

Year 5: Changing Me

| Vocabulary | |
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| 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. |

