

Keeping Safe: Relationships Education and Growing Up

Havelock Primary School



This presentation is in place of the parent workshop, which we would have had, if not for Coronavirus. We hope you find this information useful.



Ground Rules

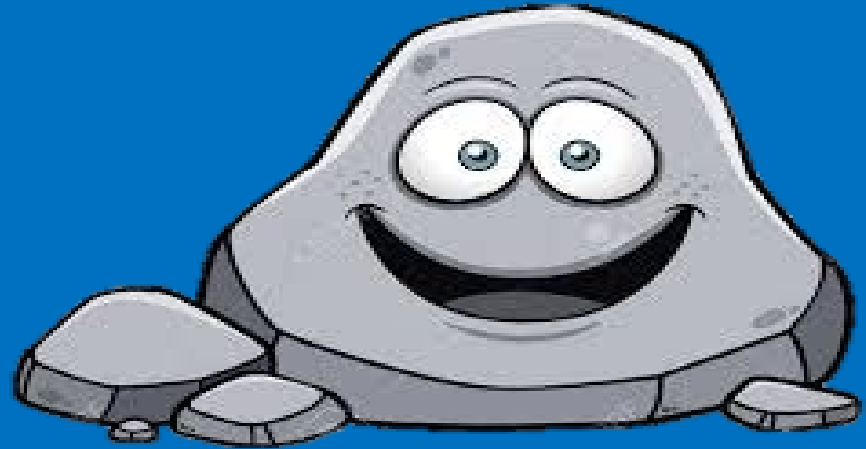
R - Respect

O – Openness

C – Confidential

K - Kind

These rules are consolidated before every PSHE and REGU lesson.



What is Keeping Safe: Relationships Education and Growing Up (REGU)?

REGU is a key aspect of Personal, Social, Health and Economic Education. (PSHE)

REGU is a key aspect of the spiritual, moral, social and cultural (SMSC) development in schools

REGU also forms a key part of a school's safeguarding duty.

New guidance

- Came into effect in September 2020
- RSE will be renamed as **Relationships Education** in primary schools, although schools are free to choose their own title (ours is Relationships Education and Growing Up)
- Guidance sets out what schools should do and sets out the legal duties which schools must comply to when teaching Relationships Education.

Summary:

There are **6 main themes** for Relationships Education in Primary School:

- ❑ Families and people who care for me
- ❑ Caring friendships
- ❑ Respectful Relationships
- ❑ Online relationships
- ❑ Being Safe
- ❑ Changing adolescent body

All the content in these themes became **statutory in September 2020.**

Summary:

There is **no statutory requirement** to teach Sex Education (sexual intercourse) in primary schools.

Many schools do deliver lessons on sex education in year 6, and many will continue to do so from September 2020, however parents **will have the right to withdraw their children from sex education lessons** if they so wish.

At Havelock, we teach one lesson on sex education in Year 6. Parents who choose to withdraw their child will be expected to collect the resources and teach the lesson at home. This is to ensure that your child receives the correct information rather than second hand from their peers.

**What topics are
covered as part of
REGU?**

What topics are covered?

Growing
up

Our
bodies

Keeping
safe

Relation-
ships and
family life

Respect

Emotions

Relationships

Friendships

Marriage

Differences

Puberty

Communicating

Empathy

Keeping safe

Sex (year 6 only)

Solving problems

Building self-esteem

REGU should:



Develop confidence in talking, listening and thinking about feelings and relationships.



Are able to name parts of the body and describe how the body works.



Have the skills, language and confidence to protect themselves



Are prepared for puberty.

REGU and safeguarding

Why is it so important?

Universal
language
spoken by all

Appropriate
and
inappropriate
touch

CSE and
grooming –
links to
online
safety

Promotes
healthy
relationships

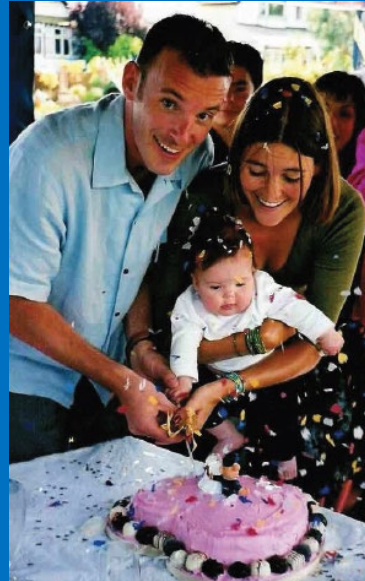
The following slide shows the progression of REGU from Nursery to Year 6.

After the summary of lessons, the resources used for each year group have been included to show what will be shared with your child in school.

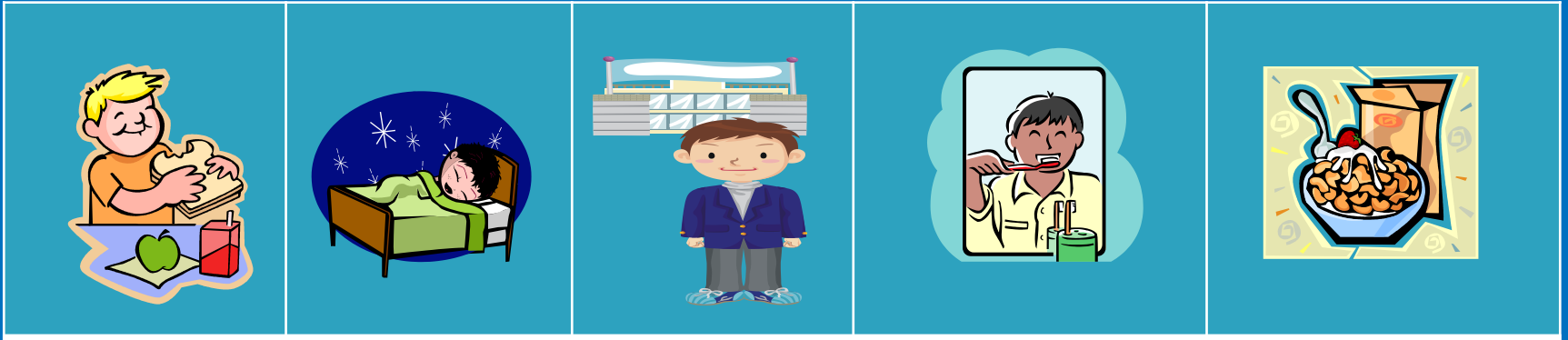
Nursery	<ol style="list-style-type: none"> 1. To consider the routines and patterns of a typical day 2. To explain how to keep myself clean and healthy and explain why it is important 3. To identify the people in my family and explain where I can get help
Reception	<ol style="list-style-type: none"> 1. To consider the routines and patterns of a typical day 2. To explain how to keep myself clean and healthy and explain why it is important 3. To identify the people in my family and explain where I can get help
Year 1	<ol style="list-style-type: none"> 1. To understand how to keep myself clean and healthy and explain why it is important 2. To understand how I have grown and changed since birth 3. To identify the people in my family, while recognizing that not all families look like mine; To explain where I can get help and support
Year 2	<ol style="list-style-type: none"> 1. To explore stereotypes; To explain personal boundaries 2. To understand how boys and girls are different and to name boy and girl body parts; To understand the stages in the human lifecycle 3. To identify the people in my family, while recognizing that not all families look like mine; To explain where I can get help and support
Year 3	<ol style="list-style-type: none"> 1. To understand how boys and girls are different and to name boy and girl body parts; To explain personal boundaries 2. To identify the people in my family, while recognising that not all families look like mine; To explain where I can get help and support 3. To understand good friendships
Year 4	<ol style="list-style-type: none"> 1. To understand good friendships 2. To identify the people in my family, while recognizing that not all families look like mine; To explain where I can get help and support 3. To understand basic facts about puberty; To begin to understand menstruation
Year 5	<ol style="list-style-type: none"> 1. To explore the emotional and physical changes that occur during puberty; To understand male and female puberty changes; To explore the impact of puberty on the body and the importance of physical hygiene; To explore ways to get support during puberty 2. To explore the emotional and physical changes that occur during puberty; To understand male and female puberty changes; To explore the impact of puberty on the body and the importance of physical hygiene; To explore ways to get support during puberty 3. To understand what makes a family and who to turn to for help and support
Year 6	<ol style="list-style-type: none"> 1. To explore positive and negative ways of communicating in relationships; To understand healthy relationships 2. To recap the male and female changes that happen during puberty; To understand what makes a family and who to turn to for help and support 3. To understand the human reproductive system

EYFS

1. To consider the routines and patterns of a typical day
2. To explain how to keep myself clean and healthy and explain why it is important
3. To identify the people in my family and explain where I can get help



Daily Sequencing Cards



EYFS Resources



Anita



Wasim



Mama



Komal



Mum



Dad



Daddy



Arjun

EYFS Resources



Mum



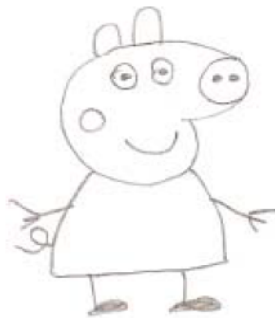
Mummy



Toni



Annabelle



Peppa Pig



George



Mummy Pig



Grandpa Pig

EYFS Resources



Wallace



Gromit



Shaun the Sheep



Penguin



Roy



Silo



Tango



The Zookeeper

Year 1

1. To understand how to keep myself clean and healthy and explain why it is important
2. To understand how I have grown and changed since birth
3. To identify the people in my family, while recognizing that not all families look like mine; To explain where I can get help and support



Learning objective:

To understand how to keep myself clean and healthy and explain why it is important.

Say "Hello" to

Dirty Bertie



Hello Year
1
My name is
Dirty Bertie!

