



Parent information – Year 6

Relationships, Health and
Sex Education (RSE)

16th March 2021



This presentation is for parents only and is not intended for children.

Overview of 'Changing Me' unit



Lesson	Outcome	
1. Self and body image	Understand how concerns about 'real-self' and 'ideal' self can impact on self-esteem.	
2. Puberty for girls and boys	Explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.	
3. Puberty recap and discussion	Ask questions to develop understanding about changes during puberty.	
4. Puberty with links to intercourse and conception	Link the changes in puberty to human reproduction.	NON-STATUTORY
5. Conception	Understand how conception occurs.	NON-STATUTORY
6. Pregnancy and birth	Explain how babies develop from conception, through the nine months of pregnancy and how they are born.	NON-STATUTORY
7. Attraction	Understand that there are different types of relationship and how being physically attracted to someone changes the nature of the relationship.	
8. Transgender	Understand that some people are born transgender and they should be treated fairly.	
9. Transition to secondary school	Consider what I'm looking forward to, what my worries are and how to prepare for secondary school.	



Lesson 1: Self and body image

Summary:

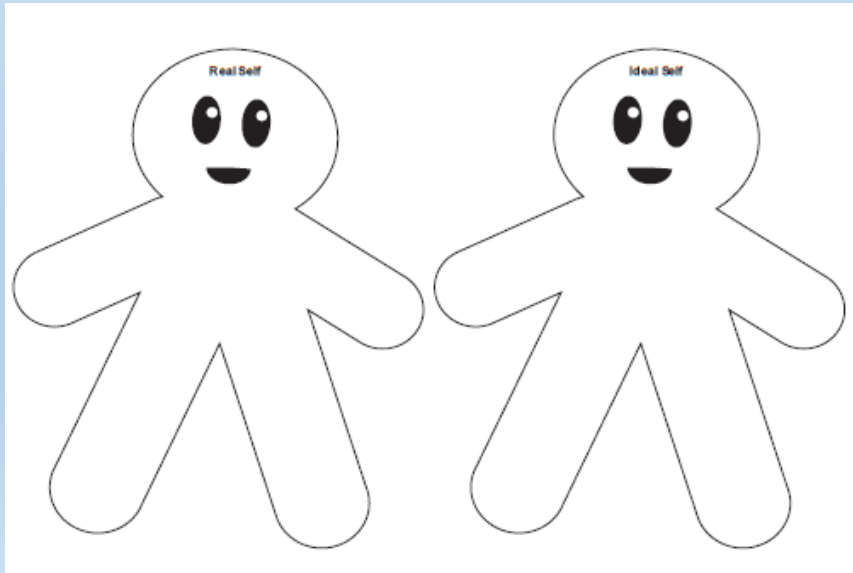
Understanding that media images are not always 'real'.

Students consider their own self-image and how body image fits into that alongside their personality.

Learn how to develop their own self-esteem

Vocabulary: self-image, self-esteem, real self, celebrity, airbrushing

Resources:



Ground rules for RSE lessons

These ensure children feel safe and comfortable during lessons

- G. Giggling is okay (and normal) but laughing at others is not.
- R. Respecting myself and others is important.
- O. Option to pass on answering questions is available to everyone.
- U. Use scientific words when describing the body
- N. No question is a silly question. You can ask in person or through the question box. Teachers may not always be able to answer your questions if they are not part of the primary curriculum but they will explain that.
- D. Do use 'someone I know...' rather than a specific person's name.

Don't talk about these lessons with younger children.



Lesson 2: Puberty for boys and girls

The lesson is delivered to boys and girls separately (same content) to allow time for gender specific questions. Two adults are present for the lesson.

Summary:

Children begin to think about growing up and life as a teenager focusing on social changes by using the 'growing up bingo'. The concept of freedoms, opportunities and responsibilities that go with these changes are explored.

The puberty flashcards are then used to focus children's thinking on physical changes that occur during puberty and prompt discussion. Explanations of terms are supported with cross section diagrams and child to adult drawings.

An animation is shown to explain the menstrual cycle in more detail and time given for questions.

Finally a truth or myth game is played to explore things they may have heard.

