



Parent information – Year 5

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 self and body image can impact on self-esteem.
2. Puberty for girls and boys recap Year 4 learning	Explain how girls' and boys' bodies change externally during puberty and understand the importance of looking after yourself physically and emotionally.
3. Puberty – for Girls	Recap how girls body change during puberty, including starting periods.
4. Puberty- for Boys	Recap how boys bodies start to change during puberty, including starting to produce sperm.
5. Puberty with links to intercourse and conception	Link the changes in puberty to human reproduction. NON-STATUTORY
6. Conception and Pregnancy	Recap how conception occurs. Explain how babies develop from conception, through the nine months of pregnancy. NON-STATUTORY
7. Growing up and Transition	Consider what I'm looking forward to, what my worries are and how to prepare for Year 6.



Lesson 1: Self and body image

Vocabulary: self-image, self-esteem, real self, celebrity, influencer, airbrushing, positive affirmations, flaws

Summary:

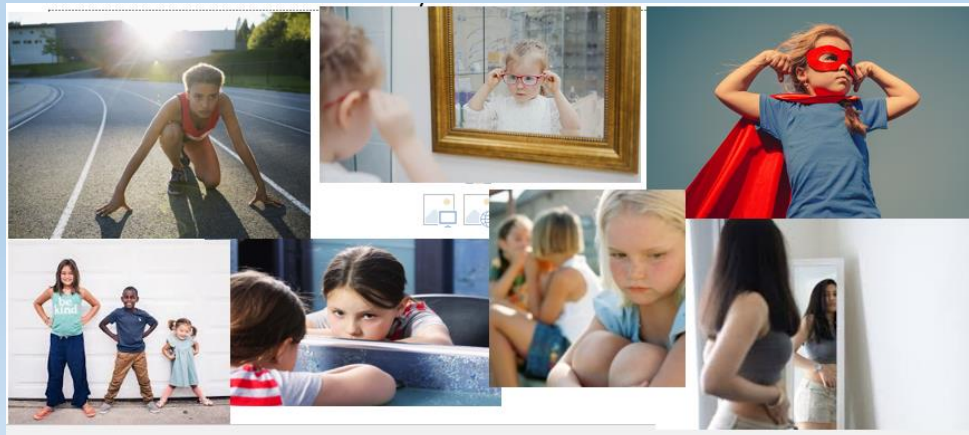
Understanding how they see themselves- both positive and negative.

Understanding that media and social media images are not always 'real' and that this can give us a false idea about what is 'perfect'.

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


Use positive affirmations to develop their own self-image and address perceived flaws.

Resources:



Positive Affirmations

I am too tall!



How can I make this a positive statement about myself?

I may be tall but _____.



[BBC Learning Clip: Body Image- What is Perfect?
https://vimeo.com/351782246](https://vimeo.com/351782246)

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 explore things that make them embarrassed and think of ways to overcome that embarrassment. This is then linked to how we may feel embarrassed when discussing puberty. Pupils are reassured that there is nothing to be embarrassed about as it is natural and part of everyone's experience growing up.

Pupil recap the physical and emotional changes that occur when boys and girls go through puberty that they covered in Year 4. They start to look at changes that occur to male and female reproductive organs. Pupils use correct scientific vocabulary to label the parts of both male and female reproductive organs.

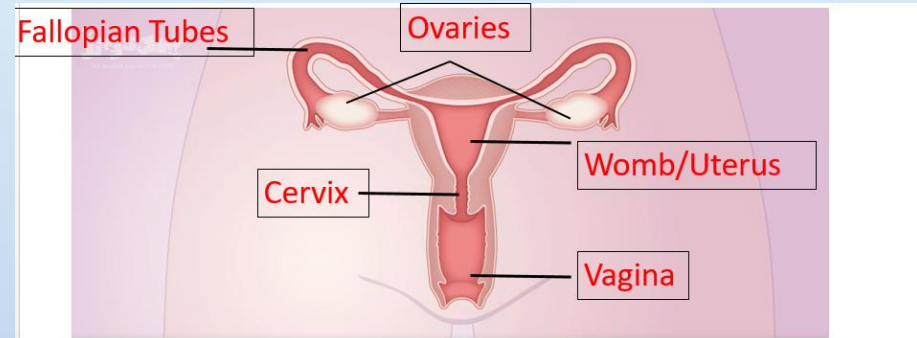
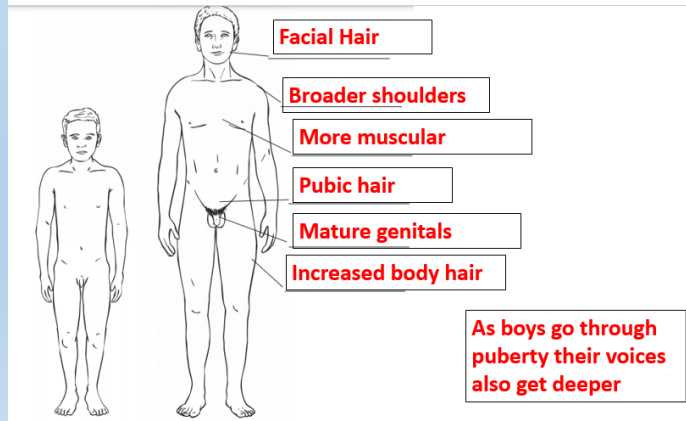
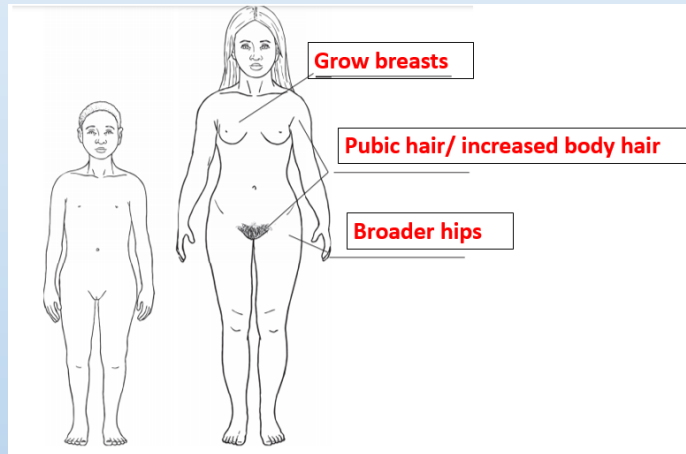
Throughout the lesson pupils are given the opportunity to ask questions which will be answered in-line with the content of this statutory lesson.



