

Relationships, Sexual Health and Parenthood

Throughout term 4 I intend to teach the following in Health:

- My body
- My body is changing
- Feelings and puberty
- Personal hygiene
- What is consent?
- My body is mine
- Where do we go online?
- Being smart online

I have attached learning intentions and helpful videos for you to carry out follow up discussions at home with your child.

Lesson 1: My body

I recognise that how my body changes can affect how I feel about myself and how I may behave. HWB 2-47a

I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene. HWB 2-48a

- Children learn the correct names for parts of their body, including male and female genitalia, and their functions.
- Children recognise that body changes with puberty impact on feelings and behaviour.

The words that the children will learn in the first lesson are these and they are described as follows:

Male body: the words we use	Female body: the words we use
<p>Bladder: This is where the body collects and stores urine from the kidneys before you go to the toilet/urinate.</p> <p>Foreskin: This is the skin that covers the top of the penis. If it is removed (because it is too tight, or as they do in some religions) this is called circumcision.</p> <p>Penis: This is the male sexual organ. It is used to go to the toilet/urinate and to release sperm.</p> <p>Scrotum: This is the sack of skin that holds the testicles.</p> <p>Testicles: These are the male reproductive organs that produce sperm.</p>	<p>Bladder: This is where the body collects and stores urine from the kidneys before you go to the toilet/urinate.</p> <p>Cervix: Connects the uterus/womb to the vagina.</p> <p>Clitoris: This is the female sexual organ.</p> <p>Labia: These are folds of skin, part of the vulva.</p> <p>Ovary: This is where the egg's cells are made, they travel to the uterus and can be fertilised by sperm.</p> <p>Uterus/Womb: This is where the foetus (baby) grows and develops during pregnancy.</p> <p>Vagina: Part of a woman's genitals, it goes from the vulva to the cervix.</p> <p>Vulva: This is the external female sex organ, the part you can see.</p>

We use these terms because they help to remove any embarrassment or shame when talking about these body parts. Also, knowing these words means that children can explain clearly if they are unwell or have a worry. Knowing these terms help to protect children because they also learn that these parts of the body are private.

Activities and discussions for home:

The text box above could be used to communicate at home about the activities in this block of learning.

Lesson 2: My body is changing

I recognise that how my body changes can affect how I feel about myself and how I may behave. HWB 2-47a

I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene. HWB 2-48a

- Pupils will learn the correct names for parts of their body, including male and female genitalia, and their functions.
- Pupils will recognise that body changes with puberty impact on feelings and behaviour.
- Pupils will understand the importance of personal hygiene.

Activities and discussions for home:

The children are working on the topic of my body. They are learning about how their body changes with puberty. To help the children understand puberty's main changes, they have been learning about menstruation (a girl having their period) and about erections/wet dreams. We learn about these things now so that children understand that they do not need to worry about the changes that will happen. The children are being encouraged to speak to a trusted adult if they have any questions or worries. If you would like to help your child continue their learning at home, you may find the following books and websites useful.

This is a good article to read yourself or with your child:

<http://kidshealth.org/en/kids/puberty.html>

The local library should be able to get these books for you:

Usborne Facts of Life: Growing Up ISBN-10: 0746031424

What's Happening to Me (Girls Edition) Facts of Life (Usborne ISBN-10: 0746069952) also available digitally ISBN-10: 0746069952

What's Happening to Me (Boys) Facts of Life (Usborne ISBN-10: 0746076630)

Lesson 3: Feelings and puberty

I recognise that how my body changes can affect how I feel about myself and how I may behave. HWB 2-47a

I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene. HWB 2-48a

- Children recognise that body changes with puberty impact on feelings and behaviour.
- Children learn strategies to manage emotions.

Lesson 4: Personal hygiene

I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene. HWB 2-48a

- Children understand the importance of personal hygiene.

We will talk about some of the challenges that children face when trying to keep clean during puberty. These challenges are to do with hair. Skin and body smells.

Lesson 5: What is consent?

I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication.
HWB 2-45b

I know that all forms of abuse are wrong, and I am developing the skills to keep myself safe and get help if I need it. HWB 2-49a

- Are pupils aware of respecting personal space and boundaries?
- What is consent?
- How can you tell if someone wants something or not? (Discussing body language)
- What can we do in situations that make us feel uncomfortable?

Lesson 6: My body is mine

I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication.
HWB 2-45b

I know that all forms of abuse are wrong, and I am developing the skills to keep myself safe and get help if I need it. HWB 2-49a

- What is body autonomy? Looking at being the boss of your own body.
- What is 'gut instinct.'

Activities and discussions for home:

In two activities the children are learning about consent, we say that consent means when we ask for and receive (or not) a person's permission to do something. Through games and imagining situations children will build their skills and confidence to be able to say both yes and no. They will learn to recognise situations where they feel nervous or worried, we will help them to trust what we will call their 'belly voice', that feeling of nervousness or worry if someone asks them to do something they do not want to do. We are learning about consent now because we want the children to grow in self-confidence, respect for others and be protected from harm.

We will be using these two short films, one is Consent for Kids and the other is a great song called Boss of My Body (which you can also buy/download)

Boss of My Body: <https://youtu.be/zAALZxa6NCw> (2 minutes 33)

Consent for kids: <https://www.youtube.com/watch?v=h3nhM9UIJjc> (duration 2 minutes 42)

Lesson 7: Where do we go online?

I understand that a wide range of different kinds of friendships and relationships exists. HWB 2-44a

I know that all forms of abuse are wrong, and I am developing the skills to keep myself safe and get help if I need it. HWB 2-49a

I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication. HWB 2-45b

I can explore online communities demonstrating an understanding of responsible digital behaviour and I'm aware of how to keep myself safe and secure. TCH 2-03a

- Can pupils demonstrate responsible digital behaviour?
- What do you do online? (Carry out a class survey and discuss national statistics)
- What is pornography? Discuss why it is wrong for an adult or young person to show you pornography.
- Who do we talk to if we see something upsetting?

Lesson 8: Being smart online

I understand that a wide range of different kinds of friendships and relationships exists. HWB 2-44a

I know that all forms of abuse are wrong, and I am developing the skills to keep myself safe and get help if I need it. HWB 2-49a

I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication. HWB 2-45b

I can explore online communities demonstrating an understanding of responsible digital behaviour and I'm aware of how to keep myself safe and secure. TCH 2-03a

- The internet is a positive tool and a fun place to learn
- Talk about search engines and how to use them responsibly.
- What is 'real' or 'fake' online?

- Creating and sharing images safely.
- How do you look after yourself online?

Activities and discussions for home:

Children are talking and learning about their online lives. We will be considering all the fun and positive things about the internet and also helping children to think about how they can be safe and happy online. The following web link offers information and support for parents and carers as you support and guide your child on their online use:

Childnet International offers information for parents and carers to keep their child safe online <https://www.childnet.com/parents-and-carers>

As always, if you have any questions about our work on any topic please get in touch.

Mrs Fitter.