

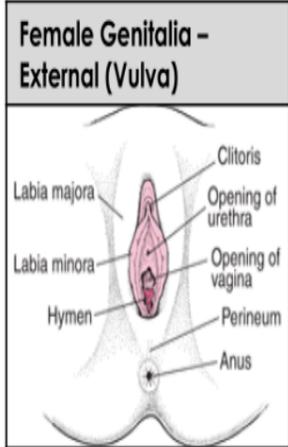
# Knowledge Organiser PSHE Year 7 Autumn Term 2 Puberty and Healthy Relationships

**Physical Puberty** is the series of changes that our bodies make as we turn from boys and girls into men and women. Puberty starts between ages 8 and 13 in girls and ages 9 and 15 in boys. At this age, young people will become aware of changes that are taking place to their bodies. You should be able to identify more parts of the body and features of puberty.

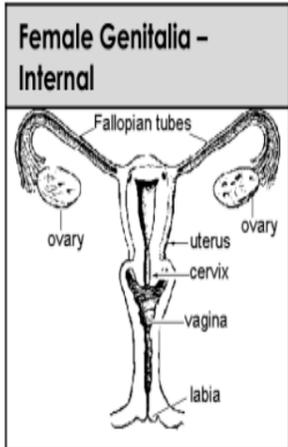
**Relationships** are our connections with other living things. These can be as friends, family, partners or couples and should be healthy. We should be aware of behaviour or signs that a relationship is becoming unhealthy (toxic). Feelings we have for others can be platonic, familial or intimate.

**Puberty and Feelings** hormones produced by the brain affect our mood and our feelings. This can make a young person's thoughts and feelings go up and down. They may want to be more independent and think about adulthood. Living through puberty involves appropriate steps to manage feelings, e.g. speaking with a trusted adult, breathing techniques, making a pros and cons list, etc.

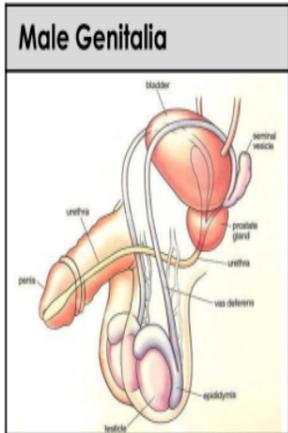
**Define: Puberty**  
The process of physical maturity in a person that takes place in adolescence



**Define: Menstruation**  
Also known as a period. The process in a woman of discharging blood and other material from the lining of the uterus at intervals of about one lunar month from puberty until the menopause, except during pregnancy.



**Define: Hormones**  
A chemical substance produced in the body that controls and regulates the activity of certain cells or organs.



**Define: Wet Dream**  
An involuntary ejaculation that occurs whilst a person is asleep.

Physical Changes during Puberty	
Boys only	<ul style="list-style-type: none"> <li>Starts between 10 and 12 years of age</li> <li>Facial Hair</li> <li>Voice Breaking</li> <li>Erections</li> <li>Wet Dreams</li> <li>Widening of chest and Shoulders</li> </ul>
Girls Only	<ul style="list-style-type: none"> <li>Starts between 9 and 11 years of age.</li> <li>Menstruation / Periods begin</li> <li>Breast growth</li> <li>Stretch Marks</li> <li>Cellulite</li> <li>Hips widen</li> </ul>
Both	<ul style="list-style-type: none"> <li>Grow taller</li> <li>Sweat more</li> <li>Changes to hair and skin</li> <li>Spots and Pimples</li> </ul>

**Things to Remember**

- Puberty begins at different times for different people.
- Changes will happen at different rates and in a different order for different people.
- Everyone goes through puberty, you are not alone.
- Good diet and exercise can help deal with some of the physical changes.
- Puberty is normal despite feeling very abnormal.

Who Can you turn to for help and Support	
Parents or trusted family members	Teachers or school Staff
Your Doctor or Practice Nurse	School Nurse
NSPCC	Helpline: 0808 800 5000 (24 hours, every day) <a href="https://www.nspcc.org.uk">nspcc.org.uk</a>
Childline	Helpline: 0800 1111 (24 hours, every day) <a href="https://www.childline.org.uk">https://www.childline.org.uk</a>
NHS Live Well Website	<a href="https://www.nhs.uk/Livewell">www.NHS.UK/Livewell</a>

**Define: Platonic Relationship**  
A friendship or relationship where there is no romantic, intimate or sexual feelings.  
Friends and Colleagues.

**Define: Intimate Relationship**  
A relationship which can include a sexual attraction and sexual activity.  
Boyfriend, Girlfriend, Married Couples

**Define: Familial Relationship**  
A relationships with someone who has a blood, kinship or legal tie to you.  
Parents, Siblings etc.

**Define: Toxic Relationship**  
A relationship that has a negative impact on your mental health and self esteem.

What makes a good friend?	
<b>Good friends make you feel good</b>	Good friends say and do things that make you feel good, giving compliments and congratulations and being happy for you.
<b>Good friends listen</b>	A good friend allows you to talk and doesn't interrupt you. They're interested in what you have to say.
<b>Good friends support each other</b>	If you're feeling down, a good friend will support you. If you need help, a good friend will try to help you out.
<b>Good friends are trustworthy</b>	If you tell a good friend something private, they won't share it. You can trust a good friend not to be judgmental.
<b>Good friends handle conflict respectfully and respect boundaries</b>	A good friend will tell you if you've done something to hurt them. If you tell a good friend they've hurt you, they'll be sorry and won't do it again.
<b>Friends not followers</b>	In the digital world you can feel under pressure to have a lot of friends and followers. Remember that you only need a small circle of friends to be happy.
<b>Good friendships go both ways</b>	

**Signs of a Toxic Friendship**

Sometimes people who claim to be your friends can show bullying behaviour. This is sometimes called a 'frenemy' but is a type of toxic relationship. You can spot them by:

- They might say "brutally honest" things to you which are unkind or hurtful
- Put pressure on you to do things you don't want to do
- Be manipulative (e.g. 'If you were my friend you would...')
- Put you down
- Laugh at you, or encourage others to laugh at you
- Talk about you behind your back
- Deliberately exclude you from group chat and activities
- Take the "banter" too far
- Share things about you online
- Make you feel bad about yourself

**What to do if you are in a toxic friendship**

- Remember: the problem isn't you:** Hold on to that thought. Their behaviour might make you feel bad, but they need to change, not you.
- Talk to them about how their behaviour makes you feel:** Explain calmly and without accusation. Be specific. Tell them what you'd like to happen moving forward. Their response will tell you a lot, sometimes our behaviour hurts others without us realising.
- If they apologise, give them another chance:** If they mean it, they'll change their behaviour and stop making you feel bad. However, sometimes frenemies might apologise insincerely, and their behaviour afterwards won't change. If they're still making you feel bad despite what you've told them, it's time to move on.
- Make new friends:** Moving on can be scary, but you deserve people in your life who support you and make you feel good about yourself. See our guide to making new friends for help.
- Don't retaliate:** It can be tempting to encourage others to exclude your former frenemy, or to put them down behind their back. Don't do this: you're only showing the same behaviour you found difficult in them.