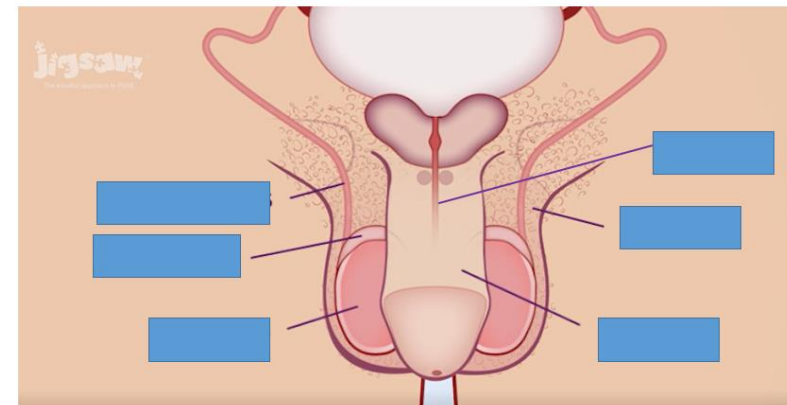
Lesson 2: Puberty for boys and girls

Vocabulary: Puberty, Hormones, Breasts, Ovary, Vagina, Fallopian tubes, Clitoris, Womb/Uterus, Penis, Testicles/Testes, Urethra, Larynx, facial Hair, Growth spurt, Pubic Hair.

Resources:



Vagina Fallopian Tubes Ovaries Cervix Womb/Uterus



Penis Scrotum Sperm Ducts Epididymis Testicle Urethra

Lesson 3: Puberty for 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:

During this lesson children recap what happens to girls as they go through puberty, with a focus on periods. Using previous diagram of the female reproductive organ, it is explained how roughly every 28days a girl will have a period. The diagram is used to explain the menstruation cycle. Pupils then watch an NHS video on the menstruation to support initial discussion. How or what happens if an egg is fertilised is not covered during this statutory lesson. Pupils are then given a chance to look at both sanitary towels and tampons.

