

Year 5 and 6

Healthy Relationships Lessons

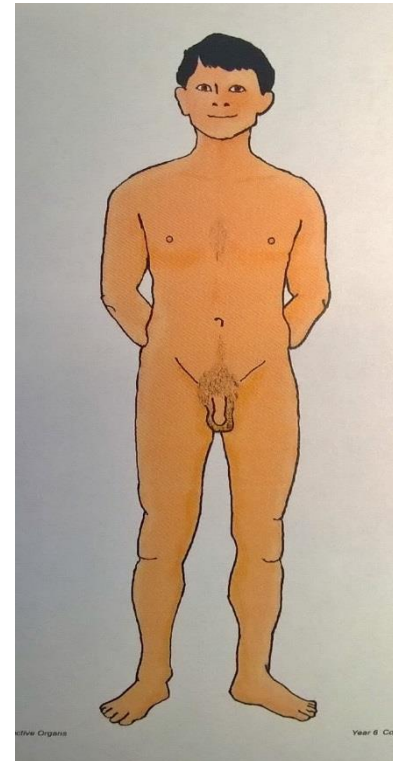
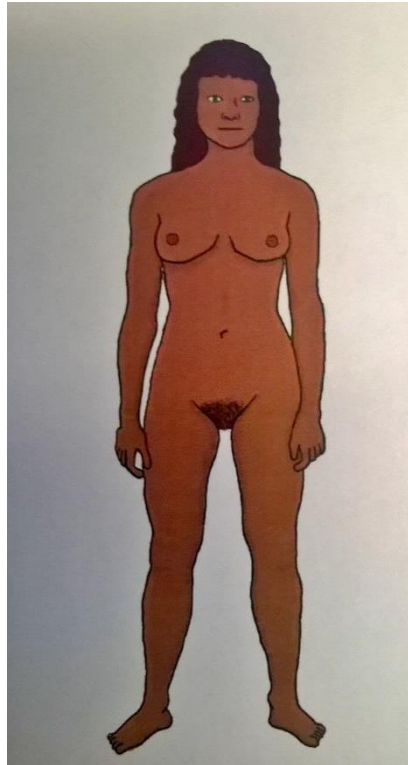
Lesson 1 Year 5: Talking About Puberty.

(Recapping what they were taught last year in Year 4)

Focus of the lesson:

Explaining the main physical and emotional changes that happen in puberty.

Enable children to ask questions about puberty with confidence.



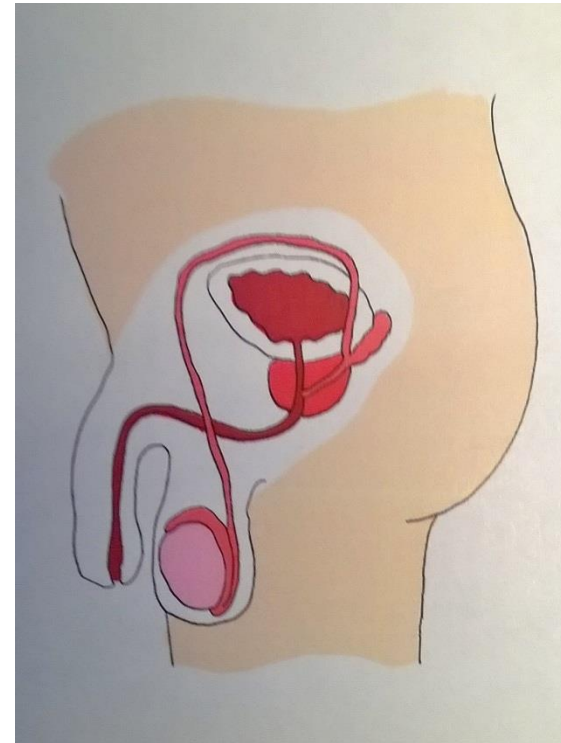
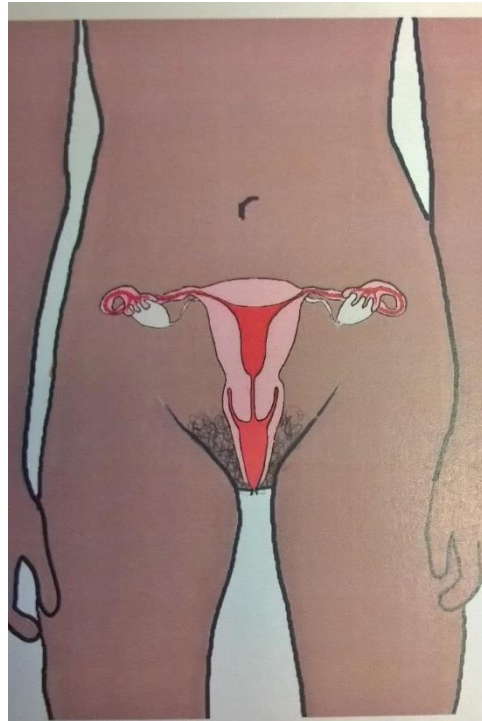
Lesson 2 Year 5: Male and Female Changes

Focus of the lesson:

To understand male and female puberty changes in more detail.

