



PSHE Knowledge Organiser



Growing Up



Year 7
Term 5
Independence

Puberty- What happens to biological males?

- Grow taller and heavier
- Nose and jaw get bigger and face gets longer
- Hair and skin can become oily and you may get spots or acne.
- Body sweats more
- Hair grows under the armpits, around the genitals (pubic hair).
- May get more hair on arms, legs and chest.
- May have mood swings, sexual thoughts and feelings
- May start to have erections.
- May start to have 'wet dreams'.

Puberty- What happens to biological females?

- Bones grow bigger and heavier
- Hips widen
- Periods (menstruation) will begin.
- Hair and skin can become oily and you may get spots or acne
- May start to get vaginal discharge
- Body sweats more
- Hair grows under the armpits, around the genitals (pubic hair).
- May get more hair on arms, legs and chest.
- May have mood swings, sexual thoughts and feelings

Healthy Relationships

Becoming a teenager can be a difficult time. You may start to have mood swings and get angrier with people. Teenagers can be more argumentative. However, remember that this is a normal part of growing up. You may also find that you have more friendship issues.



How to brush your teeth

0-3 years use a smear of toothpaste of at least 1000ppm fluoride
3 years and older use a pea sized amount of toothpaste of at least 1000 - 1450ppm
Spit don't rinse after brushing
Brush for 2 minutes twice a day using a timer
If using a fluoride mouthwash use at another time of day than brushing



Step 1
Place the bristles at a 45 degree angle towards the gum margin



Step 2
Move the bristles in small circles so that any plaque under the gum will be removed



Step 3
Be sure to brush both the outside (lip/cheek side) and inside (tongue side) upper and lower teeth



Step 4
Brush the chewing surfaces of your teeth with a back and forth motion



Step 5
Brush behind the front teeth with the tip of the bristles, cleaning each tooth one at a time



Step 6
Brush your tongue to remove plaque germs and keep breath fresh

Cambridgeshire Community Services NHS Trust, providing services across Cambridgeshire, Peterborough, Lutter and Saffron.

Dental Hygiene Tips

Brush your teeth twice a day.

Use interdental brushes/floss to clean between teeth.

Reduce your intake of sugary foods and drinks.

Have regular dental check-ups.

Hygiene Tips

Make sure you wash areas that sweat more e.g. underarms.

Make sure you wash face with mild soap.

You will need to start wearing a deodorant.



Further help and advice

Childline- Have advice on a wide range of issues. Call 0800 1111

<https://www.childline.org.uk/>

NHS- Have information on medical issues <https://www.nhs.uk/>

Mind- Mental health support for young people - <https://www.mind.org.uk/for-young-people/>