



## Key vocabulary:

- **Attraction**  
Liking or being drawn towards someone
- **Decision**  
Making a choice
- **Friend**  
Someone you like and enjoy spending time with
- **Influence**  
To have an effect on someone's decision making
- **Menstruation/period**  
The shedding of the uterus/lining every month
- **Bladder**  
The organ in males and females where urine is stored before it leaves the body
- **Cervix**  
A ring of muscles at the bottom of a female's womb/uterus
- **Clitoris**  
The sensitive part of female genitals, above the urethra
- **Egg or ova**  
Produced by females in the ovary
- **Ejaculation**  
When the penis becomes erect and sperm come out of the body
- **Erection**  
When the penis becomes hard and upright
- **Fallopian tube**  
The tube which connects the ovaries to the womb/uterus. Eggs travel along the tubes each month.
- **Labia**  
The folds of skin on the external female genitals (vulva)
- **Sperm duct**  
The tube sperm travels through
- **Urethra**  
The tube in males and females which takes urine from the bladder out of the body
- **Uterus**  
Another name for the womb which is the place in a female where a baby grows during pregnancy
- **Vaginal opening**  
The end of the vagina which can be seen between a female's legs
- **Nipples**  
On the chest of males and the breast of females
- **Ovary/ovaries**  
Are found on each side of the womb and release eggs each month
- **Pubic hair**  
The hair found around the genitals
- **Scrotum**  
The pouch which hangs behind the male's penis and contain the testes
- **Voice breaking**  
The change in a boy's voice
- **Wet dreams**  
Ejaculation which happens when a boy is asleep
- **Womb**  
Another name for the uterus

### Useful Websites:

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

[BBC Operation Ouch! Puberty Special](#)

[amaze.org - information and video clips](#)

[Childline Puberty Facts](#)

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 changes that occur during puberty

- I can identify the physical, emotional and behavioural changes that occur during puberty for both males and females
- I understand that puberty is individual and can occur any time between 8-17
- I understand that body changes at puberty are a preparation for sexual maturity

#### To learn to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact

- I understand how our attitudes and values about gender and sexuality may be affected by factors such as religion and culture
- I can recognise and challenge gender stereotypes
- I understand how media messages affect attitudes, can cause inequality of opportunity and affect behaviour

#### To learn what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships

- I can identify positive qualities and expectations from a variety of relationships
- I can explain the similarities and differences between friendships and intimate relationships
- I can describe that there are different types of intimate relationships, including marriage
- I understand that sex or making love may be one part of an intimate relationship between adult

#### To learn about human reproduction in the context of the human lifecycle

- I can describe how babies are made and explain how sexual intercourse is related to conception
- I can name the male and female sex cells and reproductive organ

Questions to think about ...

**Puberty**

How can I cope with different feelings and mood swings?

Use a scale of intensity to help describe different feelings.

Describe how different feelings are experienced in their bodies.

Recognise that people can have lots of different feelings all at once.

Recognise the importance of sharing feelings.

**Relationships and conception**

What types of loving relationships are there?

What are the different ways in which people show love?

What does it mean to get married or have a civil partnership and why might people do this?

Do people have to get married?

What are the qualities of a loving relationship?

What do we expect from a healthy relationship?

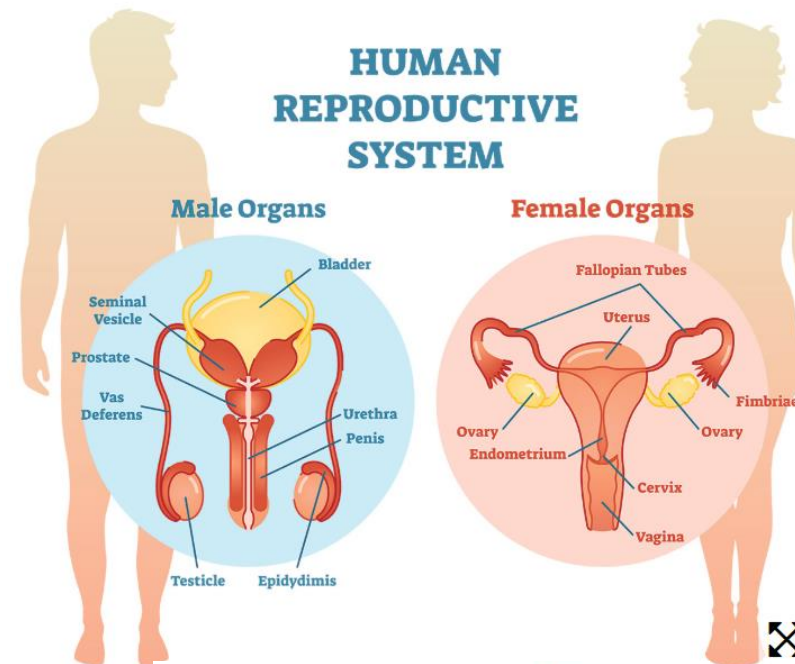
What skills does each person in the relationship need?

Why or when might a couple decide to have a baby?

What roles and responsibilities do parents have?

How does the sperm and egg meet during sexual intercourse?

What are the correct names for the reproductive organs?



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

**To learn how a baby is made and grows (conception and pregnancy)**

- I know the male and female body parts associated with conception and pregnancy
- I can define conception and understand the importance of implantation in the womb
- I know what pregnancy is, where it occurs and how long it takes

**To learn about roles and responsibilities of carers and parents**

- I can identify some of skills and qualities needed to be parent and carer
- I understand the variety of ways in which parents and carers meet the needs of babies and children
- I can recognise that both men and women can take on these roles and responsibilities

**To learn to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it**

- We can answer each other's questions about sex and relationships
- I can use appropriate language to discuss sex and relationships and growing up with confidence
- I can identify sources of information, support and advice for children and young people