

Sample of materials used to deliver Relationship and Sex Education (RSE) from September 2020

Parental Consultation Presentation - June 2020



All children will be taught the NSPCC Underwear Rules



Lesson plan

Learning objectives

Children will be able to:

- understand and learn the PANTS rules
- name body parts and know which parts should be private
- know the difference between appropriate and inappropriate touch
- understand that they have the right to say "no" to unwanted touch
- start thinking about who they trust and who they can ask for help.

P RIVATES ARE PRIVATE

A LWAYS REMEMBER YOUR BODY BELONGS TO YOU

N O MEANS NO

T ALK ABOUT SECRETS THAT UPSET YOU

S PEAK UP, SOMEONE CAN HELP

Our chosen resources to support our delivery of RSE to all year groups...

coram 
Life Education

SCARF

c w p
resources

Year 3 content

Extending learning in year 2.

New content to include:

- ▶ Change including bereavement
- ▶ Images in the media
- ▶ Protecting personal information online
- ▶ Different types of relationships
- ▶ Healthy and unhealthy relationships (friendships),
- ▶ Discrimination and its consequences
- ▶ Understanding risk
- ▶ Making informed choices
- ▶ Resisting pressure

Sample Learning Outcomes

- Explain some of the feelings someone might have when they lose something important to them
- Recognise and describe appropriate behaviour online as well as offline
- Identify when it is appropriate or inappropriate to allow someone into their body space
- Recognise who they have positive healthy relationships with
- Recognise that repeated name calling is a form of bullying

Body Difference matching cards

1.

Our bodies are all unique, but we have many body parts that are similar



2.

One difference is the male and female private parts



3.

The vulva is a female private part



4.

The vagina is inside the body and leads to the uterus



5.

The penis and testicles are male private parts



6.

These different private parts are needed if people choose to have a baby when they are grown up.



Who can I talk to?

If I had a problem I could talk to these people:

Someone in my family
or others who look after me

Someone at school

Someone I don't know
but I feel it is ok to talk to



Year 4 content

Extending learning in year 3.

New content to include:

- ▶ Body changes in puberty including menstruation.
- ▶ Conflicting emotions
- ▶ Good and not so good feelings
- ▶ Marriage and other relationships
- ▶ Consequences of our actions
- ▶ Recognise and challenge stereotypes
- ▶ Pressures to behave in an unacceptable, unhealthy or risky way

Sample Learning Outcomes

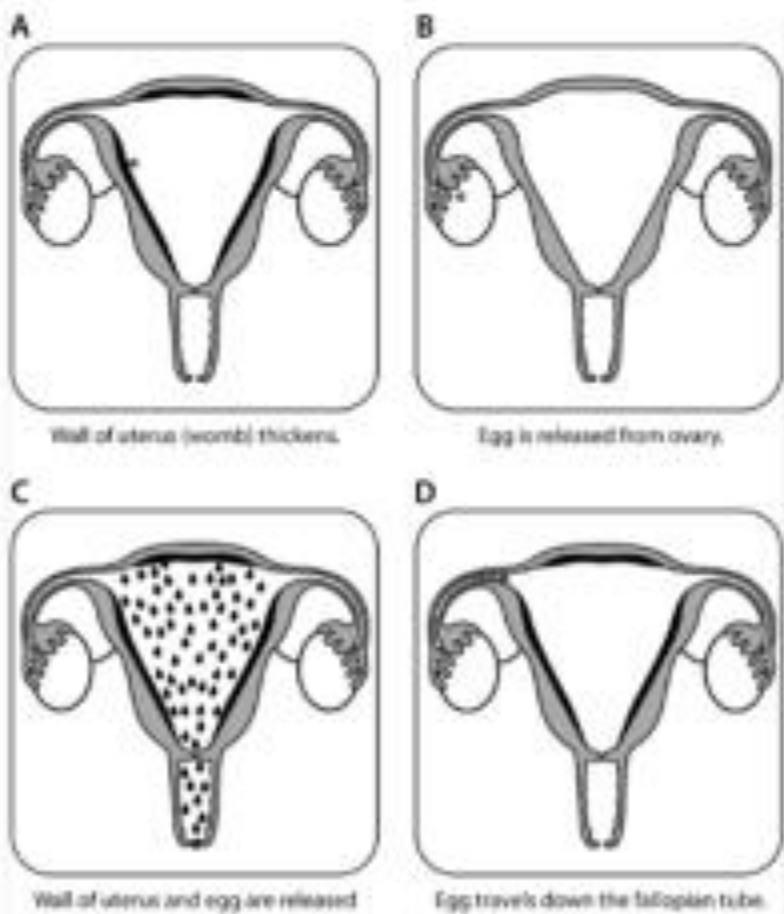
- Understand and explain why puberty happens
- Understand that for girls, periods are a normal part of puberty
- Suggest reasons why young people sometimes fall out with their parents
- Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony
- Define what is meant by 'being responsible'
- Understand and identify stereotypes, including those promoted in the media
- Understand that we can be influenced both positively and negatively



Activity sheet

Periods positive








Cut out the pictures and arrange them in the correct order. Then stick them onto a blank sheet of paper.

