

THE WEE BOOK ABOUT LIFE, LOVE AND LIVING

This wee book is a big part of the talking, thinking and learning you will do at school this year
It's all about feelings, changes, keeping safe, bodies, babies and families
Got a question about life, love or living? Got a worry?

TAKE A LOOK IN THE WEE BOOK

THE P7 EDITION

OUT AND ABOUT

Getting out and about with friends is **great**. But you know what **parents** and **carers** can be like. They **worry**. They worry a lot.

So, here's a few **tips** about keeping you safe and them happy.



- ★ Be **sensible**. Hang out where you know it's safe. You don't have to say **'YES'** to every idea a friend has about going somewhere.

Practice saying **'NO'**.

- ★ If you have a mobile, make sure it has **credit** and it's **charged**.

Keep it in a safe place. Don't play with it when there are people around you don't know. You don't want it to be stolen.

- ★ In case you need to use a payphone take some **money**.

If you don't have money, in an emergency, do you know how to make a **reverse charges** call? **Check it out**

- ★ If someone you don't know invites you to use their phone at their home, or invites you to use their mobile, say **NO THANKS**.

Never go with someone you don't know.

KEEPING SAFE

Keep safe and keep in touch

Before you go out with a friend make sure you **tell** your parent or carer:

★ **Who** you are going out with.

★ **Where** you are going.

★ **When** you will be back.

★ If you are late or plans
change then phone or text
and **keep** them up to
date.



THINK ABOUT

The **best way** to keep in touch with home... is it on the phone or by popping back now and then to say what you're up to?

FIND OUT ABOUT

How your friends stay in touch with their parents/carers.

Have they got any good ideas you could use?

Remember keeping in touch is the **smart** thing to do.

TALK ABOUT

What you **like** to do with your friends with your parents/carers. The more they know, the less they'll worry.



CHANGES AND FEELINGS

Things **change** a lot when you are in Primary 7. As you grow up your body changes. You begin to be more independent. You think about moving from primary to secondary school.

All these changes can leave you with a lot of different **feelings** – it's exciting, a bit scary, maybe even confusing. As things change you might be worried about losing friends but happy that you'll meet new people.

Then there's all the feelings that come about when you fancy someone.

- ★ Do they like you back?
- ★ Should you tell them?
- ★ What will your friends think?

Sometimes other people don't take it seriously when you have a crush, but it can feel very **important** to you. Fancying someone can leave you feeling happy and excited. But if things don't go right you can feel lonely or rejected.

It's **good** to spend time with someone you fancy, but you don't need to do things like go on dates. You can have fun hanging out with groups of friends.



THINK ABOUT

A person you can talk to when you have strong feelings. It could be a grown up in your family, a good friend, a brother, sister or cousin. Maybe you know an adult that you get on with at school or at a youth club and you can talk to them.

THINK ABOUT

How you can be a good friend by helping pals to handle their feelings. Remember: never make fun of a classmate or friend because they fancy someone.

FIND OUT ABOUT

Things that leave you feeling a bit worried. Whether it's body changes, strong emotions or changes at school. It always helps to get good information. Have a look at: www.childline.org.uk for more information about feelings and other things to do with body changes and keeping healthy.

TALK ABOUT

How you feel. Try not to get too frustrated! Remember all the adults you know also went through lots of changes and had strong feelings when they were young.

PUBERTY AND BODY CHANGES

Remember you did some **thinking** and **talking** and **learning** about puberty and body changes in P6? These changes happen:

- ★ Your body changes shape, sometimes a bit more round, or your muscles grow a bit bigger.
- ★ You will sweat a bit more and your body starts to smell different so you need to wash or shower more often.
- ★ You get more hair on your body.
- ★ Your hair or skin gets greasy and maybe you get spots
- ★ If you are a girl your breasts will get bigger. Your periods will start anytime from now, but maybe not until you are in secondary school. Your period usually happens every 28 days and is a natural and normal thing that will happen to all girls. During your period you can wear a pad inside your pants to absorb the small amount of blood that comes out.
- ★ If you are a boy your penis might get hard, its called an erection. Sometimes a fluid called semen comes out, this can happen when you are sleeping (it's called a wet dream). And maybe your voice will start to sound a bit deeper. This could start anytime from now, but might not start until you are in secondary school.

THE BOY/GIRL THING

Puberty is also a time when boys and girls feel a lot more **pressure** about how they should act. Girls feel pressure to look and dress like girls they see in magazines or on telly. Boys feel pressure to act tough.

But **remember**

Be yourself! Be your own person! Bullying Behaviour is NOT cool!

