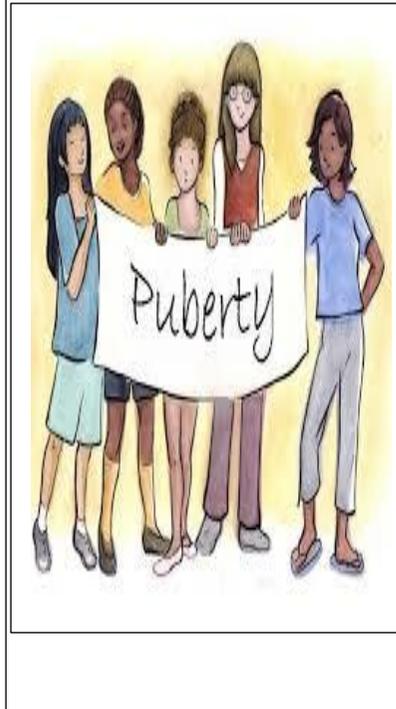


# PSHCE: Year 8 Term 1 Education and Independence

Key Word	Definition
Puberty	When your body begins to develop and change as you move from child to adult.
Menstration	Another word for 'period'. A period is the 2 to 7 days that a girl or woman has her menstrual flow, which is when blood and tissue leave her body through her vagina.
Self-esteem	The way people think about themselves
Wellbeing	Being comfortable, happy and healthy

## How can I look after my body during puberty?

- Practice good hygiene
- Exercise regularly
- Eat a balanced diet



## How can I be more positive?

- Keep a note of five different things you're grateful for
- Deal with problems as they arise (don't let things build up). Approach issues in a proactive way, being open and unafraid of conflict.
- Let go of blame, grudges, and anything that might keep you from being open and focused on enjoying the present.
- Get regular exercise. The endorphins released from exercise help you to feel good and to get a good night's sleep.

## Attitudes to sex:

- **Media:** The media can often portray sex as a meaningless, physical act. This can be the case in music, TV and film.
- **Church:** The Church teaches that sex is an act of love between a married couple.

## Changes during puberty:

- Girls start their periods
- Voices get deeper
- You may get spots/pimples
- You can become more emotional

## What are periods and why do they happen?

Periods are a completely normal and natural part of life for anyone with a uterus. Once a person starts having periods, their body is capable of having a baby.

During a period, the lining of the uterus breaks down and sheds. This is why people bleed on their periods: the blood which was lining the uterus has been discarded. The uterus has shed this lining because the egg that was released from the ovary was not fertilised, so the lining was not needed.