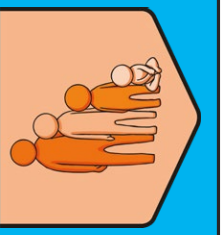
Disclaimer

This resource is designed to support teaching about biological attributes. You should consider whether this content is appropriate for all children in your class, especially children who have DSD/are intersex, or who are transgender. You should not rely on the material included within this resource and Twinkl does not accept responsibility if you do so.

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Key Knowledge

Changes During Puberty

Puberty is a time when children's bodies go through some **changes** in preparation for adulthood. Physical **changes** happen to the male body such as the voice getting deeper, facial hair beginning to grow and testosterone and sperm being produced in the testes. **Changes** to the female body include eggs being produced, breasts starting to form and periods starting. There are also some **changes** that happen to everyone. These changes include starting to sweat more, experiencing wet dreams, hair developing under arms and around the genitals and spots developing.

Feelings and Emotions

During **puberty**, feelings and emotions can feel more intense and can change rapidly. These **changes** in our feelings may be because of the many things that are happening in our lives and because of the **hormones** which are produced during this time. **Mood swings** are a normal part of **puberty** but it is very important to speak to an adult you trust about any uncomfortable emotions you want help with.

Key Vocabulary

reproduction:	When plants or animals produce young.
puberty:	A time when children's bodies start to develop into adults.
hormones:	Natural chemicals within our body.
changes:	When something becomes different.
mood swings:	Rapid changes from one emotion to another.
consent:	To give permission or agree to something.
foetus:	A baby developing in the uterus.

Proud to Be Me

We are all different. Everybody looks slightly different, and there is no perfect image of the human body. When forming a healthy self-image, we should not only consider our appearance, but we should be proud of who we are and celebrate our accomplishments, efforts and strengths.

Loving Relationships

There are many people we may have loving relationships with. These may include friends, family and romantic relationships. Healthy relationships can be between a large variety of people but should always contain the same characteristics. These include commitment, honesty, care, loyalty, communication, fairness, shared interests and respect.

Sexual Intercourse

Sex can refer to whether someone is male or female, or the physical activity of sexual intercourse. If two people are going to have sex, they must be over the age of 16 (which is the legal age of **consent** for sex in the UK) and both **consent**. It is illegal to force someone to have sex and very important no one touches us in a way that we are uncomfortable with. If we ever experience unwanted physical contact, we should tell them to stop, get away from the situation and tell a trusted adult straight away. **Reproduction** (when a baby is made) can happen during sexual intercourse, as this is when the sperm can meet the egg. If a couple wants to have sex without conceiving a baby, they need to use contraception such as a condom or the contraceptive pill. Some methods of contraception can also help to prevent sexually transmitted infections (STIs). By practising safe sex, people may choose the contraception method they feel most appropriate, know their partner very well and feel safe and secure with them. By doing this, people feel valued and respected, as well as avoiding infections.

Key Knowledge

Conception to Birth

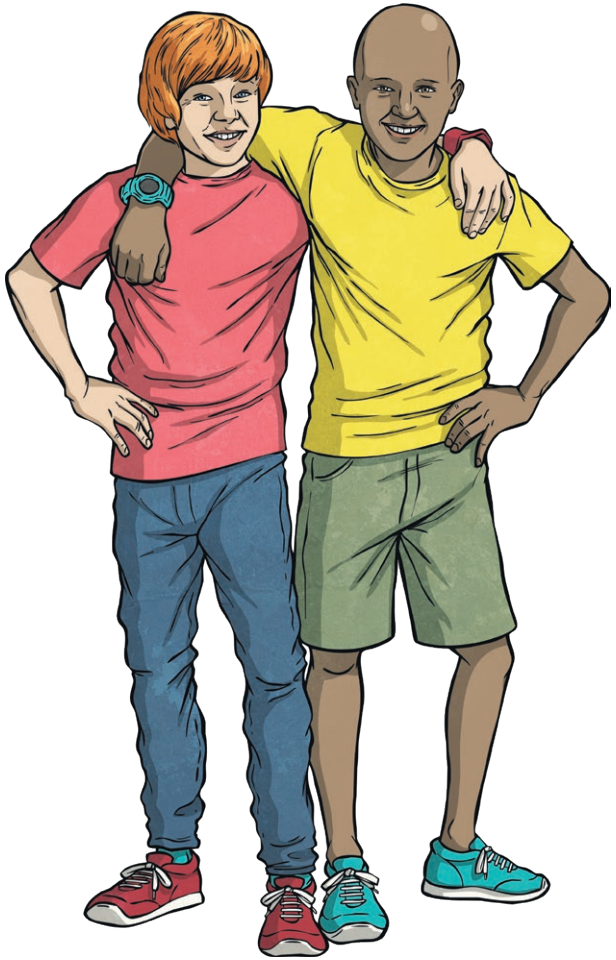
When a sperm meets an egg, a baby starts to develop. While it is growing, the mother's body provides all the **foetus** needs such as oxygen, fats, vitamins, minerals, protection and protein. The **foetus** develops in the uterus and is contained within the amniotic sac, which is filled with amniotic fluid. The mother's body creates a placenta, which provides all the nutrients and oxygen the baby needs to grow. The umbilical cord carries these from the placenta to the baby and carries waste such as carbon dioxide away from the baby. After it has developed for nine months, the uterus prepares to push the baby out of the mother's body during labour. The baby is either born through the vagina or by caesarean section.

Key Learning Point:

Looking After Our Changing Bodies

There are many **changes** our bodies go through during **puberty**. This is exciting but can feel quite overwhelming as well. To make sure we look after our bodies and help ourselves stay as healthy, well and happy as possible, we can:

- wash well and often;
- eat a healthy, balanced diet;
- ask for advice;
- get plenty of sleep;
- exercise;
- spend time with friends and family;
- value our strengths, qualities and achievements;
- talk to a trusted adult if we are worried about anything;
- spend time outside;
- take time to enjoy calm, relaxing activities.



To look at all the planning resources linked to the **UKS2 Growing Up** unit, click **here**.

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