

Teacher answer sheet (d)

Emotions and feelings – true or false? Guidance for teacher

<p>1. It's normal for a person to put on weight when going through puberty. TRUE - A part of puberty is our bodies getting, taller, stronger and wider. Bodies will weigh more as part of this natural development.</p>	<p>2. It is wrong for a person to want to touch their own penis or vulva. FALSE - It's perfectly normal for a person to be curious about their own body- how it looks, feels, and works. Touching or rubbing the private parts of a person's own body because it feels good is called 'masturbation'. Every family has its own thoughts about masturbation and whether it's ok or not, but doctors agree that it is perfectly healthy and normal. It can't hurt a person's body. The important thing to remember is always to do it in private, for example, in a person's own bedroom, behind a closed door.</p>
<p>3. If a girl doesn't wear a bra by the time she goes to secondary school something's wrong. FALSE - Everyone starts puberty at different times, which means some girls will start to develop breasts earlier and may need to wear support whilst others may not need to until after they start secondary school. Everyone is different.</p>	<p>4. You should always talk to someone you trust if you are worried about your body changing. TRUE - Puberty can be a scary time for some people, and it is important that you identify someone who you can talk to about the changes that are taking place or about to. Some young people who are transgender may feel horrified that their body is changing and they will be trapped in the wrong body. These young people may feel that they have been born in the wrong body and that they don't want their bodies to turn into an adult man or woman. It is important for children who feel like this and need talk to someone get the support they need.</p>
<p>5. Girls should always shave their body hair when it starts growing FALSE - Hair growth is a perfectly normal part of puberty and shows that the body is changing from a girl to a woman. Shaving is a personal preference and most girls wait until they are older before deciding if they want to shave hair off or not, as it is a big responsibility.</p>	<p>6. Stretch marks are a sign that someone is getting too fat. FALSE - Stretch marks happen when a person grows or gains weight really quickly- such as during puberty. They don't happen to everyone but if they do, they are likely to be seen as fine lines on the body, called stretch marks. Both boys and girls can get them. At first they can show up as a red or purplish colour and have a different texture to the skin around them, but will often turn lighter and fade over time.</p>
<p>7. If a boy doesn't get wet dreams, there's something wrong with him. FALSE- Sometimes when a boy or a man has a dream, they may have an erection (where the penis goes hard) and semen may come out of the tip of his penis. Boys do not begin wet dreams until after they start puberty and not everyone has them.</p>	<p>8. If someone is shorter than their friends when they start secondary school, they are always going to be short. FALSE - Everyone grows at different rates, some people are early starters and grow really quickly at the beginning of puberty, and then everyone catches up with them later, or sometimes it's the other way round and someone has a growth spurt later on. The important thing to remember is everyone is unique and different, which makes them special!</p>
<p>9. If a boy starts getting erections it means he is ready for sex. FALSE - Erections (when the sponge type material in the penis fills with blood and goes stiff) can happen when a boy or man gets sexually excited. They can come without warning and can go just as easily. Getting erections can be embarrassing, but they are perfectly normal and are a sign that everything is working well. Sex involves more than just a person's body being ready, it involves the mind too, and being with the right person at the right time. Most young people wait until they're 16 or older before they feel ready for sex.</p>	<p>10. If a person has a crush on someone it means they want them to be their girlfriend/boyfriend. FALSE - Having a crush on someone is a normal part of growing up. But it doesn't mean it has to be anything more. And it doesn't matter who someone has a crush on - a boy, or girl, or someone famous! It's the first step towards developing sexual feelings, one of the many things that develop during puberty.</p>