

**Knowledge**

**By the end of this unit, most pupils should be able to:**

- Know and understand the appropriate scientific names for the external and internal sexual parts of the body, and be able to explain basic functions.
- Understand the main changes that happen at puberty, know some ways to manage them, and how it affects people differently.
- Understand the importance of washing regularly and of maintaining other hygiene routines during puberty.
- Understand ways they can prevent the spread of some bacterial and viral diseases.

**Puberty**

**What is puberty?**

Puberty is the time in your life, usually between the age of 9 and 16, when your body begins to change, grow and develop as you become an adult.

**What happens during puberty?**

Your body will begin to change on the outside and inside. Your feelings and emotions can change and feel stronger.

**Changes in puberty include:**

Your body releases special chemicals called hormones from the pituitary gland.

Boys and girls both experience physical changes to their bodies during puberty.

A change in hormones during puberty can cause the body to produce more sweat.

Your skin can produce more oil. Oily skin can cause spots. Spots can appear anywhere on the body. Everyone's skin is different so some people will get more spots than others.

Glands in the scalp can produce more oil causing your hair to look more shiny, oily or greasy.

**Hygiene**

**Personal hygiene includes:**



- brushing teeth;
- washing hands;
- wearing clean clothes;
- showering or bathing regularly;
- keeping fresh and clean.

**Common diseases and infections:**

Communicable diseases can be spread among people in the following ways:

- Direct contact
- Animal and insect bites
- Infected surfaces
- Contaminated food/water
- Through the air (Airborne)
- Blood or sexual contact

**Viruses:**

Influenza, rabies, Covid-19, chicken pox, measles, mumps

**Bacteria:**

Whooping cough, diphtheria, pneumonia, cholera, tuberculosis

**Fungus:**

Athlete's foot, ringworm

**Vocabulary Tier 2**

Hygiene, illness, disease, emotions, germs, spots, contact, infected.

**Vocabulary Tier 3**

Puberty, vagina, fallopian tubes, clitoris, urethra, ovaries, cervix, labia, uterus, penis, prostate, scrotum, urethra, testicles (testes), period, wet dreams, pituitary gland, hormones, communicable.

