

How do humans change over time?

Human Life Cycle



baby



toddler



child



adolescent



adult



senior

Baby

- cannot walk
- cannot talk
- cannot control bladder
- mostly drink milk

Child

- grow and learn
- start school
- learn new skills
- lose their “baby” teeth

Adult

- finished growing
- responsibilities
- can still learn
- marriage and babies

Toddler

- start to talk
- start to crawl
- start to walk
- begin to explore the world around them

Adolescent

- go through lots of changes
- bodies change
- puberty

Senior

- fitness levels decline
- may struggle with everyday activities
- body changes; grey hair and wrinkles
- final stage of the human life cycle



Puberty

Puberty is a time in our lives when our bodies **change** from a child into an adult. This time usually happens during our **teenage years**.



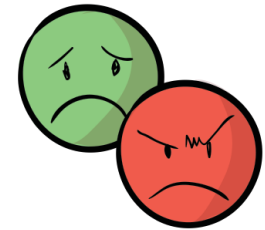
You may **sweat** more. When sweat mixes with bacteria on your skin, it can smell or cause **body odour (BO)**. It is important to **wash** regularly.



You may develop **spots** on your face, neck, back or chest. Some people develop lots of spots and some hardly any. It is completely **normal**.



Hair **grows** in new places such as under your armpits and around your genitals. Boys also grow **facial hair** like beards and moustaches.

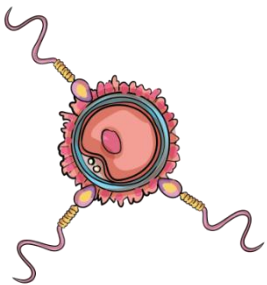


Puberty can be a very emotional time due to the changes in **hormones** in your body. You may feel more upset or angry than usual. It is important to **talk** about these **emotions** with someone you trust.

In the Womb

Fertilisation happens when a male sex cell and a female sex cell combine and begin to grow into a **foetus**.

Women have a special organ called a **uterus** in which they grow the foetus in until it is a fully developed baby is ready to be born. Human babies develop for **9 months** in the uterus.



Key Vocabulary

Birth - when your life starts as a physically separate being

Conception - when the egg and the sperm meet to begin the development of a foetus

Death - when the life cycle ends

Develop - to grow, to become more mature or advanced

Egg - the female sex cell

Fertilisation - when the egg and the sperm join to begin the development of a foetus

Foetus - a baby that is still developing in the womb

Puberty - a time in the human life cycle when the body goes through changes to become an adult

Sperm - the male sex cell

Uterus - an organ in which the foetus grows and develops