THINK ABOUT

The feelings you have. Do they sometimes feel much stronger? Do people in your family seem extra annoying some days? This is all part of the changes we all go through with puberty.

FIND OUT MORE ABOUT

Puberty by checking out the puberty section at:

www.childline.org.uk/info-advice/

TALK ABOUT

Any questions or worries you have about body changes and emotional changes with an adult you like and trust.



ABOUT YOUR BODY

Ovary:

You have two ovaries. They store tiny eggs and make hormones. An egg is released each month from one of the ovaries.

Cervix:

This is also known as the neck of the uterus and is at the top of the vagina.

Fallopian tube:

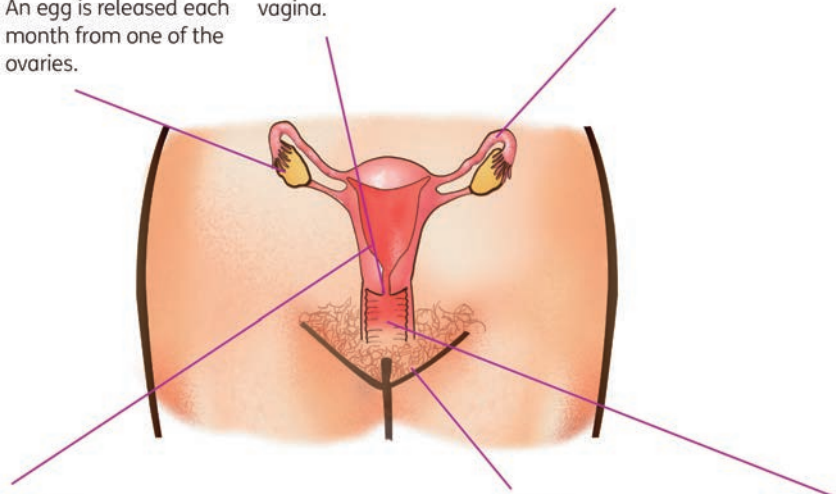
These tubes carry the egg from the ovaries to the uterus.

Uterus:

When a woman is pregnant the baby grows and develops in the uterus (womb). Every month the lining of the uterus gets thicker in case it's needed to look after a growing baby. If the woman is not pregnant the lining breaks down and comes out as a period.

Vulva:

The name given to all of a female's sex parts that are outside of the body. Lots of people use the term vagina, although the vagina is inside the body.



GIRLS

Urethra

The tube that carries urine from the bladder to outside your body.

Clitoris:

A small mound of skin which is very sensitive during masturbation or sexual activity.

Labia

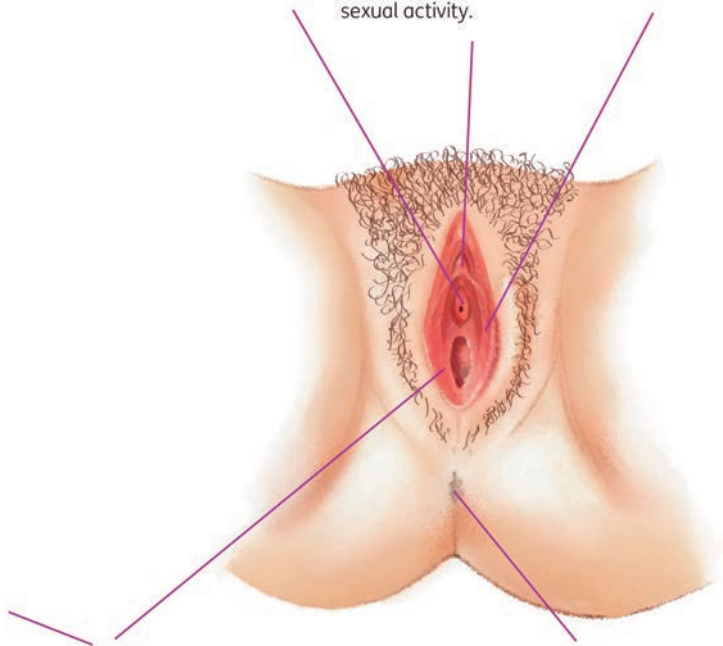
Folds of skin, or lips, that cover the vagina opening.