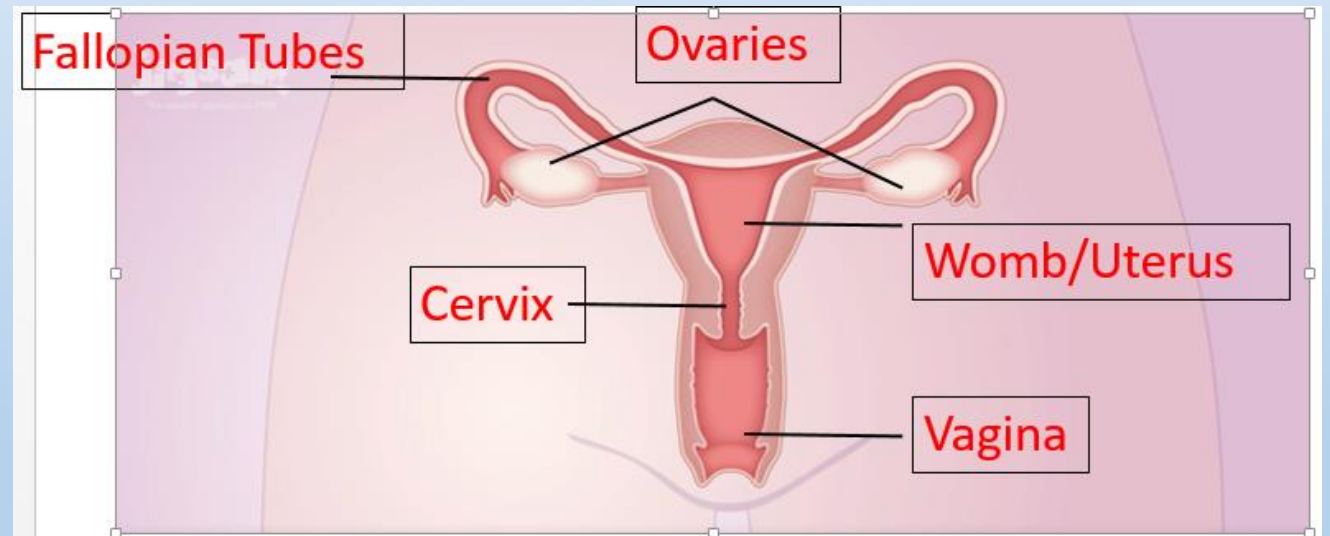
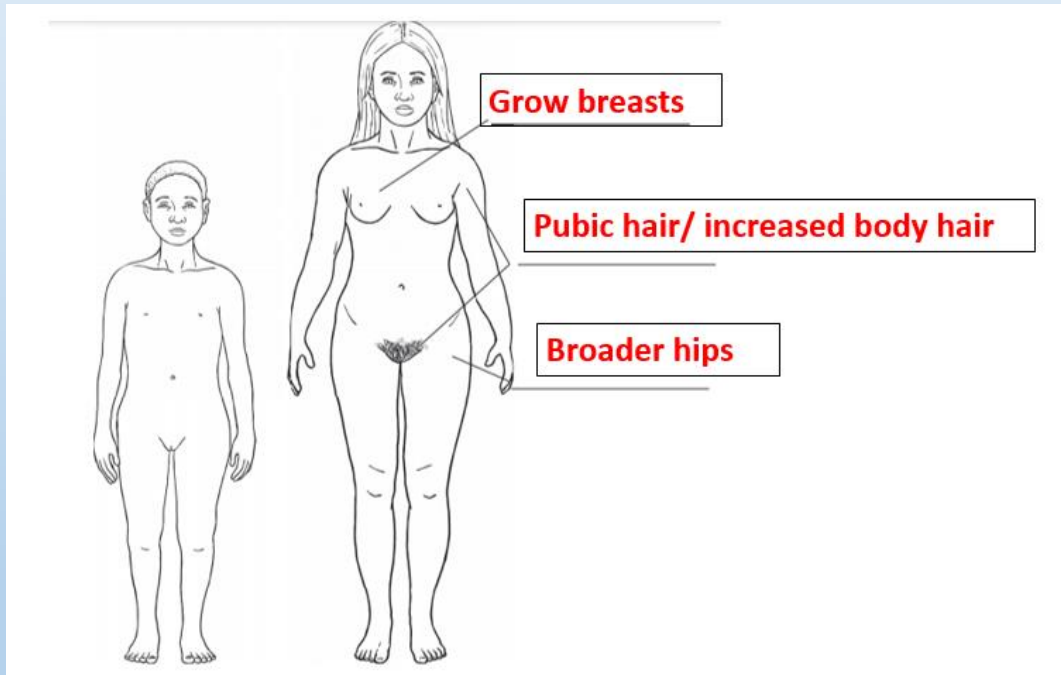
The question box will be used to develop discussion around areas that the children want to know more about.



Lesson 3: Puberty for girls

Vocabulary: Puberty, Hormones Menstruation, Periods, Sanitary towels, Sanitary pads, Tampons, Breasts, Ovary, Vagina, Fallopian tubes, Clitoris , Womb/Uterus

Resources:



Lesson 3: Puberty for girls

Vocabulary: Puberty, Hormones Menstruation, Periods, Sanitary towels, Sanitary pads, Tampons, Breasts, Ovary, Vagina, Fallopian tubes, Clitoris , Womb/Uterus

Resources:



<p>AGE</p> <p>7-11 10-14 12-16</p>	
<p>A girl reaches puberty usually between the ages of 10 and 14, though it can be earlier or later than this. At this time she starts to produce one egg every month from her ovaries.</p>	<p>Many thousands of eggs are stored in the ovaries. A woman will release one each month for most of her adult life. Most will not be fertilised, so they pass down the tube into the womb and out of the body through the vagina.</p>
<p>Day 21</p>	<p>Menstrual Flow</p>
<p>However, every month the womb has to get ready in case the egg is fertilised. It makes a thick, soft, spongy lining with an extra supply of blood to provide the food and oxygen that a baby would need.</p>	<p>If the egg is not fertilised the extra lining isn't needed so it breaks up. For a few days the womb lining and the spare blood it contained will come out of the body through the vagina. This is what is called 'having a period'.</p>
<p>Towel - 20cm long</p> <p>Tampon 6cm long</p>	
<p>Girls and women need to soak up the menstrual flow as it comes out of the vagina. They use either an absorbent towel which they wear in their pants or a tampon which they insert into the vagina. Both need to be changed regularly.</p>	<p>The amount of blood leaving the body varies from person to person but on average it's about two tablespoonfuls or an eggcup full. Most women have periods until they are in their fifties, when they gradually stop.</p>