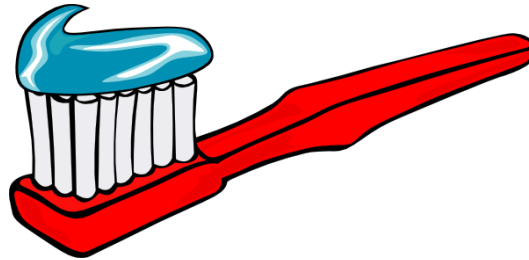
I'm going to
tell you about
myself.

I don't like baths
or showers...
YUK!





I never clean
my teeth...
NO WAY!

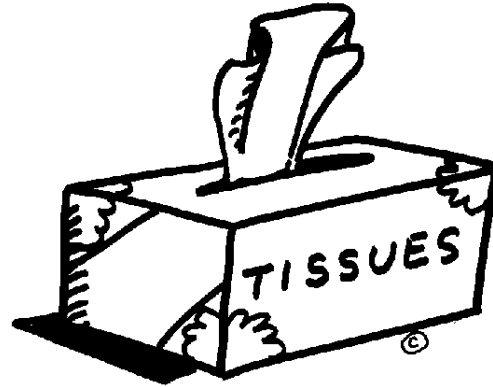


I don't bother
washing my hands
after I go to the
toilet or before I
eat...
WHY BOTHER?





I can't be bothered
to use a tissue
when I sneeze..
SO WHAT?



That's ok isn't it?

No?

Why not?

Can you help me please?



Why is it important to:

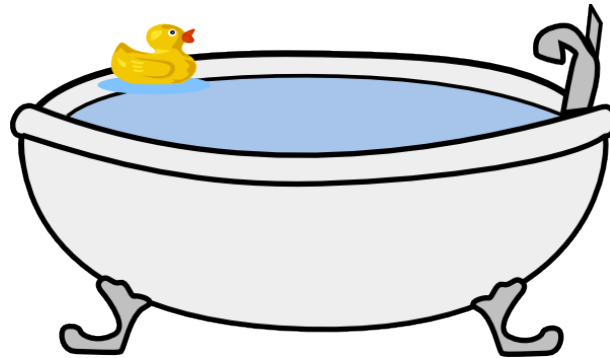
- Have a bath or a shower regularly?
- Brush our teeth twice a day?
- Wash our hands?
- Sneeze into a tissue?

Bertie's promise:

1. I will have a bath or shower when my parents tell me to.
2. I will clean my teeth after my breakfast and before I go to bed.
3. I will wash my hands after I go to the toilet and before I eat.
4. I will use a tissue when I sneeze.



Thank you for
your
help everyone!
I'm much cleaner
and healthier now!



Learning objective:

To understand how I have
grown and changed since
birth

Babies

- ❑ Babies can do nothing for themselves when they are first born
- ❑ How do we feed babies?



Toddler

Year 1 Resources

- A toddler is a very young child who is just learning to walk.
- Toddlers are a bit wobbly on their feet!



Children

- ❑ As babies grow they turn into **toddlers**, then **children**.
- ❑ Children learn to do things for themselves.



Learning objective:

To identify the people in my family, while recognising that not all families look like mine

To explain where I can get help and support

Year 2

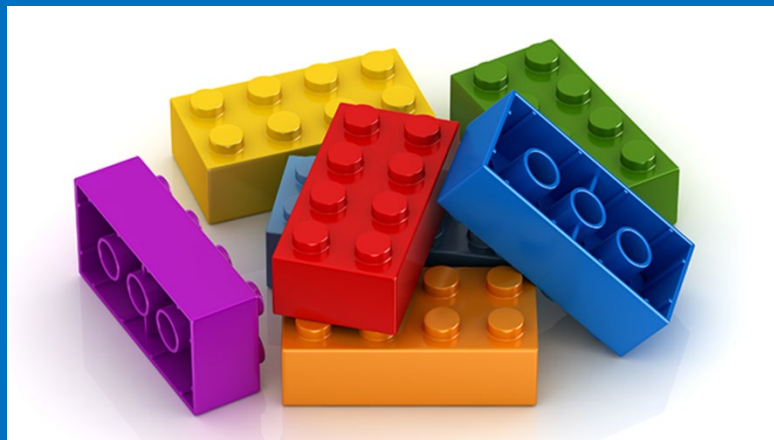
1. To explore stereotypes; To explain personal boundaries
2. To understand how boys and girls are different and to name boy and girl body parts; To understand the stages in the human lifecycle
3. To identify the people in my family, while recognizing that not all families look like mine; To explain where I can get help and support



Learning objective:

To explore stereotypes

To explain personal boundaries



Year 2 Resources



Year 2 Resources



- ❑ Nursing is just for women.
- ❑ Only men can be builders.
- ❑ Boys are better than girls at Maths.
- ❑ Girls do better in school than boys.
- ❑ Boys are better at computers than girls.
- ❑ Girls are better at sports than boys

Learning objective:

To understand how boys and girls are different and to name boy and girl body parts

To understand the stages in the human lifecycle

Baby



Toddler



Child



Babies

- Babies can do nothing for themselves when they are first born



Toddler

Year 2 Resources

- ❑ A toddler is a very young child who is just learning to walk.
- ❑ Toddlers are a bit wobbly on their feet!



Children

- ❑ As babies grow they turn into toddlers, then children.
- ❑ Children learn to do things for themselves.



Teenagers

- ❑ As children grow they become teenagers.
- ❑ Children become teenagers when they turn 13 they finish when they turn 20
- ❑ Teenagers eat lots!!
- ❑ What ages are teenagers?



Adults

- ❑ Adults are fully grown- they have stopped growing.
- ❑ Adults can do things for themselves.

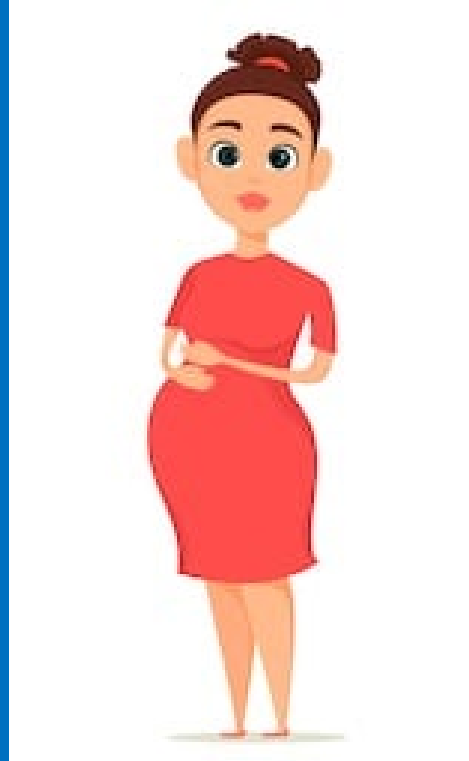


Elders

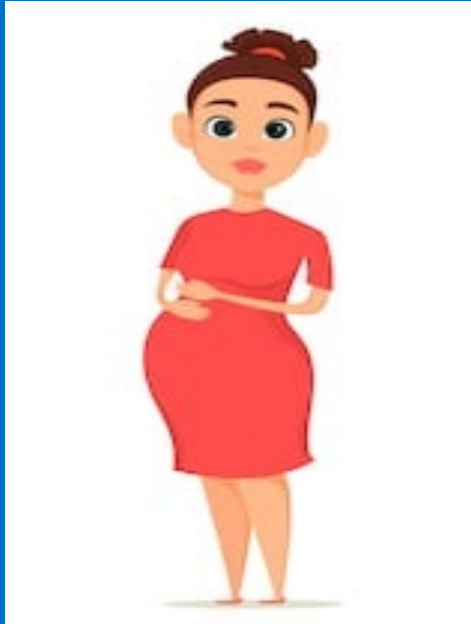
- As adults get older, they become elders
- Sometime elderly people need help doing things.



Justin's mum is going to have a baby.



Everyone is guessing whether Justin's mum is going to have a boy or a girl



Justin's dad is guessing.

Year 2 Resources



Justin's nan is guessing.

Year 2 Resources



In fact, everyone in the family is
guessing!



Justin asks his mum:

- Mum when you go to the hospital to have the baby, does the doctor guess if it is a boy or a girl? Is that how I know if I have a brother or sister?

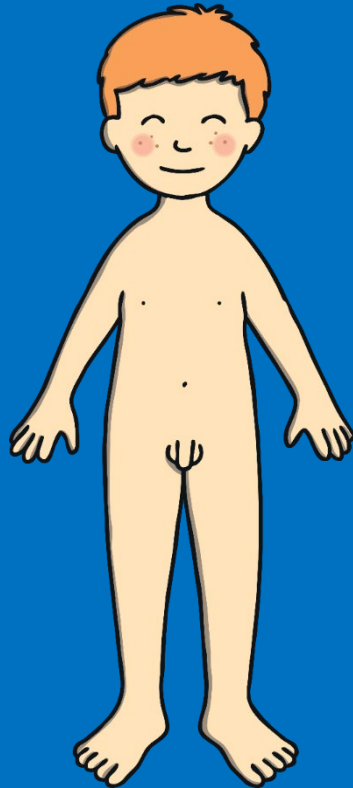


Mum says:

- ❑ No Justin, the doctor has a very special way of knowing if I have a son or a daughter, if it is a boy or a girl.
- ❑ Do you know how the doctor knows if Justin's mum has a boy or a girl?

