

Curriculum overview

In this unit we will be learning about the changes our bodies go through during puberty and how puberty effects our feelings and emotions, know that many things can affect the way we feel about our bodies, understand different kinds of relationships and know about human reproduction.

Key vocabulary

Puberty – a period in which young people reach ‘sexual maturity’ and have the capability to reproduce.

Vagina – the sexual organ of a female.

Penis – the sexual organ of a male.

Testosterone – a hormone released in males during puberty.

Testicle/testes – the male reproductive organ where sperm is produced.

Ovary – part of the female reproductive system that releases eggs.

Heterosexual – a relationship between a male and female.

Homosexual – a relationship between people of the same sex.

Sticky knowledge

Pupils know that...

- During puberty, boys’ bodies go through different changes including growing hair and voice getting deeper.
- During puberty, girls’ bodies go through different changes including hips getting wider and starting ‘periods’.
- Both boys and girls can experience the same changes during puberty such as body odour and spots.
- There is no ‘ideal’ body. Who we are is so much more than the way we look.
- A loving relationship can be between friends, family or a couple.

Our topic is...

Relationships and sex education

Puberty

Apart from when we are babies, puberty is a time when our bodies will grow and change the fastest.



Talk

If you are worried or have questions about anything you learn in this topic, you can try talking to the following people:

- Parents
- Friends
- Siblings
- Teachers

Relationships

A loving relationship can be between friends, members of a family or couples. There are many types of loving relationships. We have different sorts of relationships with different people in our lives, at different times. Whilst loving relationships may involve different combinations of people, they will all have some things in common such as respect, trust, commitment, honesty, kindness, forgiveness.