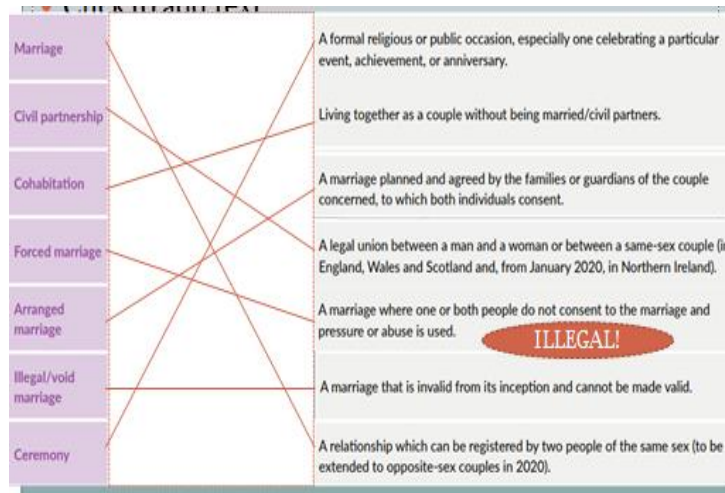


PSHE
Year 7
Summer 2: **RSE**

Key vocabulary:
Relationship – The state of being related or connected
Healthy relationship – A relationship that is comfortable and safe and makes you happy
Unhealthy relationship – A relationship that is not comfortable, possibly not safe and does not make you happy



Victory Vals



Some different kinds of relationships

- Family – your family is not just your parents or carers and your brothers and sisters it is also all your relatives – like grandparents, aunts, uncles and cousins. You may or may not live with them; you may get along with them or have massive fights; you may never have met them, or they may be your best friends
- Peers - some might be your closest mates; others might be people you don't like at all.
- People at school - you might not want to hang out with them but they are there.
- Your best friend - he or she could be your best mate, or sometimes the person who gets to you most!
- Your neighbour, your doctor, your sports coach and others in the community - you might meet regularly or never meet – we all have a relationship with others in our community.
- Teachers – You might not like them all but you have a relationship with them!
- People in your interest groups - sports teams, music, drama, art or youth groups.
- Your boyfriend/girlfriend – Maybe?!



Scenario	Answer
1. Sam and Alex are getting married. Sam was in a civil partnership for several years but the relationship ended 5 years ago. As Sam is now getting married, not forming another civil partnership, he never legally dissolved his civil partnership.	No. The marriage is only legal if the civil partnership is dissolved first.
2. Dev and Kiara are excited about getting married. Both of them are very close to their families and were confident in their parents' match-making skills when they were first introduced to each other. They know their wedding day will be a happy event.	Yes. This is an example of an arranged marriage.
3. Adeel and Roxanna had a Nikah ceremony (a traditional Islamic wedding ceremony). Shortly afterwards, they had a civil marriage ceremony too.	Yes. As long as they have married in a civil ceremony, their marriage is legally recognised in the UK. If they only had a Nikah ceremony, this would not be the case.
4. Jas and her brother went away with their family, for what they thought was a family holiday. When they arrived, Jas was told she was getting married. She was not happy about this but was worried about what her family would do if she tried to say no.	No. This is an example of a forced marriage and is illegal in the UK.
5. Ella and Tilly were married last week. They had a small civil ceremony at a local hotel, followed by a big party with all of their families and friends.	Yes. Same sex marriage is legal in England, Scotland and Wales and will be legal in Northern Ireland from January 2020.

Healthy	Feature	Unhealthy
It can strengthen a relationship to spend time together	Spending time together	Spending every minute together reduces contact with friends and family network.
This can give a relationship strength as you can spend time with those that the other person loves and get to know the person you are with even better.	Knowing each others family and friends	It can get messy if you break up
This can help you get on and have things to talk about and share	Having lots in common	Too many common interests may mean you do not spend enough time with other people as well as each other
Honesty generally is a good thing and the best thing to be to have a healthy relationship	Being honest and open	Being brutally honest can upset the other person
Making each other laugh keeps you connected	Humour	Humour directed at a partner may be hurtful
Getting on so well that you rarely argue can be good	Never having an argument	Not arguing and keeping it all inside or not telling the other person your wants or needs if no healthy.

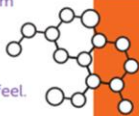


PUBERTY & THE BODY

Puberty is when you start to change from being a child into an adult. Hormones (chemicals produced by your brain) cause your body to change and grow. They also affect the way you think and feel.

This can start any time from 7-16 years old. Not everyone develops at the same age or speed and it can take between 2-4 years to complete.

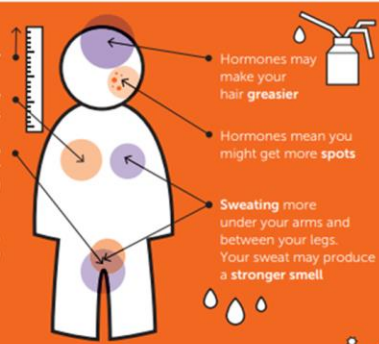
It's common to feel embarrassed about these changes but remember everyone goes through puberty. Knowing what to expect can make it easier to deal with.