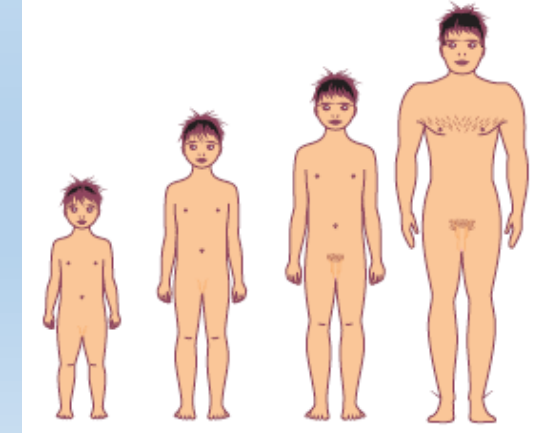
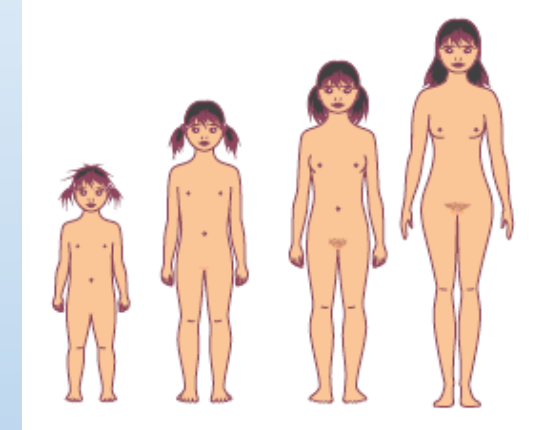
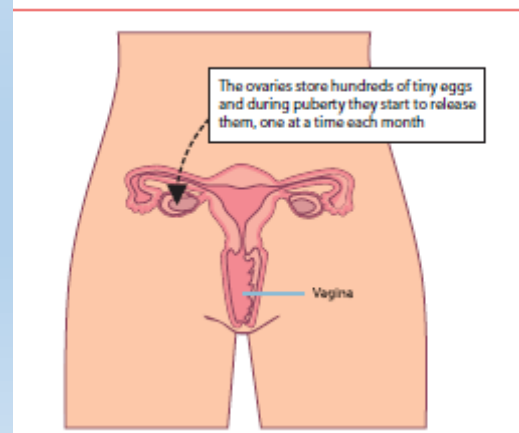
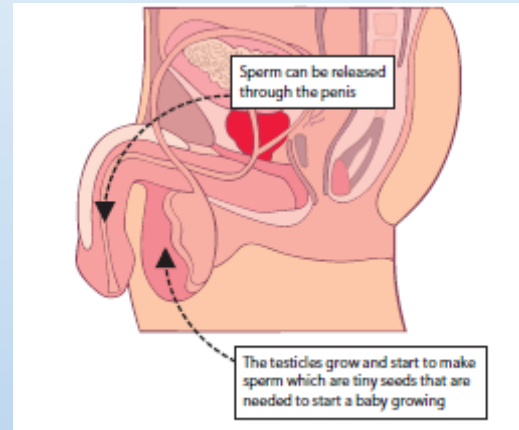


Lesson 2: Puberty for boys and girls

Vocabulary: Puberty, Hormones Menstruation, Periods, Sanitary towels, Sanitary pads, Tampons, Breasts, Ovary, Vagina, Fallopian tubes, Clitoris, Womb/Uterus, Penis, Sperm, Semen, Testicles/Testes, Erection, Ejaculation, Wet dream, Larynx, Facial hair, Growth spurt, Hormones

Resources:

Has an older brother or sister	Has ever tasted an alcoholic drink	Has a computer in their bedroom	Thinks they could pass for over 12 at the cinema
Has had a talk with their parents about puberty	Has been on Facebook	Regularly uses make-up or hair gel	Likes playing outside more than playing computer games
Has ever gone out with someone	Admits to eating too many sweets or chips	Has had an argument with their parents in the last week	Thinks they will smoke when they are older
Has a favourite soap they always watch on TV	Has to do chores to earn pocket money	Sometimes reads teenage magazines	Is allowed to choose their own clothes when they go shopping



