream about him.

It's so weird because I have known him for ages and he has always been my friend. I never used to feel like this around him and it's really awkward. I get nervous every time he talks to me!

I can't talk to my friends, because I think they'll make fun of me, or (even worse) they might tell him and that would be awful!

Please help! What should I do?

How Emotions Can Change



Hi,

I'd really like some advice, please. I have been feeling angry all the time and I don't know what to do. I keep losing my temper at home with my parents and especially with my younger brother. No one understands how I feel and I just keep getting into trouble. I have also started to get really angry at school and got in a fight the other day.

I don't feel like myself. I never used to get angry all the time. I feel out of control and I am worried that I will hurt someone or get into big trouble soon.

Any advice please?

How Emotions Can Change



Hey there,

I'm hoping someone might have some advice they can give me, as I am desperate and have no-one to turn to. Lately I have been feeling really, really down. I keep crying all the time and feel so lonely. Often I don't even know why I am so down. I have started staying in more, rather than going out with my friends, just in case I cry in front of them or make them miserable, too.

But now I feel so lonely and sad. Everyone else seems so happy. I have no real reason to be feeling down. Things at home are fine and I'm doing OK at school.

Why do I keep crying all the time?

How Emotions Can Change



Please, please, can someone help?

I am drowning in school work and just don't know what to do. The workload has increased and the pressure is all too much. Every lesson I struggle to keep up and every day I have loads of homework. Sometimes I don't get anything done, because I just don't know where to start. I sit there looking at it and just feel overwhelmed. Then I have to make up excuses at school about why I haven't brought my homework in.

I don't want to look like a failure – everyone else seems to be coping just fine. But I am getting further and further behind.

What can I do?

Questions and Answers



You probably have lots of questions about how and why your emotions may change, and where you can go for help.

Questions and Answers

Why do these emotional changes happen?

Changing moods and strong emotions during puberty happen to everyone. They are caused partly by the many changes and challenges that happen when you are growing up; at home, at school, in your bodies and in the way you think and act. Times when there are lots of changes in your life can make you feel unsettled and unsure about yourself.

Hormones are also partly responsible for the emotional changes you might feel. Hormones are chemical messengers inside our bodies. Different hormones have different jobs to do and control different things in our bodies, ranging from hunger and sleep, to growth and stress levels. Certain hormones start to be produced during puberty to help our bodies to grow. These new hormones can make us feel different or strange. They can affect our mood as our body gets used to them.



Questions and Answers

Is it normal to feel this way?

Everyone goes through these changes. Some people will be affected by their hormones more than others and people may be affected in different ways. There is no right or wrong way to feel, but it is important to remember that you are not the only person feeling the way you do. Changing emotions are a normal part of growing up.

But just because it is normal to feel changes in your moods when you are growing up, doesn't mean that your feelings are not important. If you are feeling like you can't cope with your strong emotions, or if you feel angry or unhappy a lot of the time, it is important that you talk to someone you trust.



Questions and Answers

Who can you go to for help?

Talking to friends you trust can be a great idea. It will probably turn out that they have had similar feelings.



Try talking to people you live with, this could be your parents, or maybe an older brother or sister. They were your age once and probably remember going through the same emotions.



Is there an adult at school you can trust? They could listen to you and give advice.



Talk to health professionals, such as your doctor or nurse, or use health websites, such as the NHS, to get advice and support.

Questions and Answers

What is Childline?

Childline is a free, private and confidential service that offers young people support and advice with any issues that they are going through.

You can call Childline any time for free on 0800 1111, send them an email, or post on their online message board.

There is always someone available to help. No problem is too big or small.

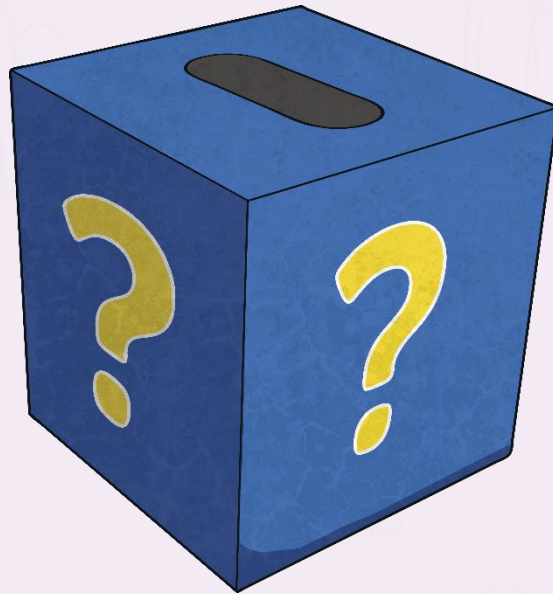
Childline is a 'confidential' service. This means that they won't tell anyone else that you have contacted them.



Questions and Answers

Any other questions?

Don't forget that you can write your questions down and put them in the 'Question Box' if you would prefer.



Changing Bodies



Aim

- I recognise that many things affect the way we feel about ourselves and I understand that there is no such thing as an ideal body.

Success Criteria

- I understand the term 'body image'.
- I can name some things that affect the way we see ourselves.
- I appreciate that people have different bodies and can look very different from one another.

The Big Questions



Is there an ideal kind of body?

What information can affect how we think and feel about ourselves and our bodies?



Every Body!



Every Body!



Every Body!



Look around at all the people in the world and all the different types of bodies they have. What a wonderful variety! Everybody has a unique body and it is important that we look after the body we have, as best we can.

Talk to your partner about the ways in which you can look after your body.



Not everyone likes the body they have, and at times many people wish they could change their bodies. However, it is important that we learn to love the body we have and be aware of the things around us that can influence the way we see ourselves.

Body Image



Every day we see images of 'ideal' bodies.

Where might you see images of 'ideal' or 'perfect' bodies?

adverts on the television

toys, such as dolls representing women

adverts in magazines

images we see online

music videos



Body Image



Compare these pictures to the ones we looked at earlier in the lesson. Do these represent all the body types we see in our society?



Body Image



Why do you think adverts, posters, magazines, music videos and television programmes tend to feature people with these bodies?

Do you think these images help people to have a positive body image and be happy with their own bodies?



What sort of message do you think this sends to everyone who sees the images?

Do you think those images we see in magazines and on the television are accurate, truthful images?

Body Image



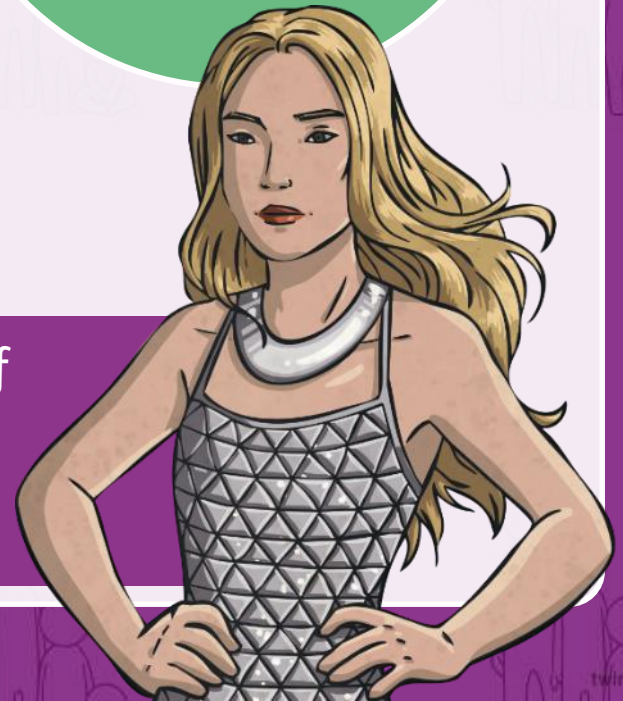
Did you know that people in the media, film and photography industry are able to alter images?

Technology is amazing and so advanced that images we see of people in magazines or on the screen have often been changed to make them look more how the company want them to look.

It isn't a true reflection of the person, but sadly companies are allowed to do it.

