**Growing and Changing**

**Year 5**

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| In Summer 2 we will be learning all about growing and changingThe boys and girls will be taught separately with the boys and girls learning about changes during puberty.  |
| This is what we will be learning about | * Managing difficult feelings
* Managing change
* Keeping safe
* Getting help
* Body changes and puberty
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| Here is some of the vocabulary we will be using | Pubic hair, clitoris, vulva, vagina, urinary opening, lips (labia), penis, scrotum, testicles, foreskin, anus, wet dream, erection, stretch marks, crush, puberty, genitalia, semen, menstruation, period, sanitary, towel, tampon, menstruation cup, sanitary protection, prejudice, biological sex, sexual orientation, gender identity, gender expression, verbal abuse, physical abuse, in confidence, break a confidence, confidential, hormones, compromise, respect, mood swings, embarrassed, reactions, consequences, separation, fostered, trust, resilience, unwanted attention, unwanted touch, wellbeing, resilience  |
| You can support your child by talking to them about their body parts and naming them, talking about how they have changed from when they were a baby, how they have become more independent and how they take care of themselves.  |
| If you have any questions about this learning or would like to view the resources we will be using in lessons, please speak to your child’s Class Teacher.  |