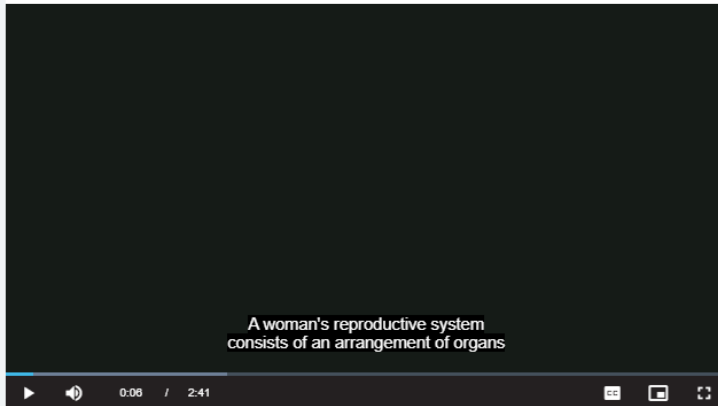


Lesson 2: Puberty for boys and girls

Resources continued:

Video: menstrual cycle

This animation explains in detail how the menstrual cycle works.



<https://www.nhs.uk/conditions/period-pain/>
(scroll down to animation)

Changing Me Puberty Truth or Myth - Year 6 - Piece 2

If you get spots during puberty it's because you have a bad diet.

Myth! The changes in hormone levels in your blood mean you're more liable to spots - but you can help by eating well and washing and cleansing your skin thoroughly.

Girls get hairy legs, just like boys do.

Truth! Girls and women do grow hair on their legs, though probably not so much as boys. You might not realise it, since they often shave their legs because they think they look better without hair.

Masturbation (playing with yourself) is bad for you.

Myth! It's absolutely normal for boys and girls to discover about their bodies and what feels nice by masturbating. Lots of people do it and it isn't bad or unhealthy, although it is a very private thing.

A girl might have one breast bigger than the other.

Truth! It's not uncommon for one breast to be slightly bigger than the other - the same is true of other body parts such as feet. Always remember there's no such thing as a 'normal' shape or size for breasts, penises or anything else - everybody's different!

A girl should avoid having baths when she has a period.

Myth! Keeping clean is more important than ever when you have a period, so bathing and hair washing are the right thing to do - and swimming and other forms of exercise are fine too.

Most boys have wet dreams at some time during puberty.

Truth! Wet dreams are a very common part of the way the body adjusts to new feelings and to changes like starting to produce semen. It usually settles down after a while - there's nothing wrong with it.

A girl can't get pregnant before she starts her periods.

Myth! The release of the egg from the ovary (ovulation) happens before she has a period, so it is possible there could be an egg in the fallopian tube to be fertilised just before she has her first period. If that was the case she wouldn't know about it.

It's against the law to have sex with someone under the age of 16.

Truth! Anyone who has sex with a boy or girl under the age of 16 is breaking the law. The law is there to protect young people from being pressured or taken advantage of by older people - it doesn't mean as soon as you're 16 you'll be ready to have sex.

Boys can always control when they get erections.

Myth! As your system starts to respond in new ways, erections can happen at strange times and for no particular reason. It can be embarrassing but most people understand it's quite normal.

Boys usually start puberty later than girls.

Truth! There are huge differences between one person and another in the age at which puberty starts, but on the whole the age for boys is later than for girls. Of course some boys can start early and some girls can start late - but everyone gets there in the end.

You can't expect adults to understand what it feels like, going through puberty.

Myth! There isn't an adult alive who hasn't been through puberty themselves, so parents, carers, teachers, uncles and aunts all probably remember very well what it felt like for them...

It's normal to have rapid changes of mood during puberty.

Truth! The hormones that cause the changes at puberty can have a big effect on your moods: up one minute and down the next. It can feel a bit out of control but it will settle down after a while. Do try to talk to the adults around you about your feelings.



Lesson 3: Puberty for boys and girls

The lesson is delivered to boys and girls separately (same content) to allow time for gender specific questions. Two adults are present for the lesson.

Summary:

This lesson gives the opportunity to recap on the learning from lesson 2. Some activities may need to be completed or repeated.

The question box will be used to develop discussion around areas that the children want to know more about.

Vocabulary and resources: As lesson 2

Lesson 4: How puberty links to intercourse and conception



The lesson is delivered to boys and girls separately (same content) to allow time for gender specific questions. Two adults are present for the lesson.

