

# PCSHE – Year 7 Term 4 – Your Changing Body

KPI1 - Key words:	KPI2: Puberty	KPI3: Body Image	KPI 4: FGM	Who can you turn to for help and support:
<p><b>KPI1 - Key words:</b></p> <ul style="list-style-type: none"> <li>• <b>Puberty:</b> The process of physical maturity in a person that takes place in adolescence</li> <li>• <b>Menstruation:</b> 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.</li> <li>• <b>Hormones:</b> A chemical substance produced in the body that controls and regulates the activity of certain cells or organs.</li> <li>• <b>Wet dream:</b> An involuntary ejaculation that occurs whilst a person is asleep.</li> <li>• <b>Body Image:</b> The perception that a person has of their physical self and the thoughts and feelings that result from that perception.</li> <li>• <b>Body Confidence:</b> Body confidence is feeling comfortable with your appearance and accepting your body for how it looks and what it can do.</li> <li>• <b>Appearance Ideals:</b> The way our society tells us is the ideal or 'best' way to look at a certain point in time.</li> <li>• <b>Female Genital Mutilation (FGM):</b> Female Genital Mutilation (FGM) comprises all procedures that involve partial or total removal of the external female genitalia, or other injury to the female genital organs for non-medical reasons.</li> <li>• <b>Cellulite:</b> A skin condition that causes dimpling on an area of body.</li> </ul>	<p><b>What is puberty?</b></p> <p>Puberty is when a child begins to change into an adult. In biological females this is about 8-14 years of age (average 11) and lasts about 4 years. In biological males puberty starts around 9-14 years but takes around 6 years to reach sexual maturity.</p> <p>During this time many changes happen to your body...<u>physically</u> and <u>mentally</u>. Puberty starts when extra amounts of chemicals called hormones start to be produced in the body. The body produces the sex hormones OESTROGEN, PROGESTOGEN and TESTOSTORONE which are responsible for many different changes in the body.</p> <p><b>What changes do our bodies go through during puberty?</b></p> <ul style="list-style-type: none"> <li>• <b>Biological Males:</b> Growing Facial Hair. Voice Breaking. Erections. Wet Dreams. Widening of chest and Shoulders.</li> <li>• <b>Biological Females:</b> Starts between 9 and 11 years of age. Menstruation / Periods begin. Breast growth. Stretch Marks. Cellulite. Hips widen</li> <li>• <b>Both:</b> Grow taller. Sweat more. Changes to hair and skin. Spots and Pimples.</li> </ul>	<p>Body image is the idea that someone has of their physical self (i.e. body) and the thoughts and feelings that they develop about their body.</p> <p>Factors affecting body image:</p> <ul style="list-style-type: none"> <li>• Puberty and the changing body.</li> <li>• The Media</li> <li>• Peers and Family</li> </ul> <p>Ways to promote positive body image:</p> <ul style="list-style-type: none"> <li>• Accept Your Body.</li> <li>• Remember Nobody's perfect.</li> <li>• Don't body-shame yourself.</li> <li>• Build a better habit.</li> <li>• Like Your Body - Find things to like about your looks.</li> <li>• Take Care of Your Body</li> <li>• Eat healthy foods.</li> <li>• Get a good night's sleep.</li> <li>• Be active every day.</li> <li>• Keep to a healthy weight</li> </ul> <p>Pressure to look a certain way comes from the world around us.</p> <p>It is important to remember images of people that we see in all types of media aren't always real.</p> <p>It is unfair for people to compare themselves to this media.</p>	<p><b>Female Genital Mutilation (FGM):</b> Female Genital Mutilation (FGM) comprises all procedures that involve partial or total removal of the external female genitalia, or other injury to the female genital organs for non-medical reasons.</p> <p><b>What are the effects of FGM?</b></p> <p>Physical Effects</p> <ul style="list-style-type: none"> <li>• Bleeding</li> <li>• Urinary tract infections</li> <li>• Shock and pain</li> <li>• Pregnancy complications</li> <li>• Difficulty during childbirth</li> <li>• Menstruation problems</li> <li>• Painful sex</li> <li>• Infertility</li> <li>• Tetanus infections</li> <li>• Loss of bladder control</li> </ul> <p>Emotional Effects</p> <ul style="list-style-type: none"> <li>• PTSD</li> <li>• Anxiety</li> <li>• Trust Issues</li> <li>• Anger Issues</li> </ul> <p>FGM and the Law</p> <ul style="list-style-type: none"> <li>• Over <b>24,000</b> girls under the age of 15 living in the <b>UK</b> are at <b>risk</b> of undergoing the most <b>severe</b> form of FGM at any one time.</li> <li>• <b>Female Genital Mutilation Act 2003</b> makes it <b>illegal</b> for FGM to be <b>performed</b> in the <b>UK</b> or anywhere in the world on <b>UK citizens</b> or <b>permanent residents</b> of <b>any</b> age.</li> <li>• If you <b>carry out</b> or <b>help</b> in carrying out FGM or if you <b>arrange</b> for someone to undergo FGM you face up to <b>14 years in prison</b>.</li> <li>• It is also <b>illegal to take</b> a British national or permanent resident <b>abroad</b> for FGM or to <b>help</b> anyone trying to do this.</li> </ul>	<p><b>Who can you turn to for help and support:</b></p> <ul style="list-style-type: none"> <li>• Tutor</li> <li>• Trusted family member or friend</li> <li>• Safeguarding team: Mr Ogden, Mrs Jones, Mrs Loveridge.</li> <li>• Pastoral Team: Mrs Toulson, Mr Hayward</li> <li>• NSPCC: Helpline: 0808 800 5000 (24 hours, every day)</li> <li>• <a href="https://www.nspcc.org.uk">nspcc.org.uk</a></li> <li>• ChildLine: Helpline: 0800 1111(24 hours, every day) <a href="https://www.childline.org.uk">https://www.childline.org.uk</a></li> <li>• NHS Live Well Website: <a href="http://www.NHS.UK/Livewell">www.NHS.UK/Livewell</a></li> <li>• CEOPS - <a href="https://www.ceop.police.uk/safety-centre/">https://www.ceop.police.uk/safety-centre/</a></li> <li>• Youth Access - <a href="http://www.youthaccess.org.uk">www.youthaccess.org.uk</a></li> <li>• The Mix - <a href="http://www.themix.org.uk">www.themix.org.uk</a> Freephone: 0808 808 4994 (13:00-23:00 daily)</li> <li>• B-eat - <a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a> Helpline: 0808 801 0711 (Daily 3pm-10pm)</li> <li>• Men Get Eating Disorders Too - <a href="http://www.mengetedstoo.co.uk">.mengetedstoo.co.uk</a></li> <li>• Anorexia &amp; Bulimia Care - <a href="http://www.exiambulimiacare.org.uk">exiambulimiacare.org.uk</a> Helpline 03000 11 12 13 (option 1: support line, option 2: family and friends)</li> </ul>