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| **Year 5 Summer 1 PSHCE – Puberty(RSE)** | | |
| **Key facts**   * We will all go through puberty. * Puberty is an important part in the human life cycle. * During puberty, our bodies and feelings go through changes. * Going through puberty will allow most people to reproduce if they choose to. * During a period, girls/women can feel physical pain and discomfort as well as tense or moody. * Once a young person reaches puberty, they produce more sweat. * If the sweat isn’t washed away, it can turn into body odour. | Diagram  Description automatically generated Diagram  Description automatically generated | |
| **Vocabulary**   * puberty * physical changes * emotional changes * moods * menstruation * periods * tampons * sanitary towels * wet dreams * semen * erection * sweat * spots * pubic hair * facial hair * underarm hair * sexual feelings |  |