



FAQ – Year 6 Question Box Answers

Relationships

Q. If your friends are not nice or bullying you, what can you do other than tell a teacher?

A. If you are being bullied, they are not your friends, keep your distance and find other people to hang with. If your friends are occasionally not nice but are people that generally show you respect and are fun to be around, then you will need to be assertive. This means in a calm voice telling your friend how you are feeling when your friend behaves in a certain way and asking for them to change their behavior using an I statement.

For eg. 'I feel really sad and hurt/lonely and left out, When you call me names/ or exclude me and, I want you to stop calling me those names/leaving me out of things.'

Q. If you have friends that judge you or get frustrated at you when you're down, are they a friend worth keeping?

A. Every person is a friend worth keeping if they show you respect. Sometimes we can all be a little mean and we all have things in our life that upset us. The first time someone is mean, use an 'I statement' and tell them how they are affecting you. If the behavior continues it is disrespectful, possibly bullying and now it's time to walk away.

Q. If someone assaulted you what would you do?

A. Get away from that person, Yell or scream, Do not retaliate/hit them back. Tell an adult you can trust and report it to police. Assault is against the law.

Q. If you get bullied because of what you look like what do you do?

A. Any bullying for whatever reason is disrespectful and unacceptable. There are things you can do if you are being bullied: Look at the person bullying you and tell him or her to stop in a calm, clear voice. You can also try to laugh it off. This works best if joking is easy for you. It could catch the person bullying you off guard. If speaking up seems too hard or not safe, walk away and stay away. Don't fight back. Find an adult to stop the bullying on the spot.

- There are things you can do to stay safe in the future, too. <https://www.stopbullying.gov/kids/what-you-can-do/index.html>
- Talk to an adult you trust. Don't keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying. Stay away from places where bullying happens.
- Stay near adults and other kids. Most bullying happens when adults aren't around.
- Remember: People who bully are not healthy, happy people, stay away from them but understand they are most likely in emotional pain and what they are saying or doing to you is not something you should ever believe about yourself or hold on to.

Q. Why are boys scared to hang out with girls?

A. Not all boys are. We need to approach all relationships, from our friendships to our romantic relationships in the same way. We choose to get to know them and learn about them and hang out with them showing respect, honesty, trust and freedom and expecting the same in return.



Puberty

Q. Why do girls go through Puberty?

A. Everyone has to go through Puberty so that the human race doesn't become extinct

Q. If you get your period at school and you don't want to tell a male teacher, what do you do?

A. Every school has spare pads generally in the sickbay, or you can pack a little bag with pads and spare undies in your own bag. Any teacher male or female understands menstruation (periods) Ask to go to the bathroom for female reasons.

Q. Is masturbation a bad thing?

A. No, in fact it's very normal and healthy. Masturbation, or self-pleasuring, is touching and rubbing parts of your body for sexual pleasure, such as the penis, clitoris, vulva and breasts. It is a normal and healthy way for people to explore their own bodies and find out what feels good, where and how they like to be touched and how to achieve an orgasm. Masturbation is a normal behaviour that is seen at all ages, from childhood, through the teen years and into adulthood. Some of the general health benefits of masturbation may include that it: relaxes your muscles, helps you to fall asleep, promotes the release of the brain's opioid-like neurotransmitters (called endorphins), which cause feelings of physical and mental wellbeing, reduces stress enhances self-esteem. It is a very private activity, so ensure you can't be interrupted, by choosing your bedroom or a bathroom. Private parts – Private behaviours.

Q. What if you get your period and you feel like fainting because you hate the sight of blood?

A. You would need to consult a doctor about this condition and see what they recommended. Definitely speak with family experts about this fear.

Q. Is it possible to have Four testicles? Q. Is it possible to have three testicles?

A. Polyorchidism or supernumerary testis means more than two testicles. It is very rare and there have been only about 200 cases reported worldwide.

Q. How do you feel through Puberty?

A. The body starts producing sex hormones and these can dramatically affect your moods. Mood swings in general happen throughout puberty, so when you feel pumped one minute then feel like you just want to go to sleep the next, don't worry. You also Cry — a Lot. It really makes the day harder when nearly every single thing makes you cry. Not that you're feeling particularly sad that day or anything. Hormones can just make you feel like crying!