Growing taller
Hair will grow under your arms

You may want to masturbate (touch your genitals for pleasure)

WHAT CHANGES MIGHT YOU EXPERIENCE?



Hormones may make your hair greasier

Hormones mean you might get more spots

Sweating more under your arms and between your legs. Your sweat may produce a stronger smell

WHAT IS MASTURBATION?

You may find you want to explore your body and touch it in new ways. This is called masturbation and is a normal part of growing up.

You may want to rub your penis until it gets hard (this is an erection) which might lead to ejaculation, when semen comes out of the penis.

Touching the area around your clitoris may lead to you feeling turned on and your vulva getting wet. This can lead to a very strong tensing feeling called an orgasm.



PUBERTY & THE BODY



PUBERTY IF YOU HAVE A PENIS

- Your penis and testicles will grow larger
- Pubic hair will grow at the base of your penis
- Your muscles will develop and your chest will get broader
- Your voice will 'break' and get deeper
- You may have wet dreams and unexpected erections
- You'll get hairier on your arms and legs
- More hair will grow on your face

WHAT ARE WET DREAMS?

Wet dreams are when you ejaculate when you're asleep. Some people remember having a nice dream but others just wake up to find a wet patch.

SHAVING

At first you'll see some fine hair above your lips and on your chin. Ask an adult you trust to help you choose a razor and show you how to use it. You won't need to shave every day at first.

WEARING A BRA

As your breasts grow it can be more comfortable to wear a bra. Ask an adult you trust to help you buy your first one and try to get measured to make sure you get the right size. It's normal to have one breast bigger than the other.

BODY HAIR

Some people prefer to remove body hair by waxing, shaving or lasering their legs, underarms and pubic area. It's entirely up to you how much or little hair you want on your body.

PUBERTY IF YOU HAVE A VAGINA

- Your nipples and breasts will start to grow
- Your body shape will grow more curvy
- Pubic hair will grow around your vulva
- Hair will grow under your arms
- You will start having periods between the ages of 8-17

The external, visible part is the vulva. The vagina is the muscular tube which leads from the cervix to the vulva.

WHAT ARE PERIODS?

Every month the ovaries release an egg and the lining of the womb thickens. If the egg isn't fertilised, the egg and womb lining leave your body through your vagina. This is a period. It usually lasts a few days and you'll need to wear a sanitary towel in your pants, or put a tampon in your vagina. Cramps in your tummy or back are common. Some people feel tense or emotional before a period starts (known as PMS).

PUBERTY IF YOU ARE TRANS

For some of us, our bodies and our gender don't match up. You may feel female and have a penis, you may feel male and have a vulva or may feel like a mix of the two. This is known as being trans, transgender, or genderqueer and can make puberty extra complicated. You can read more about gender at brook.org.uk/gender

KEEPING CLEAN

Try to change your clothes and wash every day using soap or shower gel. Underarm spray such as deodorant (which covers up the smell) or antiperspirants (that stop or dry up sweat) can also help.

You'll also need to keep your genitals clean. Avoid strong products. Unscented soap and warm water is all you need. If you have foreskin (skin over the head of your penis) wash gently under it to stop it getting smelly, itchy or sore.



PERIOD PRODUCT OPTIONS

People generally use a combination of products. Most come in different sizes and to suit different flows (heavy or light). Experiment to find what works best for you.

TAMPONS

Small tubes of soft cotton, inserted into the vagina with applicators or your finger to absorb blood. Shouldn't be kept in for more than 8 hours. Don't worry, they can't get stuck or lost! They have a string attached to pull them out with.



PADS

Made of absorbent material to absorb blood. Have a sticky back - and sometimes wings - to keep them in place in your underwear.



REUSABLE PADS

Like normal pads but made of washable cloth.

PERIOD PANTS

Underwear with a built in absorbent layer. You can wash them and reuse.

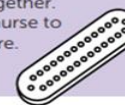
MENSTRUAL CUPS

Small reusable containers made of flexible silicone. Inserted into the vagina to collect blood. You empty the blood, wash it, and reinsert.



DID YOU KNOW?

Some methods of hormonal contraception (like the pill) can make your periods more regular, lighter, heavier, or stop altogether. Speak to a nurse to find out more.



S is for safe

Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.



M is for meet

Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk



A is for accepting

Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.



R is for reliable

You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.



T is for tell

Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline - 0800 11 11 or www.childline.org.uk



Be SMART with a heart

Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.



MISSED PERIOD?

If you've had unprotected vaginal sex and missed a period, this could be a sign that you're pregnant. You should take a pregnancy test at least 21 days after unprotected sex or speak to a doctor or nurse.

TOP TIPS:

STAYING HEALTHY

Your body will keep the vagina and vulva clean through natural vaginal secretions (discharge).



- Use plain, unperfumed soap every day to gently wash your vulva.
- Never clean inside the vagina (douché) as it washes out the good bacteria.
- Always wipe front to back, to avoid transferring bacteria from the anus.
- Always try to urinate after sexual activity, to reduce the risk of infections.



Vaginal odour can change at different times of your cycle. If your vulva and vagina are sore, itchy, have an unpleasant smell or unusual discharge, this could be a sign of an infection, so it's best to go and see a doctor. You should also see a doctor or nurse if you're bleeding between periods or after sex.