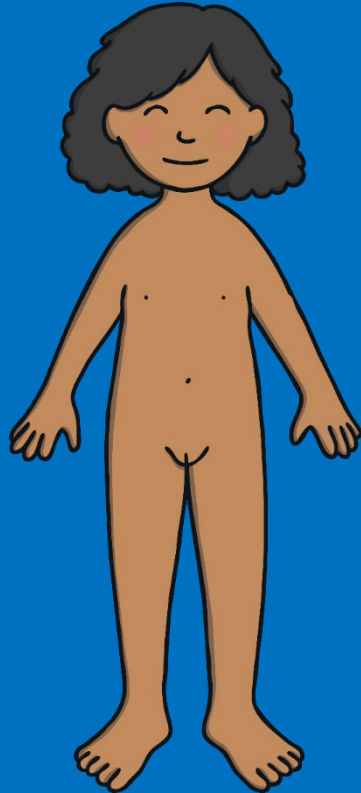


Boys' Bodies



- Boys, males, men have a body part called a **penis**.
- People have other names they use for this part of the body, but the scientific word is penis.

Girls' Bodies



- Girls, females, women have a **vagina**
- People have other names for these too, but vulva and vagina are the scientific words.

Learning objective:

To identify the people in my family, while recognising that not all families look like mine

To explain where I can get help and support

Our Families

We all belong to family groups.

These family groups will all be different. Some may be big, others may be small and they may have a different mix of people in them.

This is OK, we are all different and difference is something to be celebrated!



Who is in your family? Tell a partner.

When We Need Our Families

The special people in our family help us to feel safe, loved and cared for. They are people we trust.

When might we need the special people in our family?

when we are worried about something

when we are hungry

when we are feeling sad

when we want to go somewhere

when we are feeling happy

when we are proud of something

when we want a cuddle

when we need some help

when we want to play a game

Caring

It is important that families show each other that they care. It helps everyone to feel safe and happy.

Look at the picture cards in your groups.

How are the families showing each other that they care?

Why is this important?



Year 3

1. To understand how boys and girls are different and to name boy and girl body parts; To explain personal boundaries
2. To identify the people in my family, while recognising that not all families look like mine; To explain where I can get help and support
3. To understand good friendships



Learning objective:

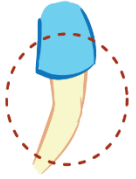
To understand how boys and girls are different and to name boy and girl body parts

To explain personal boundaries

Year 3 Resources



Ankle



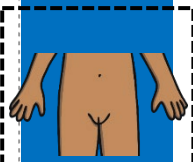
Arm



Back



Cheek



Vagina



Eye



Eyelash



Eyes



Fingernail



Chest



Chin



Ears



Elbow



Penis



Fingers



Foot



Forehead



Hair



Hand



Head



Knee



Leg



Nipples



Shoulder



Stomach



Teeth



Thumb



Lips



Mouth



Neck



Nose



Toes



Tongue



Waist



Wrist

Learning objective:

Year 3 Resources

To identify the people in my family, while recognising that not all families look like mine

To explain where I can get help and support

Year 3 Resources



Year 3 Resources





Year 3 Resources



Year 3 Resources



Year 3 Resources





Year 3 Resources





Year 3 Resources



Year 4

1. To understand good friendships
2. To identify the people in my family, while recognizing that not all families look like mine; To explain where I can get help and support
3. To understand basic facts about puberty; To begin to understand menstruation

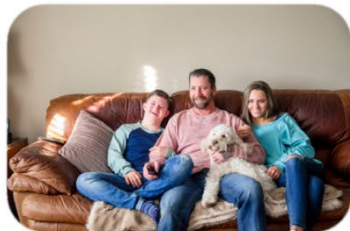


Learning objective:

To identify the people in my family,
while recognising that not all families
look like mine

To explain where I can get help and
support

Year 4 Resources



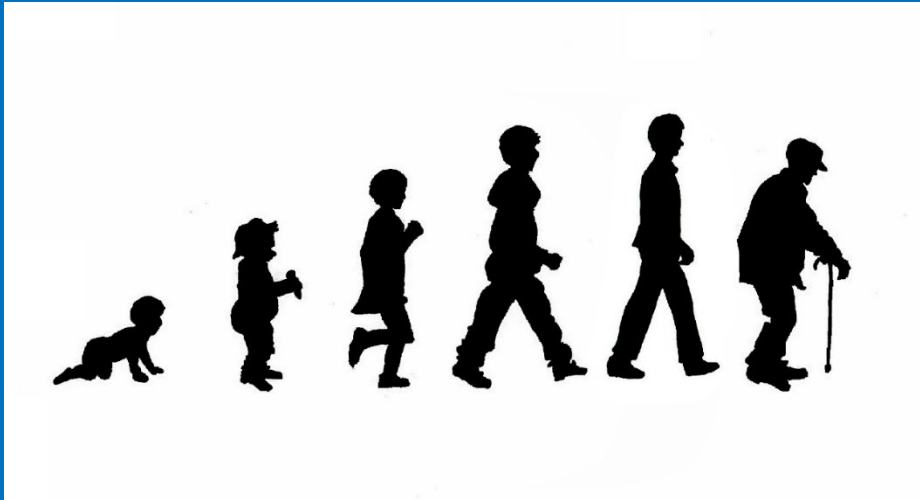
Learning objective:

To understand basic facts about
puberty

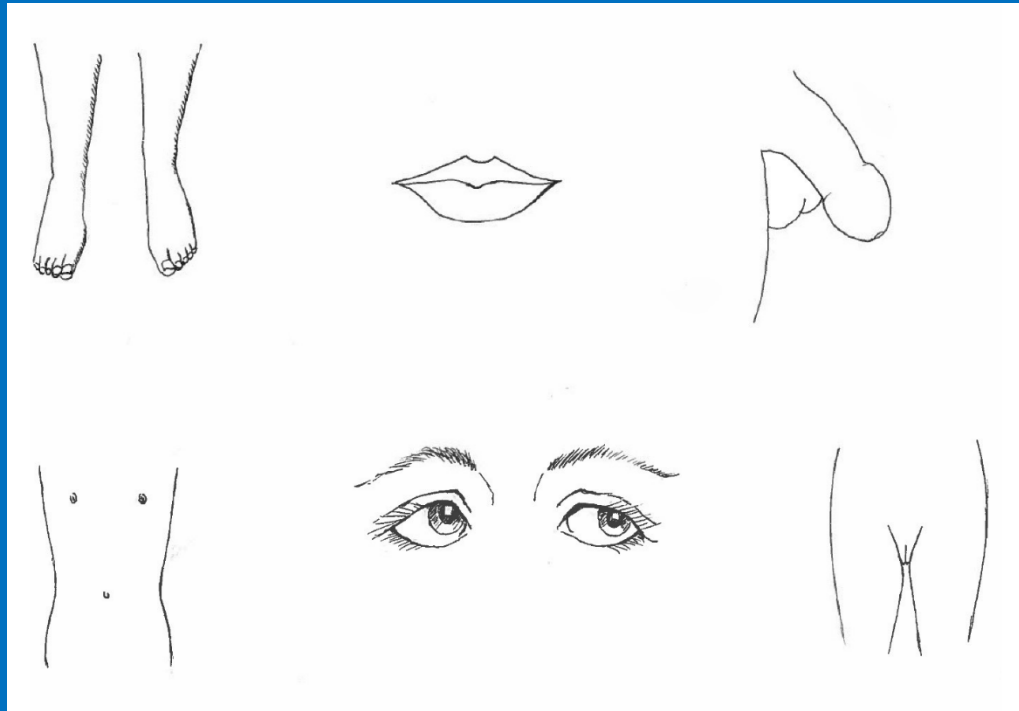
To begin to understand
menstruation

Puberty

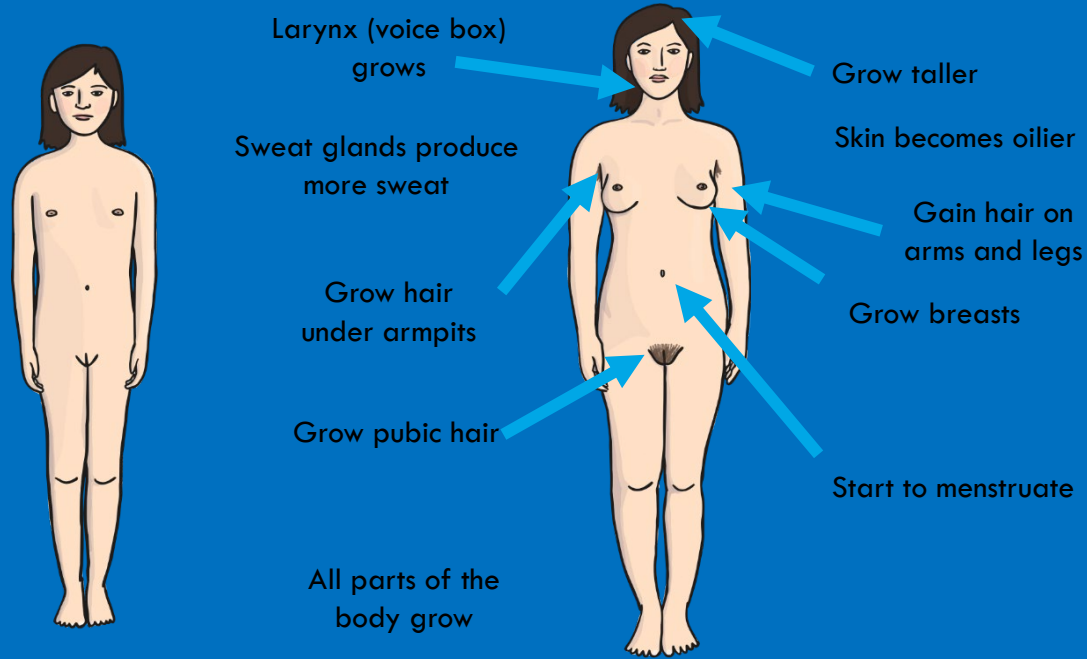
- Puberty relates to change, growing and maturing from a child to an adult



- ❑ Does everyone start puberty at the same time?
- ❑ Will these changes happen to everyone at the same time?
- ❑ Why are these changes happening?

