



Subject Specific Vocabulary	
Healthy Friendships	Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
Sexual Relationship	A connectedness between 2 people, especially an emotional connection.
Sexual transmitted disease	An infection that could be passed on by direct sexual contact and others which can be passed on by non-sexual means.
Pregnancy	The condition of a women, being pregnant, having a baby.
Conception	The action of conceiving a child. Embryo An unborn baby in the process of development. Foetus An unborn baby, more than 8 weeks after conception.
Positive body image	A person who feels comfortable and happy in their body.
Puberty	A time when adolescents go through change and become capable of reproduction.
Contraception	The use of artificial methods to prevent pregnancy
Gender identity	A person's idea of being a boy or girl, which may or may not be the same as when they were born.
Sexual orientation	Being attracted to a person of the opposite sex/gender, the same sex/gender or to both sexes or more than one gender.
Peer pressure	Influence from your friends.
Fight or Flight	A response when in a difficult situation, you may 'run away' or stay and 'have your say'.
Tricky Situation	A difficult time that is happening, one where you might need to think about the right decision.
Safe	Protected from harm or danger.

When the sperm and the egg meet, they join together and form the start of a baby.

A baby grows in a woman's uterus over nine months. When the baby is growing inside the female's body, it is called an embryo at first, than at eight weeks it becomes a foetus.

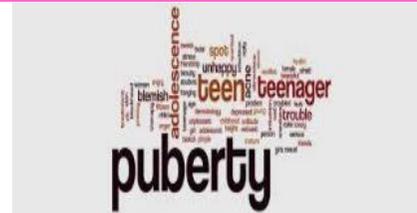
While the foetus is growing inside the woman's uterus, it is protected by a special bag of fluid, this is called the amniotic sac.

I know that I will go through physical and emotional changes as I go through puberty.

Contraception can prevent sexual transmitted diseases.

The age of consent to any form of sexual activity is 16.

I can challenge society's perception of a perfect body.



Where do you come from?
What is needed to make a baby? How does the foetus get all the oxygen and food it needs?
What changes happen to us as we go through puberty?
What influences are around that may affect our body image & the way we see ourselves?



What types of relationships are there?
Who is a trusted adult?

Things to remember about puberty:

- Puberty begins at different times for different people.
- Changes will happen at different rates and in a different order for some people.
- Everyone** goes through puberty; you are not alone.
- Having a good diet and exercising regularly can help you deal with some of the physical changes you experience

Key knowledge about 'Consent'

- Puberty is normal, despite it feeling abnormal.
- Consent is:**
 - Freely Given** – it is not ok to pressure, trick or threaten someone in to saying yes.
 - Reversible** – It is ok to say yes and then change your mind – at any time!
 - Informed** – you can only consent to something if you have had all the facts.
 - Enthusiastic** – you should only do things you WANT to do, not things people expect you to do. If someone doesn't seem enthusiastic, stop and check-in.
 - Specific** – saying yes to one thing doesn't mean you are saying yes to other things.



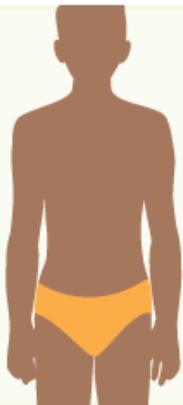
Whitehill
Community
Academy

Growing and Changing Y6 RSHE Relationships

Height
You get taller.

Face
You may get pimples.

Privates
Your penis and testicles get bigger.



Puberty: What Happens?

Voice
Your voice deepens.

Sweat
Your armpits sweat.

Hair
Hair grows on your face, arms, legs, chest, armpits, and between your legs.

Face
You may get pimples.

Sweat
Your armpits sweat.

Menstruation
Your period begins.

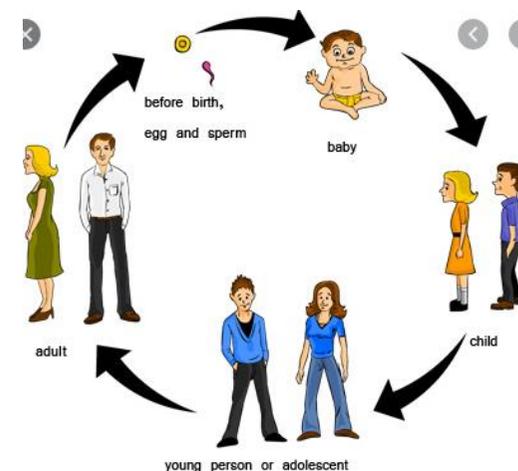


Puberty: What Happens?

Height
You get taller.

Breasts
Your breasts grow.

Hair
Hair grows in your armpits, on your legs, and between your legs.



Be smart on the internet

S SAFE Keep safe by being careful not to give out personal information when chatting or posting online. Personal information includes your email address, phone number and password.

M MEETING Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time.

A ACCEPTING Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems - they may contain viruses or nasty messages!

R RELIABLE Someone online might lie about who they are, and information on the internet may not be true. Always check information with other websites, books or someone who knows.

T TELL Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online. You can report online abuse to the police at www.thinkuknow.co.uk

www.kidsmart.org.uk

Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by Joining Hands with people all around the world.

TALK PANTS AND STAY SAFE, LIKE PANTOSAURUS

P PRIVATES ARE PRIVATE

A ALWAYS REMEMBER YOUR BODY BELONGS TO YOU

N NO MEANS NO

T TALK ABOUT SECRETS THAT UPSET YOU

S SPEAK UP, SOMEONE CAN HELP