




Key Facts	Social and Emotional skills	
<ul style="list-style-type: none">• A girl's body becomes a woman at puberty because her ovaries start working and producing eggs.• She also starts having periods (menstruating) because her body is now capable of having a baby.• Boys also go through puberty. They start producing sperm and their body develops into a man.• If a man and woman have sex, then a baby might be conceived if the egg and sperm join and fertilisation happens.• Unfertilised eggs pass out of the body when a woman has her period and the womb lining is shed. I• It is important to keep myself clean during puberty and make sure that when I have a period that I change my sanitary products regularly• developing at different speeds from my friends because it's natural for people to develop differently and at different rates.	<ul style="list-style-type: none">• Know how to develop my own self esteem• Understand that puberty is a natural process that happens to everybody and that it will be ok for me• Express how I feel about the changes that will happen to me during puberty• Appreciate how amazing it is that human bodies can reproduce in these ways• Confident that I can cope with the changes that growing up will bring• Start to think about changes I will make next year and know how to go about this.	
Key Learning:	Prior Learning:	Books for support
<ul style="list-style-type: none">• Aware of my own self-image and how my body image fits into that• Explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally• Describe how boys' and girls' bodies change during puberty• Sexual intercourse can lead to conception and that is how babies are usually made• Understand that sometimes people need IVF to help them have a baby• identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)• identify what I am looking forward to when I move to my next class.	<p>Children should already :</p> <ul style="list-style-type: none">• Understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm• Be able to correctly label the internal and external parts of male and female bodies that are necessary for making a baby• Be able to describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this	

Subject Specific Vocabulary	
Key word	Definition
Self-image	The way a person feels about his or her personality, achievements and value to society:
Puberty	Developing from a child into an adult because of changes in their body that make them able to have children
Menstruation/ periods	The flow of blood from a woman's uterus
Ovary/ Ovaries	Organ/s in a woman's body that produce eggs
Vagina	The part of a woman's body that connects her outer sex organs to her uterus
Vulva	The parts of the female sex organs that are outside the body
Womb/Uterus	The organ in the body of a woman in which a baby develops before birth
Semen	A thick, whitish liquid containing sperm that is produced by the sex organs of men
Testicles/Testes	Either of the two round male sex organs that produce sperm and are contained in the scrotum (= bag of skin) below and behind the penis
Erection	When a man has an erection, his penis is temporarily harder and bigger than usual and points up