Puberty Tip: If you're feeling angry, try counting to 10 before you say or do anything. Breathe deep and relax. After the 10 seconds are up, ask yourself if it's such a big deal after all. If that doesn't work, go for a jog. Exercise can lighten your mood and keep you fit, too. Talking to family experts is really helpful too. Since puberty is a time when a lot of physical and mental changes happen, you may feel tempted to compare yourself to your friends — and that may make you feel unsure of yourself. Everyone else is thinking the same thing! Everyone your age is self-conscious.

Q. Can actions you do through puberty affect how you act when you are older?

A. Big question.... Learning skills through puberty like how to self-regulate our emotions remembering Upstairs brain/Downstairs brain will help us choose the best actions or choices from now on. Every action has a consequence, positive or negative. If we make poor choices during puberty it can definitely affect our health Physically, Emotionally and Sociially as adults.



Q. What causes a crack? Q. Why do people get deeper voices?

A. It's the larynx (or voice box) that's causing all that noise. As the body goes through puberty, the larynx grows larger and thicker. It happens in both boys and girls, but the change is more evident in boys. Girls' voices only deepen by a couple of tones and the change is barely noticeable. Boys' voices, however, start to get significantly deeper. The larynx, which is located in the throat, plays the major role in creating the sound of the voice. Two muscles, or vocal cords, are stretched across the larynx and they're kind of like rubber bands. When a person speaks, air rushes from the lungs and makes the vocal cords vibrate, which in turn produces the sound of the voice. The pitch of the sound produced is controlled by how tightly the vocal cord muscles contract as the air from the lungs hits them. If you've ever plucked a small, thin rubber band, you've heard the high-pitched twang it makes when it's stretched. A thicker rubber band makes a deeper, lower-pitched twang. It's the same process with vocal cords.

Before a boy reaches puberty, his larynx is pretty small and his vocal cords are kind of small and thin. That's why his voice is higher than an adult's. But as he goes through puberty, the larynx gets bigger and the vocal cords lengthen and thicken, so his voice gets deeper. Along with the larynx, the vocal cords grow significantly longer and become thicker. In addition, the facial bones begin to grow. Cavities in the sinuses, the nose, and the back of the throat grow bigger, creating more space in the face — which gives the voice more room to resonate. As a boy's body adjusts to this changing equipment, his voice may "crack" or "break." This process lasts only a few months.

Q. How long do girls get the white stuff for before they get their period?

A. The Vaginal discharge is the fluid or mucus stuff that comes out of a girl's vagina. She might see it or feel it on her underpants. About 6 months to a year before a girl gets her first period, her body may start to produce vaginal discharge. This is normal and is caused by the changing level of hormones in a girl's body. This discharge helps to keep the vagina healthy. Girls continue to have vaginal discharge after they get their periods. Women also have this discharge, which continues until menopause, when their bodies don't make as much of it. Normal vaginal fluids can vary. They might be thin and slightly sticky to thick and gooey. They can be clear to white or off-white in color. The amount of discharge can also vary depending upon a girl's menstrual cycle. For example, fluids tend to be a bit heavier around the time a girl ovulates, which is when an egg is released from the ovary and moves into the fallopian tube.

Q. Why do men have dangly balls?

A. The male sex organs, testicles (nicknamed balls) need to be 2°C lower in temperature than the rest of the body. The scrotum is a soft membrane that contracts and relaxes to control temperature. It would be too hot if the testicles were inside the body and impossible to make sperm.

Q. Can boys get periods?

A. No. Periods are the shedding of the lining of the uterus, part of the female reproductive system.

Q. Why do we get hair?

A. Unlike hair on your head, armpit and thick pubic hair tend to show up during puberty, around the same time your apocrine sweat glands become active and begin secreting an oily substance containing a variety of proteins and the like. These apocrine glands are, among a few other places, concentrated in your armpits and genitals, unlike your other main type of sweat gland, eccrine glands, which are distributed pretty well throughout your body. Hair exists for the purpose of holding your pheromones/chemical substance to help attract the healthiest mate with which to reproduce. Each individual gives off a slightly different fragrance.



Reproduction

Q. Why do men not have breasts?

A. Men do have breast tissue and nipples and can get breast cancer, they don't grow milk producing glands called lobules or have milk ducts because they are male mammals and will not give birth or feed offspring

Q. Does it hurt when the baby kicks?

A. Not when it is small, it feels like bubbles or butterflies. As the baby grows they can sometimes kick mum in other internal organs, which can be quite uncomfortable for mum especially if the baby is taking up lots of space in Mum's body.

