

Key Knowledge

Growing and changing

- At some time between the ages of 8 and 16, puberty occurs – this is normal and part of growing up and the whole process can take a few years.
- Many of the changes that occur during puberty are getting the body ready for reproduction.
- The eggs a female produces in her ovaries and the sperm a male produces in his testicles are both needed to make a baby.
- Sperm leaves the male’s body through his penis.
- Another change that usually starts to occur during puberty is having sexual feelings towards another person and being attracted to them.
- During this time, some people, particularly teenagers, might decide to start dating or having a boyfriend or girlfriend.
- It is important that, just like other relationships, a romantic relationship must be healthy, respectful, equal and full of communication. If someone is uncomfortable with any of the communication or touch within a relationship, they have the right to say “no” and this must be respected. It is important to ‘check-in’ with someone to see if they are comfortable with what you are doing.
- The same communication and respect applies to online relationships as well as in-person ones.
- *NB there is an additional lesson on ways to start a family. As parents have a right to withdraw from this lesson, the content is not included in this knowledge organiser.*

Statutory requirements

Pupils should know:

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- about menstrual wellbeing including the key facts about the menstrual cycle.

Key vocabulary

Spelling	Definition
Puberty	The stage of life when the body of a child transitions into an adult body
Reproduction	Producing a baby or offspring
Sex hormones	Chemicals such as oestrogen and testosterone that your body makes to help develop the reproductive systems
Sexual	An unpleasant smell caused by sweat on a person's body
Healthy relationships	Where a young person is respected and feels valued for who they are. They involve honesty, trust, respect and open communication between people
Menstruation	The process of the lining of the female’s womb being released through the vagina
Ejaculation	Semen coming out of a male body
Pregnancy	The time during which one or more offspring develops (gestates) inside a female’s uterus

Book recommendations

Dr Ranj	How to grow up and feel amazing – the no worries guide for boys
Phil Wilkinson	The boys’ guide to growing up
Anita Naik	The girls’ guide to growing up
Anita Ganeri	Body’s changing – A girl’s guide to growing up