Summary:

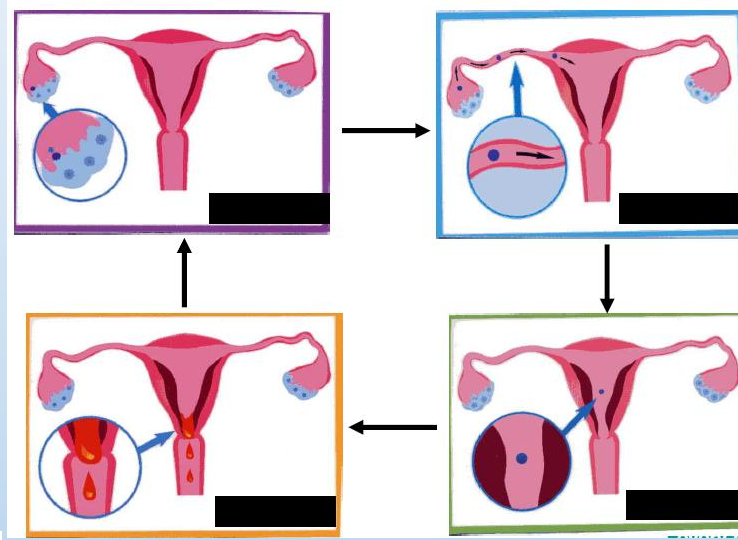
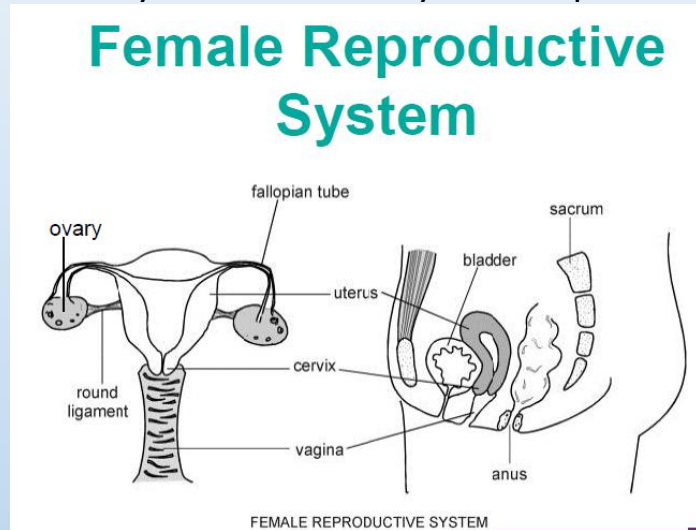
In this lesson a presentation, created by school nurses at Buckingham Healthcare NHS Trust, is used to continue developing understanding of changes that occur during puberty.

Then animations from Jigsaw show the female and male reproductive systems which link the idea that changes in puberty are preparing bodies for reproduction in adulthood.

Lesson 4: How puberty links to intercourse and conception

Vocabulary: Puberty vocabulary from previous lessons

Resources:



What's it all about?

- Small bleed from the vagina
- Happens about every 4 weeks (28 days)
- Lasts between 2 to 7 days – average 5 days
- How much?
- Usual for cycle to be irregular for the first year or two
- May have a discharge between periods or just before the start of your period – body's way of keeping itself clean
- Is it painful?



Safe & compassionate care.

What to Wear

Sanitary Towels

- Change every few hours
- DON'T put them down the toilet



Tampons

- Applicator / non applicator
- Change every 4 hours (no longer than 8 hours)
- Can go swimming



Be prepared! There is always going to be a first time!

Lesson 4: How puberty links to intercourse and conception

Resources continued:

Penis



- Increases in size – it will have doubled in size by the end of puberty
- Size and shape vary
- Skin may become slightly darker in colour
- The end of the penis (glans), is very sensitive so is usually covered by the foreskin
- Circumcision – medical / religious reasons

Testicles



- Can be up to 10 times bigger by the end of puberty
- The left one often hangs lower than the right, to stop them banging together
- Most boys start to produce sperm when they are 13 – 14yrs (although anything from 10 – 18yrs is normal)
- Fully grown testicles can make up to 2000 sperm every second!
- They hang down outside the body, as inside is too warm for sperm
- On cold days the scrotum shrinks and pulls the testicles up nearer to the body



Erections

- An erection is when the penis becomes larger and harder and stands away from the body.
- It can happen at any time, sometimes for no apparent reason (many boys have erections from babyhood)
- Body and brain getting used to your new hormones
- Usually it will go away after a few minutes
- Can anyone tell if you have an erection?
- It is very common to wake up with an erection in the morning

