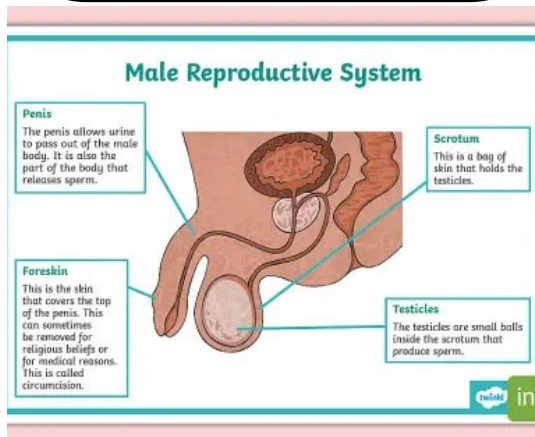


Health and Wellbeing 2

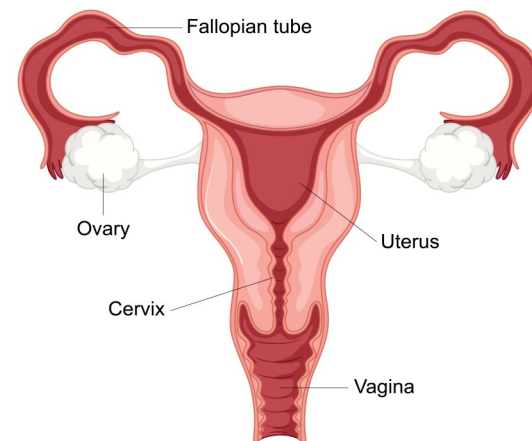
This unit will introduce pupils to the reproductive system and the changes that happen during puberty. Pupils will know how to maintain good personal hygiene and where to go to seek advice about puberty. Pupils will learn about FGM, the dangers of this and what to do if they think someone is at risk.



Key knowledge and threads

Key thread: Health and Wellbeing

- Know that some people’s gender identity doesn’t correspond to their biological sex
- Know and identify scrotum, penis, foreskin and testicles
- Know that sperm is produced in the testicles, eggs are made in the ovaries, and when the two combine, fertilisation occurs
- Know and identify cervix, ovaries, vagina and uterus/womb
- Know about during puberty, girls will grow taller, grow breasts, grow more body hair, feel emotional, get spots and start a period
- Know that during puberty, boys will grow more body hair, sweat more, get spots, feel emotional, experience erections and wet dreams, their genitals will grow, and their voice will get deeper
- Know that personal hygiene routines during puberty are important
- Know that washing regularly, using deodorant, changing underwear and clothing daily is important
- Know that wet dreams are erections that happen when you are sleeping and sperm - the male reproductive cell - is ejaculated (ejected) from the penis as part of the fluid called ‘semen’
- Know that menstruation involves bleeding from the vagina, a period usually happens once a month, girls can start them at a different age and they usually stop when a woman is pregnant
- Know that the menstrual cycle lasts about 28 days
- Know the strategies to manage the changes during puberty are healthy eating, regular exercise and at least 9 hours sleep each night
- Know that Childline provides advice and support about puberty
- Know FGM is the procedure of deliberately cutting, injuring or changing the female genitals. It is generally a cultural practice and cannot be justified by any medical reason
- Know that FGM is dangerous and illegal and that they must call 999 if they believe someone is at immediate risk of FGM
- Know to contact the NSPCC for advice or information on FGM



Vocabulary Abstract

- Genitalia**—male and female reproductive organs
- Reproductive**—production of new life
- Fertilisation**—the fusion of a female egg and male sperm
- Puberty**—the period during which adolescents reach sexual maturity and become capable of reproduction
- Menstrual cycle**—the process of ovulation and menstruation in women
- Erections**—when a penis hardens and enlarges
- Hygiene** - the practices needed to keep healthy and prevent disease