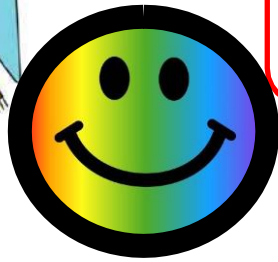




“Whatever you do, work at it with all your heart”

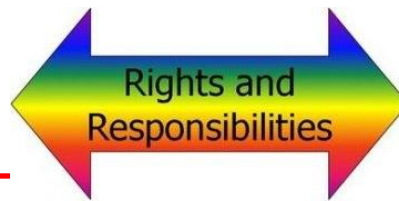
Colossians 3:23



## Growing and changing

Year 4

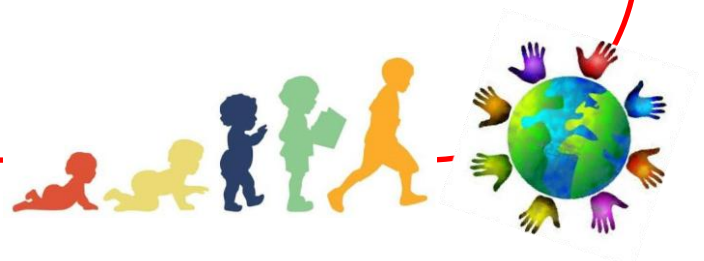
Summer 2

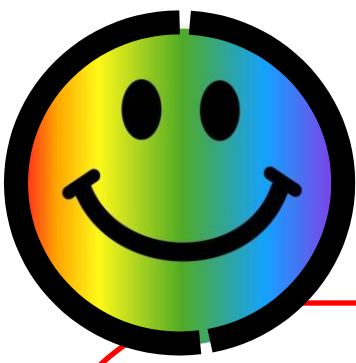


### Key Knowledge

To know that:

- Change can have emotional as well as physical impact
- Puberty happens to transition from a child to an adult
- There are different types of partnerships
- There are different changes that happen to people during their lives;
- The Learning Line can be used as a tool to help manage change more easily;
- There are different people who may be able to help them deal with change.
- There are different reasons why young people sometimes fall out with their parents.
- There are parts of the body that males and females have in common and some that are different.
- Periods are a normal part of puberty for girls.
- There is a difference between a safe and an unsafe secret.
- Different surprises and secrets can give us different feelings.
- It is important to talk to a trusted adult if a secret makes you feel uncomfortable or unsafe.
- Marriage is a commitment to be entered into freely and not against someone's will.
- Marriage includes same sex and opposite sex partners.
- The legal age for marriage in England or Scotland is ?
- There are reasons why a person would want to be married, or live together, or have a civil ceremony.





### Key Vocabulary:

**breasts** - soft parts on a person's chest that grow during puberty; in adults they can make milk for a baby.

**Testicles** - two small organs inside the scrotum that make sperm and hormones.

**womb** - the place inside a woman's or girl's body where a baby can grow.

**choice** - picking between different options or deciding what you want to do.

**civil partnership** - a legal way for two adults to commit to each other, similar to marriage.

**sperm** - tiny cells made in the testicles that can help make a baby.

**penis** - a body part on boys and some men used for weeing and, in adults, for making a baby.

**hormones** - chemicals in your body that help control growth, feelings and changes during puberty.

**pubic hair** - hair that grows around the genitals during puberty.

**periods** - monthly bleeding from the vagina as part of the menstrual cycle.

**marriage** - when two adults make a legal and loving commitment to share their lives.

**love** - a strong feeling of care, kindness and connection towards someone.

**puberty** - the time when your body and emotions change as you grow into a teenager.

**live together** - when two adults share a home because they care about each other.

**uncomfortable feelings** - emotions that don't feel nice, like worry, fear or confusion.

**menstruation** - the monthly process when a girl or person with a uterus bleeds a little from their vagina.

**vagina** - the tube-like opening inside the body that leads to the womb.

**vulva** - the outside parts of the female genitals, including the labia and clitoris.

**compromise** - when people each give up a little to find a solution everyone can accept.

**share** - letting someone else use or have part of something you have.

**ovaries** - two small organs that store eggs and make hormones.