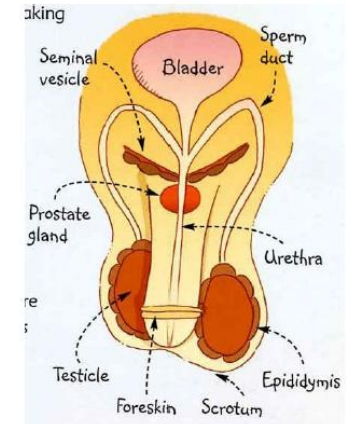
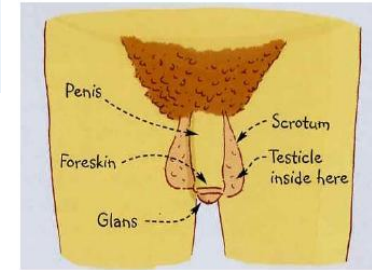


Ejaculation

- Ejaculation is when semen (a mixture of sperm and a thick creamy fluid) squirts out of an erect penis
- How much? – a teaspoonful but it contains millions of sperm
- It can happen while sleeping – called a 'wet dream'
- Common in boys during puberty although not everybody will have them - normal
- Body getting used to a new way of working
- Semen and urine can not come out at the same time because there is a valve to stop it



Male Reproductive System



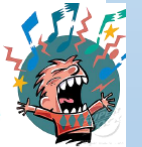
Body shape - Boys

- Bones, muscles & internal organs all get bigger
- Gain weight – NORMAL
- How strong? – inherited from parents – depends on how much exercise you do
- Shoulders get broader – makes you stronger! – balances out your extra height
- No 'ideal' shape – everyone is different



Voice

- Larynx (voice box) is growing like everything else
- Over the next few years a boy's larynx will get bigger and change shape slightly
- Vocal cords will lengthen and get thicker
- Makes the voice deeper
- Voice 'breaking'
- Embarrassing – alternate between high and 'squeaky'

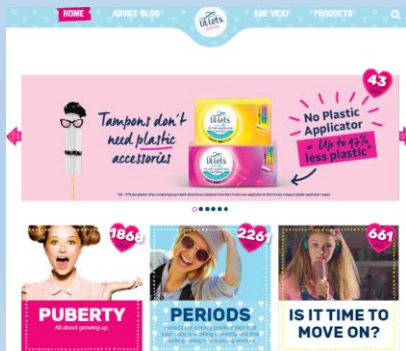


Lesson 4: How puberty links to intercourse and conception

Resources continued:

This site may be used to explore puberty more

<http://www.becomingateen.co.uk/home>



Keeping clean!!

Skin produces more sebum during puberty which can cause:

- greasy hair
- spots
- acne



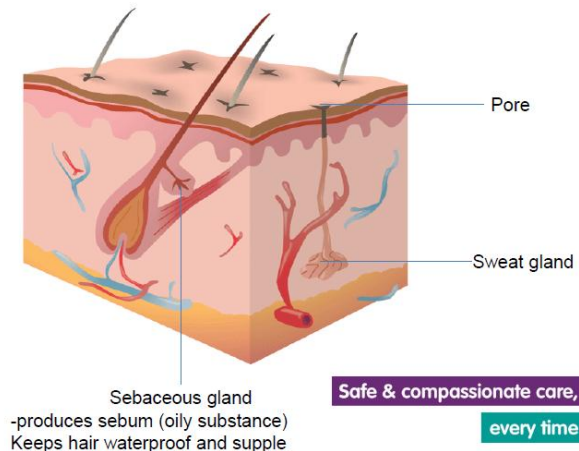
- Sweat glands produce more sweat during puberty
- BO – body odour



Important

- wash / shower every day
- use deodorants / antiperspirant / body sprays

Skin



Hairy Bits!!

Pubic hair - usually the first to grow. More curly and coarser than the hair on your head / may be a different colour

Underarm hair - usually starts a year or two after pubic hair begins to grow

Body hair - for boys it can grow just about anywhere on your body (face, chest, back, hands, feet, even your bum!!)

Remove it? - personal choice

- Shave/wax/cream – discuss with an adult
- Hair grows slowly at first



Feelings

Growing up can make you feel moody / irritable. You have to deal with:

- Changing body
- Lots of hormones
- New emotions
- Responsibilities!



