







H&W—Transition, Health and Puberty

Keyword	Definition
Friendship	Relationship between friends
Bullying	To harm, hurt or make someone do something they do not wish to do
Social Media	Websites and apps that allow users to create and share content or to participate in social networking.
Road Safety	Being safe outside, on and around the roads
First Aid	Help given to a sick or injured person until full medical treatment is available.
CPR	A life saving medical procedure which is given to someone who is in cardiac arrest.
Penis	The male genital organ
Vagina	The female genital organ
Period	The regular discharge of blood and tissue from the uterus through the vagina
Period Products	Products used during menstrual cycle such as tampons, pads and cups
Hormones	Chemical substances that are released in the body
Menstrual Cycle	The process of ovulation for girls and women
FGM	Female Genital Mutilation, where areas of the vagina, labia, and clitoris are removed

Types of Bullying	
 Physical	The victim is physically and violently assaulted by the bully. This can include being beaten up, pushed and shoved or the physical taking of items from the victim.
 Verbal	This can include name calling, snide comments and the spreading of rumours.
 Emotional	Emotional bullying is difficult to see, but can include the ignoring the victim or stopping them from being around a particular group, tormenting and humiliating the victim.
 Cyber	Cyberbullying is the use of electronic communication (via the internet or social media) to bully a person. By sending messages which threaten but can include posting personal and embarrassing images and videos without the person's permission.

What makes a good friend?	
Good friends make you feel good	Good friends say and do things that make you feel good, giving compliments and congratulations and being happy for you.
Good friends listen	A good friend allows you to talk and doesn't interrupt you. They're interested in what you have to say.
Good friends support each other	If you're feeling down, a good friend will support you. If you need help, a good friend will try to help you out.
Good friends are trustworthy	If you tell a good friend something private, they won't share it. You can trust a good friend not to be judgmental.
Good friends handle conflict respectfully and respect boundaries	A good friend will tell you if you've done something to hurt them. If you tell a good friend they've hurt you, they'll be sorry and won't do it again.
Friends not followers	In the digital world you can feel under pressure to have a lot of friends and followers. Remember that you only need a small circle of friends to be happy,

Changes to girls	Changes to boys
<p>Growing taller</p> <p>You'll get taller, and this might happen quite quickly.</p> <p>Breasts and hips get bigger</p> <p>Your breasts and hips get bigger. You might feel itchy or uncomfortable when this happens. This is normal. It is normal to gain weight during puberty.</p> <p>Hair grows on your body</p> <p>Hair grows under your arms and around your vagina. Some girls develop hair on other parts of their body, such as their top lip. This is normal.</p> <p>Periods start</p> <p>Your periods will start at some point during puberty. You might get period pains before or during your period.</p> <p>Vaginal discharge begins</p> <p>You may notice your vagina produces vaginal discharge (fluid). This is normal. It's your vagina's way of keeping clean and healthy. The discharge should be colourless or white, and shouldn't smell. If it looks green or yellow and smells, see a doctor as you might have an infection.</p> <p>Spots and sweat appear</p> <p>Hormones can make you sweaty or spotty, but as long as you have good personal hygiene, you can still look and feel healthy.</p> <p>Feelings go up and down</p> <p>You might have mood swings due to the changes in your hormones and feel emotional, but your feelings will settle down eventually.</p>	<p>Getting taller</p> <p>Your body grows, and it may become more muscular.</p> <p>Bigger penis and balls</p> <p>Your testicles and penis grow, and they may feel itchy or uncomfortable.</p> <p>Unexpected erections</p> <p>Your body produces more hormones, so you might get erections when you least expect them.</p> <p>Spots and sweat</p> <p>Hormones can make you sweaty and spotty, but as long as you have good personal hygiene, you can still look and feel healthy.</p> <p>Wet dreams</p> <p>You start producing sperm, and you may have wet dreams in which you ejaculate (release fluid containing sperm out of your penis) while you're asleep. This is normal.</p> <p>Hair growth</p> <p>Areas of your body become more hairy, including your armpits, legs, arms, face, chest and around your penis.</p> <p>Deeper voice</p> <p>As your voice begins to break, you might sound croaky for a while, or you might have a high voice one minute and a low voice the next. It will settle down eventually.</p> <p>Mood swings</p> <p>You may have mood swings due to the changes in your hormones and feel emotional, but your feelings will settle down in time.</p>

Signs of a Toxic Friendship

Sometimes people who claim to be your friends can show bullying behaviour, but is a type of toxic relationship.