Changing Me

Menstruation Worries - Year 5 - Piece 2

<p>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</p>	<p>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.</p>
<p>Help! I've been told that when your periods start they go on until you are in your fifties. Am I really going to be bleeding for all that time?</p>	<p>Some of my friends say they would rather use tampons than pads or towels when their periods start. But I don't like the idea of putting something inside myself - and doesn't it mean that you're not a virgin any more?</p>
<p>I'm scared about my period starting because my big sister gets bad period pains and they make her really grumpy. Is there anything I can do to make sure I don't have the same kind of problems?</p>	<p>I hate the idea of my periods starting because it all sounds so yucky and messy. I think it'll be embarrassing because everyone will know I've got my period.</p>



Lesson 4: Puberty for boys

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.

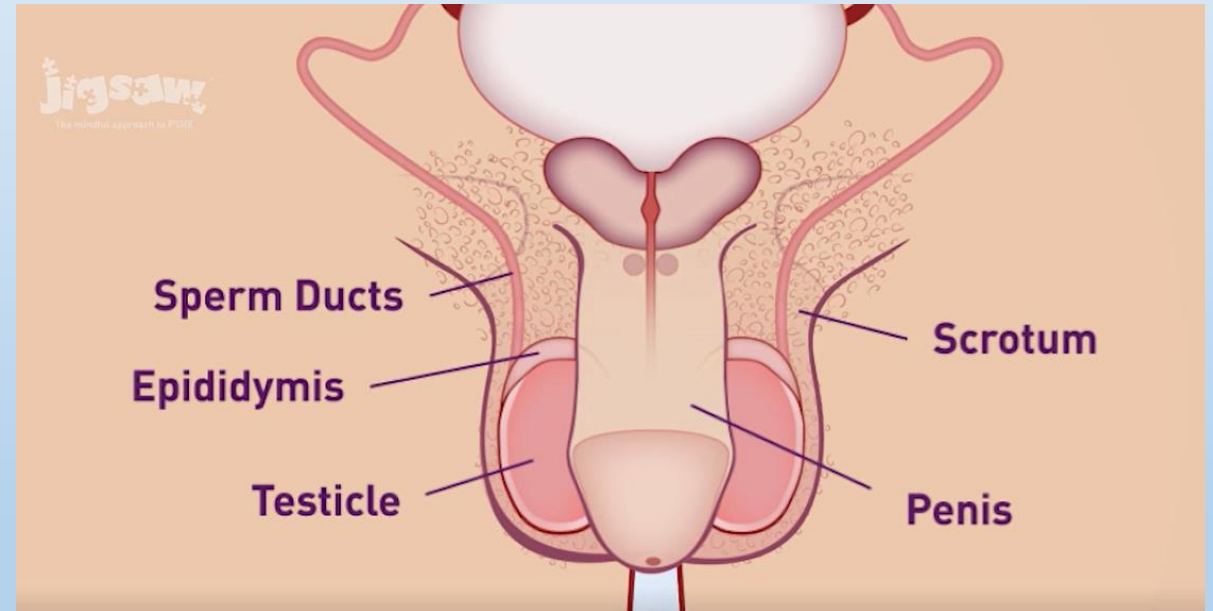
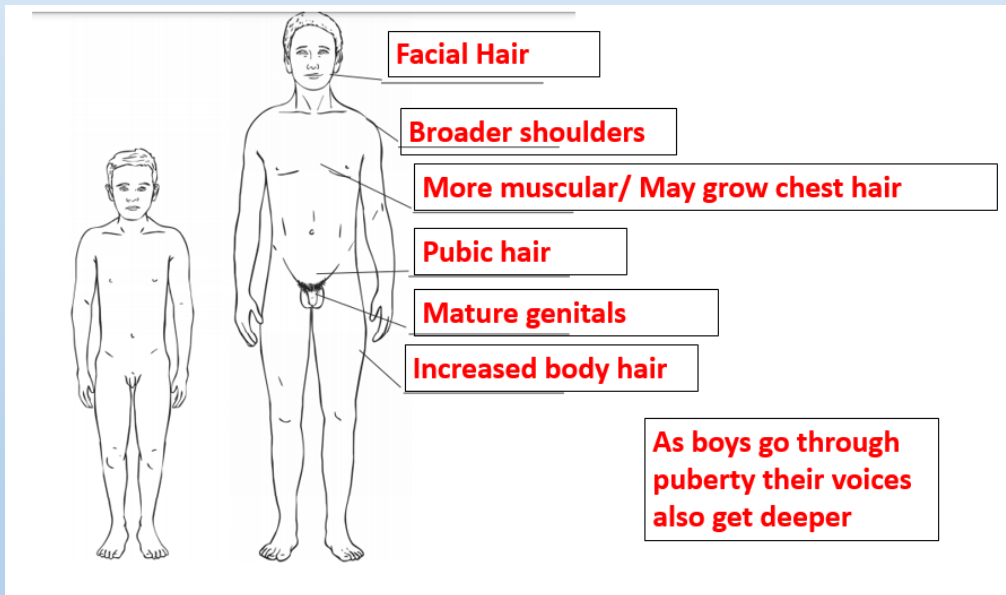
Summary:

