

# Year 5 Merlins

## Life Skills

### Summer 1

## What does it mean to be part of a 'family'?

### RSE

### What is a family?

A **family** can be made up of one or two parents or parent-figures. A family is a group of two or more persons related by birth, marriage, or adoption who live together; all such related persons are considered as members of one family. We belong to many different 'family' set-ups.



Glade Academy is our 'family' as we work together to help and support one another to do our best. If you belong to a club, that could be seen as a 'family', too. Family members look out for each other and want the best for all their members.

Key Vocabulary	Definition
<b>extended family</b>	A family that extends beyond the nuclear family, including grandparents, aunts, uncles, and other relatives, who all live nearby or in one household.
<b>family</b>	A group of one or more parents and their children living together as a unit
<b>global family</b>	Being a member of Planet Earth's family. A global family member helps to look after the planet.
<b>parents</b>	A father or mother. An adult who acts in place of a parent.
<b>relationship</b>	The way in which two or more people are connected, or the state of being connected.
<b>genitals</b>	Private parts of the male and female body; penis, testicles, scrotum, vagina, vulva.
<b>menstruation/ menstrual flow</b>	Another word for this is "period". This is a normal part of becoming a female adult. It is the 27 days when females have their menstrual flow (a small amount of blood and tissue that leaves the vagina)
<b>ovary/ovaries</b>	Female reproductive gland responsible for producing eggs.
<b>puberty</b>	When a person changes from a child to an adult. This involves both emotional and physical changes.
<b>semen</b>	Fluid containing sperm which is released during ejaculation.
<b>wet dream</b>	A normal part of male puberty when semen comes out of the penis whilst a boy is sleeping.

### The Global Family



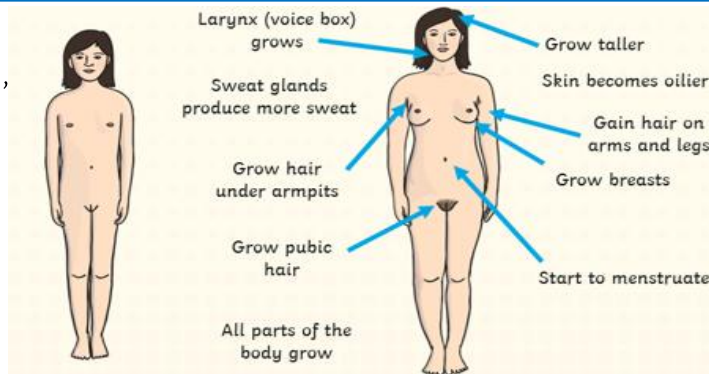
The **global family** begins at birth. Every person born into this world enters into a global society in which beliefs and ideas about the meaning of life and its purpose are shared, regardless of one's country of origin or the demographic characteristics of one's birth parents.

### Puberty: Things to remember

- Puberty begins at different times for different people.
- Change will happen at different rates and in a different order for different people.
- Everyone goes through puberty; you are not alone.
- A good diet and exercise can help deal with some of the physical changes.

### Puberty for girls

Remember...everybody's body looks different!



### Puberty for boys

Remember...everybody's body looks different!

