

YEAR 7 Knowledge Organiser: Relationship and Sex Education (RSE)

1. Puberty

What is Puberty?

- Puberty is the process during which a child's body changes into an adult body capable of reproduction.
- It usually occurs between ages 8–14, but it can vary for each person.
- Puberty is triggered by hormones, which lead to physical and emotional changes.

Physical Changes in Puberty:

- **Boys:**
 - Growth of facial and body hair.
 - Deepening of the voice.
 - Enlargement of the testicles and penis.
 - Increase in muscle mass.
 - Development of acne.
- **Girls:**
 - Development of breasts.
 - Widening of hips.
 - Start of menstruation (periods).
 - Growth of body and underarm hair.
 - Increase in body fat around the thighs and hips.

Emotional Changes:

- Mood swings due to hormone changes.
- Becoming more self-conscious or interested in relationships.
- Experiencing new feelings towards others (e.g., crushes).

PUBERTY IF YOU HAVE A PENIS

- Your penis and testicles will grow larger
- Pubic hair will grow at the base of your penis
- Your muscles will develop and your chest will get broader
- Your voice will 'break' and get deeper
- You may have wet dreams and unexpected erections
- You'll get hairier on your arms and legs
- More hair will grow on your face

WEARING A BRA

As your breasts grow it can be more comfortable to wear a bra. Ask an adult you trust to help you buy your first one and try to get measured to make sure you get the right size. It's normal to have one breast bigger than the other.

BODY HAIR Some people prefer to remove body hair by waxing, shaving or lasering their legs, underarms and pubic area. It's entirely up to you how much or little hair you want on your body.

WHAT ARE PERIODS?

Every month the ovaries release an egg and the lining of the womb thickens. If the egg isn't fertilised, the egg and womb lining leave your body through your vagina. This is a period. It usually last a few days and you'll need to wear a sanitary towel in your pants, or put a tampon in your vagina. Cramps in your tummy or back are common. Some people feel tense or emotional before a period starts (known as PMS).

WHAT ARE WET DREAMS?

Wet dreams are when you ejaculate when you're asleep. Some people remember having a nice dream but others just wake up to find a wet patch.

SHAVING

At first you'll see some fine hair above your lips and on your chin. Ask an adult you trust to help you choose a razor and show you how to use it. You won't need to shave every day at first.

PUBERTY IF YOU HAVE A VAGINA

- Your nipples and breasts will start to grow
- Your body shape will grow more curvy
- Pubic hair will grow around your vulva
- Hair will grow under your arms
- You will start having periods between the ages of 8-17

The external, visible part is the vulva. The vagina is the muscular tube which leads from the cervix to the vulva.

PUBERTY IF YOU ARE TRANS

For some of us, our bodies and our gender don't match up. You may feel female and have a penis, you may feel male and have a vulva or may feel like a mix of the two. This is known as being trans, transgender, or genderqueer and can make puberty extra complicated. You can read more about gender at brook.org.uk/gender

2. Healthy Relationships

What is a Healthy Relationship?

- A healthy relationship is one based on mutual respect, trust, care, and support.
- Healthy relationships can be between friends, family, and romantic partners.

Key Features of a Healthy Relationship:

- **Respect:** Valuing each other's opinions, feelings, and boundaries.
- **Trust:** Feeling safe and secure with one another, and being able to rely on each other.
- **Communication:** Being able to talk openly and honestly without fear of judgment.
- **Equality:** Both people share control and decision-making.
- **Kindness & Support:** Offering help, encouragement, and understanding when needed.

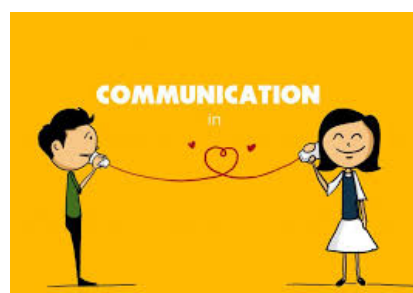
Healthy	Feature	Unhealthy
It can strengthen a relationship to spend time together	Spending time together	Spending every minute together reduces contact with friends and family network.
This can give a relationship strength as you can spend time with those that the other person loves and get to know the person you are with even better.	Knowing each others family and friends	It can get messy if you break up
This can help you get on and have things to talk about and share	Having lots in common	Too many common interests may mean you do not spend enough time with other people as well as each other
Honesty generally is a good thing and the best thing to be to have a healthy relationship	Being honest and open	Being brutally honest can upset the other person
Making each other laugh keeps you connected	Humour	Humour directed at a partner may be hurtful
Getting on so well that you rarely argue can be good	Never having an argument	Not arguing and keeping it all inside or not telling the other person your wants or needs if no healthy.

Signs of an Unhealthy Relationship:

- Lack of respect (e.g., name-calling, bullying).
- Control or manipulation (e.g., pressuring someone into doing something).
- Dishonesty or secrecy.
- Feeling afraid or unsafe.

Conflict Resolution:

- Calmly talk about the issue.
- Listen to each other's feelings and point of view.
- Work together to find a solution.
- Apologize when needed and forgive.



3. Different Family Types

What are Family Types?

- Families come in many forms, and there is no one "right" way to have a family. Every family is unique!

Types of Families:

- **Nuclear Family:** A family with two parents (mother and father) and children.
- **Single-Parent Family:** A family with one parent raising one or more children.
- **Extended Family:** A family that includes additional relatives, such as grandparents, uncles, aunts, or cousins.
- **Stepfamilies:** A family formed when one or both parents remarry, including children from previous relationships.
- **Same-Sex Families:** Families with two parents of the same gender who raise children together.
- **Adoptive Families:** Families where children are raised by parents who are not their biological parents.



Family Roles:

- Families work together to support and care for each other. Roles can vary, but key responsibilities include:
 - Providing love, care, and support.
 - Encouraging each other's growth and development.
 - Sharing household tasks and responsibilities.

Diversity in Families:

- Families can look different, but all families share the goal of creating a safe and loving environment for children to grow up in.
- It's important to respect and appreciate different family structures.

4. Where to get support

Tutor or Head of Year	Childline <ul style="list-style-type: none">• 0800 1111• Online chat available at www.childline.org.uk
Relate Relationships Advice <ul style="list-style-type: none">• 0300 100 1234• Online chat available at www.relate.org.uk	Brook <ul style="list-style-type: none">• 0808 802 1234• Website www.askbrook.org.uk