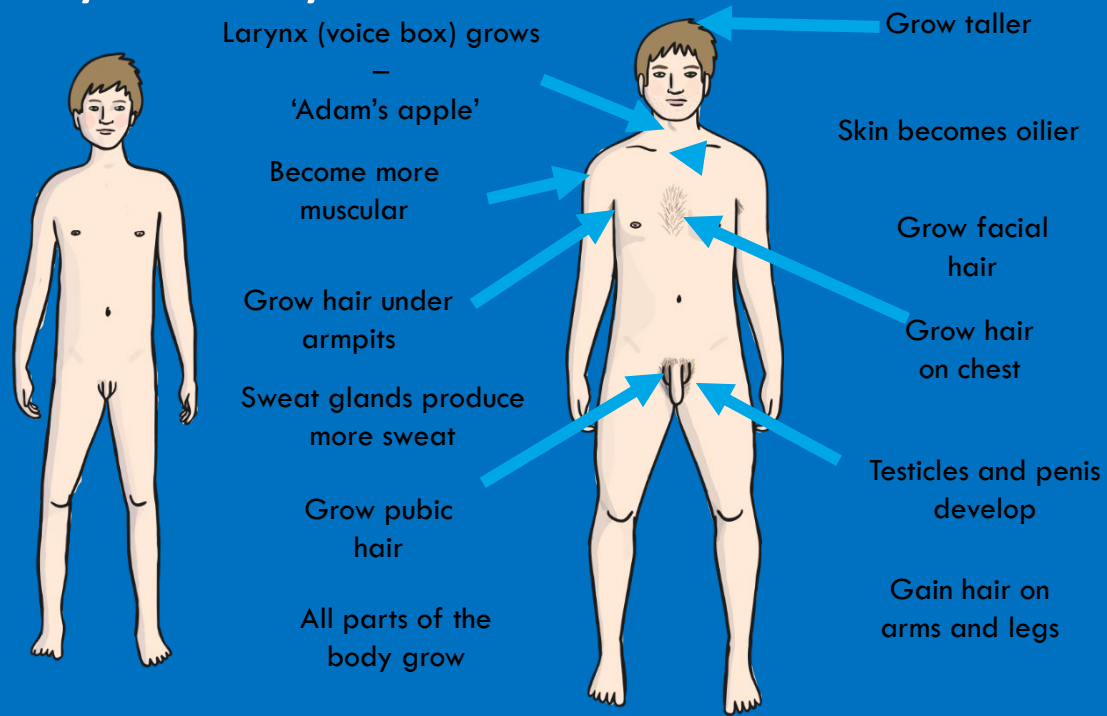


Puberty for Girls



Remember that everybody's body looks different!

Puberty for Boys



Remember that everybody's body looks different!

What is a period?

A period is monthly bleeding and will start at some time during puberty for girls.

This is part of a female body's monthly cycle.

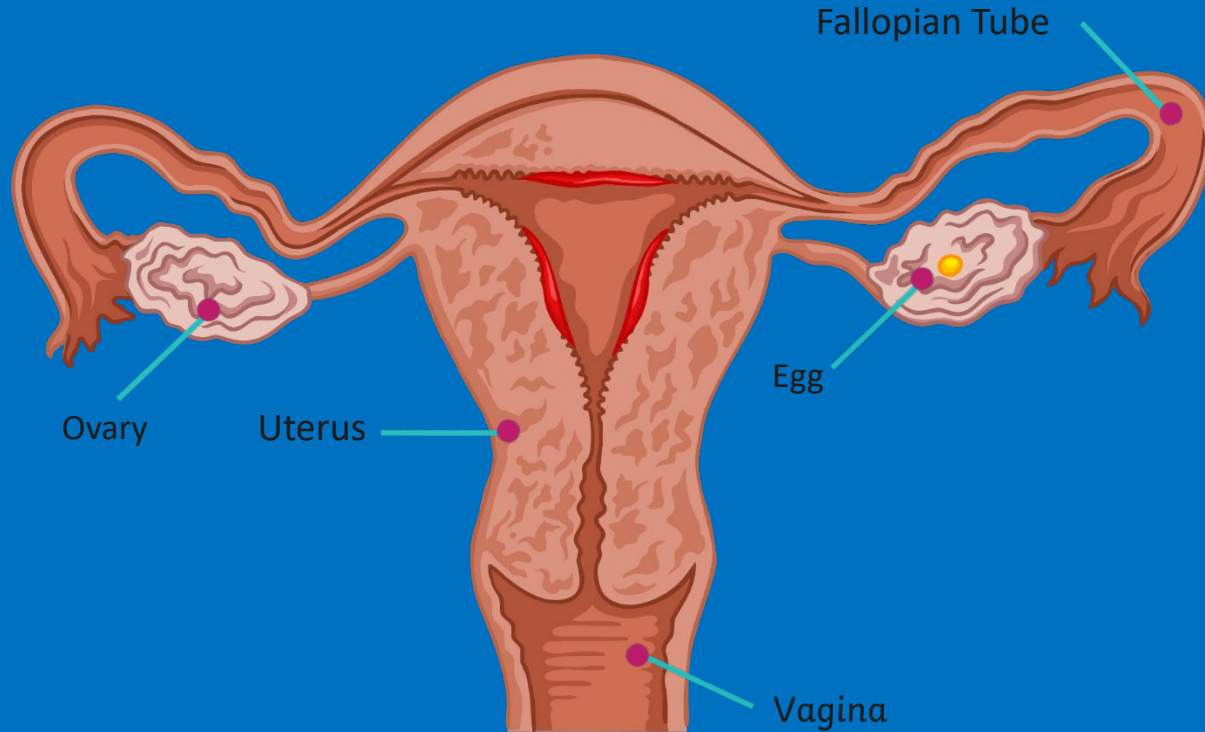
The average is to have a period every **28 days** which **lasts 3-4 days**, but this can be different for different women.

Sometimes it takes a while for periods to become regular every month

What are periods?

- ❑ Periods (menstruation) happen due to the hormones changing in your body.
- ❑ When puberty is reached, an egg is released each month from a girl's ovaries
- ❑ The egg moves from the ovary and along the fallopian tube and down into the uterus (womb).
- ❑ This is a girl's body starting to prepare for becoming an adult.

The Female Reproductive System



Period/ Menstrual cycle

- ❑ 1. When a girl reaches puberty, she will have lots of hormonal changes (chemical changes) happening in her body. These chemical changes are causing her body to grow and change during puberty.
- ❑ 2. These hormones will also cause a girl's period to start.
- ❑ 3. All girls start their period during puberty, some start sooner than others.

- ❑ 4. These hormones cause an egg to be released from a girls ovary.
- ❑ 5. This egg then travels down the fallopian tube and into the uterus.
- ❑ 6. When the egg reaches the uterus, the uterus lining (the muscular tissue) becomes thicker to protect the egg.

- ❑ 7. When the egg does not need to be protected anymore (usually by day 28 of a girls monthly cycle) the uterus sheds (gets rid) of it's lining.
- ❑ 8. this causes a period, or monthly bleed for girls. The blood lost during a period is not the same as the blood in our veins and arteries, it is waste blood and tissue that our body no longer needs.
- ❑ 9. Once a girl has had her period (shed the lining of her uterus, which usually lasts 3-4 days) the cycle begins again.

- ❑ 10. A period may not happen every month, but eventually the cycle usually becomes regular and will happen every month.
- ❑ 11. To keep ourselves clean and healthy when we have a period, girls use sanitary towels (pads)

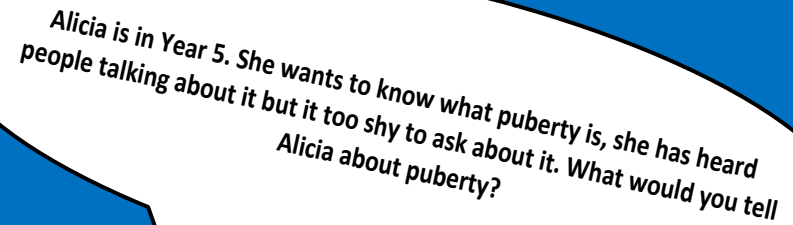
Sanitary Towels

- ❑ These are worn outside your body in your underwear
- ❑ Some have sticky tabs called wings which help provide extra protection to the sides of your underwear
- ❑ They should be changed frequently to keep fresh and dry, generally every 4 – 6 hours.



Year 5

1. To explore the emotional and physical changes that occur during puberty; To understand male and female puberty changes; To explore the impact of puberty on the body and the importance of physical hygiene; To explore ways to get support during puberty
2. To explore the emotional and physical changes that occur during puberty; To understand male and female puberty changes; To explore the impact of puberty on the body and the importance of physical hygiene; To explore ways to get support during puberty
3. To understand what makes a family and who to turn to for help and support



Alicia is in Year 5. She wants to know what puberty is, she has heard people talking about it but it too shy to ask about it. What would you tell Alicia about puberty?

Learning objective:

- ❑ To explore the emotional and physical changes that occur during puberty
- ❑ To understand male and female puberty changes
- ❑ To explore the impact of puberty on the body and the importance of physical hygiene
- ❑ To explore ways to get support during puberty

Year 5 Resources

Changes	Boy	Girl	Both
Grow taller			X
Skin becomes oily			X
Spots appear on skin			X
Hair grows on face			X
Hair grows under arms			X
Hair grows on arms and face			X
Hair grows on genitals (pubic hair)			X
Breasts develop		X	
Hips get bigger		X	
Penis grows longer and wider	X		
Testicles grow larger and fuller	X		
Ovaries start releasing eggs		X	
Periods start		X	
Produce vaginal discharge		X	
Body shape changes			X
Weight gain			X
Face shape changes			X
Voice becomes deeper			X
Body sweats more			X
Sometimes feel lonely and confused			X
Mood swings (including irritability, tearfulness, overwhelming happiness and confusion)			X
May become argumentative and bad tempered			X
Want more independence			X
Start to think about the future			X
Start to think more about appearance			X

What is puberty?