Parents

- Not unusual to argue!
- Compromise

Friends

- May change friendship groups / different interests
- Start fancying people
- BEWARE of being pressurized into doing something that you don't want to do

Safe & compassionate care

Lesson 4: How puberty links to intercourse and conception

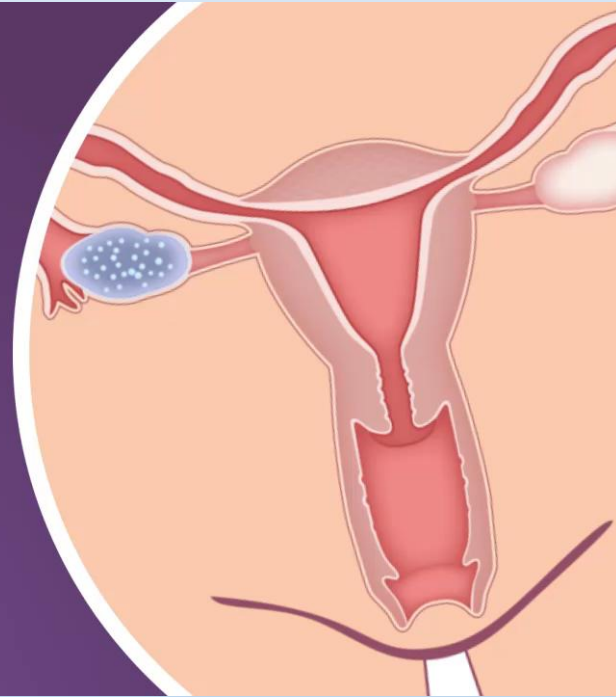
Vocabulary: Relationship, Sex, Sexual intercourse, Making love , Conception, Fertilization, Pregnant
(plus vocabulary from previous lessons)

Resources continued:



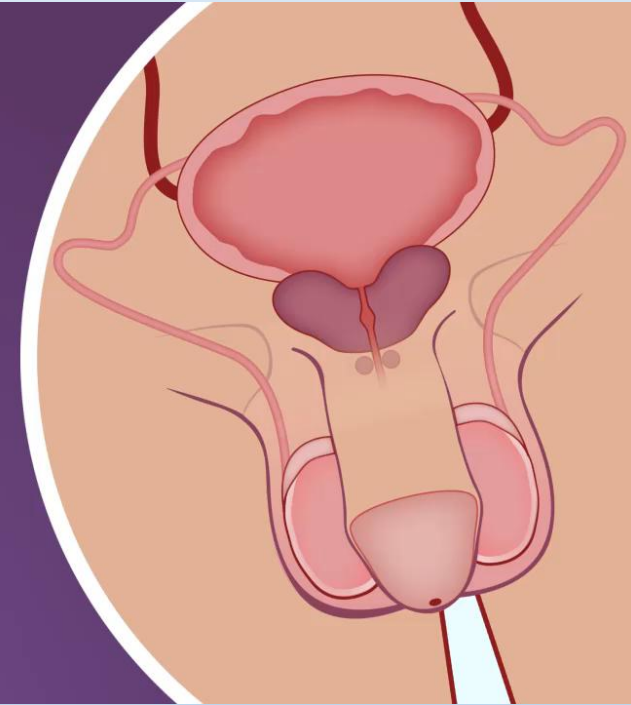
Introducing

The Female Reproductive System



Introducing

The Male Reproductive System



Lesson 5: Conception



The lesson is delivered to boys and girls separately (same content) to allow time for gender specific questions. Two adults are present for the lesson.

Summary:

In this lesson a second presentation, created by school nurses at Buckingham Healthcare NHS Trust, is used as a reminder of the NSPCC underpants rules, to recap on body parts terminology before looking at changing relationships and the idea of sex being part of an intimate adult relationship based on love and respect between consenting adults.

Teacher explanation, supported by videos on the following slide, explore how sexual intercourse occurs and that this can lead to fertilization/conception.

