



What will happen to my body as I grow up and how can I care for it?

Word	Definition
puberty	the stage or age at which a person experiences the maturing of the reproductive system
period	A period is when blood comes out through a girl's vagina
vulva	The vulva is the correct term for the parts of female genitalia that can be seen from the outside. It includes a number of different parts.
penis	The penis performs two functions in males. It passes urine through the urethra from the bladder. The penis is the main sexual organ and sperm is passed through the urethra during ejaculation.
sanitary products	A product which soaks up the menstrual blood

Key Knowledge and Concepts

Some of the changes during puberty will include: **breasts begin to grow**, hair gets greasy, sperm starts to be produced, **hair starts to grow on your face**, the body changes shape, **periods start**.

A woman's menstrual cycle (period) is approximately 28 days (1 month). Menstrual products include tampons, pads and recyclable products such as menstrual cups.

Sexual parts that can be seen outside the bodies of males (penis) or females (vagina). Some words for sexual parts are rude and can offend people.

Illnesses can be spread for example **by droplets** (coughs and sneezes), blood and **other body fluids** e.g. 'spit', flies and insects, animals, touch, through infected water and food. To reduce the spread of common illnesses you can do some of these things **wash your hands, cover your mouth when coughing**, not sharing toothbrushes, covering cuts and grazes and practising good food hygiene.

Personal hygiene products relevant to puberty are detergents, razor, toothbrush, **spot cream, sanitary towel**, shampoo. Parts of the body which need to be washed every day during puberty are the under arms and genital.