Year 5 Resources

- ❑ Puberty is changing, growing and maturing from a child to an adult.
- ❑ What are the stages of the human lifecycle?

- ❑ Baby
 - ❑ Toddler
 - ❑ Child
 - ❑ Teenager
 - ❑ Adult
 - ❑ Elder
-
- ❑ Puberty happens between the child and teenager stage. It prepares us for becoming an adult

What is puberty?

- Puberty is the time when your body changes from being a child to a young adult.

Why does it happen?

- ❑ Puberty starts when extra amounts of chemicals called hormones start to be produced in the body.
- ❑ The body produces the hormones **OESTROGEN**, **PROGESTOGEN** and **TESTOSTORONE** which are responsible for many different changes in the body.

Physical Changes

Year 5 Resources

- ❑ Physical changes happen because the body starts to produce chemicals called hormones; oestrogen, progesterone and testosterone.
- ❑ Puberty can happen anywhere **between 8 and 18 years of age.**

Physical Changes

Year 5 Resources

- ❑ The female body mainly produces progesterone and oestrogen which start the changes of puberty.
- ❑ Usually starts between 8-13 years.

- ❑ The male body mainly produces testosterone which start the changes of puberty.
- ❑ Usually starts between 10-15 years.
- ❑ Sperm is produced

What changes happen to girls?

- ❑ Get taller
- ❑ Bones grow bigger and heavier
- ❑ Hips get wider and more curvy
- ❑ Hair and skin can become oily and you may get spots
- ❑ Body sweats more
- ❑ Face changes shape
- ❑ Voice gets a little deeper
- ❑ Hair grows under the armpits, around the genitals (pubic hair)
- ❑ Hair on arms and legs grows darker
- ❑ Breasts and nipples get larger
- ❑ May have mood swings
- ❑ Period starts

What changes happen to boys?

- ❑ Get taller
- ❑ Bones grow bigger and heavier
- ❑ Hair and skin can become oily and you may get spots
- ❑ Body sweats more
- ❑ Face changes shape - Nose and jaw get bigger and face gets longer
- ❑ Get more muscles
- ❑ Hair grows on the face, under the armpits, around the genitals (pubic hair).
- ❑ May get more hair on arms, legs and chest.
- ❑ Voice gets deeper
- ❑ Penis and testicles grow bigger and longer
- ❑ May have mood swings

Periods

What Happens & Why?



When will my periods start?

Usually when you are between 10 - 16 years but you could be anything from 8 to 18 years.

Your periods will start when your body is ready. You can't make them start or stop them from starting.



Why do I have periods?

Periods are caused by hormone levels changing within your body.

It is nature's way of preparing your body for adulthood



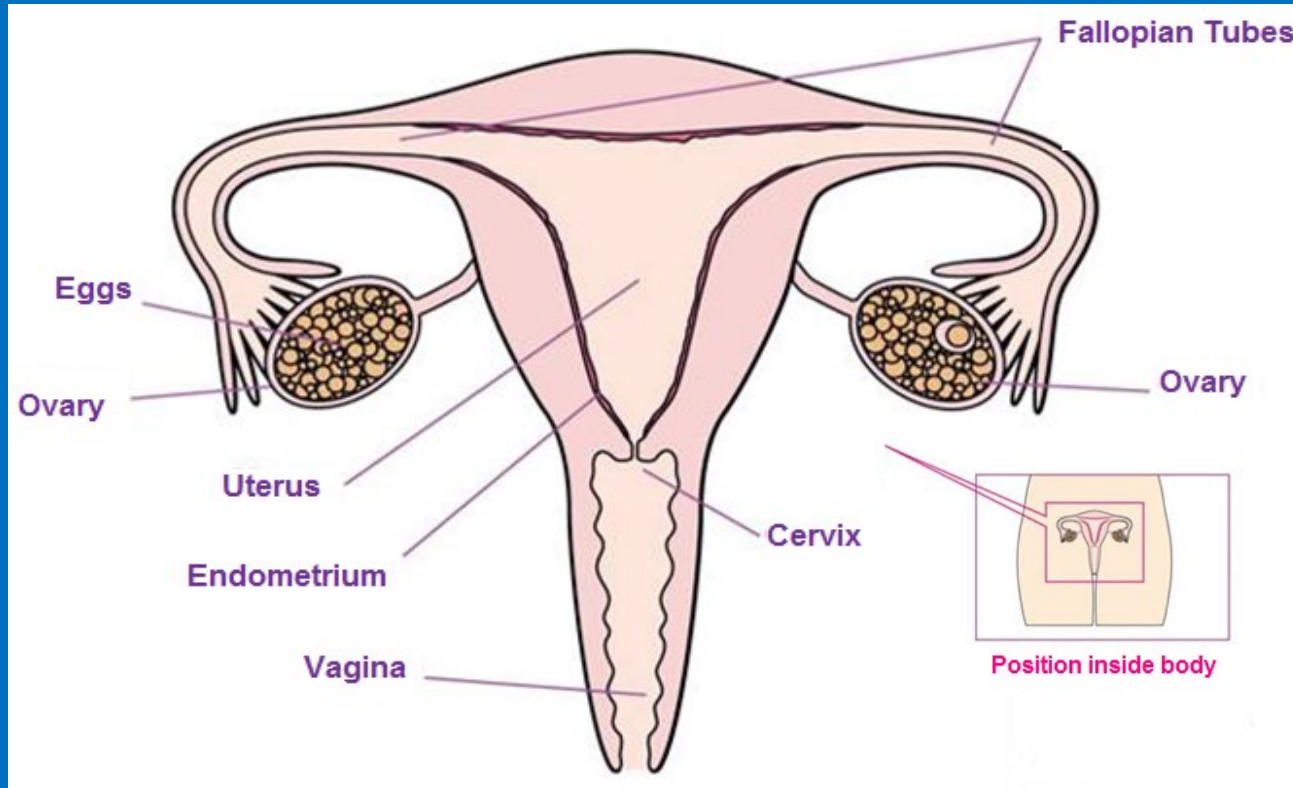
What happens?

Even before birth, a girl has 1-2 million tiny eggs in her ovaries. When puberty is reached usually an egg is released each month from her ovaries.

The egg moves from the ovary and along the fallopian tube and down into the (womb) uterus.

The lining of the womb is thick and gets thicker to protect the egg. When the egg does not need to be protected anymore and the egg and uterus lining leave your body through your vagina; this is your period.

The Female Reproductive System



The Period

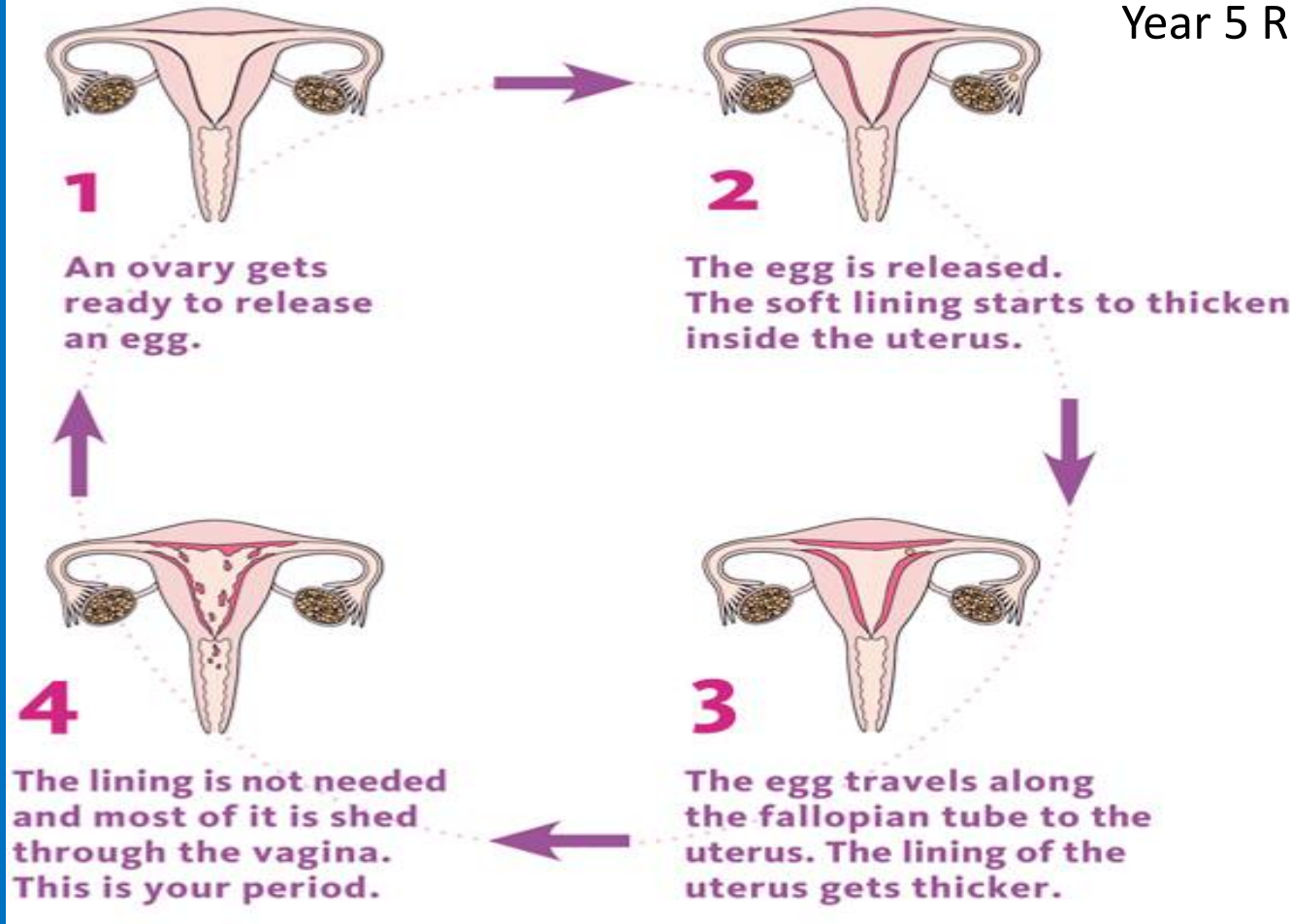
Bleeding can last between 3 and 8 days.

