



Stillness Junior School



Y5 RSE Guide –

6th July 2020

PSHE: Relationships and Sex Education (RSE)

Introduction:

In Y5 we would normally teach RSE lessons before the end of the year. There are 3 lessons in this booklet that you can work through at your own pace. The sessions are designed to be carried out with a parent, so that your child may question and discuss new knowledge and address any misconceptions.

The lessons will cover:

- **Talking About Puberty**.....pages 2 - 4
- **Talking about Puberty in More Detail**.....pages 5 - 8
- **Where Am I**pages 9
- **Personal Hygiene**.....pages 10

We encourage that all parents/carers look through all of the resources and videos in this booklet to check that they are suitable for their child **before** teaching the lessons. Children can work through these lessons at their own pace and parents can include as much or as little of the learning material as they feel suitable for their child. Parents you have the right to withdraw your child from some or all of the sex education delivered as part of statutory RSE.

If you would like more information about the importance of RSE in primary schools, then you can read through the Department of Education guidance below.

www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-education-primary

Environment:

Before you start any lesson in this booklet, it is important to let your child know that:

- they are in a safe and open environment
- they shouldn't feel embarrassed to ask a question
- they can giggle
- there are no wrong answers

Always allow enough time to clarify any misunderstandings, answer any questions that have been unanswered and give your child time for quiet reflection after asking a question or at the end of the lesson.

Lesson 1: Talking About Puberty

Learning outcomes:

- I can explain the main physical and emotional changes that happen during puberty
- I can ask questions about puberty with confidence.

Mini Task 1:

Discuss the questions in the picture below.



Ask your child what they know already about puberty. Create a mind map or a list of what they already know.

Mini Task 2:

Look through the pictures of boys and girls before puberty on page 3 of this booklet. Ask your children what changes they think will occur during puberty. Explain to your children that everyone goes through puberty, and it usually starts for girls around 11 and boys around 12, but for some children can start as early as 8.

Before beginning the main task with your child, you may want to visit the NHS website below, which will give you further information about the changes to help you more fully discuss these with your child.

<https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/>

Main task:

Examine and discuss the pictures of boys and girls who have gone through puberty, **on page 4**. Read through each statement and label the diagram to identify the changes. Explain that puberty is caused by hormonal changes that take place causing a child's body begins to develop and change as they become an adult. Some children may find this discussion uncomfortable and a bit unnerving. This is quite normal, so remember to tell your child that all everyone has gone through or will go through puberty, even you.