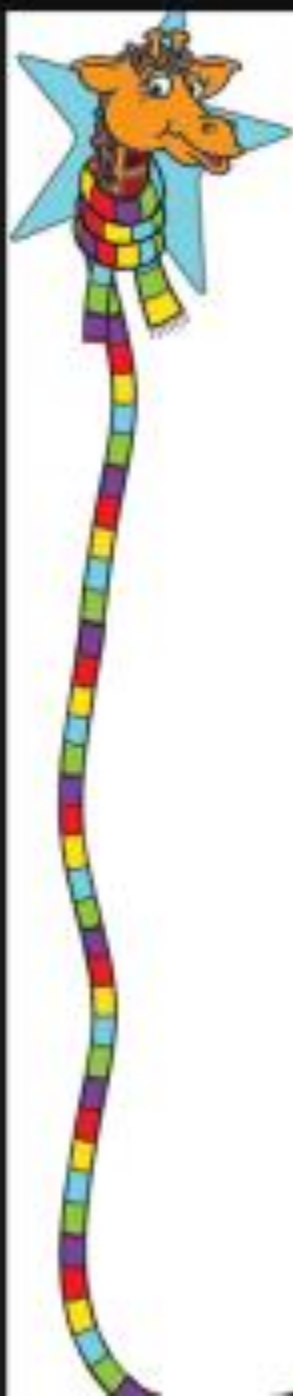


Activity sheet

Animal Reproductive Ages

Guess the reproductive ages for these different species.
Cut out the cards below and then arrange them in order of their reproductive age, (that's the age at which these animals are able to start reproducing) from youngest to oldest.

Butterflies 	Birds 
Frogs 	Rabbits 
Humans 	Mice 
Elephants 	



Body Changes

Changes that happen in puberty...	Male	Female	Everyone
Grows taller			
Has hair under the arms			
Develops pubic hair			
Grows hair on the face			
Private parts grow bigger			
Breasts grow			
Hair on legs			
Periods start			
Voice gets deeper			
Has mood swings			
Might think about having a boyfriend/girlfriend.			





Year 5 content

Extending learning in year 4.

New content to include:

- ▶ Body changes and feelings during puberty
- ▶ Changing feelings and the effect on those we live with
- ▶ Unhealthy relationships
- ▶ Risky behaviour
- ▶ Using social media safely
- ▶ Types of bullying including homophobic
- ▶ Keeping personal information private online

Sample Learning Outcomes

- Identify some products that they may need during puberty and why
- Recognise some of the feelings associated with feeling excluded or 'left out'
- Identify what things make a relationship unhealthy
- Explore and share their views about decision making when faced with a risky situation
- Recognise that people aren't always who they say they are online
- Recognise that some people can get bullied because of the way they express their gender
- Know how to protect personal information online

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.

Penis

The penis usually is soft and hangs down. Sometimes the penis becomes hard and stands out from the body. This is called an erection.

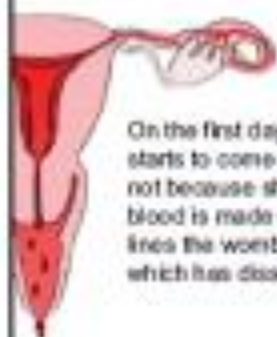


Testicles

There are two testicles behind the penis – they are held in a sac of skin called the scrotum. During puberty the testicles start to produce the male sex cells which are called sperm.



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.



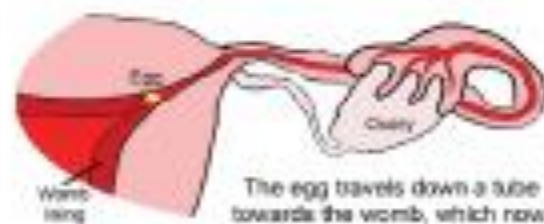
The bleeding can last from 2 to 7 days. Sometimes the blood comes out a bit at a time and sometimes there is quite a lot. Girls use sanitary protection to soak up the blood during their period.

© 2013 The McGraw-Hill Companies

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.

© 2013 The McGraw-Hill Companies



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

TRUE

FALSE

DON'T KNOW

Menstruation Card Game

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

9. Girls who start their periods unexpectedly should go home immediately

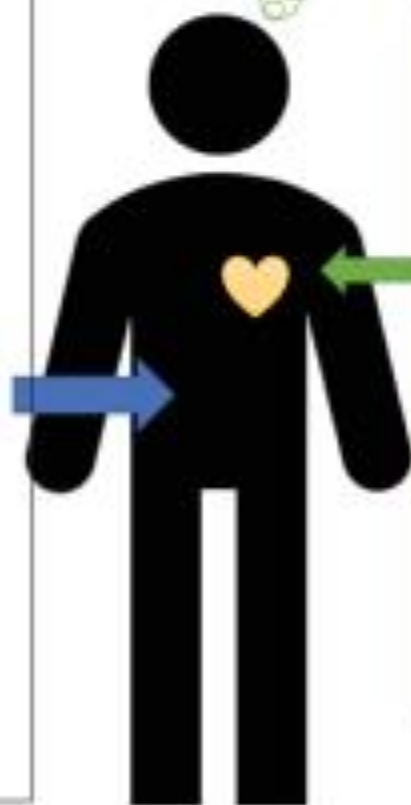
10. The blood from a period is dirty

Puberty Changes worksheet

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?