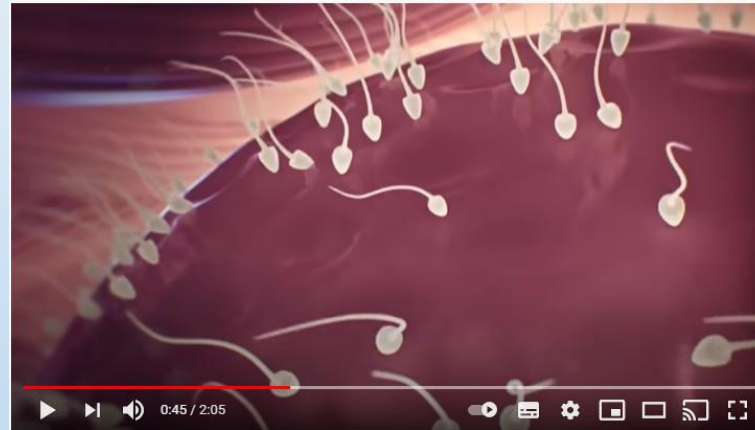
Group discussion and the question box will be used to explore these areas.



Lesson 5: Conception

Vocabulary: Relationship, Sex, Sexual intercourse, Making love, Conception, Fertilization, Pregnant, consent, law (plus vocabulary from previous lessons)

Resources:



Conception explained

<https://www.youtube.com/watch?app=desktop&v=DGyRD9HnXVs&safe=active>

Human reproduction

Part of [Science](#) | [Life cycles and reproduction](#)

Duration 01:03



<https://www.bbc.co.uk/bitesize/clips/zpmqxn>

Fertilization

If one sperm does make its way into the fallopian tube and burrows into the egg, it fertilizes the egg. The egg changes so that no other sperm can get in. At the instant of fertilization, the baby's genes and sex are set. If the sperm has a Y chromosome, the baby will be a boy. If it has an X chromosome, the baby will be a girl.

Conception

The process of becoming pregnant after having sex is called conception.

Lesson 6: Pregnancy and birth



The lesson is usually delivered to boys and girls together.

Two adults are present for the lesson.

Summary:

Children share what they know, perhaps from family experiences, about pregnancy and how babies develop in this time before further slides created by school nurses at Buckingham Healthcare NHS Trust are shared to show the stages. The jigsaw PowerPoint may also be shared.

A video showing life in the womb is shared to help children better understand how babies grow.

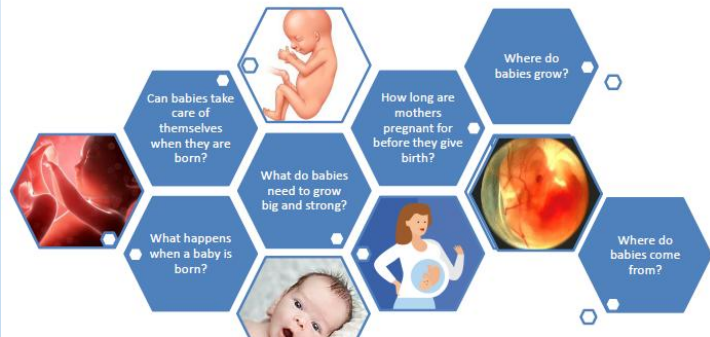
A discussion about how babies are born follows along with any questions.

Lesson 6: Pregnancy and birth

Vocabulary: Pregnancy, Reproduction, Embryo, Foetus, Placenta, Umbilical cord, Labour, Contractions, Cervix, Midwife

Resources:

Where do babies grow?



Second trimester 3-6 months (13 -28 weeks)

- The baby is now growing quickly, the body grows bigger so that the head & body are in proportion.
- The face begins to look human & the hair is beginning to grow as well as eyebrows & lashes.
- The eyelids stay closed over the eyes.



Birth of a baby

How does the baby know when to be born?



After 9 months of warmth and safety in a mother's womb, the baby is ready to be born. This is known as 'Labour'.

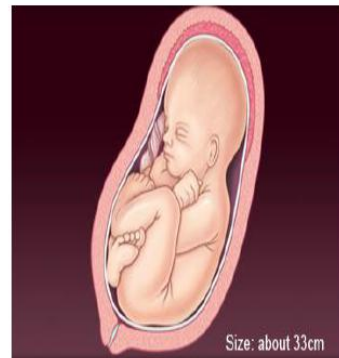
First trimester 0- 3 months (0-12 weeks)

- The embryo is now called a foetus
- The face is slowly forming. The eyes are now more obvious and have some colour in them
- There are the beginnings of the arms and legs forming and the major organs are developing



Third trimester 6-9 months (29-40 weeks)

The baby is growing plumper, and will continue to grow until he/she is fully developed and ready to be born



Life in the womb (9 months in 4 minutes) HD - Presented to You from PSNX

<https://www.youtube.com/watch?app=desktop&v=K7kaw40pPYw&safe=active>



Lesson 7: Attraction

Summary:

Children develop their understanding of independence, and think about what age is appropriate for certain actions (such as catching a bus) be undertaken and the responsibilities that come with this.