To understand how puberty affects the body and the emotions.

To describe how to manage physical and emotional changes.



Puberty Card Game

1. A girl gets her first period when she starts secondary school

2. A period normally lasts 2-7 days

3. All boys have wet dreams

4. Girls can go swimming when they have their periods

5. Most boys' voices break during puberty

6. The blood from a period and the semen from a wet dream are dirty

7. A boy starts to produce sperm at age 12


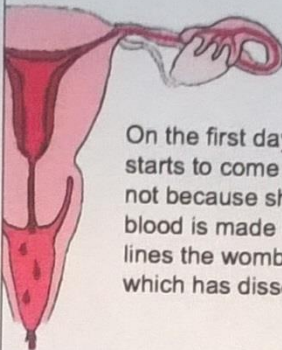
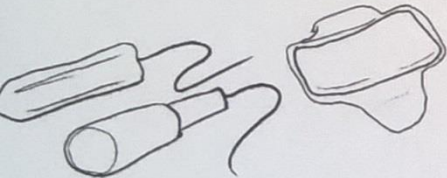
8. Girls who start their periods unexpectedly should go home from school immediately

Lesson 3 Year 5: Puberty and Hygiene

Focus of the lesson:

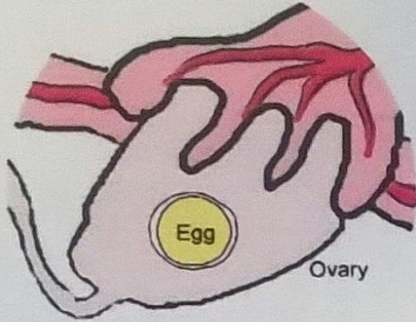
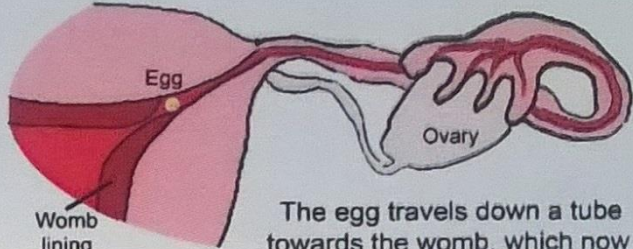

To explore the impact of puberty on the body and the importance of physical hygiene.

To explore ways to get support during puberty.

 <p>The menstrual cycle starts on the first day of a girl's period.</p>	 <p>On the first day of a girl's period blood starts to come out of her vagina. This is not because she has been hurt. The blood is made up of special tissue that lines the womb and a tiny egg, which has dissolved.</p>
 <p>The bleeding can last from 2 to 7 days. Sometimes the blood comes out a bit at a time and sometimes there is quite a lot. Girls use sanitary protection to soak up the blood during their period.</p>	<p>When the bleeding stops the period is over. Now the girl's body starts getting ready for a new egg. The womb makes a new lining and another egg develops in the ovary.</p>

2 What is the menstrual cycle? Cards

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 <p>When the new egg is fully grown, it is released from the ovary.</p>	 <p>The egg travels down a tube towards the womb, which now has a new lining. If the egg is not fertilized by a sperm the girl will have another period. This means that blood will come out of her vagina again.</p>
 <p>The menstrual cycle is now back at the beginning and everything is repeated. It usually takes about 28 days.</p>	

MENSTRUATION CARD GAME FOR GIRLS – Year 5 Lesson 3 Additional Activities

1 It is embarrassing to buy sanitary wear	2 A period normally lasts 2-7 days
3 A girl gets her first period at age 12	4 Girls can go swimming when they have their periods
5 The best way to get rid of used sanitary towels and tampons is to flush them down the toilet	6 All girls and women should use tampons
7 It is OK to take a bath or wash your hair when you are menstruating	8 All women get stomach pains and are moody when they are expecting their period
9 Girls who start their periods unexpectedly should go home immediately	10 The blood from a period is dirty

A problem shared . . .

Hold The Phone

Dear Problem Page,

All of my friends have a mobile phone and I don't. They all text each other and I feel really left out. My mum says I can't have one because they are expensive and dangerous. I don't understand what she means. Why is she being like this? How can I make her change her mind?