So a make-up model who has spots on the day of the photo shoot can magically have their spots erased with computer technology before the image is turned into an advert.

Sometimes, people are made to look taller, thinner, or more muscly than they are in real life.



Body Image

We need to remember that a lot of images we see are not real. A photo like this might have had lots of things done to it to make the model look like this. This is called **retouching**.

Look around and you will see real people in the real world. We are all different shapes and sizes, with different hair and faces. There is no 'ideal' way to look.

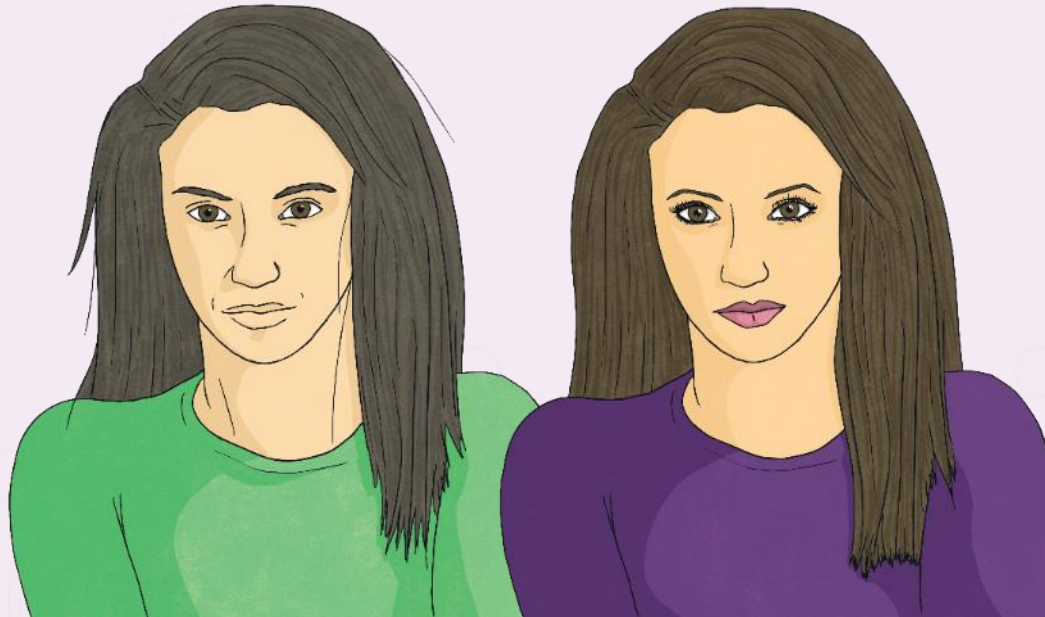


Spot the Difference!



Let's play spot the difference!

You are going to see some images before and after they have been retouched.



Discuss what is different between the two images and how they have been altered to look 'better' or 'more attractive'.

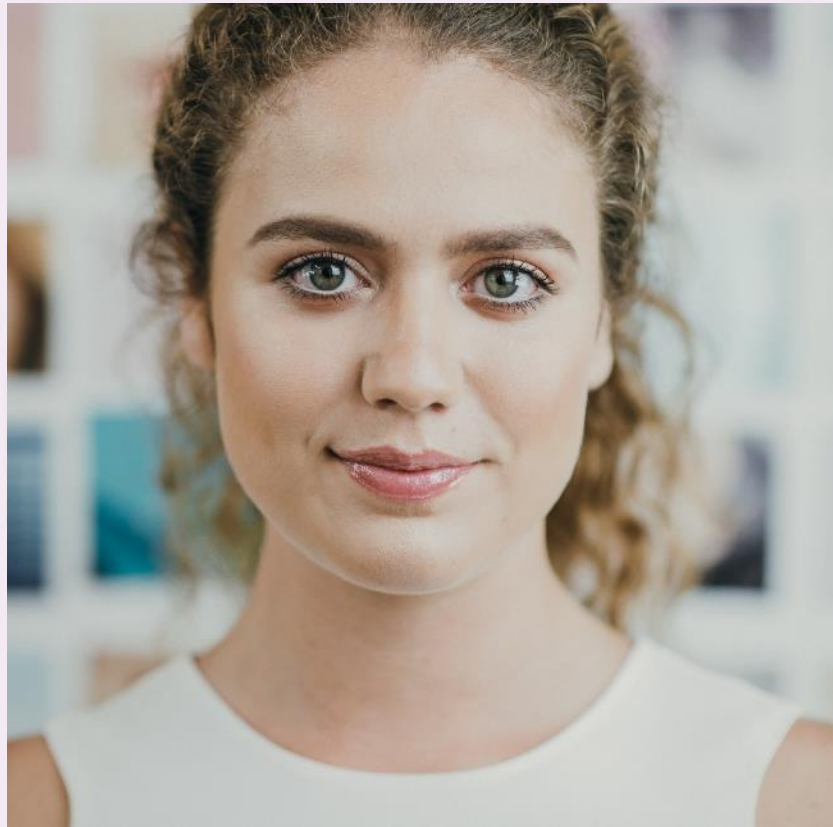
Spot the Difference!



Spot the Difference!



Spot the Difference!



Spot the Difference!



Spot the Difference!



Ad Campaigns With a Difference

Some companies are trying hard to use a range of different looks in their adverts, so that more people in society are represented. They are trying to move away from using the stereotypical 'ideal' body or 'perfect' face.



More Than Just a Body



Who you are – or your identity – is much more than just the way you look.

Who you are is made up of your personality, the things you like doing, the skills you have, your experiences, your accomplishments and many more attributes.

We can feel good about who we are for **lots** of different reasons.

- What might the people from the first set of images we looked at, saying about themselves?
- What might they have achieved?
- What might they be good at?
- What might they enjoy doing?
- What positive messages might they have to share?



Something I Like about You

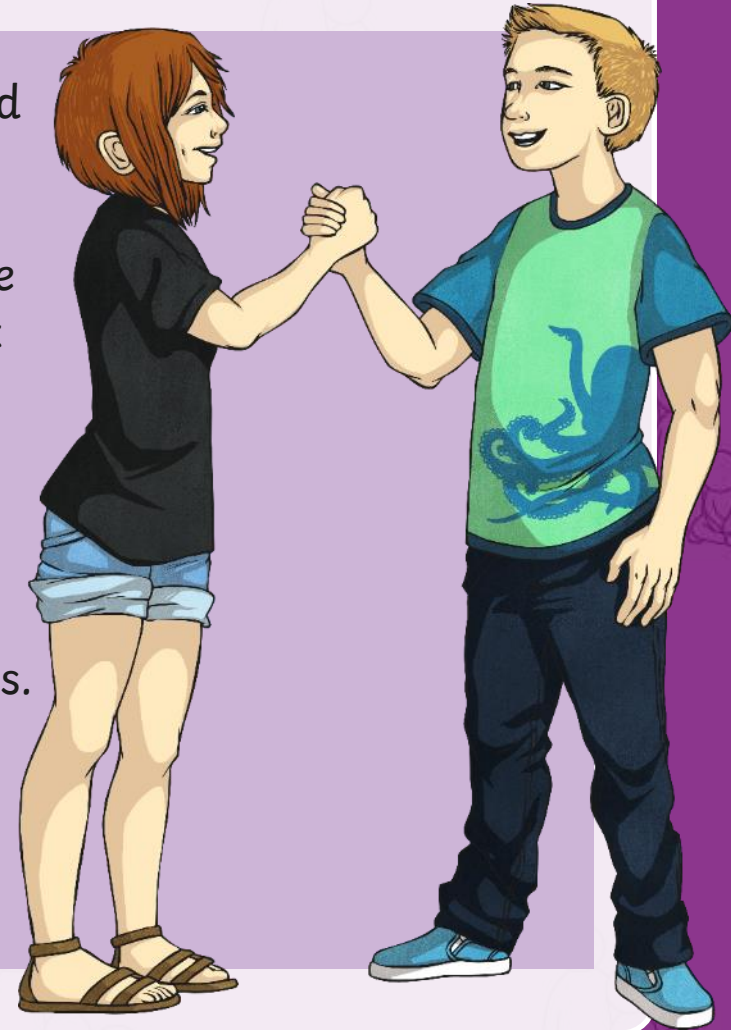


As a class, we are going to play a game, called 'Something I Like about You'.

