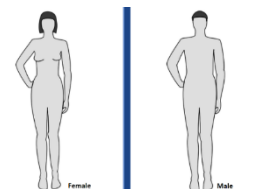


# RSHE: Growing Up

## Year 5: Summer 2



### Key Vocabulary

puberty	The period during which adolescents reach sexual maturity and become capable of reproduction.
testicles	Either of the two oval organs that produce sperm in men and other male mammals, enclosed in the scrotum behind the penis.
penis	The male genital organ.
Adam's apple	The projection in the front of the neck that is formed by the thyroid cartilage and is particularly prominent in males.
erection	An enlarged and rigid state of the penis, typically in sexual excitement.
ejaculation	The action of ejecting semen from the body.
vagina	The muscular tube leading from the external genitals to the cervix of the uterus in women and most female mammals.
vulva	The vulva is the outer part of the female genitals.
clitoris	A small, sensitive, erectile part of the female genitals.
menstruation/period	The process in a woman of discharging blood and other material from the lining of the uterus at intervals of about one month.

### Key Questions

- How will my feelings change as I get older?
- How will my body change as I get older?
- How will I stay clean during puberty?
- What is menstruation?

### Websites

- <https://www.youtube.com/watch?v=4SRXvGHKA-k>
- [https://www.youtube.com/watch?v=uotzoDDRW\\_s](https://www.youtube.com/watch?v=uotzoDDRW_s)
- <https://www.youtube.com/watch?v=umpBnIxOqy8>

### Concepts

**Relationships** - this concept focuses on relationships between family and friends. Children learn an awareness of different types of families and how they are of equal importance, challenging stereotypes of a 'normal family'.

**Respect** - this is a concept that refers to the ability to value and honour another person, both his and her words and actions, even if we do not approve or share everything he or she does.

**Safety** - the concept of safety is the condition of being safe; freedom from danger, risk, or injury. These include being physically and emotionally safe.