

RSHE PARENT SESSION

RELATIONSHIP, SEX, HEALTH EDUCATION

YEAR 5

RELATIONSHIPS, SEX AND HEALTH EDUCATION

It helps them to understand healthy relationships and consent, recognise abuse and ask for help; and reduces gender-based violence. It is sequenced to prepare children and young people as they move through puberty, adolescence and into adulthood

The opportunity to explore and ask questions in a safe, secure environment and explore factual resources in a non-threatening way

Your Questions



After the lesson I wanted to know...

A large, empty rounded rectangle with a thin black border, intended for students to write their questions.

HOW DO WE TEACH?

- Body changes and growth covered by the science curriculum
- Relationships and puberty covered by the CWP project
- Ground rules set for discussions
- The opportunity to write down thoughts, questions after the session

WHAT IS CHRISTOPHER WINTER PROJECT (CWP)?

An accredited resource that uses games, pictures and discussion points to explore relationships, and sex.

All requirements fit in with the national statutory guidance for the RSHE curriculum

Statutory Guidance

Health Education

Mental wellbeing

(6c, 6d,6f,)

Changing adolescent body

(8a,8b)

Menstruation (9a)

Learning Intentions and Learning Outcomes

Learning Intention

To explore the emotional and physical changes occurring in puberty

Learning Outcomes

Explain the main physical and emotional changes that happen during puberty

Ask questions about puberty with confidence

Health Education

Changing adolescent body

(8a,8b)

Menstruation (9a)

Learning Intention

To understand male and female puberty changes in more detail

Learning Outcomes

Understand how puberty affects the reproductive organs

Describe what happens during menstruation and sperm production

Health Education

Mental wellbeing

(6a,6b,6c, 6d,6e,6f,)

Changing adolescent body

(8a,8b)

Menstruation (9a)

Learning Intention

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

To explore ways to get support during puberty

Learning Outcomes

Explain how to keep clean during puberty

Explain how emotions/relationships change during puberty

Know how to get help and support during puberty

WORDS WE WILL USE



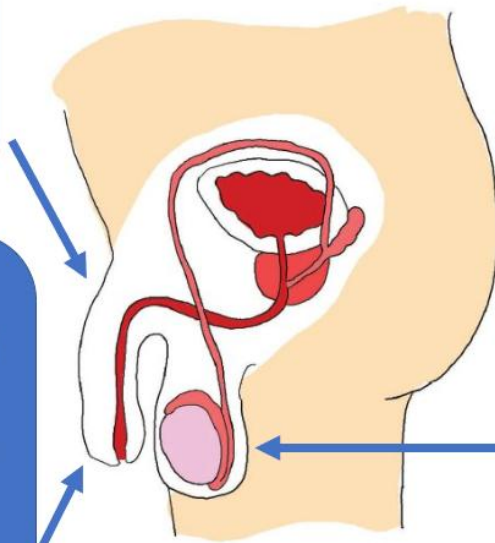
Word Box: Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings

Penis

During puberty the penis gradually grows larger.

Foreskin

This is the loose skin that covers the end of the penis. Some males have this removed by a doctor when the are babies, often for religious or cultural reasons.

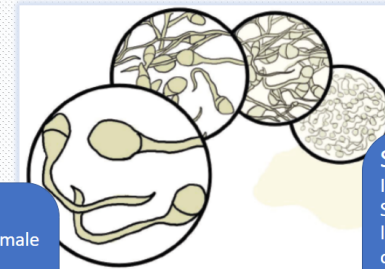


Testicles

During puberty the testicles grow bigger and hang a bit lower. The testicles are covered by a sac of skin called the scrotum. The testicles produce sperm.



What changes happen to the Male reproductive system during puberty?



Sperm

The sperm are the male sex cells. During puberty the testicles start to produce sperm every day

Semen

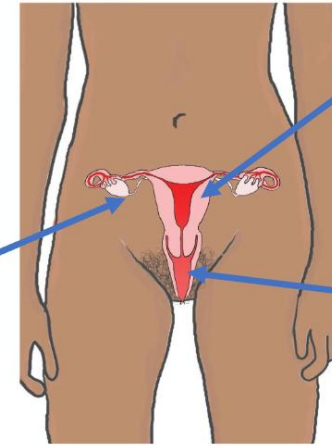
Is a white sticky liquid. Sperm mixes with this liquid before it comes out of the end of the penis. This is called ejaculation. Each ejaculation of semen contains millions of tiny sperm





Ovaries

There are two ovaries – they are connected to the uterus by the fallopian tubes. The ovaries contain the female sex cells which are called eggs or ova.



Uterus

The uterus is sometimes called the womb. If a female chooses to have a baby the uterus is where the baby develops

Vagina

The vagina is the passageway that connects the uterus to the outside of the body.

1. It is embarrassing
to buy menstrual
products

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 pads
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

Puberty Bingo Cards

Shaving
Foam

Soap

Spot
Cream

Bra

Tampon

Deodorant

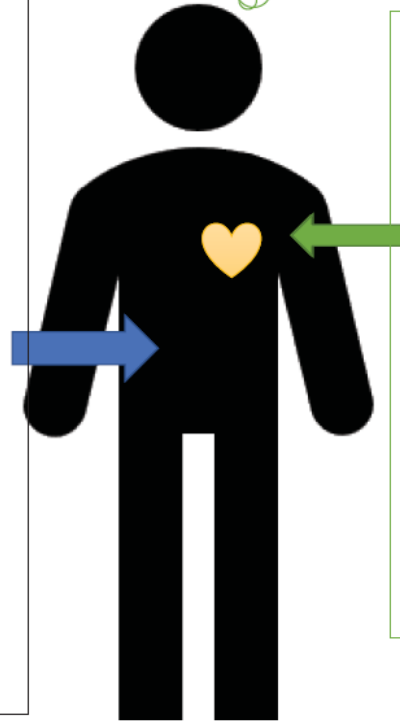
People of all genders and biological sex go through puberty. Some changes happen to everyone and some depend on what body parts a person has.

