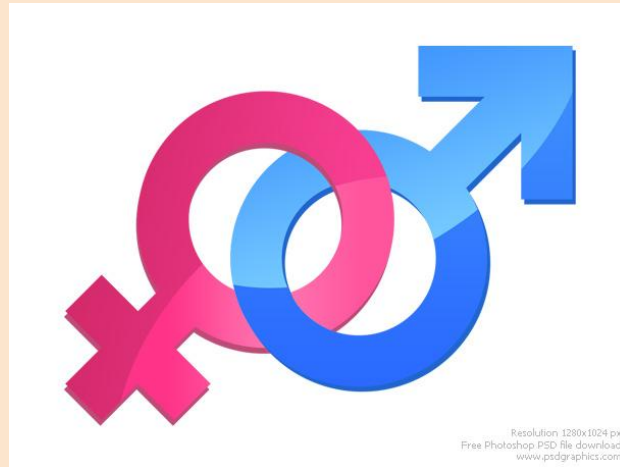


Year 5 RSE

Relationships Education and Health Education



Why we teach it?

- To develop as responsible citizens.
- To take pride in and responsibility for their body in all respects: i.e. health, hygiene and personal safety.
- To provide knowledge about loving relationships (links with PSHE) and the processes of human reproduction (links with Science curriculum).
- To prepare for adult life.
- To begin to understand their pubertal changes.
- To reassure that these changes, (physical and emotional) are normal.

Why is this taught now?

- Link with science/PSHE curriculum
- Some children begin puberty at this age.
- Addressing misconceptions
- Information about relationships and body image as presented in the media and amongst peers.

Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.

Extract taken
from
Department
of Education

Children in Year 5 will be taught Relationships Education and Health Education using the Jigsaw scheme. This includes:

- Mental wellbeing
- Internet Safety and harms
- Physical health and fitness
- Healthy Eating
- Body image
- Changing adolescent bodies and basic facts about puberty (next slide)



Science curriculum- The human lifecycle:

- Humans have young and that these grow into adults which in turn produce young.
- That human young are dependent on adults for a relatively long period.
- Name the main sexual and reproductive parts of the human body using correct terminology, and describe the functions of some of them.

Changing adolescent bodies and basic facts about puberty:

- I am aware of my own self-image and how my body image fits into that
- I know how to develop my own self esteem
- I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally
- I understand that puberty is a natural process that happens to everybody and that it will be ok for me
- I can describe how boys' and girls' bodies change during puberty
- I can express how I feel about the changes that will happen to me during puberty
- I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)
- I am confident that I can cope with the changes that growing up will bring
- I can identify what I am looking forward to when I move to my next class.
- I can start to think about changes I will make next year and know how to go about this.

How we will teach children about puberty:

- Identify basic facts about menstruation (show products available), wet dreams, hygiene and hormones (use images from Jigsaw scheme).
- Deal positively with concerns or questions they have about puberty.
- Some children may prefer to remain anonymous, so a question box is available.
- Children will also have the opportunity to talk privately with their teacher, either individually or in small groups.

Outline of lessons

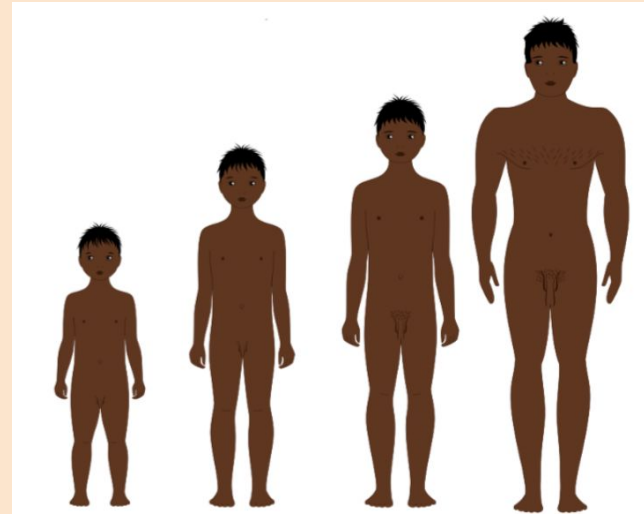
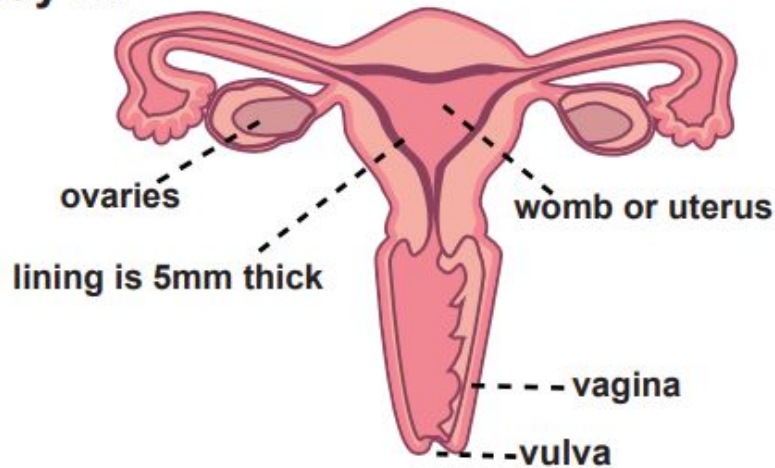
1. self and body-image
2. puberty for girls
3. puberty for boys
4. looking forward 1 - becoming a teenager
5. looking forward 2 - starting secondary school

