

# Year 7 - RSE - Health and Wellbeing/Intimate and Sexual Relationships

## Key Terms

Adolescence	Is the period of life between child and adulthood
Puberty	When the body begins to change from the body of a child to that of an adult

## Sexual Feelings

Because of the changes that happen during puberty it is quite common to start to experience sexual feelings. This is because of the hormones young people's bodies are producing

## New Love

This is also a time when many young people start to have romantic feelings about other people. They may even have or start to think about having a boyfriend or girlfriend.

RSE covers a variety of topics and focuses on developing understanding of different aspects of relationships. This includes with yourself, friendships, romantic and sexual relationships

## Hygiene

Hygiene = any practice or activity that you do to keep things healthy and clean

- ✓ Change clothes on a regular basis
- ✓ Wash regularly
- ✓ Wash clothes regularly
- ✓ Use anti-perspirants
- ✓ Use deodorants
- ✓ Wash hands with soap and water



## Key Skills

- Active listening and communication
- Teamwork
- Presentation and debate

## Puberty

Puberty starts because a person's body starts to produce a very large quantity of sex hormones that they were only producing in small amounts before.

As these new chemicals are developing in the body it is creating changes in the body, changes in emotions and sexual feelings.

## Physical Changes

Get taller  
Develop breasts  
Weight Gain  
Grow Hair (Arms, legs, genitals, facial)  
Acne and Spots  
Voice deepens  
Menstruation starts  
Hips widen  
Shoulders broaden  
Voice cracks  
Sweat will smell  
Brain undergoes remodelling

## Threshold Concepts:

TC5	That there are strategies to manage the physical and mental changes that are a typical part of growing up, including puberty and menstrual wellbeing
TC6	That there are strategies for maintaining personal hygiene, including oral health, and prevention of infection
TC7	That there are different types of relationships, including those within families, friendships, romantic or intimate relationships
TC8	That sexual attraction and sexuality are diverse
TC9	That there are ways manage the strong feelings that relationships can cause (including sexual attraction)