Final Discussion

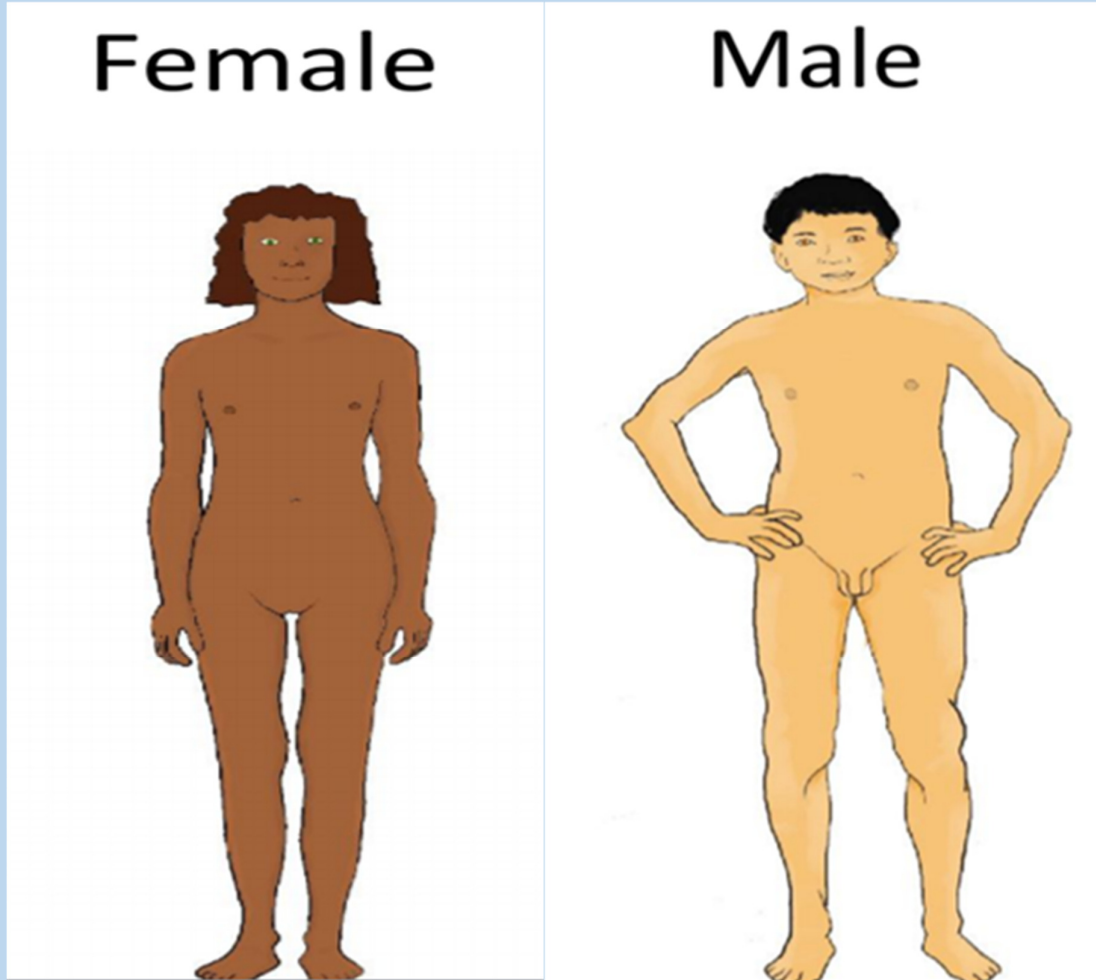
Do boys and girls develop differently?

How do girls develop differently to boys?

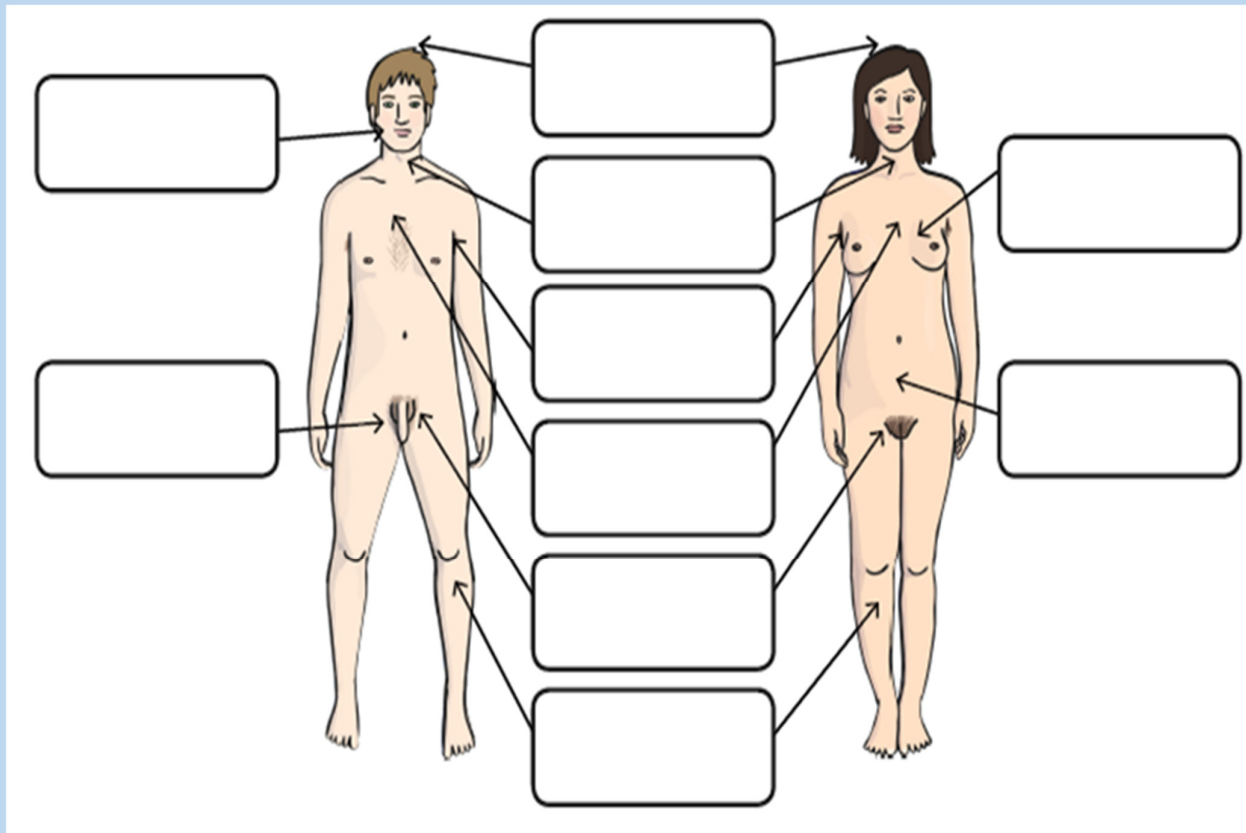
How do boys develop differently to girls?