During this lesson children recap what happens to boys as they go through puberty, with a focus on changes to male reproductive organs. Pupils will refer back to the pictures and diagrams from lesson 2 as they describe the changes and names the parts of the male reproductive organs. Pupils will watch the video clip 'Boys change too' which covers the emotional, social and physical changes boys go through during puberty. Using the diagram of the male reproductive organs pupils will then learn more about how during puberty boys will start to produce sperm and they may also experience wet dreams. Through this lesson pupils may come across scientific or biological vocabulary they may not have heard before. These words will be explained to them but not in the context of conception which will be covered in our non-statutory lessons.

Lesson 4: Puberty for boys

Vocabulary: Puberty, Hormones, Penis, Sperm, Semen, Testicles/Testes, Erection, Ejaculation, Wet dream, Larynx, Facial hair, Growth spurt.

Resources:



Lesson 4: Puberty for boys

Vocabulary: Puberty, Hormones, Penis, Sperm, Semen, Testicles/Testes, Erection, Ejaculation, Wet dream, Larynx, Facial hair, Growth spurt.

Resources:



<http://www.becomingateen.co.uk/advice-blepuberty>

Changing Me
Puberty: Points of View - Year 5 - Piece 3

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	Year 5 is too young for boys and girls to start going out together
The thought of having babies when I'm older is very scary	If there's something you want to know but are embarrassed to ask about, you can always get reliable information on the internet
It's normal to start fancying people as you get older	When boys grow up they have to learn to be less emotional than girls

WET DREAMS - What do you know?

Can you help Godfrey by answering his questions?

What is a wet dream? A wet dream is...

How old are boys when they have wet dreams? Boys are between..... andyears old

Are wet dreams normal?

Do wet dreams happen to all boys?

Do wet dreams only happen when you are asleep?

Year 5

Lesson 5: Puberty with links to intercourse and conception

NON-STATUTORY



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:

During this lesson pupils start off by exploring different types of relationships they may have in their lives using the 'Relationship Cards' resource. Through discussing different types of relationships, we start to explore feelings of attraction and romantic relationships that they may have as they get older. As a class we recap the changes to both the female and male reproductive organs and link these changes to the process of intercourse and conception. This is explained clearly to pupils using the reproductive organs diagram and two short animations. Finally, pupils consider what it is like to grow up and when it is appropriate to form these types of relationships.

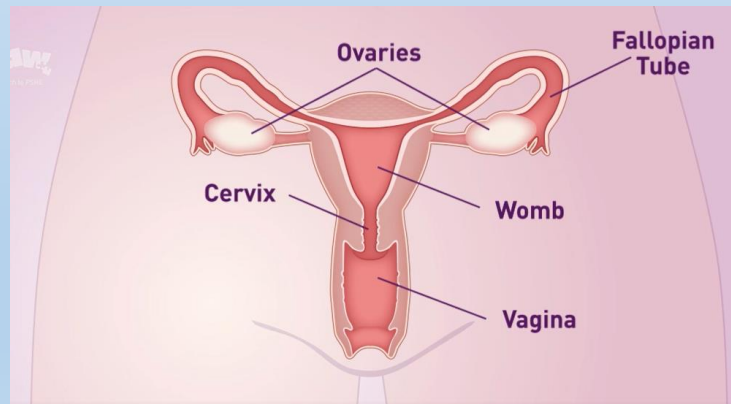
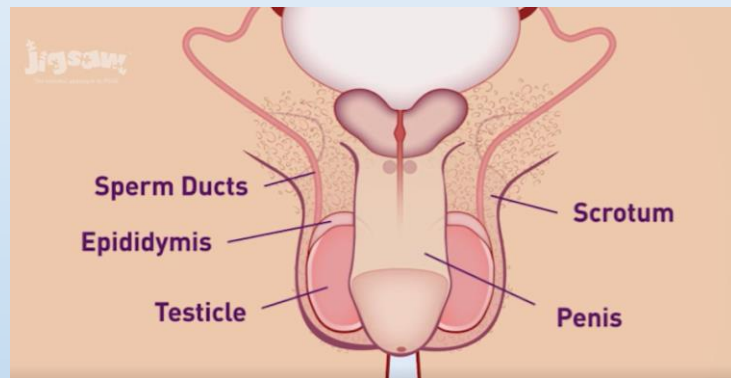
Lesson 5: Puberty with links to intercourse and conception

Vocabulary: Relationship, Sex, physical/sexual attraction, Sexual intercourse, Making love , Conception, Unprotected sex, Fertilization, Egg, Fallopian Tube, Sperm, Semen, Erection, Ejaculation, Womb/ Uterus, Pregnant.