Think about the person sitting next to you. We are going to take turns to pay the person next to us a compliment. When it is your turn, tell the person next to you something you like about them.

Paying others compliments can help them to have a more positive body image of themselves.

Your compliment could be about their appearance, but it could be about their personality, skills, talents or achievements.



Changing Bodies



Aim

- I understand what a loving relationship is and that there are many types of relationships.

Success Criteria

- I understand the terms associated with love, relationships and sexual orientation.
- I appreciate that people differ in terms of sexual orientation and who they love.
- I can describe what makes a loving relationship.

The Big Questions



What is a
loving
relationship?

What kinds of
loving
relationships
are there?



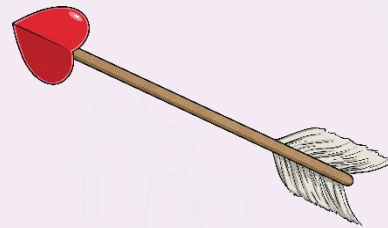
Reconnecting



What words and phrases spring to mind when you think about these big questions?

What do you think of when you think of the term 'loving relationship'?

What different types of relationships can you think of?



With your talk partner, create a mind map or chart of ideas, jotting down any words and phrases you think might be useful for today's lesson. It is OK to use any vocabulary you know relating to relationships.

Relationships



Useful vocabulary for today's lesson...

lesbian

gay

same-sex

adopted

race

age

religion

homosexual

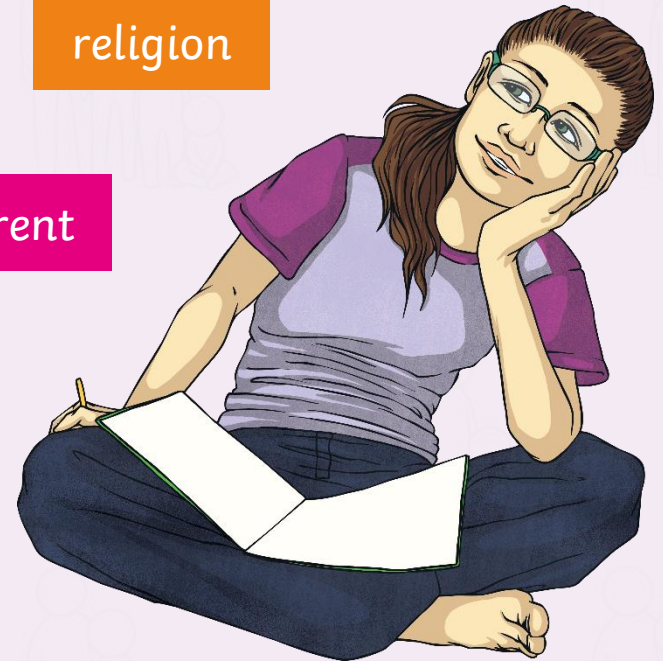
heterosexual

parent

siblings

disabled

love



Loving Relationships



We are going to start the lesson by watching a video.

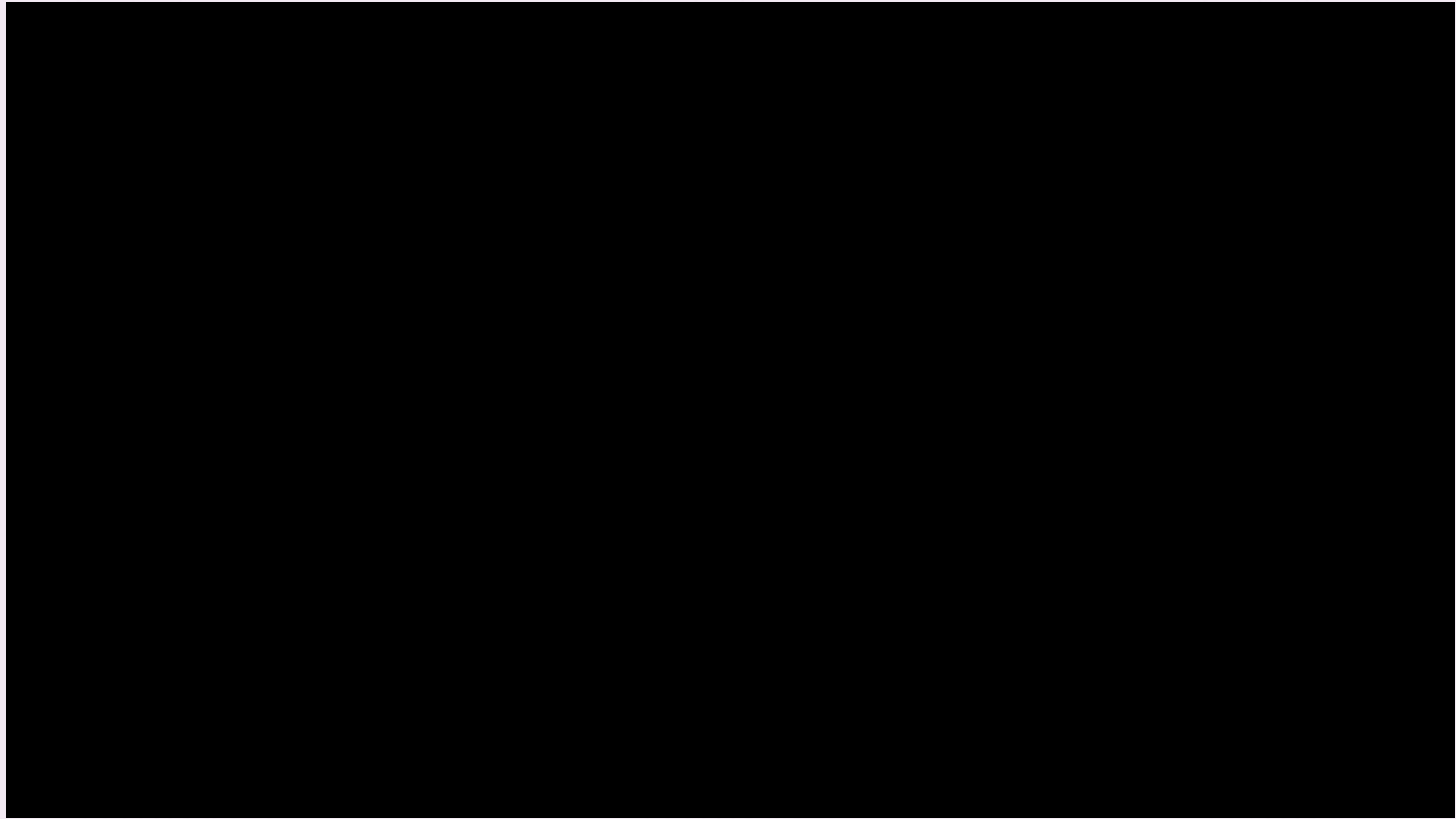
It is called 'Love Has No Labels'. What do you think that could mean?

Whilst watching, think about the different types of relationships featured in the video.

You might like to try using some of the vocabulary we have just looked at to describe some of the relationships you see.



Love Has No Labels



Please check the content in this link, including any comments, is suitable for your educational environment before showing. Please do not let the next video automatically play at the end of the clip. Twinkl accepts no responsibility for the content of third party websites.

Loving Relationships



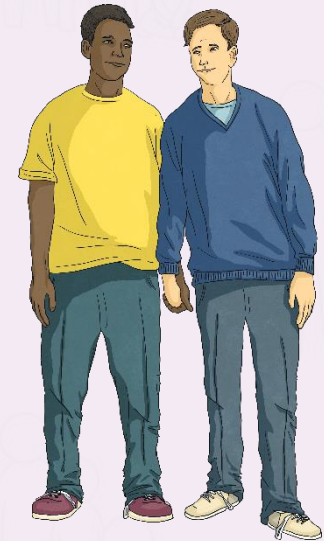
What did you think of the video?