You can spot them by:

- They might say "brutally honest" things to you which are unkind or hurtful
 - Put pressure on you to do things you don't want to do
 - Be manipulative (e.g. 'If you were my friend you would...')
 - Put you down
 - Laugh at you, or encourage others to laugh at you
 - Talk about you behind your back
 - Deliberately exclude you from group chat and activities
 - Take the "banter" too far
 - Share things about you online
 - Make you feel bad about yourself

Dealing with Cyber Bullying

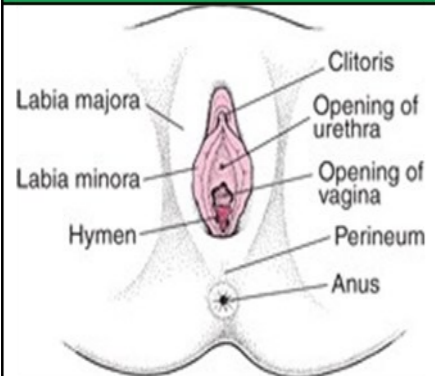
Cyber Bullying can be harder to handle as it's anonymous and can impact all aspects of your life.

- **Tell someone** – don't keep it to yourself, find a trusted adult who you can talk to.
- Report the bullying to the website and block the user.
- Do not Retaliate
- Screenshot evidence of the bullying.

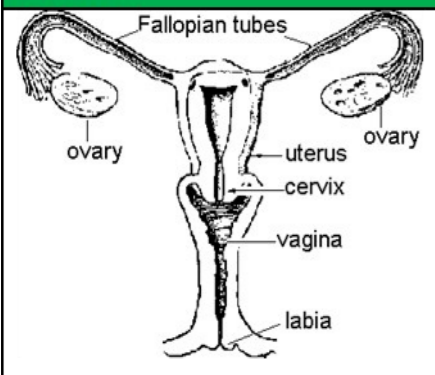


Transition, Health and Puberty—Knowledge Organiser

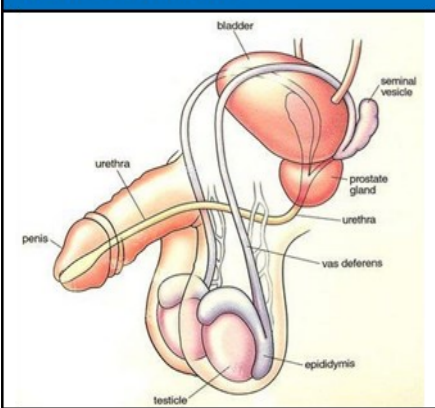
Female Genitalia – External (Vulva)



Female Genitalia – Internal



Male Genitalia



Menstrual Cycle - Periods

The length of the menstrual cycle varies from woman to woman, but the average is to have periods every 28 days. Regular cycles that are longer or shorter than this, from 21 to 40 days, are normal.

The menstrual cycle is the time from the first day of a woman's period to the day before her next period.

Girls can start their periods anywhere from age 10 upwards, but the average is around 12 years.

Day 1 – 7

The menstruation cycle starts with the **first day of a woman's period**. This is the name given to the time of the month when the lining of the **uterus comes away and exits through the vagina as blood**.

Day 7 - 13

Around day 7 the blood flow stops.

The **lining of the uterus begins to build up again**.

At this time an egg starts to mature in one of the ovaries

Day 14 (The Middle)

On the 14th day which is the middle of the cycle, an egg is released by an ovary into the oviduct.

Day 14 - 17

The egg can last up to 3 days after it is released from the ovary.

During this time the egg travels down the oviduct and into the uterus hoping to be fertilised.