R, age 11

A spot of bother

Dear Problem Page,

I used to think I was nice looking, but now I have huge spots everywhere. They are on my face and on my shoulders and I hate them. I don't like going to school anymore because I feel so ugly. Why is this happening to me and what can I do about it?

P, age 13

Bed Bug

Dear Problem Page,

Sometimes when I wake up in the morning there is a wet patch in my bed, but it isn't wee. It makes a stain so I've tried washing the sheets in the sink but there is nowhere to dry them without my dad seeing. Why is this happening and what should I do?

S, age 14

Sleepover Stress

Dear Problem Page,

I started my periods last summer. I told my carer and she helped me to deal with it and it was ok. Now I've been invited to a sleep-over. I really want to go but I'm worried I'll have my period when I'm there. I don't know if my friends have started yet and I'm too embarrassed to talk to them about it. What can I do?

P, age 11

Dear Problem Page,

I learnt about puberty in primary school but now I'm 12 and I feel really confused about things and have lots of questions. I haven't got my period but I get this white stuff in my knickers. I don't wear a bra but my nipples hurt. I don't know if these things are normal. I'm really worried. What should I do?

C, age 12

"Are my bodily changes normal?"

Mood Swings

Dear Problem Page,

I used to be a really happy person. Now I'm 13 and I sometimes feel really miserable. I go up and down and people are beginning to notice. At home they keep calling me moody and tell me to snap out of it. Is this normal and how can I stop it happening?

I, age 13

Year 6

Lesson 1 Year 6: To consider puberty and reproduction. Describe how and why the body changes during puberty in preparation for reproduction (Recap Yr 5).

Reproduction Question sheet

1. Why do our bodies change during puberty?
2. What is an egg?
3. What is menstruation?
4. What happens during a girl's monthly period?
5. What is sperm?
6. Where are sperm made?
7. How are babies made?
8. How does sperm get out of a man's body?
9. What is a wet dream?
10. How many sperm does it take to make a baby?

Puberty Problem Page

A problem shared . . .

"He's asked me out and I don't know what to do"
T, 12

Dear Problem Page,
My family doesn't talk about things like sex and going out with people, I've got an older sister but she is married and doesn't live with us anymore. I know about some stuff but now this boy has asked me out and I don't know what to do. What does going out mean and how do you do it?

Dear Problem Page,
"They all laughed at me"
P, 12

Boys in my class sometimes talk about wet dreams. When I asked what they are they all laughed at me and now they keep going on about it. How will I know when I have a wet dream and how can I stop them making fun of me?

Dear Problem Page,
Growing Pains
A, 11

I am starting puberty and I have lots of questions about growing up. I don't live with my family so I can't ask them about it and I feel embarrassed about asking my carer. Who should I speak to and what should I say?

Dear Problem Page,
Too Close to Home
S, 12

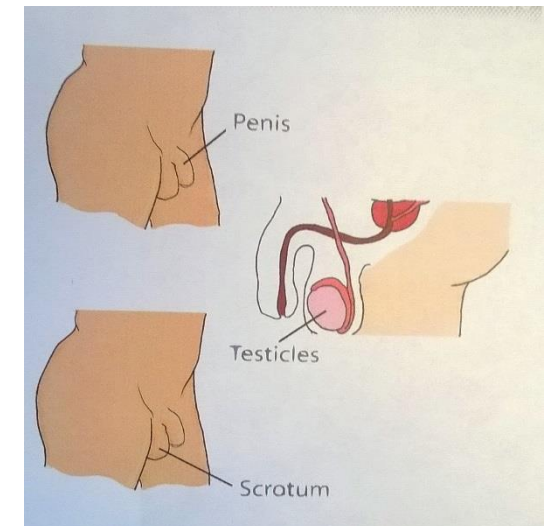
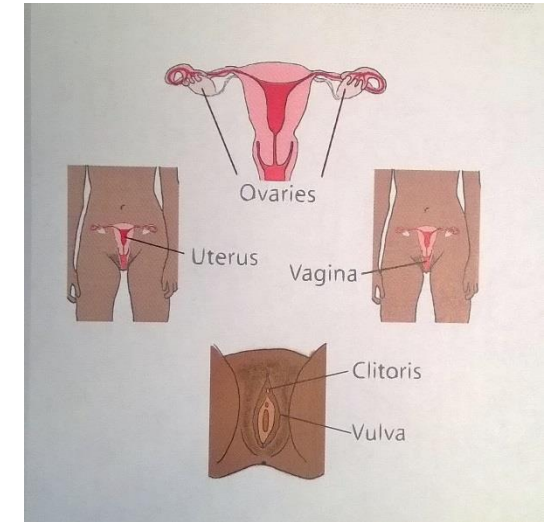
I can't talk to anyone in my family about personal things because they get too embarrassed. I had my first period last week but I didn't tell anyone. I don't know what to do when I have it again. How can I get sanitary protection and what do I do if I have to go swimming? Please help.