Resources:

Changing Me
Relationships Cards - Year 5 - Piece 4

Mother	Daughter
Father	Son
Aunt	Nephew
Uncle	Niece
Brother	Sister
Boyfriend	Girlfriend
Boyfriend	Girlfriend
Best Friend	Best Friend
Classmate	Classmate
Team Mate	Team Mate



Changing Me
The Great Growing Up Adventure - Year 5 - Piece 2

On our journey to be adults, our bodies will change shape and grow bigger on the outside. At the same time wonderful things are happening on the inside.

Boys have a bag of skin between their legs which holds the t.....

These grow bigger and start to make s..... tiny seeds which are needed to start off a baby.

When they are needed these seeds are released through the p.....

Inside a girl, low down between her hips, are two o.....

Stored inside these are lots of tiny e.....

They start to be released, one at a time, into a tube that leads to the w..... This is a warm, safe space where a baby will grow if the egg joins with a sperm.

The womb is connected to an opening between the girl's legs by a passage called the v.....

Ovaries Sperm Vagina Testicles Eggs Womb Penis

I feel great about growing up because...

I feel a bit worried about growing up because...

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

Lesson 5: Puberty with links to intercourse and conception

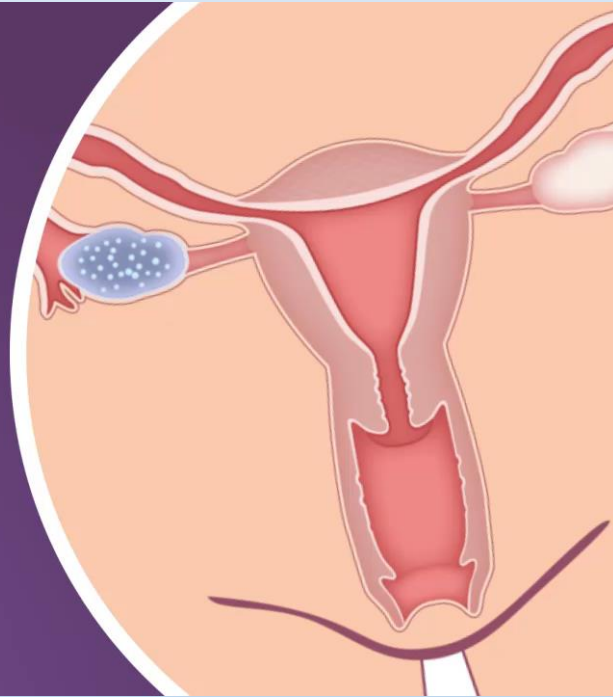
Vocabulary: Relationship, Sex, Sexual intercourse, Making love , Conception, Fertilization, Pregnant (plus vocabulary from previous lessons)

Resources :



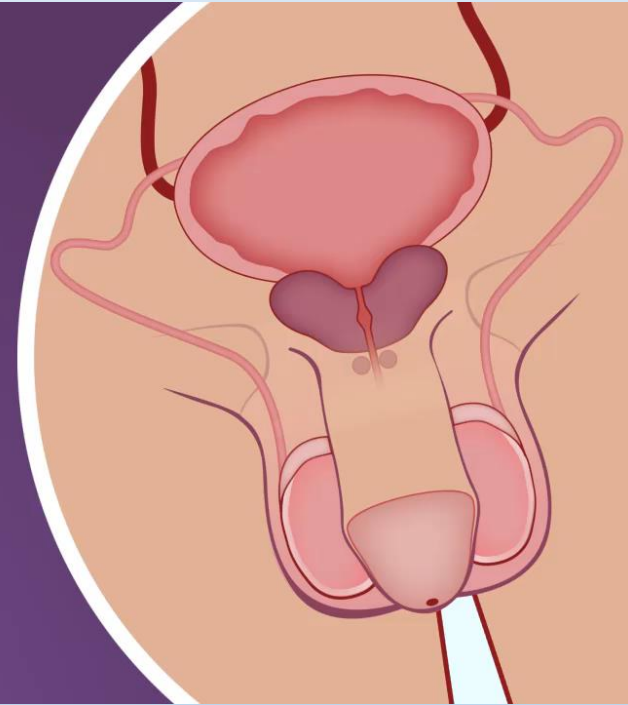
Introducing

**The Female
Reproductive
System**



Introducing

**The Male
Reproductive
System**





Lesson 6: Conception and Pregnancy

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:

