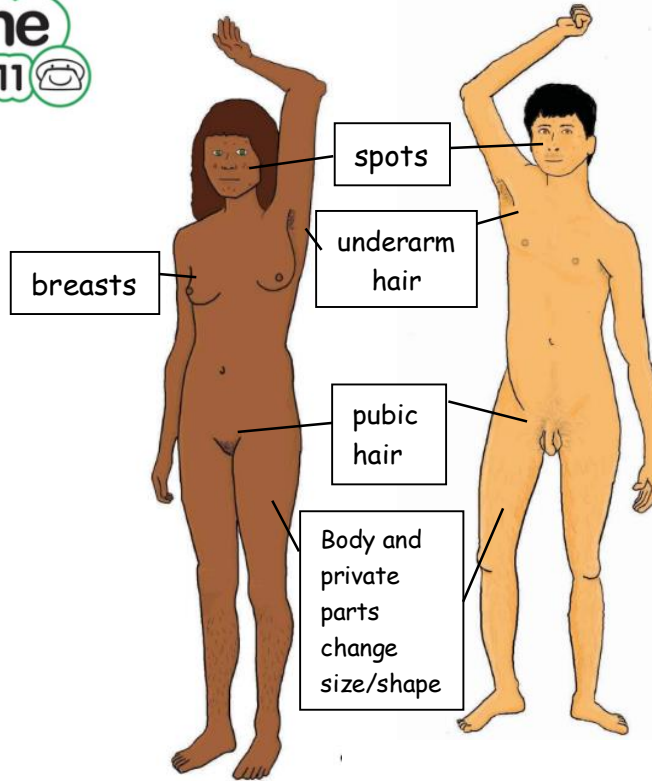


- Changes
- What is Puberty?
- Healthy Relationships



Key Vocabulary

Puberty	Changes that happen to the body around the ages of 8-16.
Lifecycle	The series of changes in life including reproduction.
Teenager	A person between 13 and 19 years old.
Adult	A person who is fully grown/developed.
Changes	Our emotions and bodies becoming different.
Feelings	An emotional state or reaction.
Bodies	The physical part of a human/animal.
Male	A man or a boy. Produces sperm.
Female	A woman or a girl. Typically capable of bearing young or producing eggs.
Private parts	Body parts that are private to you.
Physical changes	Changes that happen to the body during puberty.
Reproduction	The process of producing offspring (babies).
Reproduce	An organism producing offspring.
Penis	A male private part.
Testicles	A male private part.
Vulva	The outer part of a female's private part.
Vagina	A female private part inside the body.
Uterus	The female private part where a baby can grow.
Responsibility	Having a duty or job to deal with something or be in charge of something.

Key Vocabulary

Breasts	The 2 enlarged soft parts on a female's chest that contain a gland that produces milk if she has a baby.
Sperm	A cell that is produced in the sex organs of a male. It can fertilise an egg.
Egg	A cell that is produced in a female body. When fertilised by sperm, a baby develops.
Pubic hair	The hair that develops around lower private parts during puberty.
Emotional	During puberty, intense emotions or 'mood swings' can be felt due to hormones.

Key Knowledge

A lifecycle is the stages of life, including reproduction that a living thing goes through. Baby > toddler > child > teenager > adult > elder. Humans usually reproduce in the adult stage.

Everyone grows and changes at different times. In the 'teenager' stage a person experiences a lot of changes as they develop from a child to an adult.

Puberty is a time when a child gradually grows and develops into a young adult and both their bodies and feelings change a great deal. Puberty can start at any time between the ages of 8 and 16 and the changes happen gradually over a number of years.

During puberty, people develop body hair. This includes hair around private parts, underarms and males get facial hair. It is common to get spots. People's bodies and private parts change in size and shape. Women develop breasts. People might experience intense feelings or 'mood swings'

Males and females need their different private parts so that when they are adults they can have a baby if they choose to.

During puberty, males produce sperm and females produce a special kind of egg. A sperm and egg are needed to make a baby. If adults decide to have a baby, the egg and the sperm usually join together inside the woman's body.

Exciting parts of puberty include being given more responsibility, staying out later, getting taller, choosing what kinds of clothes/make up to wear.

Positive/healthy relationships/friendships involve lots of things including trust, sense of humour and kindness. These are important for both children's and adult's relationships.

People who you can talk to or ask for help include family, friends, teachers, teaching assistants or you can call Childline on 0800 1111.