Blood flow may be heavier in the first few days.

The average blood loss is only around 80ml (roughly 3 tablespoons)

The Menstrual Cycle

- Days 1-7 are the beginning of the cycle when the lining of the womb is shed (Period).
- Days 7-14 are when the egg is being produced within the ovary. It is then released into the fallopian tube to make its way down to the womb
- Days 14-28 are when the lining of the womb becomes thicker in blood supply to protect the egg.



When will my period start?

Year 5 Resources

- ❑ Usually between 10-16 years old
- ❑ About 2 years after your breasts develop
- ❑ Soon after you grow pubic hair

REMEMBER – every girl is different!

What symptoms are there?

Many girls will feel other symptoms during or before their period. These can include:

- Tender breasts
- Headaches
- Mood swings
- Stomach cramps
- Tiredness
- Spots
- Food cravings
- Difficulty concentrating

Planning



- ❑ Periods will not have a set pattern in the beginning, they will eventually settle into their own pattern.
- ❑ Periods happen once a month but your body takes time to get into a routine so for the first year or so the time between each period may vary.
- ❑ You should carry some spare underwear and sanitary towels in your bag in case your period comes unexpectedly.

What do I use?

- ❑ Most girls will wear a sanitary towel when they have a period. It is placed within the underwear and it works by soaking up the blood.
- ❑ It is important to change the sanitary towels every 3-4 hours. This helps you to stay clean and fresh.

Year 5 Resources



Pantliners

Year 5 Resources

- ❑ Worn outside your body, in your underwear

Can be used:

- ❑ When your period is light
- ❑ As tampon backup
- ❑ In between periods to absorb discharge
- ❑ To help keep you fresh every day



Sanitary Towel

Year 5 Resources

- ❑ Worn outside your body, in your underwear.
- ❑ Many different absorbencies.
- ❑ Wings provide extra protection.
- ❑ Change frequently to keep fresh and dry (generally every 4-6 hours, more often when your period is heavy).
- ❑ They will start to leak if you don't change them!



How to use a sanitary towel

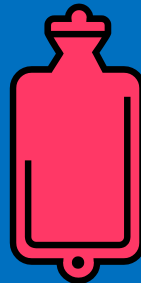
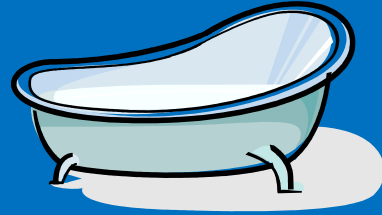
Year 5 Resources

1. Pull off paper strip or wrapper.
2. Attach sticky part securely to centre of underwear.
3. For wings, peel off paper strips and wrap around sides of underwear.



Things to try...

- ❑ Have a warm bath
- ❑ Massage your stomach
- ❑ Have a nice warm drink
- ❑ Use a hot water bottle or use a heat pad.
- ❑ Eat a well balanced diet.
- ❑ Exercise



Remember



- ❑ Having a period is a normal healthy thing to happen.
- ❑ It is a natural process for every girl/teenager/woman.
- ❑ It can take some time getting used to having periods and feeling confident about dealing with them.
- ❑ Periods are a sign that your body is working properly, they are a special part of being a female.

Questions

Year 5 Resources

- ❑ I've just turned 11 but nothing is happening yet.
When will I start puberty?
- ❑ Why are these changes happening to me?
- ❑ I feel a bit scared about puberty, is this normal?

Learning objective:

- ❑ To explore the emotional and physical changes that occur during puberty
- ❑ To understand male and female puberty changes
- ❑ To explore the impact of puberty on the body and the importance of physical hygiene
- ❑ To explore ways to get support during puberty

Why does puberty happen?

Year 5 Resources

- ❑ Puberty starts when extra amounts of chemicals called hormones start to be produced in the body.
- ❑ The body produces the hormones **OESTROGEN**, **PROGESTOGEN** and **TESTOSTORONE** which are responsible for many different changes in the body.

Physical Changes

Year 5 Resources

- ❑ Physical changes happen because the body starts to produce chemicals called hormones; oestrogen, progesterone and testosterone.
- ❑ Puberty can happen anywhere **between 8 and 18 years of age.**

Emotional Changes

Year 5 Resources

- ❑ It is not just your body that changes during puberty – your **mind and feelings** change too.

Sometimes:

- You may feel lonely and confused.
- You may have mood swings (including irritability, tearfulness, overwhelming happiness and confusion).
- You may want more independence.
- You may also become argumentative and bad tempered.

Sometimes these emotional changes can cause conflict with our parents.

Year 5 Resources

You might fall out over things like:

- ❑ Homework
- ❑ Clothes
- ❑ Games consoles (i.e. X-Box, PlayStation)
- ❑ Internet usage
- ❑ Music choices and volume
- ❑ Friends
- ❑ Bedroom
- ❑ Choice of leisure activities

How can we resolve this conflict?

Year 5 Resources

- ❑ Keep them involved, tell them how you are feeling about things.
- ❑ Ask their advice, listen and if you disagree tell them why.
- ❑ Accept that they have the right to lay down some rules, be willing to meet them halfway.
- ❑ Try not to lose your temper, if you show them you can accept when they say no, may be they will be willing to say yes in the future.
- ❑ Help more around the house, without waiting to be asked!

Conflict with friends

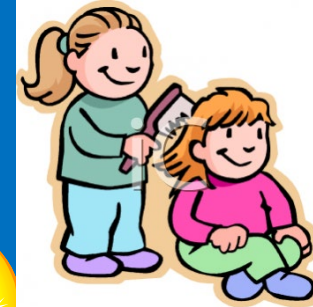
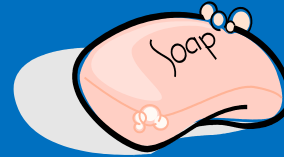
Year 5 Resources

- ❑ Other friendships, new friends.
- ❑ Misunderstandings, arguments.
- ❑ Choice of things to do together.
- ❑ The way they talk to you, making you feel bad about yourself.
- ❑ They do not listen to you, they only talk about themselves.
- ❑ Jealousy.

Managing conflict with friends

- ❑ Try to not demand too much support and attention without giving some in return
- ❑ Show mutual respect.
- ❑ Be honest with them.
- ❑ Remember your expectations for a good friendship.

Year 5 Resources



Sweat

Year 5 Resources

- ❑ Sweat is your body's natural way of helping you to cool down.
- ❑ Sweat can also some times become smelly when the chemicals it contains mixes with bacteria that live naturally on your skin.
- ❑ You will need to use a deodorant to manage sweat



Learning objective:

To understand what makes a family
and who to turn to for help and
support

Year 5 Resources



A group of people who are related to one another

Love



Care

Do things together



Have different interests and hobbies



Look after each other

Understand one another

Want the best for you



Want you to be happy

All shapes and sizes



Security



Parent(s) and child(ren)



Help

Kind

- Leo is struggling with his homework. He asks his mum for help but she is busy working. He shows it to his dad but his dad is busy making dinner. Keisha tells him to stop being annoying. Leo deliberately knocks a drink over and it spills on his sister's book.

Year 5 Resources

Go outside and breathe in the air



Think about a happy memory



Do some yoga exercises or relaxing stretches



Message or phone a friend for a chat



Go to a favourite quiet place



Lie down flat with your eyes closed



Close your eyes and take deep breaths



Sit in a quiet corner



Read a good book



Stroke a pet



Close your eyes and think of somewhere you feel calm



Meditate



Do some exercise that makes you feel good



Watch a programme that makes you laugh



Bake a cake



Have a warm bath or shower



Do something creative – draw a picture, play an instrument, write a poem



Tell yourself positive things



Punch a pillow!



Go for a walk/ run/ bike ride



Kick a ball very hard



Cuddle a teddy



Cuddle a person



Talk to someone you trust



“THEY TELL ME I’M GOING THROUGH PUBERTY”

Hi, I’m Chris and I’d like to tell you about what’s happening to me. It seems that every day brings a new change. It’s almost like I’m getting a new body! They tell me I’m going through puberty.

One thing that’s happening is this new hair that’s growing in places it’s never been before. Like under my arms. I know this is normal and all, but it still takes getting used to.

I don’t mind some of the changes I’m seeing. In fact, some things I even like. I’m taller than I was last year. I know I’m smarter just because I’m able to think and write about what I’m going through now.

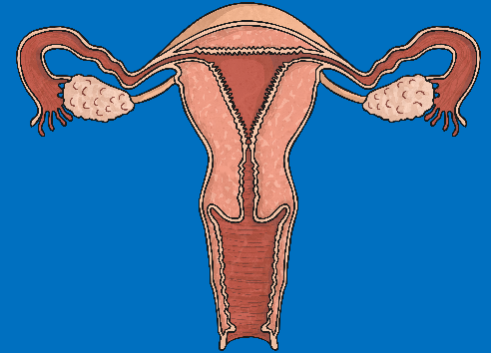
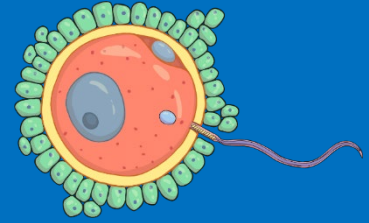
But then, there are some changes that aren’t so good. Like B.O; body odour. I didn’t understand why I was starting to smell but when I was told that it is because my sweat glands are reacting to my hormones I realise it’s not too bad if I wash and use deodorant.

