A workbook about puberty and growing up
For Parents, Guardians, Carers and Teachers

This booklet has been designed by the PDST Health and Wellbeing Team to support your child’s learning in Relationships and Sexuality Education (RSE) using the HSE Busy Bodies resource.

Relationships & Sexuality education (RSE) is a key component of the Social Personal & Health Education (S.P.H.E.) curriculum in primary school. RSE provides children with opportunities to develop knowledge, attitudes, beliefs and practical skills necessary to establish and sustain healthy personal relationships with self and others. In addition to learning about relationships, RSE invites children to explore concepts such as physical and emotional development and human sexuality. RSE is taught in a developmentally appropriate, spiral nature throughout primary education.

To further support the instruction of the RSE primary school curriculum, the Busy Bodies resource was developed for fifth and sixth class pupils by the Health Promotion Department, HSE South and funded by the HSE Sexual Health & Crisis Pregnancy Programme. This content is also explored in the RSE manuals for 5th and 6th Class (Department of Education and Skills). Further information about teaching and learning in Relationships and Sexuality Education, in the context of Social, Personal and Health Education, can be found at https://www.pdst.ie/primary/healthwellbeing/RSE

For Young People

Welcome to your very own Busy Bodies Workbook!

This workbook is for you and it is a safe place for you to write about your feelings, thoughts and questions about growing up into an adult.

In this workbook you will find a range of fun activities and games which will help you to understand some of the changes you will go through during puberty and adolescence. Each activity is linked to the Busy Bodies videos which you may use as part of your relationships and sexuality education (RSE) at home or at school. You can find the Busy Bodies Videos series on the following link; https://www.healthpromotion.ie/health/inner/busy_bodies

We really hope that you enjoy using this workbook as part of your Busy Bodies experience and most importantly, we really hope you enjoy your journey of growing up!
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Each topic is linked to a corresponding online Busy Bodies Video. It is intended that you watch the video first before completing the activities. You can access the videos by clicking on the following link: [www.healthpromotion.ie/health/inner/busy_bodies](http://www.healthpromotion.ie/health/inner/busy_bodies) or by scanning the QR code using your mobile device.
Introducing Puberty

Learning Intention

In this topic, I will
→ Learn about puberty
→ Revise what I already know about puberty

Activity 1

Watch the Busy Bodies video ‘Introducing Puberty?’
https://www.healthpromotion.ie/health/inner/busy_bodies

In the stars below, write three things you learned.
Activity 2
Puberty KWL Chart

Write what you already **K**now about puberty in ‘K’.
Write what you **W**ould like to know about puberty in ‘W’.
Write what you have **L**earned about puberty in ‘L’.

<table>
<thead>
<tr>
<th>K</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W</td>
<td></td>
</tr>
<tr>
<td>L</td>
<td></td>
</tr>
</tbody>
</table>
Activity 3
Cut out the following words and make a concept map.

What information do I already know?

<table>
<thead>
<tr>
<th>Puberty</th>
<th>Different times</th>
<th>Boy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body changes</td>
<td>Man</td>
<td>Girl</td>
</tr>
<tr>
<td>Woman</td>
<td>Feelings</td>
<td>Talk to</td>
</tr>
<tr>
<td>Emotional changes</td>
<td>Hormones</td>
<td>Periods</td>
</tr>
<tr>
<td>Voice gets deeper</td>
<td>Hygiene</td>
<td>Take Care</td>
</tr>
</tbody>
</table>

To make a concept map, cut out all the cards.
Glue them randomly on chart paper.
Try to connect two or more words to make a sentence, using lines and arrows.
Write your sentence above the line.
← See example on Trees!
Why Does Puberty Happen?
Learning Intention

In this topic, I will
→ Understand why puberty happens
→ State bodily changes that happen to males, females and both
→ Learn key vocabulary about puberty

Activity 1
Watch the Busy Bodies video ‘Why Does Puberty Happen?’
https://www.healthpromotion.ie/health/inner/busy_bodies

In the stars below, write three things you learned.