Dear Problem Page,
"How can I tell her I need more freedom?"
S, 12

My nan never lets me go out with my friends on Saturday. The only time she said I could go out she told my brother to come and meet me after the cinema and bring me home. It was really embarrassing and I got really mad at her. What can I do to make her see that I am growing up and need more freedom?

Dear Problem Page,
Ballet Blues
W, 13

I've been doing ballet since I was seven and I really enjoy it but I have never had a boy. Before nobody said anything about it but since I've been at my new secondary school people in the class sometimes laugh at me and make jokes about it. Why do people think boys shouldn't dance and what can I do to stop them making fun of me?



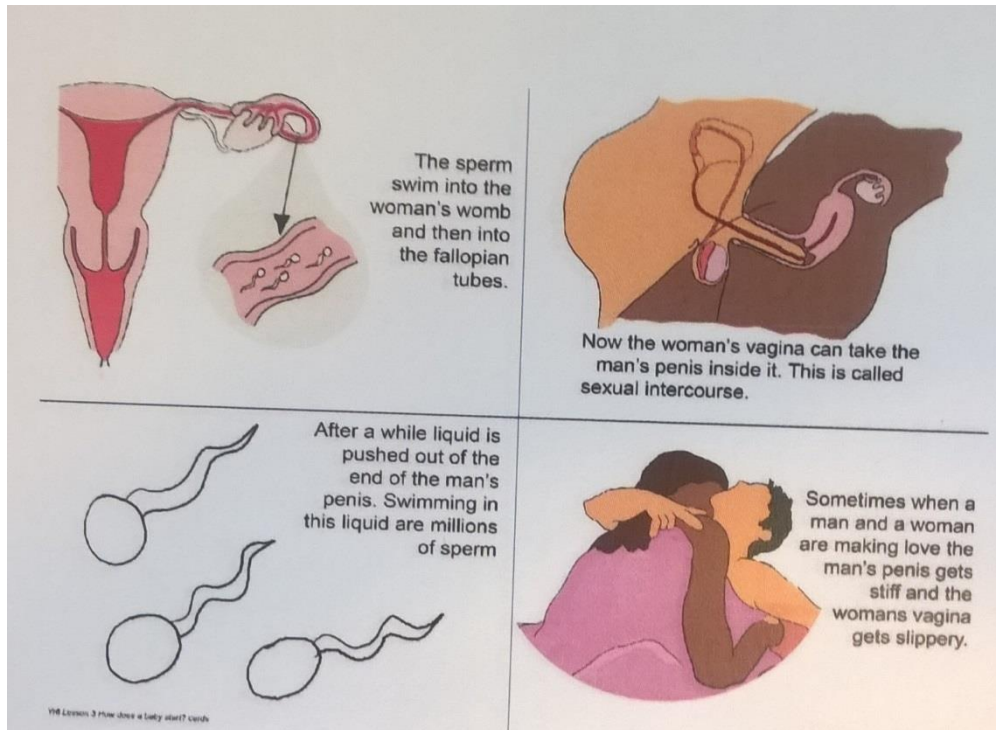
Lesson 2 Year 6: To consider reproduction in the context of relationships.



The DfE states that pupils should know that:

"Stable, caring relationships, which may be of different types, are at the heart of happy families."

Lesson 3 Year 6: To explore the process of conception and pregnancy. Describe the decisions that have to be made before having a baby. Know some basic facts about pregnancy and conception.



Conception and Pregnancy Statements

- A woman has to have sexual intercourse with a man in order to have a baby
- When a woman is pregnant her periods stop
- Identical twins occur when one egg is fertilised by two sperm
- Most babies are born after being inside their mothers for nine months
- The umbilical cord provides the foetus with oxygen and nutrition in the mother's womb

Conception and Pregnancy Quiz

	True	False	Unsure
1. A woman has to have sexual intercourse with a man in order to have a baby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. When a woman is pregnant her periods stop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Identical twins occur when one egg is fertilised by two sperm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Most babies are born after being inside their mothers for nine months	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. The umbilical cord provides the foetus with oxygen and nutrition in the mother's womb	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. A girl can become pregnant just before she has her first period	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. A woman can become pregnant the first time she has sexual intercourse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. A woman can buy a pregnancy testing kit from the chemists to find out if she is pregnant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Pregnancy begins when a woman's egg meets a man's sperm in the woman's vagina	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. All pregnant women feel sick in the morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Any Questions?