What I really don’t like is acne. I remember I was getting ready to go to a party, when I looked in the mirror and saw this big spot staring back at me. I went to the party anyway. I noticed that many other kids had the same or worse luck with their spots. I wonder how common this is.

They tell me I’m going through puberty. That means I have to go to school with my spots and manage things like body odour. But, I’m taller and smarter and growing into an adult so I think I’ll survive.

Year 6

1. To explore positive and negative ways of communicating in relationships; To understand healthy relationships
2. To recap the male and female changes that happen during puberty; To understand what makes a family and who to turn to for help and support
3. To understand the human reproductive system



Learning objective:

- ❑ To recap the male and female changes that happen during puberty
- ❑ To understand what makes a family and who to turn to for help and support

What is puberty?

- Puberty is the time when your body changes from being a child to a young adult.

Why does it happen?

- ❑ Puberty starts when extra amounts of chemicals called hormones start to be produced in the body.
- ❑ The body produces the hormones **OESTROGEN**, **PROGESTOGEN** and **TESTOSTORONE** which are responsible for many different changes in the body.

Physical Changes

- ❑ Physical changes happen because the body starts to produce chemicals called hormones; oestrogen, progesterone and testosterone.
- ❑ Puberty can happen anywhere **between 8 and 18 years of age.**

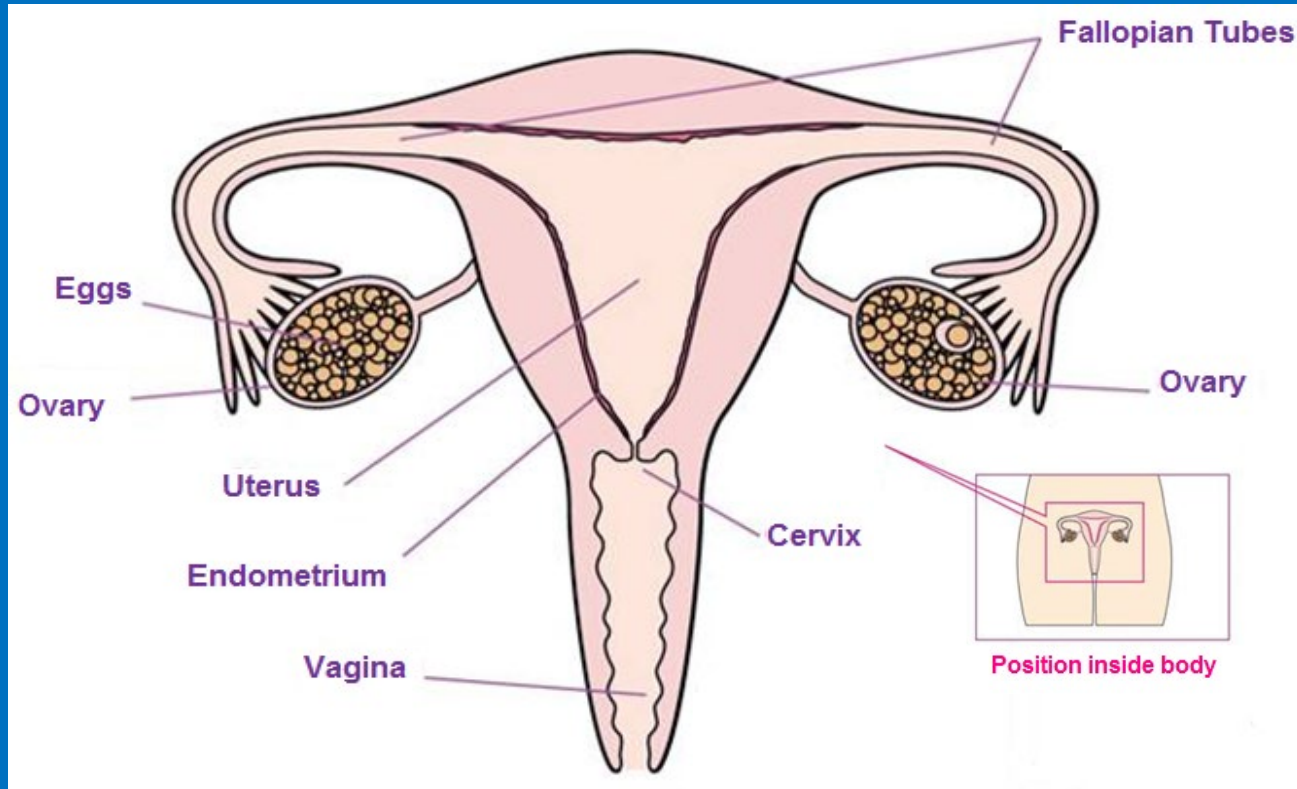
What changes happen to girls?

- ❑ Get taller
- ❑ Bones grow bigger and heavier
- ❑ Hips get wider and more curvy
- ❑ Hair and skin can become oily and you may get spots
- ❑ Body sweats more
- ❑ Face changes shape
- ❑ Voice gets a little deeper
- ❑ Hair grows under the armpits, around the genitals (pubic hair)
- ❑ Hair on arms and legs grows darker
- ❑ Breasts and nipples get larger
- ❑ May have mood swings
- ❑ Period starts

What changes happen to boys?

- ❑ Get taller
- ❑ Bones grow bigger and heavier
- ❑ Hair and skin can become oily and you may get spots
- ❑ Body sweats more
- ❑ Face changes shape - Nose and jaw get bigger and face gets longer
- ❑ Get more muscles
- ❑ Hair grows on the face, under the armpits, around the genitals (pubic hair).
- ❑ May get more hair on arms, legs and chest.
- ❑ Voice gets deeper
- ❑ Penis and testicles grow bigger and longer
- ❑ May have mood swings

The Female Reproductive System



The Period

Bleeding can last between 3 and 8 days.

Blood flow may be heavier in the first few days.

The average blood loss is only around 80ml (roughly 3 tablespoons)

The Menstrual Cycle

- Days 1-7 are the beginning of the cycle when the lining of the womb is shed (Period).
- Days 7-14 are when the egg is being produced within the ovary. It is then released into the fallopian tube to make its way down to the womb
- Days 14-28 are when the lining of the womb becomes thicker in blood supply to protect the egg.

What symptoms are there?

Many girls will feel other symptoms during or before their period. These can include:

- Tender breasts
- Headaches
- Mood swings
- Stomach cramps
- Tiredness
- Spots
- Food cravings
- Difficulty concentrating

Planning



- ❑ Periods will not have a set pattern in the beginning, they will eventually settle into their own pattern.
- ❑ Periods happen once a month but your body takes time to get into a routine so for the first year or so the time between each period may vary.
- ❑ You should carry some spare underwear and sanitary towels in your bag in case your period comes unexpectedly.

What do I use?

- ❑ Most girls will wear a sanitary towel when they have a period. It is placed within the knickers and it works by soaking up the blood.
- ❑ It is important to change the sanitary towels every 3-4 hours. This helps you to stay clean and fresh.

Year 6 Resources



Pantliners

- ❑ Worn outside your body, in your underwear

Can be used:

- ❑ When your period is light
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- ❑ In between periods to absorb discharge
- ❑ To help keep you fresh every day



Sanitary Towels

Year 6 Resources

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- ❑ Many different absorbencies.
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How to use a sanitary towel

Year 6 Resources

1. Pull off paper strip or wrapper.
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Emotional Changes

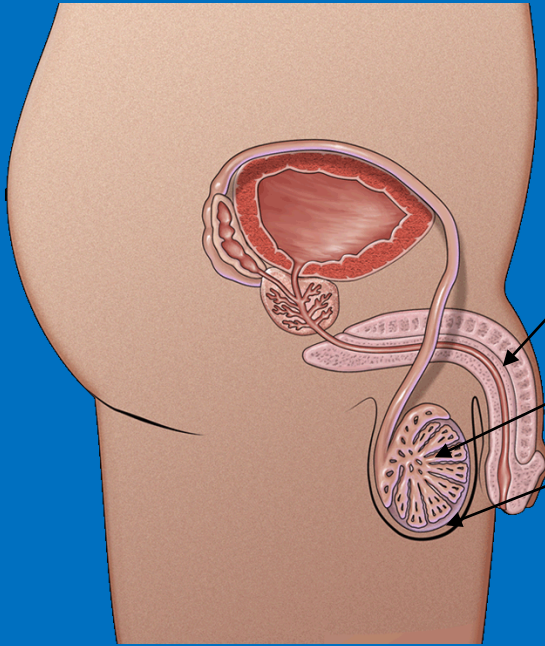
- ❑ It is not just your body that changes during puberty – your **mind and feelings** change too.

Sometimes:

- You may feel lonely and confused.
- You may have mood swings (including irritability, tearfulness, overwhelming happiness and confusion).
- You may want more independence.
- You may also become argumentative and bad tempered.

Penis Anatomy

Year 6 Resources



Urethra

-The tube through which urine and semen leaves the boy's body

Penis

-Tube-like organ that hangs outside the body
-Come in all sizes and shapes, determined by our genes

Testicles or testes

-Usually two, one hangs lower
-Where sperm are made

Scrotum

-Bag of skin that holds testicles
-Keeps them at right temperature to make sperm, slightly cooler than body's temperature
-Gets bigger and baggier and turns a darker colour during puberty

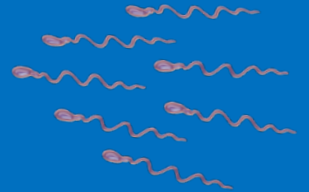
The reason boys have a reproductive system is because it provides the sperm needed to fertilise a female's egg.

We will learn more about fertilisation in the next lesson.

