

# Summer Term – Relationship and Sex Education – Growing and Changing

| Key Vocabulary   |  |
|------------------|--|
| human life cycle | Baby – toddler – child – teenager – adult.   |
| puberty          | The time when the body is changing from a child to an adult – it can start anytime between 8-12. |
| hormones         | Chemicals messengers that cause changes in the body.   |
| ovule            | The cell from a female that makes a baby.  |
| sperm            | The cell from a male that makes a baby   |

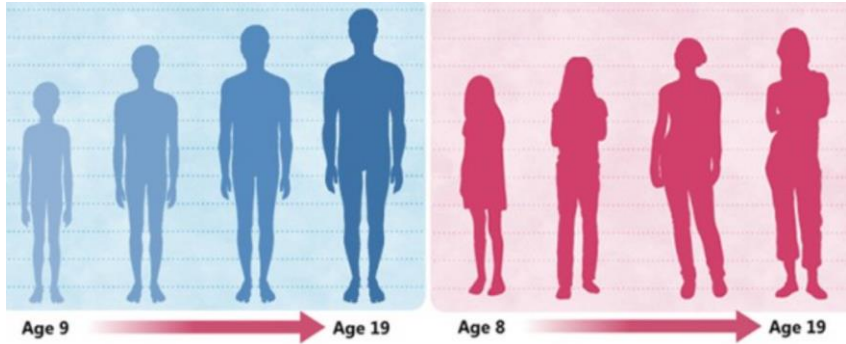
**Questions to think about ...**

**Puberty**

Why are my feelings changing as I get older?  
 What kind of feelings come with puberty?  
 How do I feel about growing and changing?

**Body Changes and Puberty**

How has my body changed since I was a baby?  
 What happens to people's bodies when they grow up?  
 What do we need to know about these changes and who can we talk to?  
 What are the physical and emotional changes in puberty?  
 Is puberty the same for everyone?



**Useful Websites:**

[Fun, lighthearted BBC clips to support our learning](#)

Always talk to someone who helps keep you safe, such as a parent, teacher or other adult you trust.

Call 999 if there is an emergency or someone is unsafe

ChildLine: 0800 11 11 [www.childline.org.uk](http://www.childline.org.uk)

**What we should know and what we should be able to do:**

**To learn about the way we grow and change throughout the human lifecycle**

- I can identify changes throughout the human life cycle
- I understand change is on-going
- I understand change is individual

**To learn about the physical changes associated with puberty**

- I am able to define puberty: the changes that occur sometime between 8-17 that turns us from children to young adults
- I can identify physical changes associated with puberty
- I understand that everyone's experience of puberty is different and that it begins and ends at different times

**To learn about menstruation and wet dreams**

- I can describe menstruation and wet dreams
- I can explain effective methods for managing menstruation and wet dreams
- I understand the relationship between the sex cells (sperm and ovum), menstruation and wet dreams

**To learn about the impact of puberty on physical hygiene and strategies for managing this**

- I can explain how changes at puberty affect body hygiene
- I can describe how to care for their bodies during puberty

**To learn how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty**

- I am able to describe how feelings and behaviour change during puberty
- I can devise strategies for managing these changes
- I understand how changes during puberty can affect relationships with other people

**To learn strategies to deal with feelings in the context of relationships**

- I am able to identify feelings and understand how they affect behaviour
- I can practise strategies for managing relationships and changes during puberty
- I can empathise with other people's feelings in relationships, including parents and carers

**To learn to answer each other's questions about puberty with confidence, to seek support and advice when they need it**

- I can identify sources of information, support and advice for children and young people
- I can use appropriate language to discuss puberty and growing up with confidence
- I can answer my own questions about puberty and growing up