

Subject Specific Vocabulary

Emotions	There is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.
Body parts	Female: vulva, vagina, ovaries, eggs, womb, clitoris, labia, breasts Male: penis, testicles, sperm, pubic hair
Secret	Something that is kept or meant to be kept unknown or unseen by others.
Surprise	An unexpected or astonishing event
Marriage	A union between individual people.
Gender	The two sexes (male and female); in the 21st century, gender is related to social and cultural differences rather than biological ones.
Personal Care	Keeping clean and not spreading germs.
Emotions	A strong feeling arising from your circumstances, mood, or relationships with others.
Puberty	The time at which adolescents reach reproductive maturity.
Hormones	A chemical in your body that can change and influence your mood or emotions
Menstrual Cycle	The monthly series of changes a body goes through
Basic First Aid	Help given to a sick or injured person
Safe	Protected from harm or danger.

I understand that marriage is a commitment to be entered into freely and not against someone's will.

I recognise that marriage includes same sex and opposite sex partners.

I can tell you one thing that most families have in common and one way in which families can be different.

Boys and girls experience a range of different changes during puberty.

When boys and girls go through puberty, there is an imbalance in hormones, which might make you feel confused or have strong emotions that you've never had before. You might feel overly sensitive or become upset easily.

I know it is really important to take particular care to wash my armpits and my personal and private parts.

Key knowledge about 'Growing and Changing'



Questions

What makes a good friend?

What is a family?

What changes do boys experience during puberty?

What changes do girls experience during puberty?

Why do I need to keep myself clean during puberty?

Can I name parts of my body that are personal and private?

What do we mean by safe and unsafe touches?

Who is a trusted adult?