

# YEAR 5 PSHE - RELATIONSHIPS

## KNOWLEDGE ORGANISER



Overview and Recap	PUBERTY
<p><b>At South Hill, we follow the 'Christopher Winter project' curriculum for 'Relationship and Drugs education.'</b></p> <p>In Year 5 this year, we will learn:</p> <ul style="list-style-type: none"> <li>To explain the main physical and emotional changes that happen during puberty</li> <li>To understand male and female puberty changes in more detail</li> <li>To explain how to keep clean during puberty</li> <li>To explain how emotions change during puberty</li> <li>To know how to get support and help during puberty</li> </ul>	<p>Puberty is the time when your body changes from being a child to a young adult. Your body is preparing itself to be able to reproduce (have a baby). Puberty starts when extra amounts of chemicals called hormones start to be produced in the body. Puberty changes are a normal part of growing up and each person will start puberty at a slightly different time and will develop in their own way – it's important to respect these differences</p> <p>The female body mainly produces <b>progesterone and oestrogen</b> which start the changes of puberty. This usually starts between 8-13 years. The male body mainly produces <b>testosterone</b> which start the changes of puberty. This usually starts between 10-15 years.</p> <p><b>KEEPING CLEAN DURING PUBERTY</b> Sweat is your body's <b>natural way</b> of helping you to <b>cool down</b>. Sweat can also some times <b>become smelly</b> when the chemicals it contains <b>mixes with bacteria</b> that live naturally on your skin. This is why it is really important to wash every day using soap or shower gel and you may need to start using deodrant.</p> <p><b>EMOTIONAL CHANGES DURING PUBERTY</b> It is not just your body that changes during puberty – your <b>mind and feelings</b> change too. Sometimes: - You may feel <b>lonely and confused</b>. - You may have <b>mood swings</b> (including irritability, tearfulness, overwhelming happiness and confusion). - You may want <b>more independence</b>. - You may also become <b>argumentative and bad tempered</b>.</p>



CHANGES TO BOYS DURING PUBERTY	
<ul style="list-style-type: none"> <li>Grow taller and heavier</li> <li>Bones grow bigger and heavier</li> <li>Nose and jaw get bigger and face gets longer</li> <li>Get more muscles</li> <li>Hair and skin can become oily and you may get spots</li> <li>Body sweats more</li> <li>Hair grows on the face, under the armpits, around the genitals (pubic hair).</li> <li>May get more hair on arms, legs and chest.</li> <li>Voice gets deeper</li> <li>Penis and testicles grow bigger and longer</li> <li>May have mood swings, sexual thoughts and feelings</li> </ul>	<p><b>Urethra</b> - The tube through which urine and semen leaves the boy's body</p> <p><b>Penis</b> - Tube-like organ that hangs outside the body - Come in all sizes and shapes, determined by our genes</p> <p><b>Testicles or testes</b> - Usually two, one hangs lower - Sometimes called <b>balls</b> or <b>nuts</b> - Where sperm are made</p> <p><b>Scrotum</b> - Bag of skin that holds testicles - Keeps them at right temperature to make sperm, slightly cooler than body's temperature - Gets bigger and baggier and turns a darker colour</p>

CHANGES TO GIRLS DURING PUBERTY	
<ul style="list-style-type: none"> <li>Get taller and heavier</li> <li>Bones grow bigger and heavier</li> <li>Hips get wider and more curvy</li> <li>Face changes shape</li> <li>Voice gets a little deeper</li> <li>Hair grows under the armpits, around the genitals (pubic hair)</li> <li>Hair on arms and legs grows darker</li> <li>Breasts and nipples get larger</li> <li>Body sweats more</li> <li>Internal and external sex organs grow</li> <li>May have mood swings, sexual thoughts and feelings</li> <li>Periods start</li> </ul>	<p>Labels: fallopian tube, ovary, uterus, cervix, vagina, vulva</p>

MENSTRUATION	
<p>1. An ovary gets ready to release an egg.</p> <p>2. The egg is released. The soft lining starts to thicken inside the uterus.</p> <p>3. The egg travels along the fallopian tube to the uterus. The lining of the uterus gets thicker.</p> <p>4. The lining is not needed and most of it is shed through the vagina. This is your period.</p>	<p>Periods (menstruation) happen due to the <b>hormones changing</b> in your body. Even before birth, a girl has 1-2 million tiny eggs (Ovum) in her ovaries. When puberty is reached usually an <b>egg is released each month from her ovaries</b>. The egg moves <b>from the ovary and along the fallopian tube and down into the (womb) uterus</b>. If the egg is fertilised by sperm then a pregnancy will occur. If the egg is not fertilised then the <b>lining of the womb and the egg leave the body through the vagina</b>; this is called a period.</p>

### Key Vocabulary

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|--------------|------------|--------------|-----------|--------------|-----------|---------|-----------|--------|----------------|------------|-------|-----|-----|---------|
| navel        | pubic hair | nipples      | ovaries   | penis        | testicles | scrotum | uterus    | vagina | vulva          | womb       | sperm | egg | sex | private |
| masturbation | hormone    | testosterone | oestrogen | menstruation | period    | penis   | testicles | cervix | fallopian tube | fertilised |       |     |     |         |