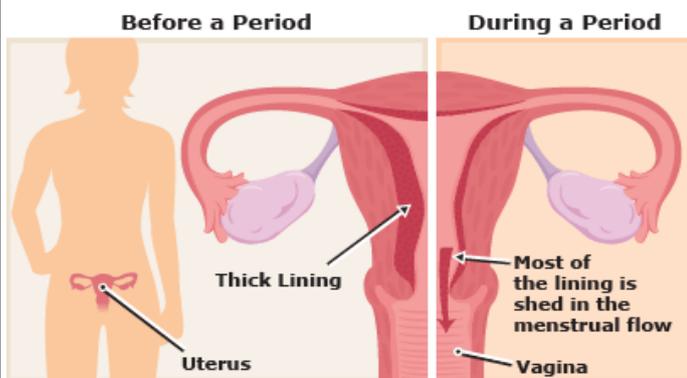## Vocabulary

Bacteria/ Viruses	Both are a type of germ. Regularly wash hands to avoid putting bad germs in your body.	Boundaries	Limits
Challenge	To question if something is right	Confidential	Private or restricted information
Healthy relationship	A relationship with someone that is based on respect. It should not make someone feel negative emotions such as fear, loneliness, pressure or anxiety.	Immunisation	Having an injection to protect you from getting certain infections and diseases – to make you *immune*.
Hygiene	Keeping physically clean	Peers	The people who are roughly your age
Periods/ Menstruation	When a girl or woman bleeds from her vagina for a few days every month	Puberty	The process of physical changes through which a child's body matures into an adult body
Risks	A situation where you are exposed to danger	Routines	Actions regularly followed
Trans (short for Transgender)	When someone does not feel that they were meant to be the gender they were born into. E.g.: A girl/woman feels that they should have been a boy/man. They may choose to change their appearance and name.		

Periods/ Menstruation

Before a Period — Thick Lining, Uterus

During a Period — Most of the lining is shed in the menstrual flow, Vagina

Periods can be uncomfortable. People have different ways of helping them feel better. There are different methods for protecting your clothing. They must all be changed **regularly** and **should not** be disposed of by flushing them down toilets as this is bad for the environment.

wings

Germs

Bacteria are small cells that can be good (they are in your gut all the time to help with digestion) or bad. Antibiotics (a type of medicine) can make you better if you get an infection from bacteria – e.g.: an ear infection.
Viruses are smaller and can quickly make you sick. Antibiotics do not work. Colds and flu are a type of virus.

Personal Hygiene

Clean teeth
Clean clothes
Washing body
Good toileting
Clean fingernails
Clean hair
Brushing hair
Wash hands after toilet
Wash hands before meals

Our PSHE Charter

- ✓ We take turns to speak
- ✓ We use kind and positive words
- ✓ We listen to each other
- ✓ We have the right to pass

- ✓ We only use names when giving compliments or being positive
- ✓ We respect each other's privacy (confidentiality)