Talk to your partner about the different types of relationships you observed and make a list together.

Were there any relationships that surprised you?

How did the crowd react to the different types of relationships?

Would you have reacted the same way, if you had been there?



Loving Relationships



These girls love each other.



This girl loves her friend.



These men are in a loving relationship.



This elderly couple are in love.



This couple love each other and their child.



This mother loves her baby.

Loving Relationships



A loving relationship can be between friends, members of a family or couples.



There are many types of loving relationships. We have different sorts of relationships with different people in our lives, at different times.



Whilst loving relationships may involve different combinations of people, they will all have some things in common.

List things that you think a loving relationship has or needs.



Loving Relationships



Elements of a loving relationship – no matter who is in the relationship...

advice

commitment

honesty

care

affection

loyalty

trust

communication

kindness

fairness

shared interests

consideration

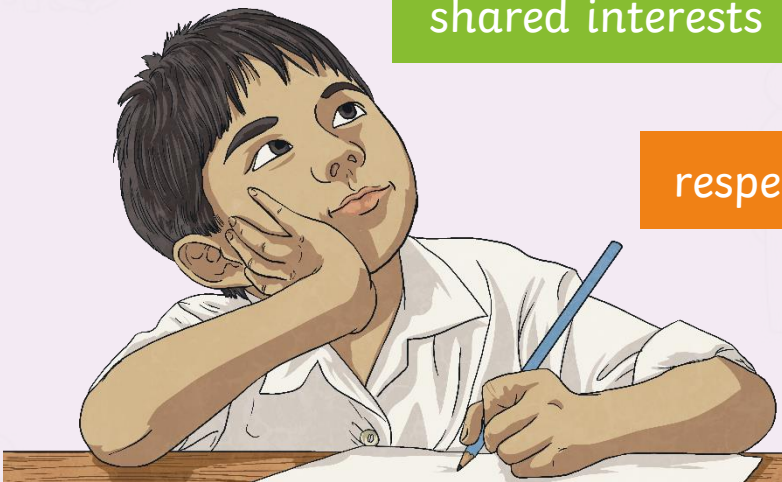
help

time

respect

common goals

support



Loving Relationships



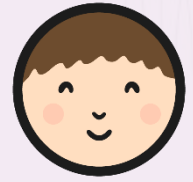
A loving relationship between two people is mutual and consensual.

This means that both people in the relationship want to be in the relationship.

Forcing someone to marry is a crime. Unfortunately, this does sometimes happen, but there is support available to prevent and protect people from being forced into marriage.



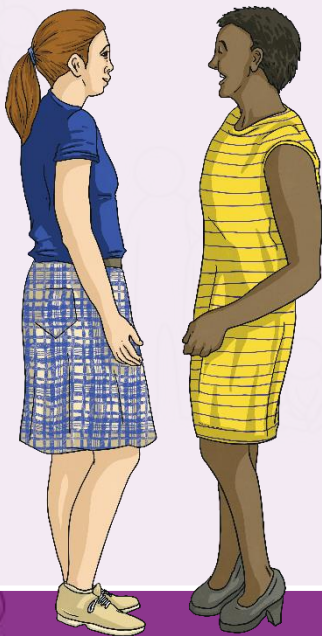
Loving Relationships



Reflect quietly on the following questions...

What do all the loving relationships we have seen today in the video and images have in common?

Why would people want to be in a loving relationship?



Changing Bodies



Aim

- I understand what a sexual relationship is and who can have a sexual relationship.

Success Criteria

- I can describe the terms 'sexual relationship' and 'sexual intercourse'.
- I can explain who can have a sexual relationship, according to the law.
- I can explain what an STI is and I know how these can be prevented.

The Big Questions



What is a sexual relationship?

Who can have a sexual relationship?

What is an STI?

How can an STI be prevented?



Relationships

Write down any questions you may have about sex, on a sticky note, or piece of paper. You can put these in the “Ask It Basket” and we can make sure we cover everything we need to during this lesson.

Let's Talk about Sex



What is 'Sex'?

We may hear the word 'sex', 'sexy' and 'sexual', especially in modern pop songs or in films, but what does it actually mean?

- The term 'sex' is short for 'sexual intercourse'. It can also mean gender.
- The dictionary definition of 'sexual intercourse' is: The act of having sex.

Sex is defined as: physical activity between people involving the sexual organs.

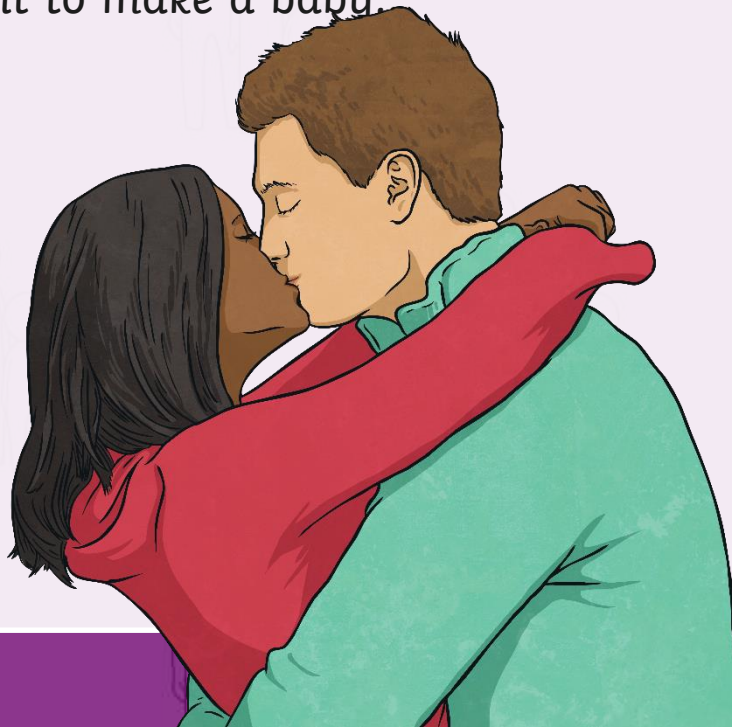
Let's Talk about Sex



Why Do People Have Sex?

Sexual intercourse, or 'sex' for short, is one way that two adults in a loving relationship may show their love for one another.

It can also be the start of the reproduction process, when a heterosexual couple want to make a baby.



Let's Talk about Sex



Sex and the Law

The legal age that people can have sex in the UK is 16 years old.

Both people in the sexual relationship must be 16 years old or over.

Both people must consent (**want** to have sexual intercourse). If one person forces another person to have sex, it is called rape. Rape is against the law.

In most modern societies, it is illegal for two people closely related to each other to have a sexual relationship, such as having sex with a parent, child, brother, sister, or grandparent. This crime is called incest.

Why do you think these laws exist?



Let's Talk about Sex



Media, such as pop songs and television programmes, would have us believe that everyone is having sex and that being 'sexy' is really important!

In reality, this is not the case. Two people who find each other sexually attractive, who are 16 years old or more, may decide to have a sexual relationship, if they care for one another very much and love each other.

As you go through puberty and your body and emotions change, you may start to feel sexually attracted to others. Having a 'crush' or 'fancying' someone is normal. It might be someone you think is good looking, or who you admire. It might be someone you know, or someone you have never met (like a celebrity). It doesn't mean you love them and it doesn't mean you want to have sex with them.

