

Changing Adolescent Body

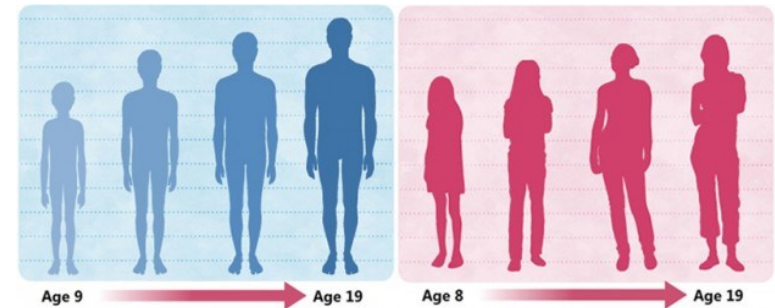


Curriculum Links:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

Key Facts:

- Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes
- About menstrual wellbeing including the key facts about the menstrual cycle



Key Vocabulary

Adolescent	The process of developing from a child to an adult
Hormones	A substance produced by the body which influence a specific effect eg. growth, development etc
Menstruation	The process of a woman discharging blood and other material from the lining of the uterus
Period	The process of a woman discharging blood and other material from the lining of the uterus
Puberty	The stage in people's lives when they develop from being a child into an adult because changes in their body make them able to have children

Possible experiences: We should already know:

- Make links to science curriculum and changes to the human body
- School nurse visit
- Always resources online
- Mental wellbeing is a part of daily life, how to judge emotions and self-care techniques
- The benefits of an active lifestyle
- How to seek support if they are worried about their health or wellbeing