Different relationships are explored by looking at images of people holding hands and discussing why this is happening in each case.

Understanding is developed through discussion that, as they get older, it will be natural for them to feel attracted to someone and what that might feel like.

Vocabulary: Independence, Grown up, Attraction, Relationship, Friends, Gay

Resources:



Lesson 8: Transgender



Summary:

Children explore the idea of treating all people fairly and respectfully, regardless of similarities and differences by looking at a range of photos of people from a community. They develop their understanding that society is diverse and sometimes this causes people to be treated unfairly through discussion.

The story of Robert Cowell is read to the children to introduce the term transgender and start a discussion about what they may have heard or know about this word. Thoughts about how he felt and may have been treated are shared.

Children develop their understanding that a kind community is accepting of all sorts of different people.

Lesson 8: Transgender

Vocabulary: Male, Female, Diversity, Transgender, Gender diversity, Courage, Fairness, Rights, Responsibilities

Resources:



This is an amazing story about a real person called Robert. He led an incredible life in lots of different ways as you will find out. There are some BIG surprises in the story too!

Robert Marshall Cowell was born in London in 1918. His father was a famous surgeon, who eventually became the doctor for the Royal Family.

Robert went to an all boys' school and during his time there he became keen on cars and motor racing. He spent as much time as he could learning about motor sport and how to fix cars. He was so keen he even used to sneak into motor racing events disguised as a mechanic! After leaving school Robert went to university to study engineering, and eventually became the motor racing driver he had always dreamed of being. He competed in the 1939 Belgium Grand Prix, but his motor racing career was cut short by the outbreak of World War 2.

He was drafted into the Royal Air Force to fight for the British forces in the war. Because Robert was an expert engineer he learnt how to repair and fly aeroplanes. He became a skilled fighter pilot and was involved in several air battles, where he flew a special type of fighter plane called a Spitfire. Towards the end of the war Robert was involved in an attack on enemy cannons and his plane was hit by gunfire and crashed. He escaped with his life but was captured by the enemy army and imprisoned until the end of the war. Robert planned two escape attempts from the prison camp but he was caught each time. He was a very brave and courageous person.

Once the war was over and the world was peaceful again, Robert returned to motor racing and he competed in other Grand Prix events. But then Robert had to find a different sort of courage. Three years after the war was over, Robert became sad. Very sad. He was diagnosed with depression (which is like being sad all the time) and doctors couldn't work out the reason behind it. He became so depressed that he had to leave his wife and children as they were being upset too. Eventually Robert saw a doctor who worked out why Robert was depressed.

Robert had always felt different from the other men he knew. Robert was transgender, which meant that he was a female but had been born with a male body. The doctors helped Robert realise that this was the reason behind his depression and helped him start a special process called transitioning, where he changed his male body into a female one.

Robert felt much happier living as a female and changed his name to Roberta. People made nasty remarks to Roberta and made fun of her, but she had to use all the courage she had shown in her earlier life to stand up for who she was, and make the changes she needed to be happy and healthy. At that time people didn't understand that some people are born transgender, unlike nowadays where it is recognised that transgender people are a welcome part of our society. Unlike Roberta some transgender people are female but born with a male body, and some transgender people are happy not to transition but stay with the body they were born with. There are a whole range of transgender people, and this called gender diversity.

Roberta carried on driving in motor sport events and had a very successful career until she died in 2011 at the age of 93!

What an incredible life!



Lesson 9: Transition to secondary school

Summary:

The class explores their worries about secondary school and support each other with possible solutions through a range of activities. This is linked to other changes they may have coped with in the past. Children are reassured that worries are a normal part of experiencing change and that learning how to cope with them is important.

Children reflect on positive memories from primary school and create journey T-shirts with these memories on the back before illustrating the front with what they are most looking forward to about secondary school.

Vocabulary: Transition, Secondary, Looking forward, Journey, Worries, Anxiety, Hopes, Excitement