Q. Would the Baby cry when umbilical cord gets cut off?

A. The umbilical cord doesn't have nerves so there is no actual pain, a bit like cutting hair or fingernails, however the baby is breathing for the first time and the crying can be clearing out the lungs for the first time, this may also be when the umbilical cord is cut coincidentally. Not all babies cry, some yawn or sigh.

Q. How do females get milk in their breasts?

A. When the female is pregnant and gives birth, her special pregnancy and milk making hormones create the milk in the lobules inside her breast.

Q. Is breast milk better for the baby?

A. Breast milk is good for a baby in many ways: It provides natural antibodies that help baby resist illnesses, such as ear infections. It's usually more easily digested than formula. So breastfed babies are often less constipated and gassy. Breastfeeding is good for mothers too. Women who breastfeed have a reduced risk of a number of health issues later in life and quickly reduce their excess pregnancy weight as her body uses the fat as energy to convert milk. Breastfeeding also releases some amazing hormones in the mother's body to help her relax and help combat tiredness. Breastfeeding soon after birth helps the uterus contract and reduce the bleeding.

Formula feeding is also a healthy choice for babies. Modern day formula gives baby the best possible alternative to breast milk. There are many reasons why a mother can't breastfeed or chooses not to and babies grow up just as healthy and nurtured.

Q. How do you know what a baby wants?

A. The baby will cry and it can only be one of five things;

- I'm hungry
- I'm tired
- I need hugs and kisses (because I'm lonely, scared, emotional)
- My nappy is dirty and I'm uncomfortable
- I'm in pain.
- (Much like us when we flip our lid, the needs are the same but we need to learn how to appropriately communicate this with words or calm ourselves.)



Q. Do women die from having birth? Q. Can ladies die from birth?

A. They can, from complications that arise during the birth when no medical intervention is available. There can also be other health issues of the mother that make childbirth more risky. In Australia we have a very low rate of death in childbirth thanks to our health system.

Q. Has a boy ever gone through birth?

A. A person needs to have been born with a female reproductive system in particular the uterus to become pregnant and give birth.

Q. What happens when the baby dies in the womb?

A. If the baby dies in the first 4 months of pregnancy this is called a miscarriage and the mother will experience some cramping and have a heavy period and will no longer be pregnant. If the baby dies after 20 weeks the mother will have to give birth to the baby with medical assistance and generally a funeral will follow. Miscarriages are very common, 25% of every conception. i.e. sperm fertilising the ovum will not develop into a baby. There is a lot of sadness when a baby dies at any age or stage of pregnancy, not just for the mum but the whole family.

Sexual Health

Q. How do you cum and what does it do?

A. Cum is the slang for semen and ejaculation. Semen is the fluid (approx 1-2 teaspoons containing approx. 240,000,000 sperm, that comes out of penis when male ejaculates (at approx. 43km per hour)

Q. How can you tell if you have sexual infections or diseases? Q. How can you stop sexual infections or diseases?

A. Once a person is over 16 and they give permission to engage in sexual activity it is very important that they use a condom and visit a doctor or a health clinic to have a checkup. STI's (sexually transmissible infections) can be passed on to another person through saliva and other bodily fluids and many do not show symptoms, so a person may not know they have an infection. Sharing our body with another person should only be part of a respectful and healthy relationship with good communication and trust. In an ideal world, two people should visit a doctor together before having sex and discuss the risks and have simple tests to determine if they are both healthy. Condoms not only prevent pregnancy they reduce the spread of disease and infection. If you are unable to have this conversation with a partner, you are not ready to share your body.

Q. What is AIDS and what is STI?

A. STI stands for Sexually Transmissible Infections and HIV/AIDS is an STI. AIDS stands for Acquired Immune Deficiency Syndrome: Acquired means you can get infected with it; Immune Deficiency means a weakness in the body's system that fights diseases. Syndrome means a group of health problems that make up a disease. AIDS is caused by a virus called the Human Immunodeficiency Virus (HIV). If you get infected with HIV, your body will try to fight the infection. It will make ""antibodies,"" special immune molecules the body makes to fight HIV. You don't actually catch AIDS. You might get infected with HIV, and later you might develop AIDS. You can get infected with HIV from anyone who's infected. The blood, vaginal fluid, semen, and breast milk of people infected with HIV has enough of the virus in it to infect other people. Most people get the HIV virus by: having unprotected sex with an infected person who is not on treatment; sharing a needle with someone who's infected; being born when their mother is infected or drinking the breast milk of an infected woman.