What is the importance of puberty?

Lesson 1: Pictures of children's bodies



Lesson 1: Changes through Puberty



**Label these changes
in the correct box:**

- Skin becomes oilier
- Pubic hair grows
- Hair grows under armpits
- Hair grows on face
- Hair grows on arms and legs
- Testicles, scrotum and penis develop
- Breasts develop
- Grow taller
- Larynx develops

Lesson 2

Talking about puberty in more detail

Learning outcome:

- I can explain how puberty affects the reproductive organs.

Today you are going to look at internal changes that occur during puberty. Explain to your children that both the hypothalamus and pituitary glands are involved in development during puberty. Testosterone in boys and oestrogen and progesterone in girls is responsible for the main changes that occur physically. Girls experience menstruation (periods) and boys, wet dreams.

As some children may find discussing this uncomfortable, you may want to focus on wet dreams with your son, and menstruation with your daughter. Both sexes do not have to be taught menstruation and wet dreams at this point.

Main Task

Menstruation: (Part 1) [page 6](#)

Look at the diagram of the menstrual cycle.

Questions to think about:

- 1) Where does bleeding during menstruation come through?

ANSWER: the vagina

- 2) How often do girls experience their periods?

ANSWER: usually every 28 days/once monthly

- 3) How long do periods usually last?

ANSWER: Anywhere from 1 - 7 days

- 4) At what age do girls typically begin having periods?

ANSWER: anytime from 8-12 years old

- 5) What causes mood swings?

ANSWER: The hormonal changes in a girl's body

Protection during Menstruation: (Part 2) [page 6](#)

Discuss the different forms of protection used during menstruation. Remember to tell your daughter that which protection you use is a personal choice and all are effective.

- 1) What are the advantages and disadvantages of using the different forms of protection?

ANSWER: Various

Wet Dreams: (Part 3) [page 7](#)

Look through the information and watch the video on page 7 to answer the following questions on page 7

- 1) When do boys have wet dreams?

ANSWER: While they are sleeping

- 2) What happens during a wet dream?

ANSWER: The penis gets hard and ejaculates semen

- 3) Do all boys experience wet dreams?

ANSWER: Some do and some don't. Both are normal.

- 4) Do boys have to be dreaming of girls to have wet dreams?