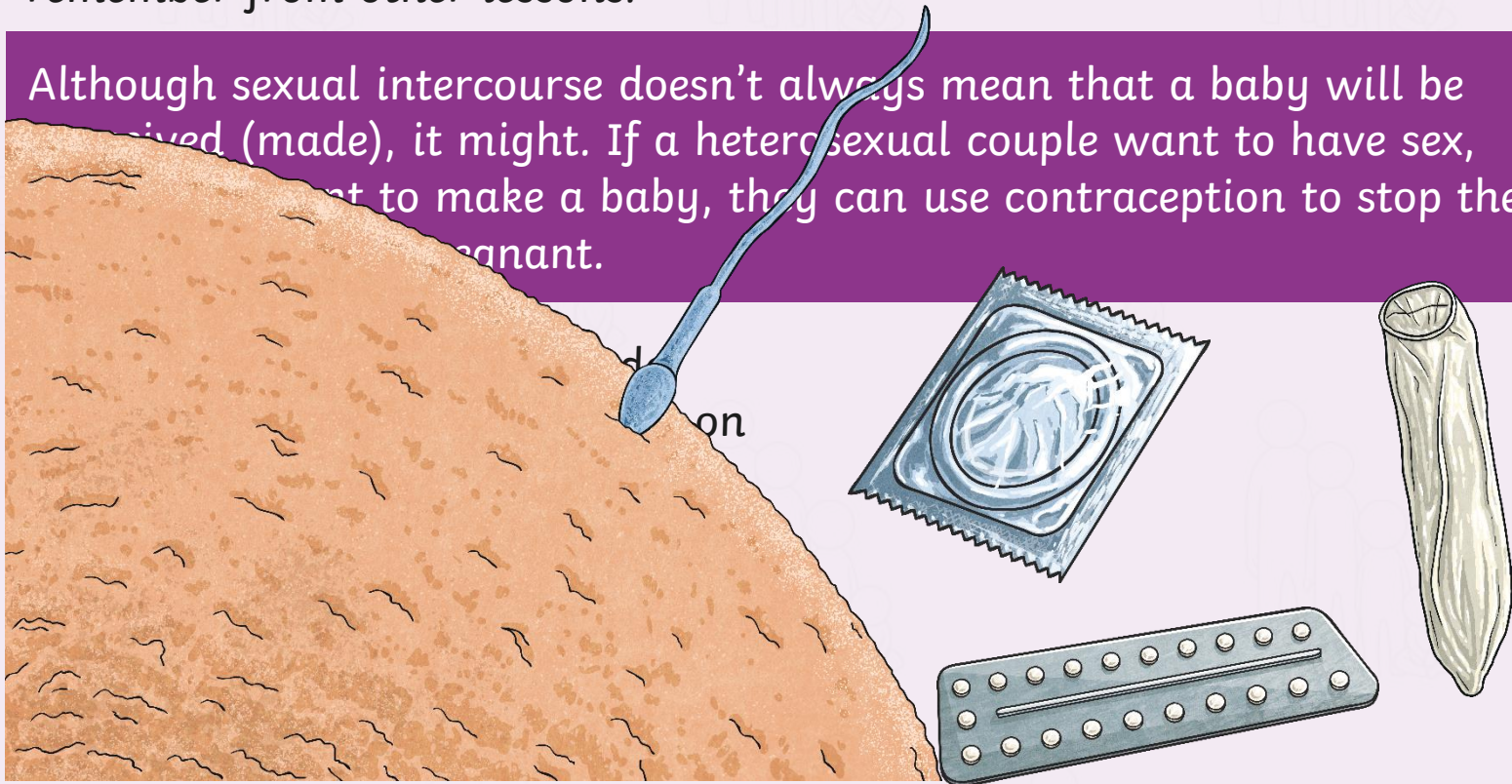


Let's Talk about Sex



Sexual intercourse is also necessary for reproduction (in other animals as well as humans). It is how the sperm meets the egg, as you might remember from other lessons.

Although sexual intercourse doesn't always mean that a baby will be conceived (made), it might. If a heterosexual couple want to have sex, but don't want to make a baby, they can use contraception to stop the sperm from meeting the egg.



Let's Talk about Sex



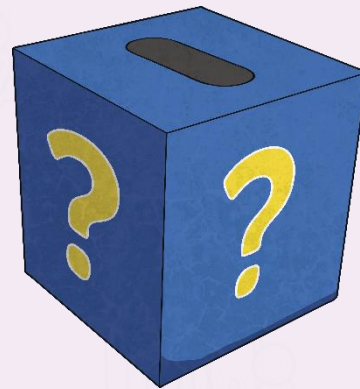
You have been given some cards, which show the steps of making a baby through sexual intercourse. On your own or with a partner, put these in the order you think they should go in.

Let's check the order – how many steps did you get right?

Questions and Answers



If you still have questions you would like answered, put them in the “Ask It Basket” so we can answer them.



Changing Bodies




Aim

- I can describe the process of human reproduction from conception to birth.

Success Criteria

- I can use the appropriate scientific vocabulary when talking about human reproduction.
- I can explain what contraception is.
- I can describe how a baby grows inside the womb.
- I can explain how a baby is born.

The Big Questions

A cartoon illustration of a young man with dark hair, wearing an orange long-sleeved shirt and blue pants. He is looking upwards and to the right with a thoughtful expression, his right hand raised with his index finger pointing up.

How is
a baby
conceived?

A cartoon illustration of a young woman with blonde hair in a ponytail, wearing a teal t-shirt and brown pants. She is looking upwards and to the left with a thoughtful expression, her right hand raised with her index finger pointing up.

What is
contraception?

How does a
baby grow?

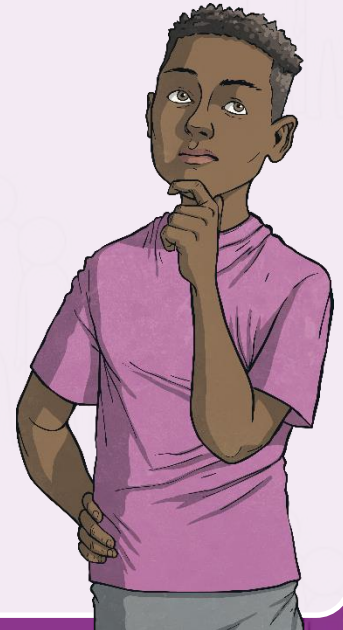
How is it
born?

Human Reproduction



Using what you already know about human reproduction, see if you can complete the following statements with your partner.

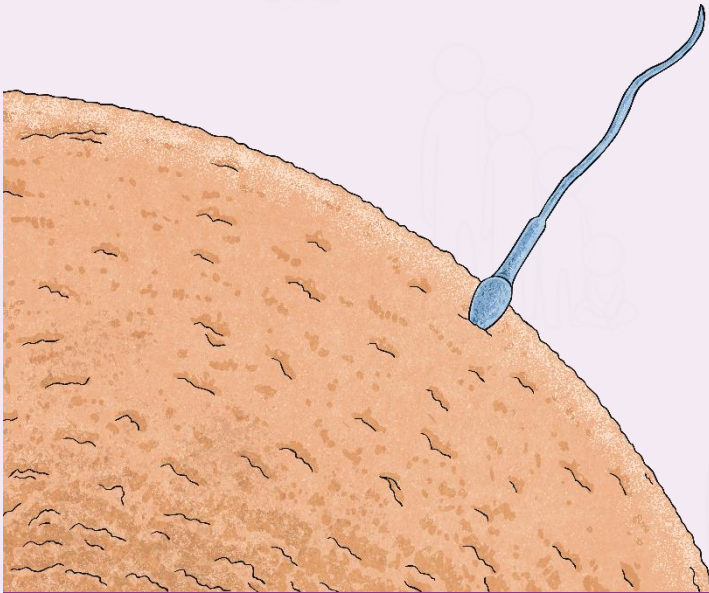
- A man produces sperm in his testicles.
- Once a month, the woman's body releases an egg.
- A man and a woman in a loving relationship might decide to have sexual intercourse to try to make a baby.
- Only one sperm can fertilise the egg.
- A fertilised egg takes nine months to grow into a baby.
- The woman carries the baby inside her womb (uterus).
- Two people who want to have sexual intercourse, but do not want to make a baby, might use a method of contraception, such as a condom or a pill.



From Conception to Birth



Human reproduction is amazing!



