



Year 5: Birth to Old Age in Humans

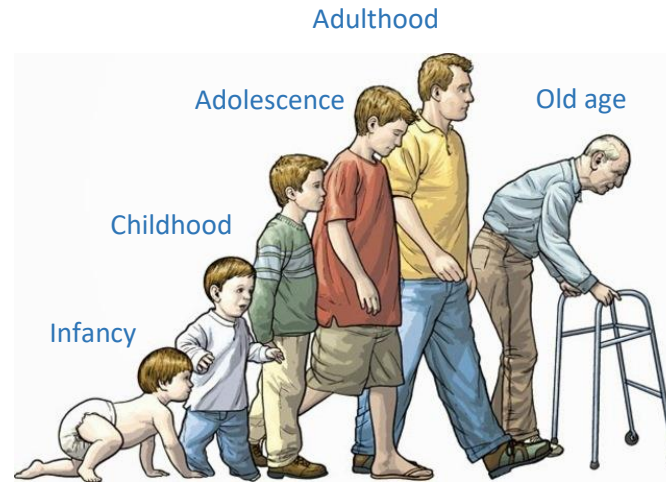
Vocabulary:

Infant	A baby. It is fully dependant on its parents.
Adolescence	Period where a child becomes an adult.
Puberty	A period of rapid growth where a child develops the sexual characteristics required to be an adult.
Gestation	Time from fertilisation until birth.
Menstruation (period)	Discharge of blood and other bodily fluids from the uterus. Occurs in females each month from puberty until menopause.
Menopause	The end of menstruation. After this females can no longer have babies.

How does the human body change as we grow?

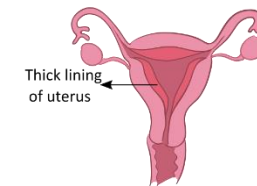
All humans go through the same life cycle. They are small at the start of their life. Over time they grow bigger and their bodies change. When they are grown up, they often have children of their own. Eventually, they grow old.

Human Development Timeline:

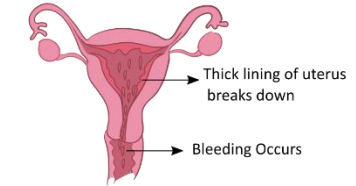


Menstruation:

Menstruating is also known as having a period. It is normal and healthy.



Thick lining grows in uterus (to receive fertilised egg)



If egg is not fertilised, uterus lining breaks down leading to **bleeding**.

Puberty: What should I expect?

Puberty for Girls

- Breasts begin to develop
- Body hair (called pubic hair) grows around genitals and in armpits
- Start to have periods
- Moods may change – feel sad or cross more easily

Puberty for Boys

- Voice changes – gets deeper
- Body hair (called pubic hair) grows around genitals and in armpits
- Penis and testicles grow larger
- Moods may change – feel sad or cross more easily

Places to find out more:

www.childline.org.uk/info-advice/you-your-body/puberty/

Parents

Teachers