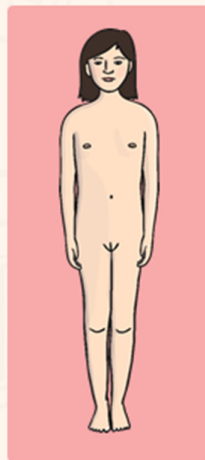
ANSWER: No

Lesson 2

The Menstruation Cycle

The Facts

Puberty for Girls



Larynx (voice box) grows

Sweat glands produce more sweat

Grow hair under armpits

Grow pubic hair

All parts of the body grow

Grow taller

Skin becomes oilier

Grow breasts

Gain hair on arms and legs

Start to menstruate

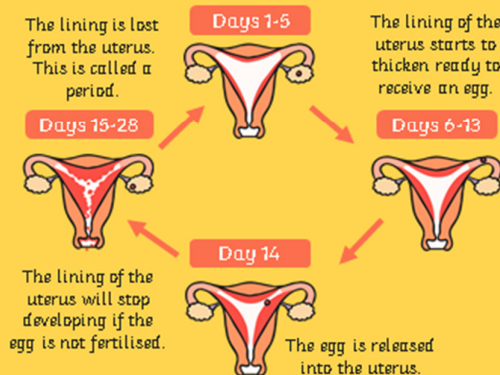
The Facts

What's Going on Inside Girls?



Ovaries produce the hormones oestrogen and progesterone. They also produce eggs. All girls going through puberty start their periods – this means they have started to produce eggs.

Menstrual Cycle (Period)



The Facts

What's Going on Inside Girls?



Ovaries produce the hormones oestrogen and progesterone. They also produce eggs. All girls going through puberty start their periods – this means they have started to produce eggs.

Emotion

The hormones in your body that cause changes to occur during puberty may also affect your mood. You may have highs and lows and feel a bit more emotional especially near the time of your period.



Lesson 2

Protection during Menstruation

During Your Period: Feminine Protection

There are **three** types of protection you can use during your period to absorb the blood and to stop it getting on to your clothes/underwear.

Some of the same products can also be used for vaginal discharge.

It is a personal choice and different for each girl.

Sanitary
towels

Tampons

Pantliners

Pantliners

These are worn outside your body in your underwear.

They are best used:

- when your period is light;
- in addition to a tampon;
- in between periods to absorb discharge;
- to help keep you fresh every day.



Sanitary Towels

These are worn outside your body in your underwear.

There are many different absorbencies depending on how heavy your period is.

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 to 6 hours but more often when your period is heavy).



Tampons

These are worn inside your body in your vagina to absorb blood.

There are many different absorbencies depending on how heavy your period is.

Some come with an applicator to help when inserting them into the vagina.

They are good for swimming and other sports, such as gymnastics.

Should be changed regularly (every 4 to 8 hours but more often when your period is heavy).

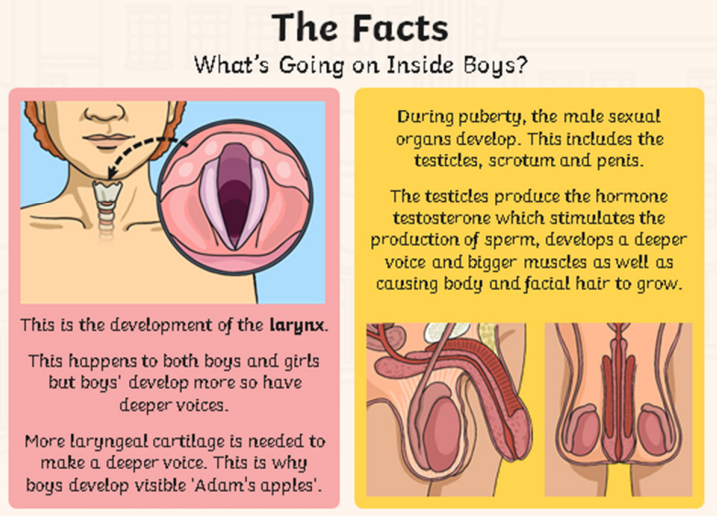
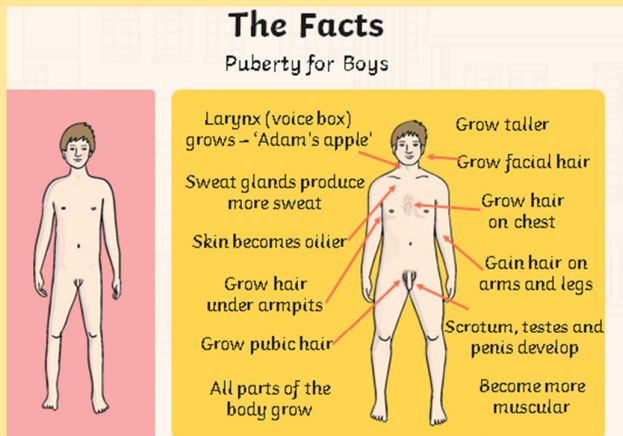