From a sperm fertilising an egg
(otherwise known as **conception**)...



to the **birth** of a baby...

Pregnancy Facts and Myths



What do you already know?

Have a look through the pregnancy fact cards and either on your own or with a partner, decide which are true and which are false.

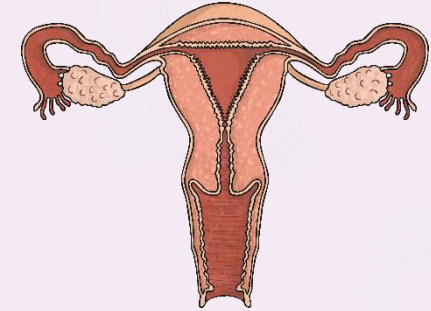
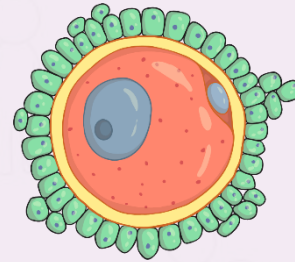
Let's see how many you got right...



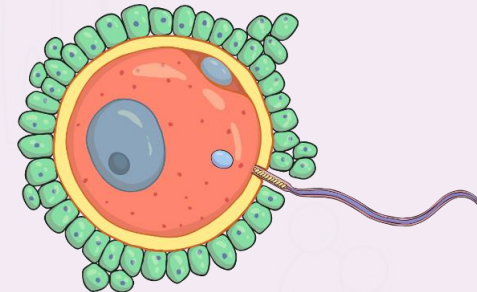
From Conception to Birth



If a man and a woman want to conceive a baby, they have sexual intercourse. The man's penis ejaculates sperm which race to find the woman's egg.

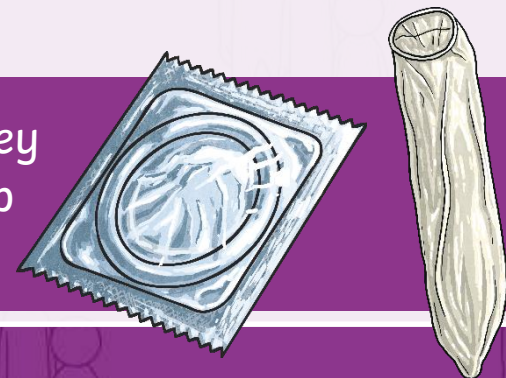


The woman's body releases one egg once a month. The egg only lives for about 12 – 24 hours and sperm can live for 5 – 7 days.



If a sperm reaches the egg, the egg is fertilised, starting a new life form.

If the couple do not want to conceive a baby, they can use contraception, such as a condom, to stop the sperm reaching the egg.



From Conception to Birth – Assisted conception

What other manners of conception have you heard of? List them as a class – see if you can get them all!

From Conception to Birth – Assisted conception

In vitro fertilisation (IVF)

Eggs are taken from ovaries and fertilised with sperm outside of the body before being put back into the woman's uterus (womb). In vitro means 'in glass' giving us the term 'test tube baby'.

Intra-cytoplasmic sperm injection (ICSI)

This involves fertilising an egg by injecting a single sperm directly into it. The fertilised egg (embryo) is then put back into the woman's uterus (womb).

Intrauterine insemination (IUI)

The best quality sperm are selected from the male; they are then inserted into the womb during ovulation (when the ovary releases the egg).

From Conception to Birth – Assisted conception

Gamete intra-fallopian transfer (GIFT)

The healthiest eggs are removed from the ovaries and placed with sperm in the woman's fallopian tubes. The fertilisation then takes place in the same way as if it was natural conception.

In vitro maturation (IVM)

Eggs are removed from the ovaries and are collected when they are still immature. They are then matured in the laboratory before being fertilised. This means that the woman does not need to take as many drugs before the eggs can be collected as she might if using conventional IVF, when mature eggs are collected.

From Conception to Birth – Assisted conception

Surrogacy

Surrogacy is when another woman carries and gives birth to a baby for you.

Fertility drugs

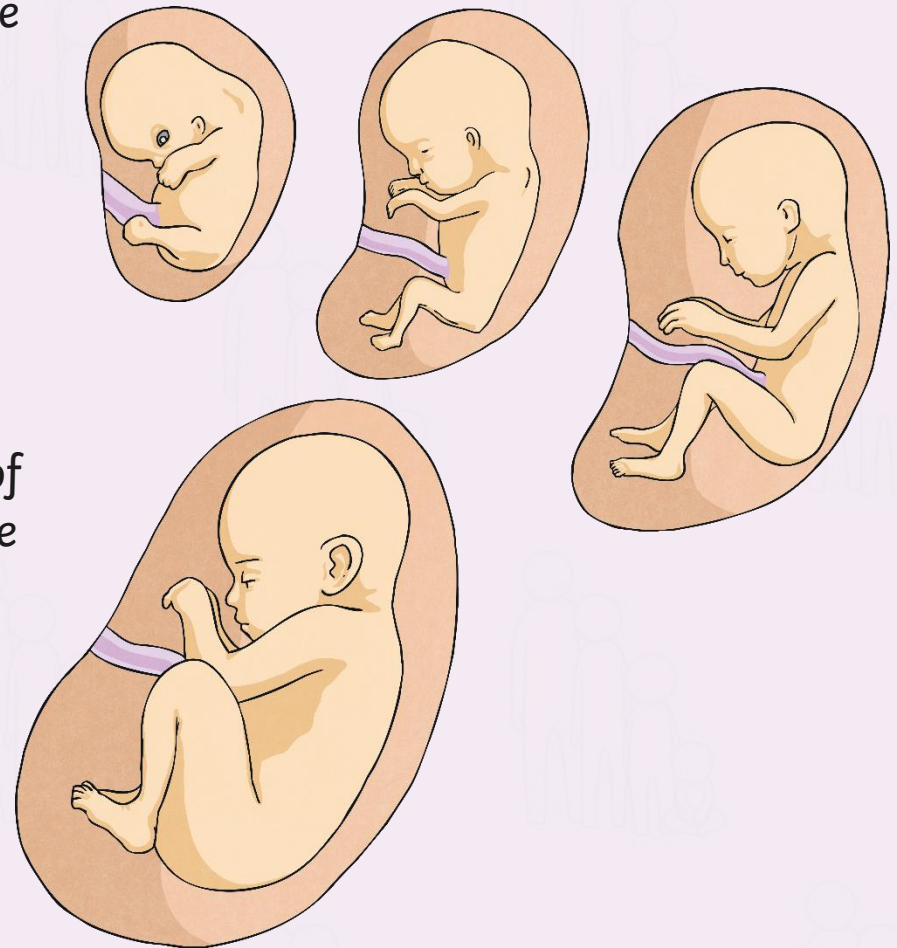
If a woman isn't ovulating properly (producing and releasing an egg each month), fertility drugs – which trigger egg production in much the same way as the body's own hormones – can help.

From Conception to Birth



Let's take a closer look at the whole journey from **conception** (the time when the **sperm fertilises the egg**, inside the woman's body), to the **birth** of a new human being.