Vagina:

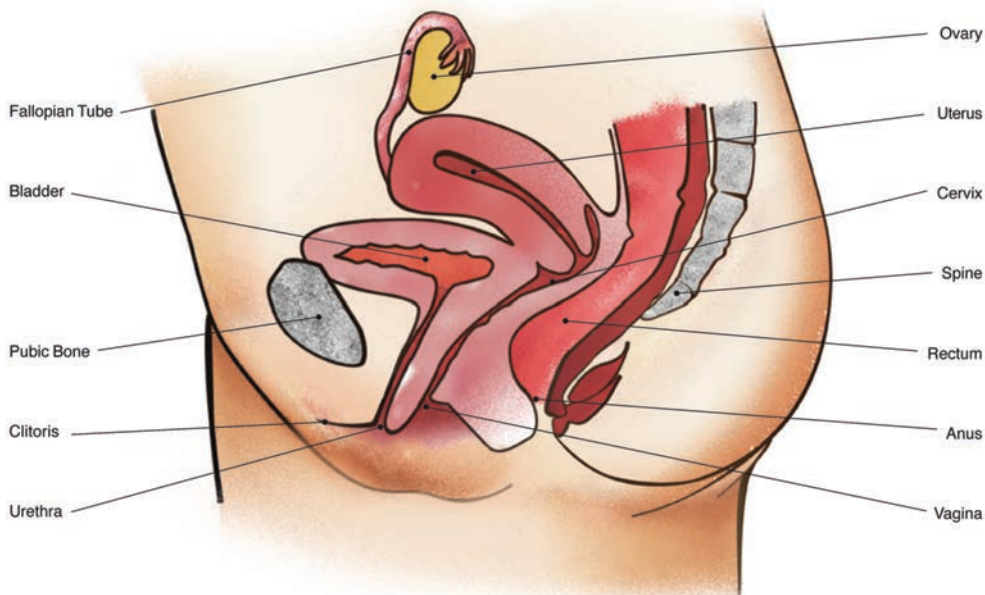
Passageway between the uterus and the outside of the body. This is where menstrual fluid comes from during your period, where a penis enters during penetrative sex and the birth canal through which a baby is born.

Anus

The opening where faeces (poo) leaves your body.



ABOUT YOUR BODY

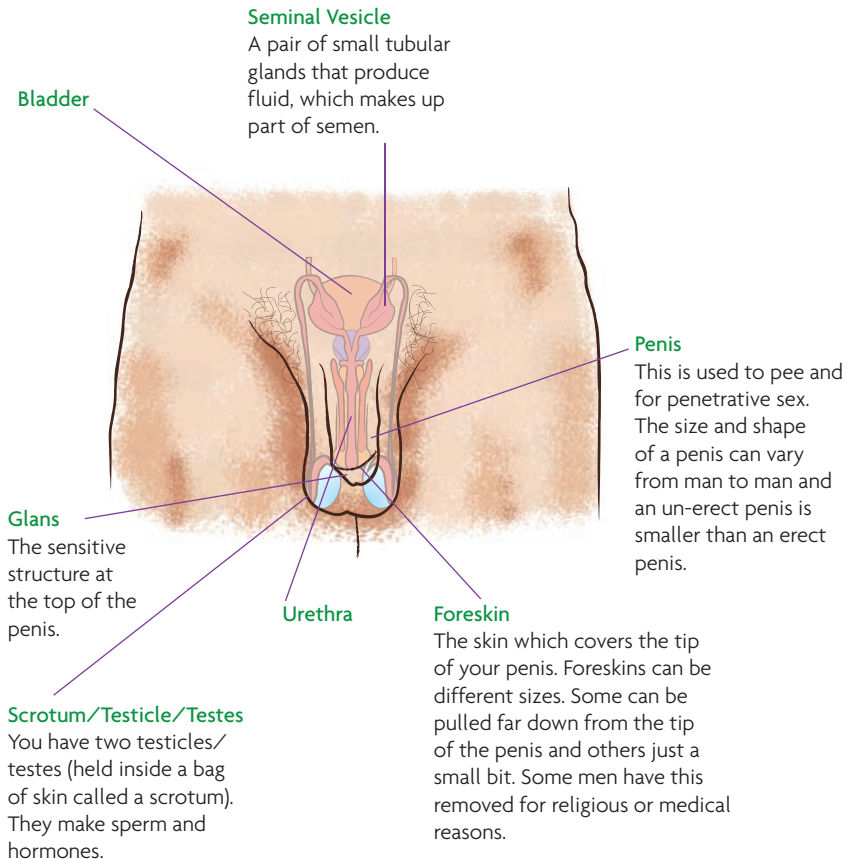


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GIRLS



ABOUT YOUR BODY



BOYS

Urethra:

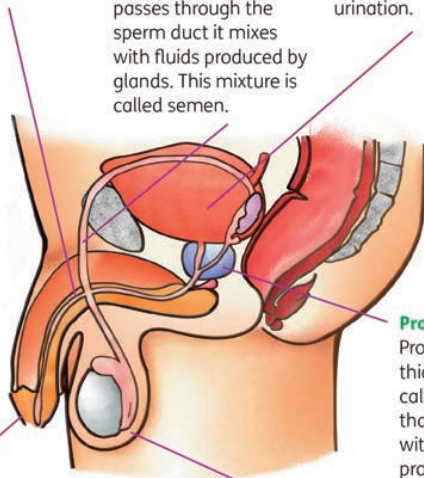
The tube inside your penis that carries urine from the bladder to outside your body and carries semen when you ejaculate.