Lesson 2

Wet dreams

PARENTS - WATCH THE VIDEO FIRST BEFORE SHARING WITH YOUR CHILD.

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



Penis, Scrotum and Testicles

Your penis and testicles grow. They may sometimes feel uncomfortable and due to your body producing more hormones (testosterone is one of these), you might get erections when you least expect them!

Emotion - Hormones

The extra hormones may also cause you to have mood swings but this will improve in time as your body grows and you come to understand it.

Wet Dreams

You start producing sperm which may be ejaculated (released from your penis) during sleep – don't worry, this is perfectly normal!

Lesson 3

Where Am I

Learning Outcomes

- I can discuss puberty with confidence

Main Task

Complete the table below to review the learning about puberty you have completed so far.

Categorise the following changes under the headings of physical, sexual or emotional change. An example has been given for you.

Sweaty and smelly	Voice deepens	Menstruation	Oily skin and pimples
Mood swings	Penis becomes longer and wider	Curvier body	Adam's apple
Hair growth – leg, chest, pubic, underarm, facial	Wet dreams	Testes get larger	Energy levels vary
Weight gain	Hair growth – underarm, pubic and leg	Muscles become bigger and stronger	Erections
		Mixed feelings	Growth spurt
			Breasts develop

Physical Change	Sexual Change	Emotional Change
		e.g. mood swings

Extension: Highlight the male and female changes in a different colour.

Discussion:

- 1) What changes have you already gone through?
- 2) What changes will you go through next?

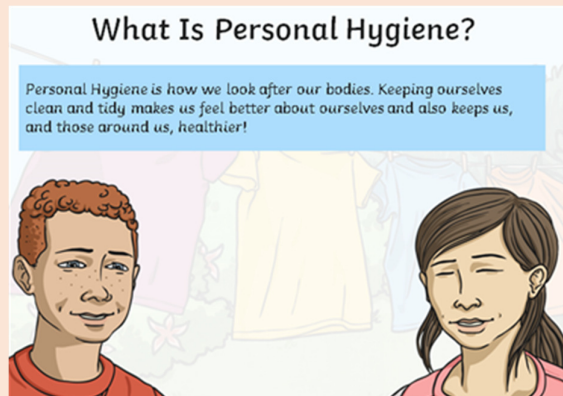
Lesson 4

Personal Hygiene

Learning Outcomes

- I can explain how to keep clean during puberty

Discussion:



Watch the video about personal hygiene during puberty.

<https://www.youtube.com/watch?v=00BYyDr8Xdg>

- Look at the Puberty Hygiene Basics list below. Discuss the importance and frequency of these hygiene basics with your child.

Shower or bathe every day or every other day.

Wash hair daily or every other day.

Use deodorant or antiperspirant as needed.

Brush teeth twice a day and, preferably, floss daily.

Wear clean socks and underwear every day.

Main Task:

- Make a poster to show what you have learnt about the importance of keeping clean and healthy during puberty.