Vocabulary used in Jigsaw units

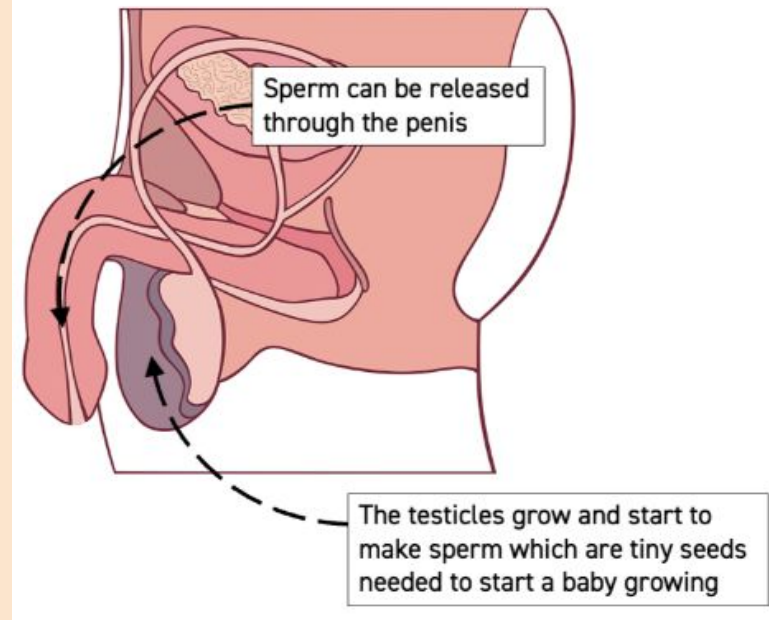
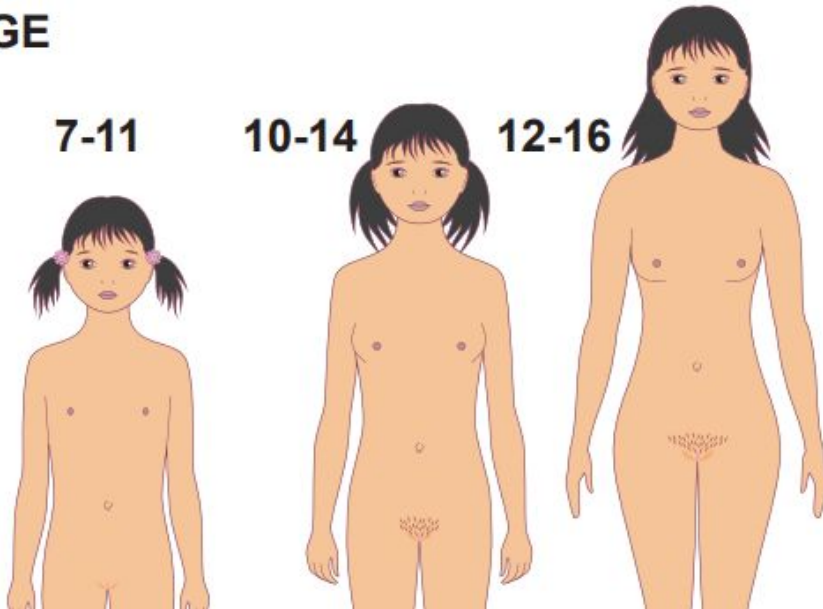
- *Puberty*
- *Menstruation*
- *Periods*
- *Menstrual towels*
- *Menstrual pads*
- *Tampons*
- *Ovary/ Ovaries*
- *Vagina*
- *Oestrogen*
- *Vulva*
- *Womb/Uterus*
- *Hormones*
- *Puberty*
- *Sperm*
- *Semen*
- *Testicles/Testes*
- *Erection*
- *Ejaculation*
- *Wet dream*
- *Larynx*
- *Facial hair*
- *Growth spurt*
- *Hormones*
- *Teenager*
- *Milestone*
- *Perceptions*
- *Puberty*
- *Responsibilities*
- *Consent*

Resources from the Jigsaw scheme

Day 21



AGE



Example of questions used as discussion points from Scheme:

When it comes to puberty, boys have less to worry about than girls

It's better to be an early starter on puberty than a late starter

If you have a worry about how your body is changing, it's easier to talk to your friends than your parents or carers

Age 10 is too young for boys and girls to start going out together

My Mum has told me what to expect when my periods start, but I'm worried what will happen if they start while I am at school. I won't know who to talk to or how to get the stuff I need, and it could be really embarrassing.

I am a really keen swimmer and I also do a lot of dancing and other sports. It bothers me that when my periods start they'll interfere with all my activities and I won't be able to do what I want when I want.

Any questions?