Day 18 - 28

If the egg is not fertilised then the lining of the uterus begins to break down, and the cycle starts again.

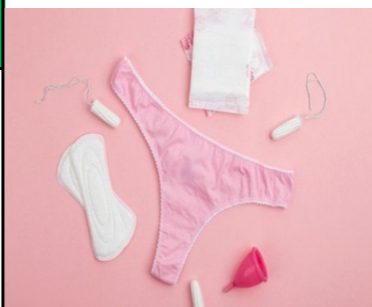
Period Products

When a girl or woman is on her period there are several products she can choose to use.

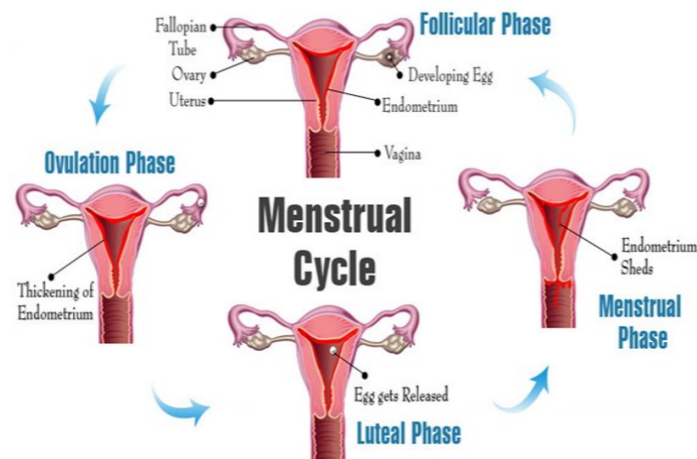
Some are **internal** and are inserted into the vagina others are **external** and are worn outside of the vagina.

Internal products: tampons and menstrual cups

External products: pads, reusable pads, period underwear



Who Can you turn to for help and support	
Parents or trusted family members	Teachers or school Staff
The Police	Friends
NSPCC	Helpline: 0808 800 5000 (24 hours, every day) nspcc.org.uk
Childline	Helpline: 0800 1111(24 hours, every day) https://www.childline.org.uk
National Bullying Helpline	https://www.nationalbullyinghelpline.co.uk/



Hair
Puberty causes the oil glands in the hair to produce more oil which can make hair more oily meaning that it needs to be washed more regularly.

Face
During and after puberty people can be more prone to spots and acne. This can be managed through the use of daily face washes.
Exfoliants should be used twice weekly in order to remove dead skin cells.

Oral Care
Brushing teeth twice a day, flossing and using a mouth wash can prevent bad breath and dental issues. Regular visits to the dentist are also important

Body Odour
Due to puberty, sweat glands not only become more active than before, they also begin to secrete different chemicals into the sweat that has a stronger smelling odor. Daily bathing and the use of anti-perspirant or deodorant. Anti perspirant's will reduce the amount of sweat you produce whereas deodorants cover the smell and odour.

Body Hair
Body hair in new places is something you can count on. You may want to start shaving some places where body hair grows, but whether you do is up to you. Some guys who grow facial hair like to let it develop into a mustache and beard. Some girls may decide to leave the hair on their legs and under their arms as is. It's all up to you and what you feel comfortable with.

Genital Hygiene
Women:
The inside of the vagina rarely needs cleaning with the use of soap. It has a natural balance of substances that can become disturbed by washing causing any bacteria that enter to have the potential of developing into an infection. The labia should only need cleaning once a day using a mild soap and water. The area should also be cleaned following sexual intercourse. Over cleaning of the genital area can be harmful and lead to infections such as thrush

Men:
The penis, scrotal area and anus, should only need cleaning once a day. No attempt should be made to try and clean the inside of the urethra; this can cause serious damage. Special care should be taken by uncircumcised men to make sure the head of the penis is cleaned. This can be done by allowing the warm water to act as a lubricant and the foreskin should be gently pulled back. Failure to clean this area properly will result in smegma collection, causing bad odours and an increased risk of infection.
The area should be cleaned after sex, even if wearing a condom, to prevent bacterial build-up and unpleasant smells arising.