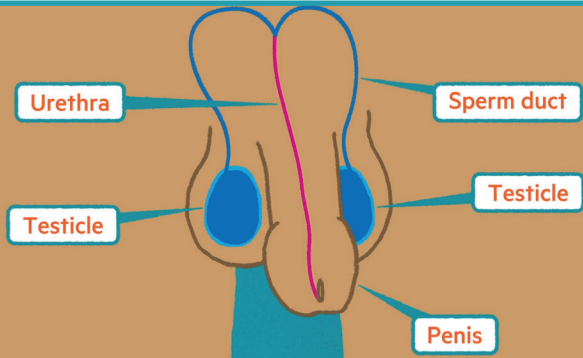


Year 5 - Safety and the changing body

Genitals

The external sex organs. The word genitals is used for both males and females.



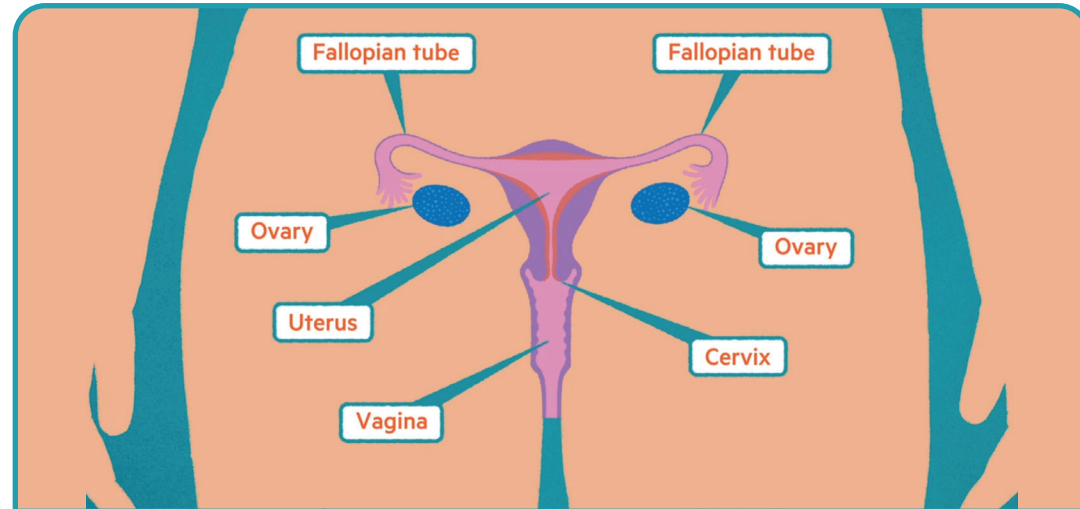
Erection	When a male's penis becomes hard and upright.
Ejaculation	When the penis becomes erect and sperm come out of the body.
Penis	The male external sex organ.
Scrotum	The pouch which hangs behind the male's penis and contain the testes.
Sperm duct	The tube sperm travels through.
Testicles / testes	Produce sperm and male sex hormones.
Wet dreams	Ejaculation which happens when a boy is asleep.

Key concepts

We might not know people we meet online as well as those we have met in person. So we need to be careful with the information that we share with them.



Our feelings and emotions also change during puberty.



Breasts	Enlarged soft parts of a female's chest which produce milk for a baby.
Menstruation / period	The shedding of the womb/uterus lining each month which causes bleeding.
Ovary / ovaries	On each side of the womb and release eggs each month.
Vagina	The tube inside a female which connects the womb to the outside.
Fallopian tube	The tube which connects the ovaries to the womb/uterus.
Labia	The folds of skin on the external female genitals (vulva).
Nipples	On the chest of males and the breasts of females. In females, a baby can suck milk from the nipple.
Uterus / womb	The place in a female where a baby grows during pregnancy.
Vulva	The external female sex organs.



THINK

Before sending online messages,
remember:

- T - Is it true?
- H - Is it helpful?
- I - Is it inspiring?
- N - Is it necessary?
- K - Is it kind?

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Getting help

In an emergency,
call 111 or 999.

If you are worried about
something, talk to an
adult you trust.

Contact: Childline
www.childline.org | 0800 1111
Calls do not show on the phone bill



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