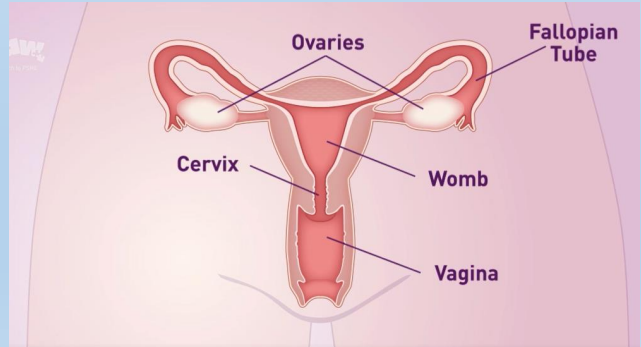
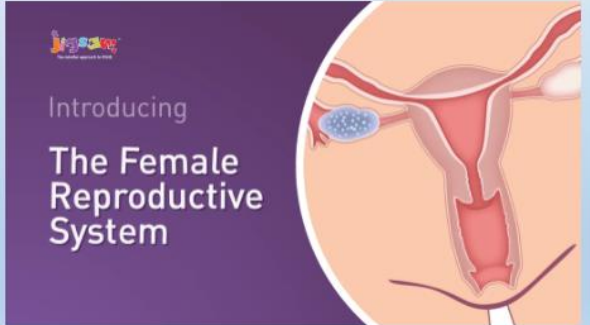
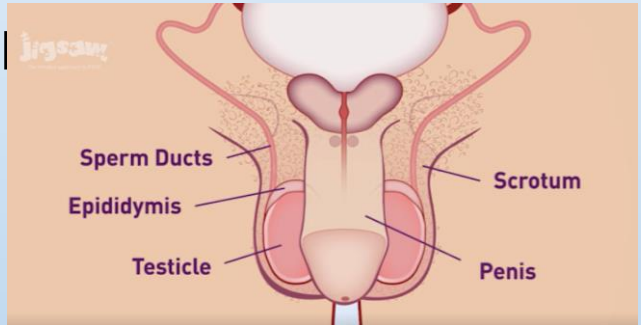
This lesson goes into more detail about conception, which can lead to pregnancy.

As part of this lesson we remind the pupils of the NSPCC PANTS Rule (Private parts are private and your body belongs to you) and discuss the age of consent. We explore changing relationships and the idea of sex being part of an intimate adult relationship based on love and respect between consenting adults. No videos or animations are shown of intercourse, however a video is shown to explain what can happen after intercourse and how sexual intercourse can lead to conception.

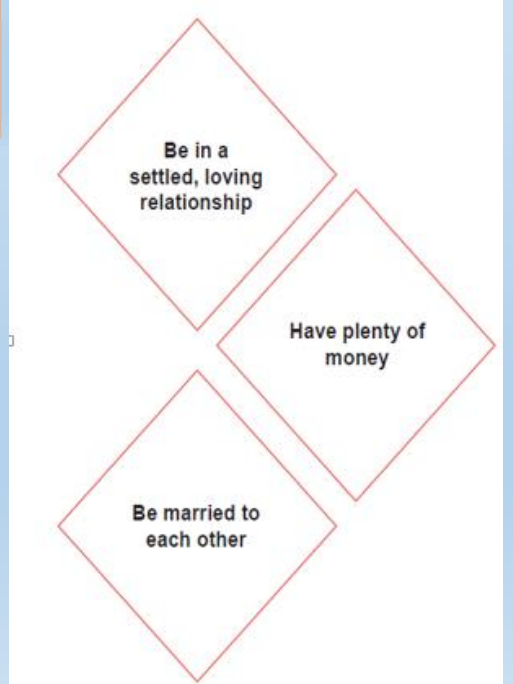
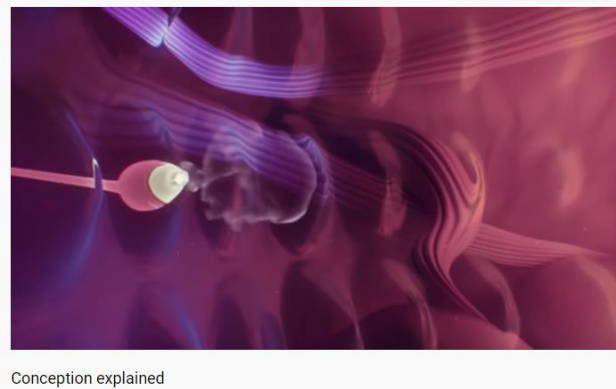
Once pupils have a good understanding of how conception can occur, pupils explore in more detail when adults should consider having a baby and how a baby develops in a woman's womb/ uterus up to birth.

Lesson 6 :Conception and Pregnancy

Vocabulary: Relationship, Sex, physical/sexual attraction, Sexual intercourse, Making love , Conception, Unprotected sex, Fertilization, Egg, Fallopian Tube, Sperm, Semen, Erection, Ejaculation, Womb/ Uterus, Pregnant.



<https://youtu.be/DGyRD9HnXVs>

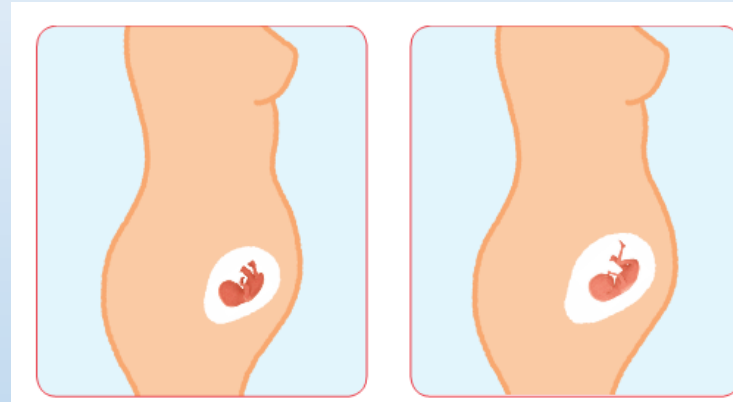


Lesson 6 :Conception and Pregnancy

Vocabulary: Relationship, Sex, physical/sexual attraction, Sexual intercourse, Making love , Conception, Unprotected sex, Fertilization, Egg, Fallopian Tube, Sperm, Semen, Erection, Ejaculation, Womb/ Uterus, Pregnant.

