

# 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.</p> <p>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></p> <p>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></p> <p>It is not just your body that changes during puberty – your <b>mind and feelings</b> change too. Sometimes:</p> <ul style="list-style-type: none"> <li>- You may feel <b>lonely and confused</b>.</li> <li>- You may have <b>mood swings</b> (including irritability, tearfulness, overwhelming happiness and confusion).</li> <li>- You may want <b>more independence</b>.</li> <li>- You may also become <b>argumentative and bad tempered</b>.</li> </ul>



### CHANGES TO BOYS DURING PUBERTY

- Grow taller and heavier
- Bones grow bigger and heavier
- Nose and jaw get bigger and face gets longer
- Get more muscles
- Hair and skin can become oily and you may get spots
- Body sweats more
- Hair grows on the face, under the armpits, around the genitals (pubic hair).
- May get more hair on arms, legs and chest.
- Voice gets deeper
- Penis and testicles grow bigger and longer
- May have mood swings, sexual thoughts and feelings

**Urethra**

- The tube through which urine and semen leaves the boy's body

**Penis**

- Tube-like organ that hangs outside the body
- Come in all sizes and shapes, determined by our genes

**Testicles or testes**

- Usually two, one hangs lower
- Sometimes called **balls** or **nuts**
- Where sperm are made

**Scrotum**

- 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

### MENSTRUATION

Periods (menstruation) happen due to the **hormones changing** in your body. Even before birth, a girl has 1-2 million tiny eggs (Ovum) in her ovaries. When puberty is reached usually an **egg is released each month from her ovaries**. The egg moves **from the ovary and along the fallopian tube and down into the (womb) uterus**. If the egg is fertilised by sperm then a pregnancy will occur. If the egg is not fertilised then the **lining of the womb and the egg leave the body through the vagina**; this is called a period.

### CHANGES TO GIRLS DURING PUBERTY

- Get taller and heavier
- Bones grow bigger and heavier
- Hips get wider and more curvy
- Face changes shape
- Voice gets a little deeper
- Hair grows under the armpits, around the genitals (pubic hair)
- Hair on arms and legs grows darker
- Breasts and nipples get larger
- Body sweats more
- Internal and external sex organs grow
- May have mood swings, sexual thoughts and feelings
- Periods start

### Key Vocabulary

- |              |            |              |           |              |           |         |           |        |                |            |       |     |     |         |
|--------------|------------|--------------|-----------|--------------|-----------|---------|-----------|--------|----------------|------------|-------|-----|-----|---------|
| 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 |       |     |     |         |