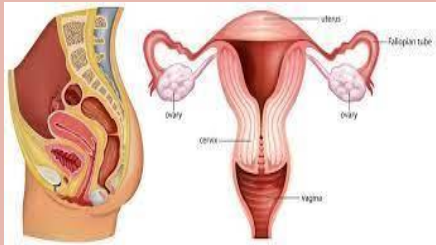


PSHE – Relationships & Sex Education

What I should already know: I should know how male and female bodies are different and the names of the different parts of the body. I know when we talk about bodies, how they change and who we can talk to. I can talk about what my body can do and why it is special. I know why it is important to keep myself clean. I know what I can do for myself to stay clean and how this will change in the future. I know how different illnesses and diseases spread and what I can do to prevent this. I know the main stages of the human life cycle. I know how I began. I know what it means to be ‘grown up’. I can talk about what I am responsible for now and how this will change. I know how different caring, stable, adult relationships create a secure environment for children to grow up.

Enquiry Questions

- What are male and female sexual parts called and what are their functions?
- How can I talk about male and female sexual parts confidently and appropriately?
- What happens to different bodies at puberty (2 lessons)?
- How can I keep my growing and changing body clean?
- How can I reduce the spread of a wider range of viruses and bacteria?



Key Vocabulary

Body odour – An unpleasant smell caused by sweat on a person’s body.

Cervix – This is the structure which forms the neck of the womb. It is a muscular ring which opens and closes especially during birth. During pregnancy it holds very tightly shut to keep the baby safe in the uterus.

Clitoris - The clitoris is a small pea shaped bump and joining point of the inner labia. It is highly sensitive to touch and is associated with sexual pleasure in females. It has between 6, 000 and 8,000 sensory nerve endings, which is more than any other organ in the human body including the penis and the testicles.

Conception – The fertilizing of an egg by a sperm; beginning of pregnancy.

Deodorant – A substance for stopping or covering up unpleasant odours.

Ejaculate – Release semen through the penis.

Erection – A hardening of the penis that occurs when sponge-like tissue inside the penis fills up with blood. Usually, an erection causes the penis to enlarge and stand away from the body.

Fallopian tube - There are two fallopian tubes. Each one connects an ovary to the womb. This is the tube down which the egg travels from the ovary.

Labia - This word means lips. The labia are folds of skin which protect the opening to the vagina. They enlarge during puberty. There are both inner and outer labia.

Menstruation – Menstruation is often called having a “period” (see below).

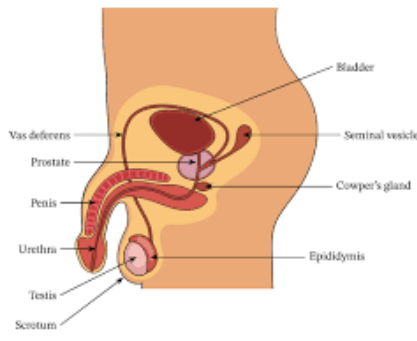
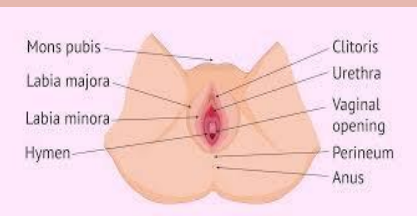
Ovary– There are two ovaries in each female reproductive system. They release eggs into the fallopian tubes, which in turn guide the eggs into the womb.

Ovulation – The process of releasing an egg from the ovary.

PSHE Skills

Pupils will:

- Know and understand the appropriate scientific names for the external and internal sexual parts of the body, and be able to explain basic functions.
- Understand the main changes that happen at puberty, know some ways to manage them, and how it affects people differently.
- Have a basic understanding about body image, and have learnt some ways to support a positive body image for themselves and others.
- Understand the importance of washing regularly and of maintaining other hygiene routines during puberty.
- Understand ways they can prevent the spread of some bacterial and viral diseases.



Ovum - The ovum, or egg, is an amazing structure and can live for up to 24 hours. The egg is

the largest cell in the human body and is 30 times bigger and heavier than sperm. Even though a woman is born with between 1-2 million eggs, she'll only release about 400 in her lifetime. Sometimes a woman releases a second egg when she ovulates, but it's always within 24 hours of the first.

Period – The 2-7 days that a girl has her menstrual flow, which is when blood and tissue leave her body through her vagina.

Pregnancy – The process and series of changes that take place in a woman's body as a result of having a developing human within her is called pregnancy.

Puberty – The name for the time when your body begins to develop and change as you move from kid to adult.

Pubic hair – Hair that covers the area around the sex organs of males and females.

Sanitary towel – A pad of thick, soft material, which women wear to absorb the blood during their periods.

Sexual intercourse/ Sex – The act of a penis entering a vagina.

Sperm – This is the male reproductive cell which is capable of fertilizing an egg. It is carried in semen into the female uterus following ejaculation. Sperm can live within the female body for up to 7 days after ejaculation. Really healthy sperm can travel up to 28mph, once inside the female body. There are 1,500 sperm in a dot the size of a full stop.

Tampon- Tampons also absorb menstrual blood but they work from inside the vagina. A tampon's absorbent material is pressed tight into a small cylinder shape. The tampon is put inside the vagina and absorbs the blood before it comes out.

Urethra - This tube, found in both males and females, carries urine from the bladder out of the body. In the male, it also carries semen.

Uterus/ Womb – This is the organ of the female body where the fertilized egg begins to grow. It is the place where the foetus grows and develops throughout a pregnancy.

Voice breaking – When a boy's voice gets deeper, due to their voice box getting larger as they grow.

Vulva - The vulva is the correct term for the parts of female genitalia that can be seen from the outside. It includes the labia (lips), clitoris and the vaginal opening. The urethra (wee tube) is in this area as well, but is not technically part of the vulva. This vulva is often commonly (but incorrectly) called the vagina.

SIGNS OF PUBERTY IN GIRLS



Height
You get taller.

Face
You may get pimples.

Privates
Your penis and testicles get bigger.

**Puberty:
What Happens?**

Voice
Your voice deepens.

Sweat
Your armpits sweat.

Hair
Hair grows on your face, arms, legs, chest, armpits, and between your legs.