

What effect might puberty have on people’s feelings, emotions and bodies?

Key Knowledge and Concepts

Word	Definition
contraceptive pill	A daily pill that contains hormones t change the way the body works and prevent pregnancy
condom	Made from thin rubber and are designed to stop semen coming into contact with a sexual partner
ejaculation	This is the contraction of muscles in the penis which pushes semen from the testes and out of the penis.
sexual intercourse	When the man puts his penis inside the woman’s vagina
sperm	This is the male reproductive cell which is capable of fertilising an egg. It is carried in semen into the female uterus following ejaculation.
reproduction	the process by which living things create young or offspring
sex	Another word for sexual intercourse

Puberty is the word used to describe the phase when a child’s body starts to change, as they become an adult. Apart from when you were a baby, this is the time when your body will grow the fastest.

Puberty can be a confusing, even worrying time for many young people. That’s why it is important to understand what is happening to your body and to know where to get help or advice if you need to.

Both the male and the female are needed to make a baby. They each produce and store a special ingredient needed for human reproduction. The male stores sperm in the testicles. The female body makes and stored eggs in ovaries, joined to the uterus by the fallopian tubes. When the sperm and the egg meet, they join together and form the start of a baby. After nine months of growing inside its mother, the baby is ready to be born. The muscles in the uterus push the baby out. This is called **labour**. The baby comes out (usually head first) from the mother’s vagina.

If the couple do not want to conceive a baby, they can use contraception, such as a condom, to stop the sperm reaching the egg.

Elements of a Loving Relationship

No matter who is in the relationship, there should be...

- advice
- commitment
- affection
- loyalty
- support
- fairness
- communication
- honesty
- kindness
- consideration
- trust
- respect
- shared interests
- care
- patience
- common goals
- help

All Families Are Unique and Special