

Year 4: Changing Me

Vocabulary

Unique	Is being the only one of its type. There is nothing else like it.
Mannerisms	A person's particular way of moving or talking. A way of doing something.
Carers	Someone who looks after a family member, or friend who suffers from an illness.
Puberty	Time in a child's life when they change from a child to an adult.
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 Cycle	Is the recurring cycle of menstruation that happens around every 28 days.
Periods	A period is when blood comes out through a girl's vagina.
Menstrual Pads	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.
Period Pants	Are specially designed knickers/underwear to use with or instead of sanitary pads during a girls menstrual period.
Acceptance	Accepting is the first step to learn to love our differences, understanding and appreciating what others bring to our lives.