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 house is in the living room. I want to chat with my friends online 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 12. 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? R, 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 me. 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 mum and she helped me to deal with it and it was ok. Now I've been invited to a sleepover. I really want to go but I'm worried I'll have my period when it's 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? R, age 11

Puberty Worries

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

YOUTUBERS

Dear Problem Page,

My friends are always talking about the youtubers we like and some of them have started to wear clothes and make-up to look more like them. I think I look really ordinary and could never look that good. None of the youtubers look like me, they all look amazing. It's making me upset. What should I do? K, age 13

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. All these times I'm being silly and mean and tell me to keep out of it. Is this normal and how can I stop it happening? L, age 13

Chat Group Bullies

Dear Problem Page,

I am in a chat group with others in my class and we message each other after school. Some people have started to make nasty jokes about one of the group members even though she can read it. They would never say those things at school. I don't like it but worry they would do the same to me if I speak up. A, age 12



Year 6 content

Extending learning in year 5.

New content to include:

- ▶ Body image
- ▶ Sharing images online
- ▶ Forced marriage
- ▶ Conception, reproduction & birth

Sample Learning Outcomes

- Recognise that photos can be changed to match society's view of perfect
- Explore the risks of sharing photos and films of themselves with other people directly or online
- Describe ways in which people show their commitment to each other
- Know a variety of ways in which the sperm can fertilise the egg to create a baby

Reproduction Questions

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?

Reproduction Answer Cards

Our bodies change during puberty so that when we become adults we are able to make babies.

An egg comes from the woman; it is needed to make a baby.

Menstruation is the word for a girl's monthly period.

A small amount of bleeding occurs as the egg and the lining of the womb pass out through the vagina.

Sperm comes from the male; it is needed to make a baby. Each sperm is so tiny you would need a microscope to see that they are shaped like tadpoles.

Sperm are made in the testicles.

Babies are made when one sperm joins with one egg in the woman's body.

Sperm leaves the man's body through his penis.

This is when sperm leaves the boy's penis while he is asleep.

It only takes one sperm to make a baby, although an ejaculation produces about one teaspoonful of semen containing around 300 million sperm.

Sorting Activity: Conception and pregnancy timeline

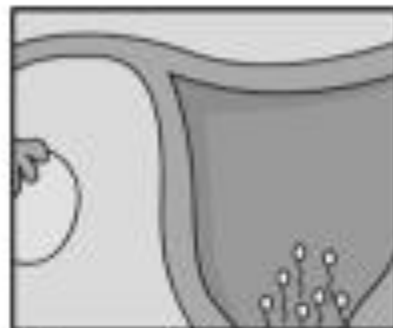
Cut out laminated copies of the images and related text for children to arrange them in the correct order. (Make enough sets for children to work in groups of 5 or 6).



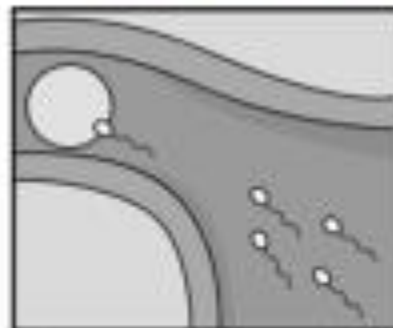
A man and woman have sexual intercourse. All this happens at the time of the month when the woman's body is releasing an egg from the ovary. This is called ovulation.



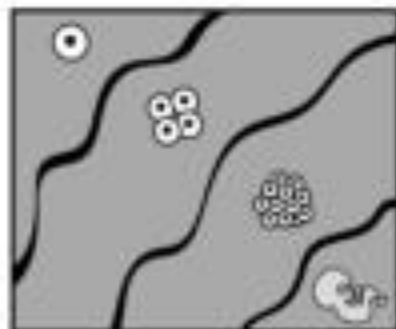
Ovulation- The egg is released from the ovary into the fallopian tube (passage the leads from the ovary to the womb). It starts to travel down the tube very slowly, towards the womb. It will stay in the fallopian tube for a few days.



During sexual intercourse the man's penis enters the woman's vagina. He has an orgasm, releasing millions of sperm into her vagina. The sperm swim up the vagina. A few make it right to the fallopian tube, where the egg is.



One sperm meets the egg and enters it, beginning the first phase of making a baby. This is called fertilisation.



About 1½ days later the fertilised egg (egg and sperm combined) begin to change and grow.



About six days later the egg, now called an embryo, implants in the lining of the womb. This is where the embryo will continue to grow.



Eventually around nine months later, the baby is ready to be born. Most babies are born head first and will leave the womb, travel down through



The baby arrives and now needs lots of milk and attention to ensure it grows happy and healthy.