During puberty the levels of the hormone testosterone in your body begin to rise. This causes the penis and testicles to get bigger and the testicles to produce sperm.

The testicles cannot make sperm before puberty.

Sperm look like tadpoles, with what appear to be a head and a tail.



Erections

- ❑ An erection happens when extra blood flows to the penis. This causes the penis to harden and lengthen.
- ❑ Most erections are not straight, and tend to either curve upwards or to either side.
- ❑ Erections can happen at any time. This is not an unusual change and happens to boys.

Wet dreams



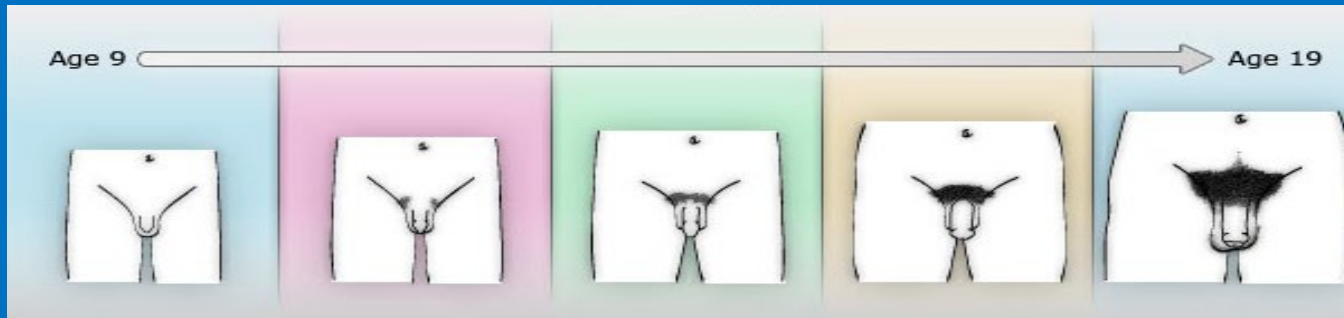
Year 6 Resources

- ❑ Sometimes sperm will leave your body, through your urethra when you are asleep.
- ❑ This is called a nocturnal emission, more commonly known as a “wet dream.”
- ❑ It happens without you knowing about it.
- ❑ You may notice that your pyjamas or sheets feel wet or sticky when you wake up.
- ❑ Most males experience wet dreams between the ages of 12 to 18.
- ❑ Wet dreams are a normal change that happen during puberty.
- ❑ You will experience wet dreams less frequently as you grow older, you will have more control over your body.

Penis and Testicles

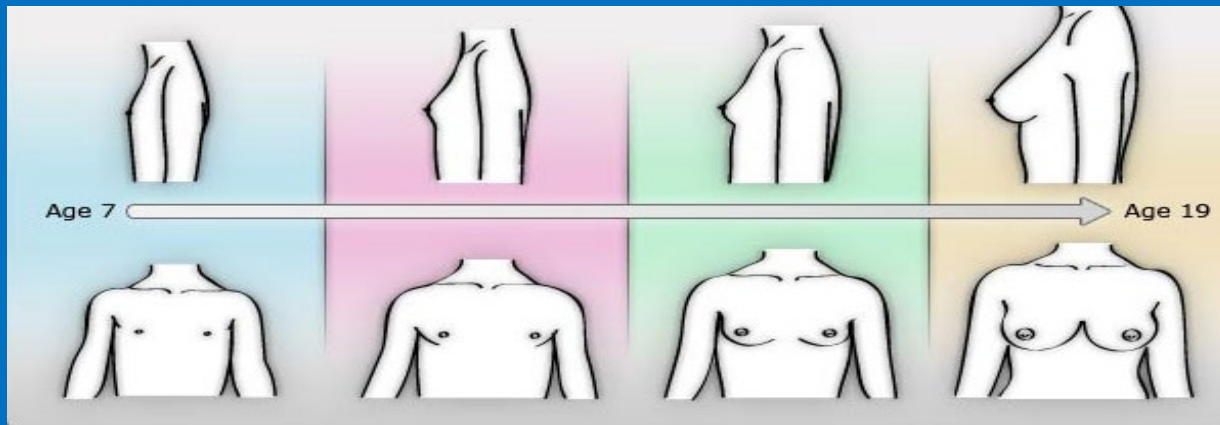
Year 6 Resources

- ❑ Your penis and testicles will grow bigger and longer. Sometimes one testicle grows faster than the other, and it is natural for one to hang lower than the other.
- ❑ Pubic hair, will also start to grow at the base of the penis. As you get older, this hair will grow thicker and courser.
- ❑ Penises come in all shapes and sizes and all are very different. Your penis also doesn't stop growing until you reach the ages of 18 to 21.



Breasts

- ❑ Your genes determine the size and shape of breasts.
- ❑ The first thing you may notice is a bump behind the nipple.
- ❑ Then there will be swelling underneath
- ❑ The nipple area gets darker.
- ❑ Breasts grow slowly and one side may be bigger for awhile.
- ❑ They may feel sore at times while they are developing.



**The hardest thing about growing up
is...**

**The thing I am looking forward to
about growing up is...**

1. Everybody starts puberty at the same time, around the age of eight	2. Pubic hair grows during puberty
3. People's body shape changes when they grow through puberty	4. Everyone get tummy ache when they get their period
5. It is normal to have mood swings or to feel different, strong emotions during puberty	6. The size of a person's breasts or penis is determined at puberty
7. Puberty causes people to sweat more	8. Voices get deeper at puberty
9. Squeezing spots will help them to go away	10. Pads are the only available for use during periods
11. Puberty is a natural part of growing up and the human life cycle	12.

Year 6 Resources

A man produces sperm in his testicles.

Once a month, the woman's body releases an egg.

In order for the sperm to meet the egg a man and woman will have sexual intercourse.

During sexual intercourse, the sperm will enter a woman's body via her vagina.

This sperm then travels through the woman's body towards the fallopian tube.

In the fallopian tube, the sperm may meet with the egg. This is called fertilisation.

The fertilised egg will then travel to the uterus.

The lining of the uterus will build up to protect the fertilised egg.

Remember if the egg was not fertilised, the woman would shed the lining of her uterus (as a period)

A fertilised egg takes 9 months to grow into a baby.

The woman carries the baby inside her womb.

Learning objective:

The understand the human
reproductive system

□ Conceive

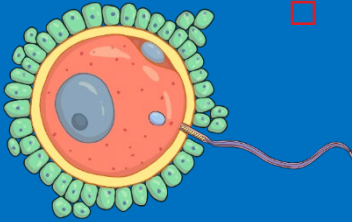
□ Sperm

□ Egg

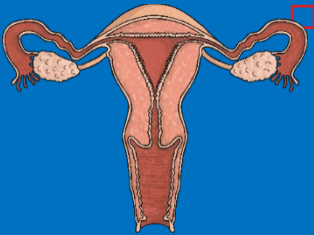
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- ❑ This sperm then travels through the woman's body towards the fallopian tube.
- ❑ In the fallopian tube, the sperm may meet with the egg. This is called fertilisation.
- ❑ The fertilised egg will then travel to the uterus.

- ❑ The lining of the uterus will build up to protect the fertilised egg.
- ❑ Remember if the egg was not fertilised, the woman would shed the lining of her uterus (as a period)
- ❑ A fertilised egg takes 9 months to grow into a baby.
- ❑ The woman carries the baby inside her womb.



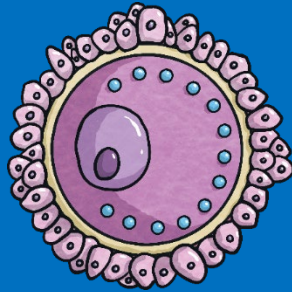
- If a man and a woman want to conceive a baby, they have sexual intercourse. The man's penis releases sperm into the woman's vagina which race to find the woman's egg.



- The woman's body releases one egg once a month. The egg only lives for about 12 – 24 hours and sperm can live for 5 – 7 days.
- If a sperm reaches the egg, the egg is fertilised, starting a new life form

From Conception to Birth

Wow! From just two cells (a sperm and an egg) to 37.2 trillion cells in a human being!



zygote



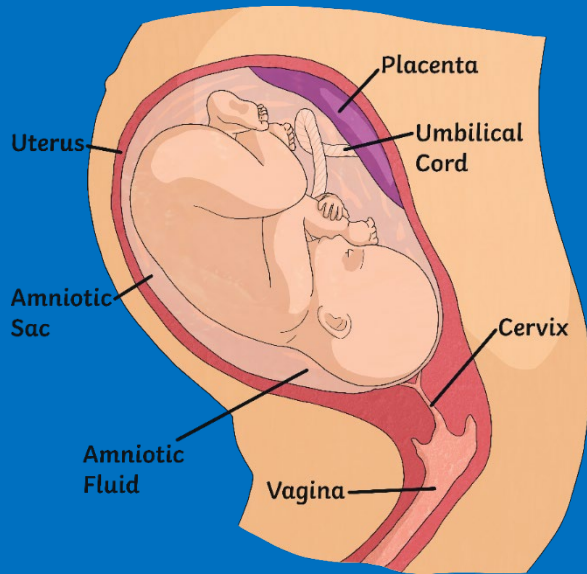
embryo



foetus

The rate of growth is extremely rapid. The egg cell measures 0.12mm in diameter and a newborn baby is approximately 50cm.

The foetus is protected in the uterus, inside an amniotic sac, which is filled with amniotic fluid.



All the nutrients that the foetus needs while it is inside the womb (or uterus), are passed from the mother's body to the foetus. The mother's body creates a placenta. Nutrients and oxygen pass from the placenta, through the umbilical cord to the baby.



PSHE/REGU Leads at Havelock
Primary School are:
Miss Amy Braid
Mr Jonathan Bailey
Dr Clare Rees

If you have any questions, please email for
further information to
admin@havelock.ealing.sch.uk

