

This is the third of four lessons on the theme of puberty and change for pupils in Year 4 or Year 5. This lesson helps pupils to recognise the importance of personal hygiene during puberty, and consider some of the questions young people may have about the physical changes at puberty.

Questions your child may ask after the lesson:

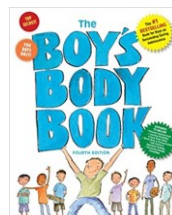
- Does everyone have to wear deodorant?
- Can I wear deodorant?
- How old do you have to be to shave?
- When did you start shaving?
- Can girls shave?
- When did you get pubic hair?
- What personal hygiene items do you use?
- Did you get spots when you were younger?



Resources for Parents:



[How to Help
Your Pre-
Teenager with
Personal
Hygiene](#)



[The Boy's
Body Book](#)



[The Girl's
Body Book](#)



[My Personal
Hygiene](#)



[Hygiene: pre-teens
and teenagers](#)

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[Taking care of your body
during puberty](#)

[Oh No – BO!](#)