



National Curriculum Links:

Pupils should be taught:
to recognise, as they approach puberty, how people's emotions change at that time and how to deal with their feelings towards themselves, their family and others in a positive way;
about how the body changes as they approach puberty;

Essential Prior Learning:

That all animals including humans have different stages to their life cycle.
Know the correct names for parts of the body, e.g. penis, vulva.

Progression in Skill:

About puberty and how bodies change during puberty, including menstruation and menstrual well-being, erections and wet dreams.
How puberty can affect emotions and feelings
How personal hygiene routines change during puberty
How to ask for advice and support about growing and changing and puberty

Long-term Memory Knowledge:

Name some of the ways that both female and male bodies change as they approach adulthood.
Understand what menstruation, erections and wet dreams are.
Talk about some of the feelings and emotions people can experience during puberty and how these can be managed.
Explain the importance of personal hygiene and how some routines need to change during puberty.
Suggest ways to maintain good mental health and support others.
Name some further sources of information to learn and understand more.

Key Vocabulary

consent	giving permission or approval for something (body contact)
breasts	organ used to store milk for offspring
pubic Hair	hair that grows in the groin during puberty
puberty	stage of development between the ages of 9 and 16
hormones	chemical messengers in your body which tells cells what to do
period	monthly process where blood comes out of the vagina; it

	happens because the body is preparing for a possible pregnancy.
menstruation	monthly process where blood comes out of the vagina; it happens because the body is preparing for a possible pregnancy.
sanitary towel	protection used to soak up period blood

Relevance	
Now	Know the changes that you are going to go through during puberty and how to support others as they make this journey; know some useful sources of further information.
Future	Consider how to ensure your body is kept safe: maintaining good personal hygiene, engaging in respectful relationships and having the confidence to reject unwanted attention; recognise what is 'normal' for their own body and seek medical advice if concerned.
Aspiration	Become a nurse/councillor who will help others to make choices about their bodies; work in the medical profession.