Sperm duct and glands:

The sperm duct is just below your bladder and carries sperm from the testes to the urethra. As the sperm passes through the sperm duct it mixes with fluids produced by glands. This mixture is called semen.

Bladder

The bladder collects urine from the kidneys before disposal by urination.



Prostate Gland

Produces a thick white fluid called semen that mixes with the sperm produced by the testes.

Foreskin:

The skin which covers the tip of your penis. Foreskins can be different sizes. Some can be pulled far down from the tip of the penis and others just a small bit. Some men have this removed for religious or medical reasons.

Testicle/Testes

You have two testicles/ testes (held inside a bag of skin called a scrotum). They make sperm and hormones.

REPRODUCTION

Or in other words making **babies**... is important stuff. Usually it happens like this... Once a month a single egg leaves a woman's ovaries and travels down the fallopian tube toward the uterus. For the egg to be fertilised it needs to meet with a sperm. Usually for this to happen, a man and woman have sexual intercourse. A man's penis fits into a woman's vagina. Semen, which contains sperm, comes from the man's penis and the sperm swims up and meets the egg in the fallopian tube. If the sperm and the egg join together then the egg is fertilised. The fertilised egg will travel toward the uterus. The uterus gets ready to provide the home for the fertilised egg in a soft, blood-filled, spongy lining where the egg will plant itself. If this happens then a pregnancy has begun.

But what if an egg isn't fertilised? In fact, most times it isn't. This could be because the sperm and egg didn't meet in the right place. Or maybe there was no egg in the fallopian tube because the woman had her period.

PERIODS

When the egg is not fertilised the uterus does not need to make a home for it and so the egg (it's only the size of a grain of sand) mixes with some of the spongy lining of the uterus and comes out of the woman's body through the vagina. The name for this is **menstruation**, but we often call this the girl's period. During her period a girl wears a pad inside her pants to absorb the small amount of blood that comes out.

Boys, it's important that you think about, find out about and talk about periods too. It is never ok to say hurtful things to a girl about periods.

THINK ABOUT AND LEARN MORE ABOUT

Periods by clicking on the periods section of the site at:

www.childline.org.uk/info-advice/

FIND OUT ABOUT

The pads or tampons you can use when you have your period. It's especially important to find out about how to use them safely and properly.

TALK ABOUT

Any questions or worries you have about your first period with a grown up.

FAMILIES COME IN DIFFERENT SHAPES AND SIZES

The interesting thing about families is that they are all so different.

- ★ You might be the only child in your family or you might have a bunch of sisters or brothers.
- ★ You might have one or more parents or carers
- ★ You might have been born in one family but now live with another.
- ★ You might live with one part of your family some of the time; and with another part the rest of the time.

Whatever shape or size your family comes in the most important thing about families is that people care for each other.

As we are growing up we will all meet and get to know lesbian, gay and bisexual people. It's important to get to know people for who they are. It's never okay to use bullying behaviour or be hurtful because someone is lesbian, gay or bisexual.

Being lesbian or gay means being attracted to someone who is the same sex. Being bisexual means you can be attracted to someone who is the same sex, or who is the opposite sex. In our families we might have lesbian, gay or bisexual mums or dads, brothers or sisters, cousins or aunts or uncles.

SOME HAVE LESBIAN, GAY OR BISEXUAL PEOPLE IN THEM

THINK ABOUT

A person in your family that is really special to you. If you feel like it maybe you can tell them how special they are!

FIND OUT MORE ABOUT

Your family by talking to other family members, especially the one's that like to have a blether. See if they have any exciting or funny stories about growing up.

FIND OUT MORE ABOUT

What it means to be gay, lesbian or bisexual at: www.childline.org.uk/info-advice/ by clicking on the 'sexuality' link.

TALK ABOUT

Any worries you have about your family with an adult you think is a good listener. Or phone ChildLine on **08001111** if you have a big worry or question about living in your family.

A colorful illustration of children playing in a park. In the foreground, a girl in a pink sweater is helping a boy in a grey jacket. Another boy in a yellow jacket is nearby. In the background, other children are playing on a grassy area with trees.

If you want to speak to someone about a bigger question or worry you can phone **ChildLine** on 08001111 or visit www.childline.org.uk



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