What are the changes?

1. What are the physical changes that happen to a person's body?

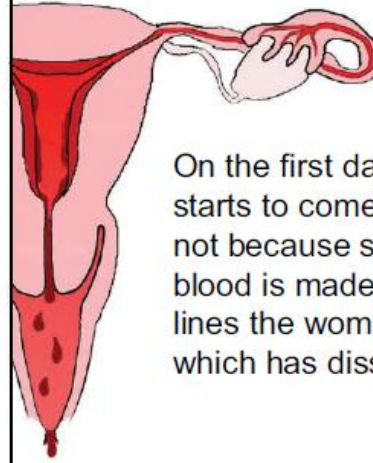
2. How might puberty affect someone's feelings?

3. How could puberty affect relationships with family and friends?

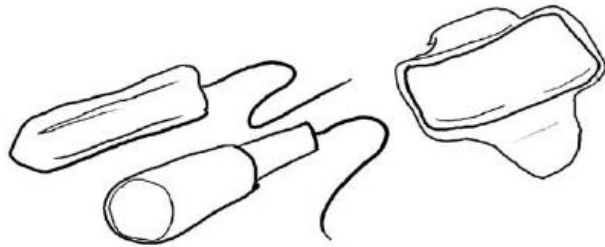




The menstrual cycle starts on the first day of a girl's period.

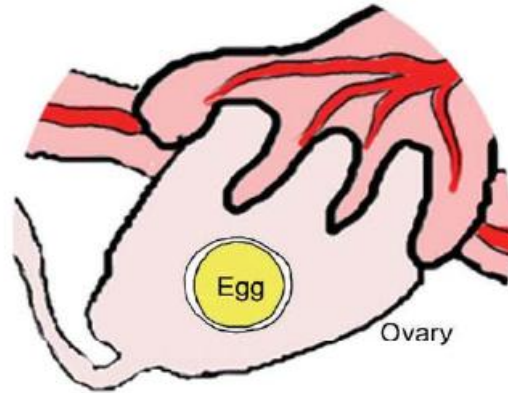


On the first day of a girl's period blood starts to come out of her vagina. This is not because she has been hurt. The blood is made up of special tissue that lines the womb and a tiny egg, which has dissolved.

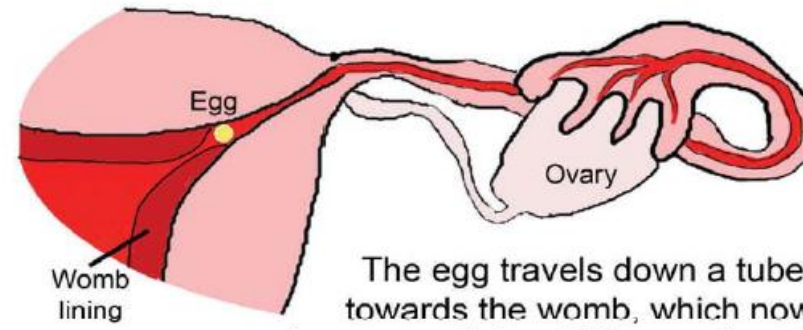


The bleeding can last from 2 to 7 days. Sometimes the blood comes out a bit at a time and sometimes there is quite a lot. Girls use sanitary protection to soak up the blood during their period

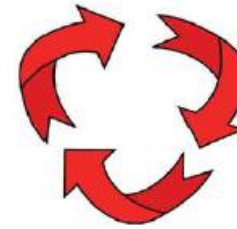
When the bleeding stops the period is over. Now the girl's body starts getting ready for a new egg. The womb makes a new lining and another egg develops in the ovary.



When the new egg is fully grown, it is released from the ovary.



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.



The menstrual cycle is now back at the beginning and everything is repeated. It usually takes about 28 days.

YEAR 5 Puberty Problem Page

A problem shared...

Hold The Phone

Dear Problem Page,
I don't have a phone yet and the only computer in the home is in the living room. I want to chat with my friends on-line when I get back from school but I feel like my mum is always looking over my shoulder. I don't understand why I can't have a phone when everyone else has. R, age 11

A spot of bother

Dear Problem Page,

I started to get spots on my face and back when I was about 13. It makes me feel ugly and so I started watching videos on my phone that gave advice. The problem is they all say really different things and I don't know which advice to follow. How do I work out which I should try? 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

Hold The Phone

Dear Problem Page,
I don't have a phone yet and the only computer in the home is in the living room. I want to chat with my friends on-line when I get back from school but I feel like my mum is always looking over my shoulder. I don't understand why I can't have a phone when everyone else has. R, age 11

Dear Problem Page,

Bother

I started to get spots on my face and back when I was about 13. It makes me feel ugly and so I started watching videos on my phone that gave advice. The problem is they all say really different things and I don't know which advice to follow. How do I work out which I should try? 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

-
- [All About Periods \(for Teens\) | Nemours KidsHealth](#)
 - [CEOP Education](#)
 - [Talking to your child about online sexual harassment: A guide for parents | Children's Commissioner for England](#)
 - [How to talk to children about difficult topics | NSPCC](#)
 - [Healthy relationships | NSPCC](#)

