



Subject Specific Vocabulary	
Emotions	A strong feeling arising from your circumstances, mood, or relationships with others.
Manage feelings	The ability to be open to feelings and to control them in yourself and see them in others.
Hormones	A chemical in your body that can change and influence your mood or emotions.
Puberty	The time at which adolescents reach reproductive maturity.
Resilience	The capacity to recover quickly from difficulties
Bereavement	The state of being sad because a family member or friend has recently died.
Stereotype	Is a mistaken idea or belief many people have about a thing or group that is based upon how they look on the outside, which may be untrue or only partly true.
Internal body parts	heart, lungs, blood, stomach, intestines, brain
Genitals	A person's external organs. e.g. vulva, vagina, penis, testicles
Wet dreams	Is when a male ejaculates while he is sleeping.
Menstruation	A period is the 2 to 7 days that a girl or woman has her menstrual flow
Safe	Protected from harm or danger.

I know that my body belongs to me and I have control over what happens to it.

I can make the right choices, which affects my physical, mental and emotional health.

Some drugs, ie alcohol & tobacco have harmful effects.

I know I am individual, unique and when I achieve something, I feel proud.

I need to make positive choices to make sure I do the right thing.

I may get led into tricky situations and need to have my own opinions and not respond to peer pressure.

If I make a mistake, I can always make it right.

The human male and female reproductive organs are used for producing offspring (babies).

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

I know in school and in wider society I am expected to be treated with respect by others, and that in turn I should show due respect to others too.

Exciting books




Questions

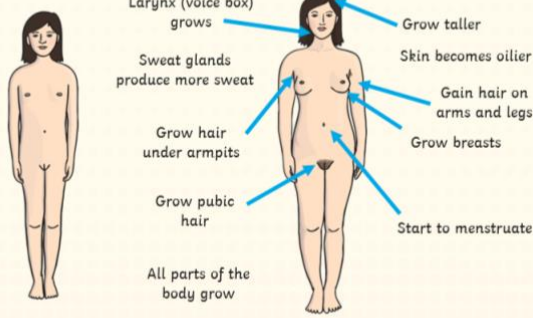
What are some of the ways in which we can experience change?
 Why do I need to keep myself clean during puberty?
 What are some of the ways my body responds when I may need help?
 What is a period?
 Why do I have to ask permission to touch someone?
 What is safe to share online?
 What is a wet dream?
Who is a trusted adult?

Key knowledge about 'Growing and Changing'

Signs of a toxic friendship	Puberty – Things to remember	What makes a good friend?
Somethings people who claim to be your friends can show bullying behaviour. This is sometimes called a 'frenemy' but is a type of toxic relationship. You can spot them by: <ul style="list-style-type: none"> • They might say 'brutally honest' things to you which are hurtful. • Put pressure on you to do things you don't want to do. • Be manipulative eg: if you were my friend you would do... • Put you down • Laugh at you, or encourage other to laugh at you • Talk about you behind your back. • Deliberately exclude you from group chat and activities. • Share things about you online. • Make you feel bad about yourself, 	<ul style="list-style-type: none"> • Puberty begins at different times for different people. • Change will happen at different rates and in a different order for different people. • Everyone goes through puberty; you are not alone. • A good diet and exercise can help deal with some of the physical changes. • Puberty is normal despite feeling abnormal. 	<ul style="list-style-type: none"> • They make you feel good • They listen • They are supportive • They are trustworthy

		<p>They handle conflict respectfully and respect boundaries</p> 
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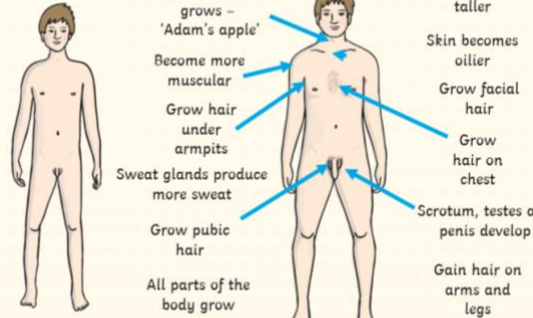
Puberty for Girls



- Larynx (voice box) grows
- Sweat glands produce more sweat
- Grow hair under armpits
- Grow pubic hair
- All parts of the body grow
- Grow taller
- Skin becomes oilier
- Gain hair on arms and legs
- Grow breasts
- Start to menstruate

Remember that everybody's body looks different!

Puberty for Boys



- Larynx (voice box) grows - 'Adam's apple'
- Become more muscular
- Grow hair under armpits
- Sweat glands produce more sweat
- Grow pubic hair
- All parts of the body grow
- Grow taller
- Skin becomes oilier
- Grow facial hair
- Grow hair on chest
- Scrotum, testes and penis develop
- Gain hair on arms and legs

Remember that everybody's body looks different!