In the cloud, write any questions you may have. It is a good idea to discuss these questions with an adult that you trust.
Activity 2
Complete the cloze procedure below

Puberty happens to _____________. The _______________ that happen during puberty will eventually turn you from a boy or girl into an ______ male (man) or female (____________). What makes this happen is that your body produces chemicals called _________________. These have been in your body since you were ________. When you reach the age of puberty, these ______________ start to become _______________. They give a ______________ to your body to start developing into a man or a woman. If you are a boy, the main sex hormone is called _______________. If you are a girl, you have two sex ______________ in your body. These are called _______________ and progesterone.

sex hormones    changes    signal

testosterone    chemicals

oestrogen      male      active

woman      everyone      born

hormones      adult
Activity 3
Puberty Venn Diagram

Write the changes that happen to boys and girls in the appropriate circles. Write the changes that happen both in the centre.

- breasts develop
- pubic hair grows
- voice deepens
- hips widen
- sperm produced
- shoulders broaden
- facial hair grows
- grow taller
- hair grows on legs and underarms
- menstruation happens
- spots appear
- experience mood swings
- produces sex hormones
- perspiration may increase
Activity 4
Personal Diary

Write your thoughts and feelings on puberty in the diary below. What are you looking forward to? What questions or worries do you have? Who could you talk to about puberty?

Activity 5
Listen to Meditation on Dealing With Worry here.

https://soundcloud.com/user-547419318/dealing-with-worry-walk-tall-4th-class-amy

Ask your teacher or parent/ carer or guardian to play it and do it with you!
What Happens to Girls?
Learning Intention

In this topic, I will
→ Understand the physical and other changes that occur in girls during puberty
→ Learn key vocabulary connected to the female reproductive system

Activity 1
Watch section 3 of the Busy Bodies Video series called ‘What Happens to Girls’
https://www.healthpromotion.ie/health/inner/busy_bodies

In the stars below, write three things you learned.

In the cloud, write any questions you may have. It is a good idea to discuss these questions with an adult that you trust.
Activity 2
Can you label the female reproductive organ?

- Ovaries
- Fallopian tubes
- Uterus
- Cervix
- Vagina
Activity 3
True or False

Circle if the statements below are true or false. You may need to rewatch section 3 of the Busy Bodies Video series called ‘What Happens to Girls’ first!

1. For a few days every month, blood comes slowly out of the vagina
   - True
   - False

2. Eggs are stored in the female’s fallopian tubes
   - True
   - False

3. When an egg is ripe, it moves out of the ovary. This is called ovulation
   - True
   - False

4. Throughout the month the lining of the uterus gets thick and soft
   - True
   - False

5. A period is a way for the female’s body to get rid of an egg from the uterus that hasn’t grown into a baby
   - True
   - False

6. Every girl gets her period at the same time
   - True
   - False

7. During periods, sanitary pads can be used to prevent blood from getting on a girl’s clothes.
   - True
   - False

8. Talking with a trusted adult can help if you have questions or worries about getting your period
   - True
   - False

Activity 4
Coping with Periods

When we first start to get our periods it can be difficult to predict when we might get it again until it becomes a regular cycle. Preparing for our period is important. There are steps we can take to help us with this. Make note of the ones you think are most important.

→ Having some sanitary towels in your school bag.
→ Having spare underwear in your school bag.
→ Knowing who to ask in your school if you need a sanitary towel
→ Keeping record of when you get your period and when it stops on a calendar.
→ Knowing how to dispose of your used sanitary towel in school and at home.
→ Knowing who to speak to in school if you are feeling worried or unwell.
→ Knowing who to ask at home to purchase sanitary towels for you.
→ Knowing who to speak with at home if you are feeling worried or unwell.

1. 
2. 
3. 
Activity 4
Coping with Periods

Using the checklist below, tick the things you can do to help yourself to cope when you get your period.

