



## Weaving concepts



### What should I already know?

#### Key Learning Points:

**Respect and Consent:** It is important to show respect to everyone as we are all equal and deserve to be healthy and happy. Our bodies belong to us and it is important people **respect** our bodies through their actions as well as their words. Asking for **consent** before touching someone's body is a very important way to show this **respect**.

**Valuing Differences:** As we grow and **change**, there are many similarities and differences we might notice between ourselves and others. These should be celebrated and valued because they are a way we can learn from each other. Learning from and enjoying the differences between ourselves and others avoids stereotyping and values the many ways we are all **unique**.

#### Key Vocabulary reproduction

**foetus**

When plants or animals produce young.

**puberty**

A baby growing inside a female's body.

**genitals**

The time when children's bodies start to develop into adults.

**hormones**

Parts of our body that are private. Females have **genitals** called a vulva and a vagina and males have a penis and testicles.

**testosterone**

Natural chemicals within our body.

**oestrogen**

Male sex **hormone**.

**feelings**

Female sex **hormone**.

**emotions**

**Emotions** we experience about things that are happening.

**lesbian**

The way we feel about things that are happening.

**gay**

A woman who is attracted to other women.

**bisexual**

A man who is attracted to other men or a woman who is attracted to other women.

**asexual**

A person who is attracted to both men and women.

**transgender**

Someone who isn't attracted to men or women.

**egg**

Someone whose gender identity (how they feel) is different from their biological sex.

**sperm**

**Eggs** are made by the woman's body. If an **egg** is fertilised by **sperm**, a baby starts to grow.

**Sperm** is made by the man's body. If sperm fertilises the **egg**, a baby starts to grow.

## Sticky Knowledge

### Key Learning Point:

Growing into Adults: There are lots of changes we go through during **puberty**. These changes may feel confusing at the time but they are completely normal and happen to everyone. Our changing **emotions** can also feel confusing but there are things we can do to help. We can:

- have some calm, quiet time;
- do something active - exercise helps release endorphins;
- do something we enjoy;
- phone or visit a friend;
- write our **feelings** down;
- talk to a trusted adult;
- spend time with a pet;
- go for a walk.

