

Year 5: Changing Me

Vocabulary	
Puberty	Time in your child's life when they transition from a child to an adult.
Growth Spurt	Scientifically speaking, a growth spurt is a period rapid physical growth, usually height or weight.
Hormones	Hormones are the body's chemical messengers. They carry information and instructions from one set of cells to another.
Menstruation	Menstruation is often called having a period. It is when a girl/woman has her menstrual flow when blood leaves the body through the vagina.
Menstrual Pads/ Tampons	Pads are rectangles of absorbent material that attach to the inside of a girl's underwear and catch menstrual blood. They are sometimes also called sanitary pads or sanitary napkins.
Semen	A white fluid that comes out of the penis
Testicles	External body part (male genitalia) Male gland part of the reproductive system.
Erection	An erection happens when the penis fills up with blood and hardens. The penis will become bigger and stand out from the body.
Ejaculation	This is the release of semen from the penis.
Wet Dream	When semen is released from the penis during sleep
Consent	Consent means giving someone a choice about touch or actions and respecting their answer. We always ask for permission.