☐ Talk to a trusted adult
☐ Do something active
☐ Place a hot water bottle on your tummy
☐ Talk to a friend
☐ Listen to music
☐ Have 8+ hours sleep
☐ Do something you enjoy
☐ Gently massage your abdomen
☐ Try some breathing/relaxation techniques
☐ Think positively
☐ Have compassion for yourself and know you are doing great!
☐ Other __________________________

Reflection

Am I clear on what happens to girls? What other information would I like to know regarding girls and puberty?
What Happens to Boys?
What Happens to Boys?

Learning Intention

In this topic, I will
→ Understand the physical and other changes that occur in boys during puberty
→ Learn key vocabulary connected to the male reproductive system

Activity 1

Watch section 4 of the Busy Bodies Video series called ‘What Happens to Boys’
https://www.healthpromotion.ie/health/inner/busy_bodies

In the stars below, write three things you learned.

In the cloud, write any questions you may have. It is a good idea to discuss these questions with an adult that you trust.
Activity 2
Can you label the male reproductive organ?

Foreskin | Penis | Urethra | Testicles | Scrotum

Answers: Page 30 Busy Bodies Booklet

_________ Fold of skin at the top of the penis

_________ Sac of skin that holds the testicles just underneath the penis

_________ The tube like sex organ of males that hangs outside of the body

_________ The tube that at different times carries urine and semen out of the body

_________ Two oval shaped organs which produce the male hormone testosterone and sperm (also called the testes)
Activity 3
Match the word to its definition

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sperm</td>
<td>When semen comes out of the penis</td>
</tr>
<tr>
<td>Semen</td>
<td>The fold of skin at the top of the penis is cut away</td>
</tr>
<tr>
<td>Erection</td>
<td>Penis becomes larger and hard for a while</td>
</tr>
<tr>
<td>Circumcision</td>
<td>Liquid that carries sperm out of the penis</td>
</tr>
<tr>
<td>Ejaculation</td>
<td>When a man ejaculates in his sleep</td>
</tr>
<tr>
<td>Wet dream</td>
<td>Tiny tadpole-shaped cells</td>
</tr>
</tbody>
</table>

Reflection
Am I clear on what happens to boys? What other information would I like to know regarding boys and puberty?
Making Babies
Making Babies

Learning Intention

In this topic, I will

→ Learn about sexual intercourse and how babies are made

Activity 1

Watch section 5 of the Busy Bodies Video series called ‘Making Babies’

https://www.healthpromotion.ie/health/inner/busy_bodies

In the stars below, write three things you learned.

In the cloud, write any questions you may have. It is a good idea to discuss these questions with an adult that you trust.
### Activity 2
What Age Must I Be?

<table>
<thead>
<tr>
<th>Action</th>
<th>Minimum Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Register to vote</td>
<td>18</td>
</tr>
<tr>
<td>B. Drive a car</td>
<td>17</td>
</tr>
<tr>
<td>C. Drink alcohol</td>
<td>18</td>
</tr>
<tr>
<td>D. Give blood</td>
<td>18</td>
</tr>
<tr>
<td>E. Sit on a jury</td>
<td>18</td>
</tr>
<tr>
<td>F. Get a passport</td>
<td>Birth</td>
</tr>
<tr>
<td>G. Engage in sexual intercourse with another person</td>
<td>17</td>
</tr>
<tr>
<td>H. Buy cigarettes</td>
<td>18</td>
</tr>
<tr>
<td>I. Get a full time job</td>
<td>16</td>
</tr>
<tr>
<td>J. Stand for Presidency</td>
<td>35</td>
</tr>
<tr>
<td>K. Leave school</td>
<td>16</td>
</tr>
<tr>
<td>L. Join the Army/Garda Síochana</td>
<td>18</td>
</tr>
</tbody>
</table>
### Activity 3

