



## Key Facts

- It is not always right to keep secrets if they relate to being safe
- Each person's body belongs to them
- It is important to seek help or advice if a relationship is making you feel unsafe or unhappy
- In school and in wider society, you can expect to be treated with respect by others, and in turn, you should show due respect to others, including those in positions of authority
- It is important to understand how to report concerns or abuse
- Marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong

## Ask me a question!

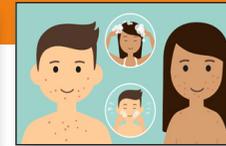
- What types of relationships are there?
- What can make a relationship healthy or unhealthy?
- What is the difference between secrets and surprises?
- How could you help someone who feels uncomfortable in a relationship?

## I will learn the following new words/phrases:

<b>Nervous</b>	<i>Being fearful, worried, or concerned about someone or an event.</i>
<b>Scared</b>	<i>Feeling fearful or frightened.</i>
<b>Inappropriate</b>	<i>Not right for or suited to the situation or purpose. Not appropriate.</i>
<b>Connection</b>	<i>The act of joining or being joined to something else.</i>
<b>Civil partnership</b>	<i>A civil partnership is a legal relationship which can be registered by two people who aren't related to each other.</i>
<b>Marriage</b>	<i>A formal union and social and legal contract between two individuals that unites their lives legally, economically, and emotionally.</i>

## By the end of these topics, I should:

- identify the different types of relationships we can have and describe how these can change as we grow
- explain how our families support us and how we can support our families
- identify how relationships can be healthy or unhealthy
- explain how to ask for help and identify who can help us if a relationship makes us feel uncomfortable



### Key Facts

- When you go through puberty, you will experience physical and emotional changes
- There is a normal range of emotions (e.g. *happiness, sadness, anger, fear, surprise, nervousness*) and scale of emotions that all humans experience in relation to different experiences and situations
- There is advice available and steps we can take to support menstrual wellbeing

### By the end of these topics, I should:

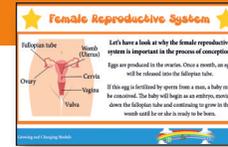
- explain what puberty means
- describe the changes that boys and girls may go through during puberty
- identify why our bodies go through puberty
- develop coping strategies to help with the different stages of puberty
- identify who and what can help us during puberty

### Ask me a question!

- What does the brain release in order for puberty to begin?
- What changes do females and males go through during puberty?
- How long do periods normally last?
- What coping strategies can help us through puberty?

### I will learn the following new words/phrases:

<b>Puberty</b>	<i>When a child matures physically and the reproductive system becomes active.</i>
<b>Hormone</b>	<i>A chemical substance made in the body, which controls the activity of other cells and organs.</i>
<b>Anonymous question</b>	<i>When someone asks a question without revealing their name or identity.</i>
<b>Vagina</b>	<i>A canal that leads from the female uterus to the outside of the body.</i>
<b>Vulva</b>	<i>External female genitalia that surround the opening to the vagina.</i>
<b>Ovaries</b>	<i>A reproductive organ where eggs are produced.</i>
<b>Fallopian tube</b>	<i>The tube where the female egg travels to the womb (uterus).</i>
<b>Penis</b>	<i>A male organ that urine and sperm pass through.</i>
<b>Testicles</b>	<i>Two male sex glands where sperm is produced.</i>
<b>Bladder</b>	<i>An organ inside the body where urine is stored.</i>



### Key Facts

- Stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up
- Others people's families, either in school or in the wider world, sometimes look different from your family, but you should respect those differences and know that other children's families are also characterised by love and care for them

### By the end of these topics, I should:

- explain the terms 'conception' and 'reproduction'
- describe the function of the female and male reproductive systems
- identify the various ways adults can have a child
- explain various different stages of pregnancy
- identify the laws around consent

### Ask me a question!

- Can you name at least three parts of the female reproductive system?
- Can you name at least three parts of the male reproductive system?
- What is the legal age of consent to have sex?
- Can you talk about the different stages of pregnancy?

### I will learn the following new words/phrases:

<b>Conception</b>	<i>The process of conceiving a baby.</i>
<b>Reproduction</b>	<i>The process by which living things create young or offspring.</i>
<b>Consent</b>	<i>To express willingness or approval.</i>
<b>Conceived</b>	<i>The fertilising of an egg by a sperm; beginning of pregnancy.</i>
<b>Caesarean</b>	<i>The surgical delivery of a baby that involves making incisions in the mother's abdominal wall and uterus.</i>
<b>Foreskin</b>	<i>A retractable fold of skin that covers the glans of the penis.</i>
<b>Cervix</b>	<i>The lower part of the uterus that opens into the vagina.</i>
<b>Womb (uterus)</b>	<i>Where a foetus, or baby, grows.</i>
<b>Urethra</b>	<i>The tube that carries urine from the bladder out of the body.</i>
<b>Fertilised</b>	<i>When a male's sperm enters a female's egg.</i>
<b>IVF</b>	<i>Fertilising an egg outside the body, in a laboratory dish, and then implanting it in a woman's uterus.</i>