

# PSHCE Knowledge Organiser - Y8 Autumn 2



## Section 1 - Gender Identity

### Glossary of terms relating to sexual orientation and gender identity



<b>Sexual orientation OR Sexuality</b>	Someone's sexual identity. What types of people someone is attracted to.
<b>Lesbian</b>	A woman who is attracted to other women
<b>Gay</b>	A man or woman who is attracted to someone of the same gender
<b>Bisexual</b>	Someone who is attracted to more than one gender
<b>Pansexual</b>	Someone who is attracted to a person of any sex or gender
<b>Asexual</b>	Someone who experiences little or no sexual attraction
<b>Gender identity</b>	How you feel about your own gender
<b>Gender expression</b>	How you present your gender to everyone around you
<b>Biological sex</b>	How you are assigned based on what your doctor sees when you're born
<b>Transgender</b>	Someone who does not identify with the gender they were assigned at birth
<b>Cisgender</b>	Someone who does identify with the gender they were assigned at birth
<b>Intersex</b>	Someone whose body has male and female features.
<b>Non-binary</b>	Someone who does not identify as simply male or female
<b>Gender fluid</b>	Someone who feels differently about their gender at different times in their life
<b>Pronouns</b>	Words used to replace a person's name, e.g. he, she, they. 'They' can either be used to talk about more than one person, or as a gender-neutral pronoun for a singular person.
<b>Transition</b>	The process by which a transgender person begins living as the gender they identify with. This might involve using a new name, new pronouns, dressing differently, or sometimes (but not always) medical intervention.
<b>Gender dysphoria</b>	The clinical definition of the discomfort people feel when their gender identity does not match the sex they were assigned at birth.
<b>Questioning</b>	Someone who is questioning their sexual orientation or gender identity
<b>Queer</b>	A term that has changed a great deal through history and means different things to different people. While it used to be an insulting term for gay men, more recently, some people use it to mean anyone who does not identify as heterosexual and cisgender.
<b>Ally</b>	Someone who stands with people who identify a certain way, while not identifying that way themselves

## Section 2 - Puberty and our bodies

Physical changes in girls	Physical changes in boys
<ul style="list-style-type: none"> <li>• Periods begin (bleeding every month caused by the womb shedding its lining)</li> <li>• Hair growth in armpits and pubic area</li> <li>• Tenderness in breasts (can happen every month around period)</li> <li>• Stretch marks appear on thighs, breasts and/or waist (thin lines on your body caused by growth that will fade in time)</li> <li>• Cellulite can appear (layer of fat held under the skin surface)</li> </ul>	<ul style="list-style-type: none"> <li>• Skin can start to show spots (clogged pores that can be managed by regular washing)</li> <li>• Sudden change in height (everyone grows at their own pace)</li> <li>• Erections at any time (the penis can suddenly become erect, even when you're not expecting it)</li> <li>• Increase in both sweat and smell (this can be managed by washing and use of deodorant)</li> <li>• Hair grown in armpits, pubic area and on the face</li> </ul>

# PSHCE Knowledge Organiser - Y8 Autumn 2



## Section 3 - Puberty

Vocabulary Term	Definition
Puberty	The period during which adolescents reach sexual maturity and become capable of reproduction.
Hormones	Chemical messengers produced by the endocrine glands that regulate various bodily functions.
Adolescence	The transitional stage of growth and development between childhood and adulthood.
Reproduction	The process by which organisms produce offspring.
Menstruation	The monthly shedding of the uterine lining in females, also known as a period.
Testosterone	The primary male sex hormone responsible for the development of male reproductive tissues and characteristics.
Estrogen	The primary female sex hormone responsible for the development of female reproductive tissues and characteristics.
Pubescent	Refers to individuals undergoing or experiencing puberty.
Secondary Sexual Characteristics	Physical features that distinguish males and females but are not directly involved in reproduction.
Growth Spurt	A rapid increase in height and weight that occurs during puberty.
Acne	Skin condition characterized by pimples and blemishes due to increased oil production during puberty.
Voice changes	Alterations in the pitch and tone of the voice, particularly in males, due to the growth of the larynx (Adam's apple).
Menarche	The first occurrence of menstruation in females, marking the onset of fertility.
Body Image	How an individual perceives and feels about their physical appearance.
Ovulation	The release of an egg from the ovaries in females, usually occurring monthly.
Sperm	The male reproductive cells produced in the testes that are necessary for fertilization.
Body Odor	Unpleasant smells produced by sweat and bacteria as a result of hormonal changes during puberty.
Sexual Health	The physical, emotional, mental, and social well-being concerning one's sexual identity, relationships, and reproductive system.
Personal Hygiene	Practices and habits to maintain cleanliness and health, especially during puberty.

## Section 4 - Periods