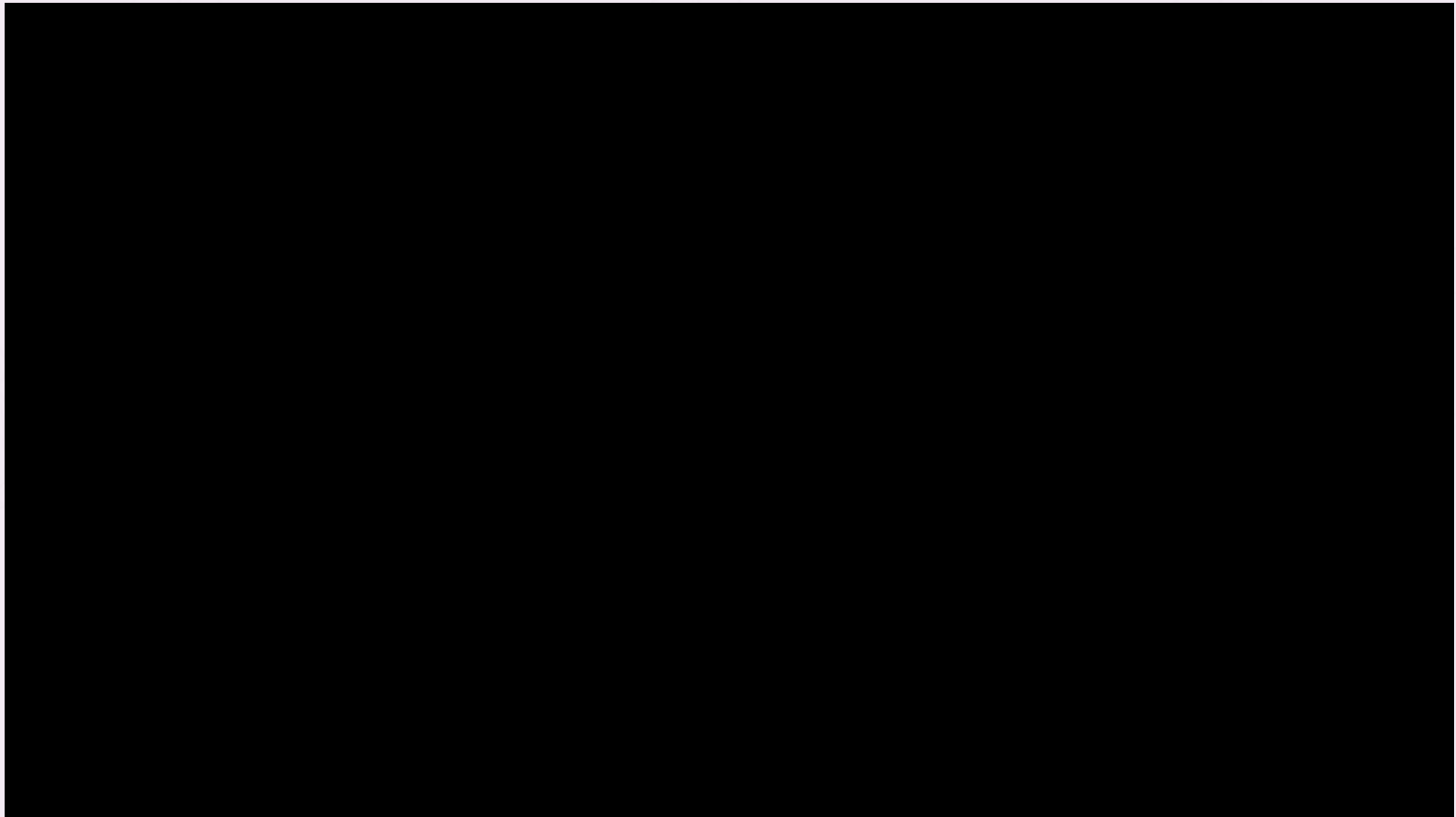
Watch the video carefully and feel free to jot down any questions you may have about the development of the **foetus** (the name we give to the baby before it is born).



From Conception to Birth



Whole Class

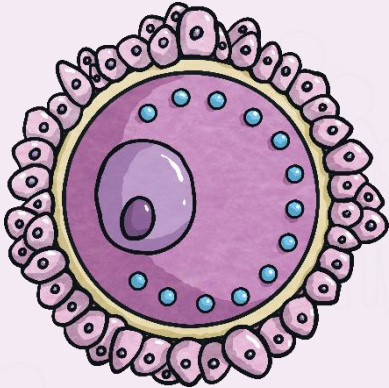


Please check the content in this link, including any comments, is suitable for your educational environment before showing. Please do not let the next video automatically play at the end of the clip. Twinkl accepts no responsibility for the content of third party websites.

From Conception to Birth



Wow! From just two cells (a sperm and an egg) to 37.2 trillion cells in a human being!



zygote



embryo



foetus

The rate of growth is extremely rapid. The egg cell measures 0.12mm in diameter and a newborn baby is approximately 50cm.

What a Foetus Needs



The mother's body knows exactly what to do and when to do it, as well as knowing how to provide the foetus with everything it needs to develop and grow.

What a Foetus Needs



With your partner, can you think of three things a foetus needs in order to grow and develop inside the womb?