Resources:

<https://www.youtube.com/watch?v=l0F3DZ-ieDs>



The Truth About Conception and Pregnancy - Year 5 - Piece 4

If a couple makes love, it doesn't necessarily mean they will have a baby.

True

If people want to make love but not start a baby they can use various forms of contraception to stop the sperm and the egg meeting. Also, there are many days each month when there is no egg in the fallopian tube for the sperm to fertilise, and even when fertilised the egg might not successfully implant itself in the womb.

Fertilisation happens when the sperm meet the egg in the vagina.

False

Fertilisation normally happens in the fallopian tube, which carries the egg from the ovary towards the womb. If the egg is not fertilised when it reaches the womb it dies and passes out through the vagina, along with the extra womb lining that is not needed.

One of the first signs to tell a woman she is pregnant is that her periods stop.

True

The extra womb lining needs to stay in place as the embryo (the tiny growing baby) is implanted in it, so a woman does not have periods when she is pregnant. She may notice other changes, like starting to feel a bit sick at certain times of day. A doctor can test her urine to show whether she is pregnant, or she can buy a kit to do this for herself at home.

Lesson 7: Growing Up and Transition



This lesson can be delivered to both boys girls together.

Two adults are present for the lesson.

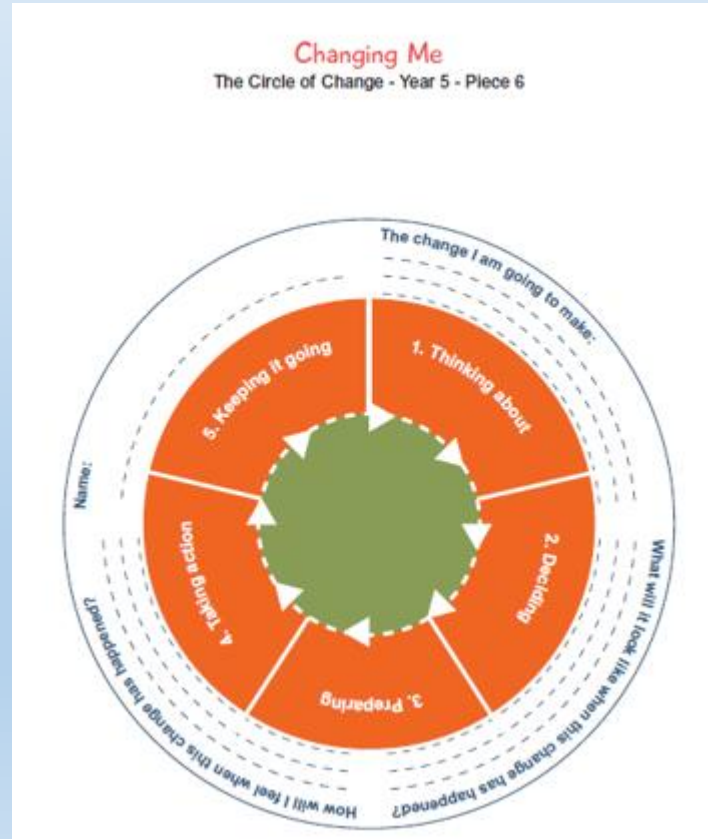
Summary:

During this lesson pupils start to think about the future and what it means to grow up. As a class we discuss the prospect of more freedom but also responsibilities that come with getting older. Pupils then consider their transition to Year 6 and mind-map things that they are looking forward to and things they are nervous about e.g. the residential trip, SATs etc... If possible we may ask Year 6 to visit the class and help reassure Year 5 pupils through sharing their experiences. Finally pupils consider the things they can and can't control and set themselves targets for the following year.

Lesson 7 : Growing Up and Transition

Vocabulary: Teenager, Milestone, Perceptions, Puberty, Responsibilities, Change, Hope, Opportunities, Emotions, Transistion.

Resources:



Websites and Video Clips

- Lesson 1: Self and body image

<https://vimeo.com/351782246>

- Lesson 3: Puberty for girls, including periods

<https://www.nhs.uk/video/pages/menstrualcycleanimation.aspx>

- Lesson 4: Puberty for boys

<http://www.becomingateen.co.uk/advice-blog/articles/boys-puberty>

- Lesson 5: Puberty, with links to sexual intercourse and conception

Male and Female Reproduction System animation shown previously

- Lesson 6: Conception and pregnancy

<https://youtu.be/DGyRD9HnXVs>

<https://www.youtube.com/watch?v=l0F3DZ-ieDs>