**Cut out the following cards and put them in the correct order.**

<table>
<thead>
<tr>
<th>The man’s penis becomes erect.</th>
<th>When one of the millions of sperm reaches the egg, it joins with it and fertilises it. This means the egg will start to develop into a baby. We say the woman is pregnant.</th>
</tr>
</thead>
<tbody>
<tr>
<td>If the woman has ovulated recently, there will be an egg inside her body that is ready to be fertilised.</td>
<td>The man puts his penis into the woman’s vagina.</td>
</tr>
<tr>
<td>The man and woman kiss and get close to each other. It makes them feel nice.</td>
<td>Both people agree to have sexual intercourse together.</td>
</tr>
<tr>
<td>After about 9 months, the baby is ready to be born.</td>
<td>The fertilised egg settles into the womb, which has a nice, thick lining in place for the growing baby.</td>
</tr>
<tr>
<td>The muscles of the uterus start to work hard to push the baby out of the uterus, down the vagina and out into the world.</td>
<td>After a while, ejaculation happens, which means semen comes out of the penis and into the woman’s vagina.</td>
</tr>
<tr>
<td>The semen carries millions of tiny sperm, which immediately start to swim up the vagina, through the cervix, towards the woman’s uterus.</td>
<td></td>
</tr>
</tbody>
</table>

### Reflection

Am I clear on sexual intercourse and how babies are made? What other information would I like to know regarding sexual intercourse? What other information would I like to know regarding how babies are made?
Enjoy Growing Up

Learning Intention
In this topic, I will

→ Learn about other changes that may happen as I get older

Activity 1
Watch section 6 of the Busy Bodies Video series called ‘Enjoying Growing Up’
https://www.healthpromotion.ie/health/inner/busy_bodies

In the stars below, write three things you learned.

In the cloud, write any questions you may have. It is a good idea to discuss these questions with an adult that you trust.
Activity 2
Feelings and Emotions

Your hormones are very active at this time and hormones can affect your moods and feelings. It can be difficult to experience these changing feelings but you are not alone. Most people going through puberty feel like this. It is very normal and is all part of growing up.

Talking to someone; a trusted adult, sibling or friend can help. They may not be able to cheer you up right away but you can feel better by just expressing your feelings. Luckily there are things you can do if you feel overwhelmed or have strong emotions. You can react to these emotions by taking control and doing something you find helpful. Make a list of what works for you!

When I am feeling angry I can ______________________________________

When I am feeling down I can _______________________________________

When I am feeling overwhelmed I can ________________________________

When I am feeling happy I can ______________________________________

When I am feeling excited I can ______________________________________

When I am lacking energy I can ______________________________________

When I am feeling lonely I can ______________________________________

When I am feeling confused I can ____________________________________

When I am feeling grateful I can ____________________________________
Activity 3
Exercise and Balanced Diet

It only takes 60 minutes daily exercise to stay fit and healthy. Exercise can be fun. When you find something you enjoy you’ll want to do it more often. It is a great opportunity to meet friends and get some fresh air!

Activities I enjoy:
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Activities I would like to try:
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

A balanced diet:
Taking care of our bodies is another way of looking after ourselves. Eating well is one way we can have more energy for the activities we enjoy. It can improve muscle and bone health, improve the appearance of skin, hair and nails and it can help you feel your best. Remember to drink enough water, our bodies need 8 - 10 glasses per day.

Write/Draw the foods you regularly eat that contribute to a healthy diet on your plate
**Activity 4**

**Personal Hygiene.**

Keeping clean is an important part of staying healthy. During puberty you may notice you need to make some changes to your hygiene routine. Good personal hygiene habits are important.

List the activities that will help you using the headings below.

<table>
<thead>
<tr>
<th>Daily</th>
<th>Often</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Brush teeth
- Wash hands
- Change socks
- Change underwear
- Shower
- Clean and cut nails
- Wear deodorant
- Wash face
- Change clothing/uniform
- Flossing teeth
People I can talk to for support/advice