oxygen

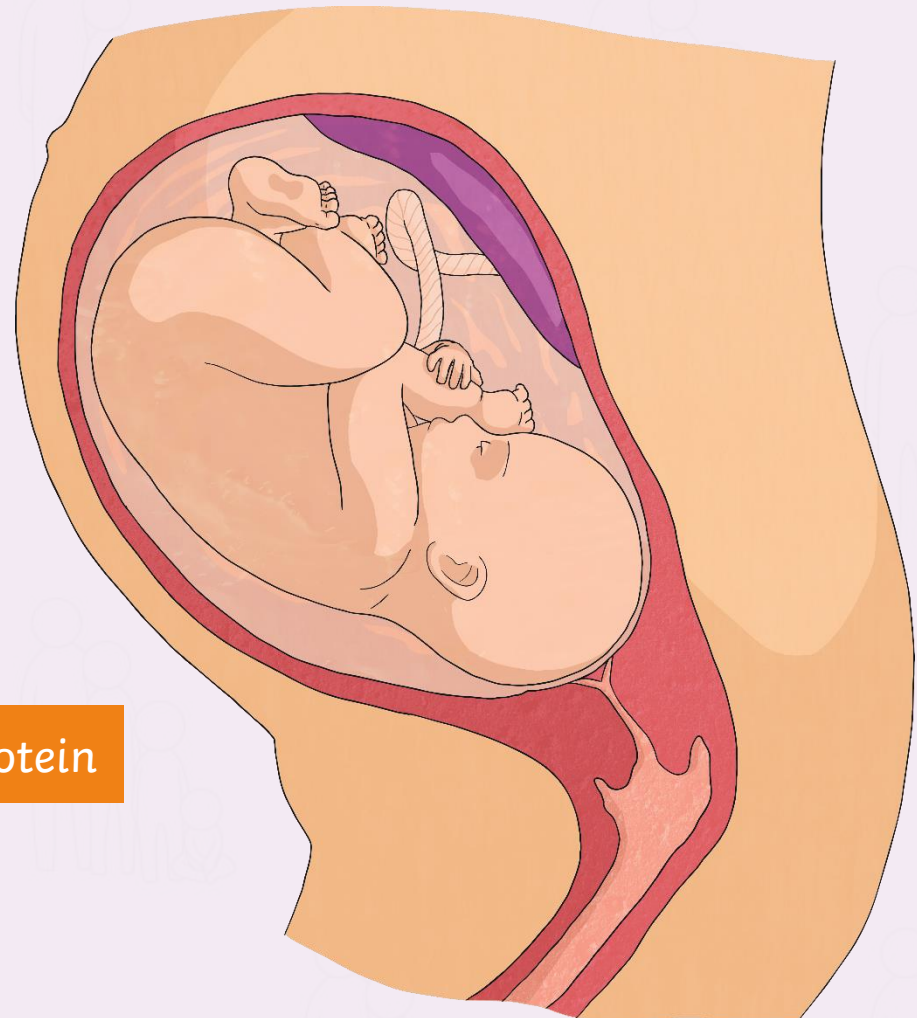
minerals

fats

vitamins

protection

protein

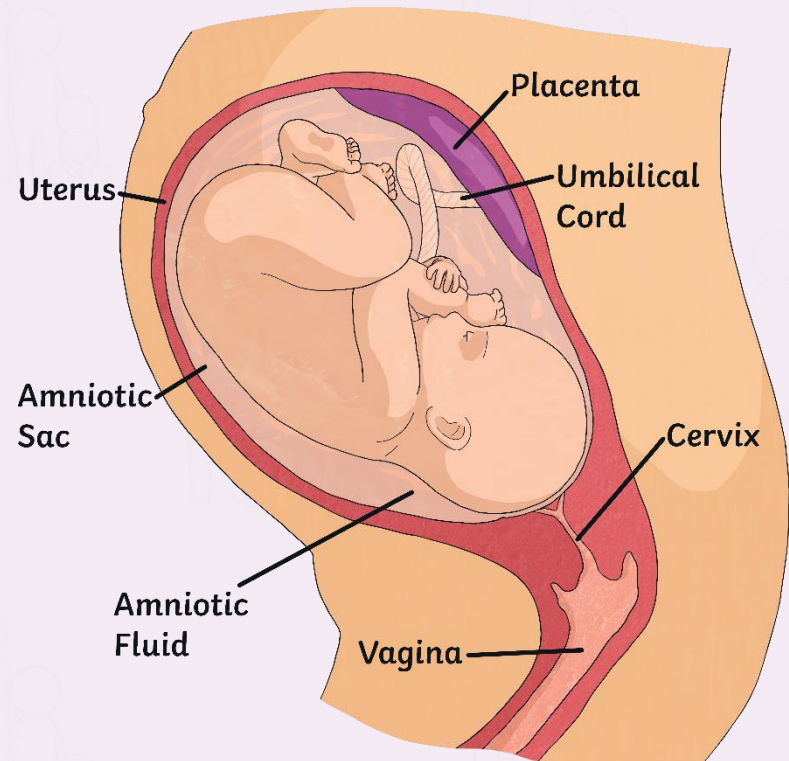


What a Foetus Needs



The foetus is protected in the uterus, inside an **amniotic sac**, which is filled with **amniotic fluid**.

All the **nutrients** that the foetus needs while it is inside the womb (or uterus), are passed from the mother's body to the foetus. The mother's body creates a **placenta**. Nutrients and oxygen pass from the placenta, through the **umbilical cord** to the baby.



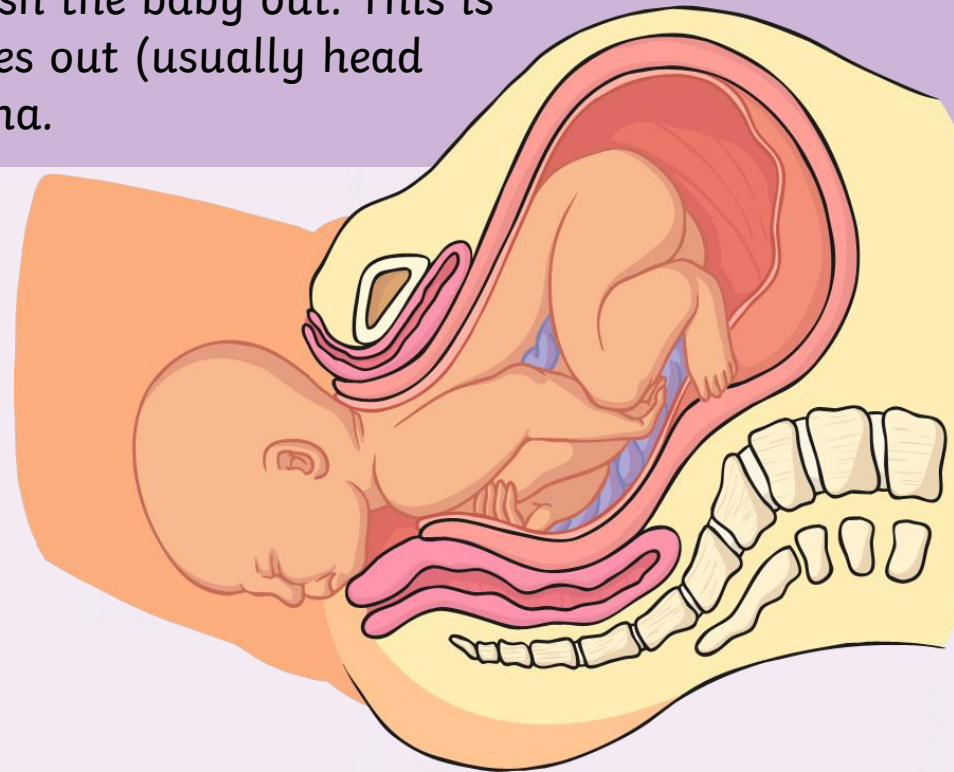
The umbilical cord also carries waste substances, such as carbon dioxide, away to the placenta.

How a Baby is Born



After nine months of growing inside its mother, the baby is ready to be born.

The muscles in the uterus push the baby out. This is called **labour**. The baby comes out (usually head first) from the mother's vagina.



How a Baby is Born



Some babies are born through a **caesarean section** or **C-section** for short. This is often used when giving birth vaginally could put baby or mother at risk. However, even without any risks, some mothers choose to have a C-section birth.



In a C-section an incision is made through the woman's tummy and into her womb. It is a common operation and is safe for the baby and mother.

What I Would Like to Know



Can you believe that you all started out as two cells – a sperm and an egg meeting?

The way you developed inside your mother's womb was the start of you being who you are now. You have genes passed down from both your mother and your father.

Are you like either your mum or dad, or perhaps your grandparents, or brothers or sisters?



What I Would Like to Know



Have you thought of any other questions you would like to ask? You can write them down and put them in the “Ask It Basket” if you want to.

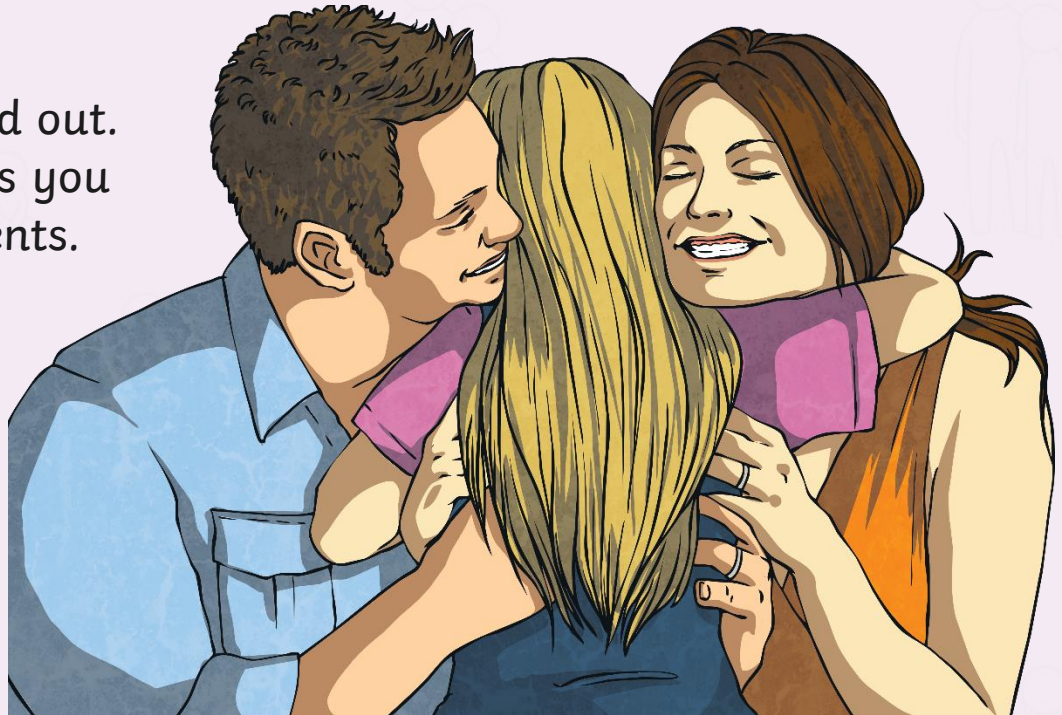


What I Would Like to Know



Perhaps you would like to talk to your parents about you before and after you were born. Were you their first baby? Did they find out the sex of the baby? How long did it take them to choose a name for you? Were you born early or late, or on the day you were due? How much did you weigh?

There is an awful lot to find out. Think about some questions you might like to ask your parents.





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