



PSHE/ RE

'Growing and changing' sample material

<i>Year</i>	<i>Topic</i>	<i>Learning objectives</i>
Nursery	Girls, boys and families	<ul style="list-style-type: none">To understand there should be no constraints for children, purely based on whether they are boys or girls.

Link for extra reading:

<https://www.scholastic.com/teachers/articles/teaching-content/ages-stages-im-boy-youre-girl/>



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Year	Topic	Learning objectives
Reception	Where do babies come from?	<ul style="list-style-type: none">• Explain that a baby is made by a woman and a man, and grows inside a mother's tummy.• Understand that every family is different.• Talk about similarities and differences between themselves and others.

Book to read to children:

There's a House Inside my Mummy by Giles Andrae and Vanessa Cabban.

<https://www.youtube.com/watch?v=egIS60CfWQQ>

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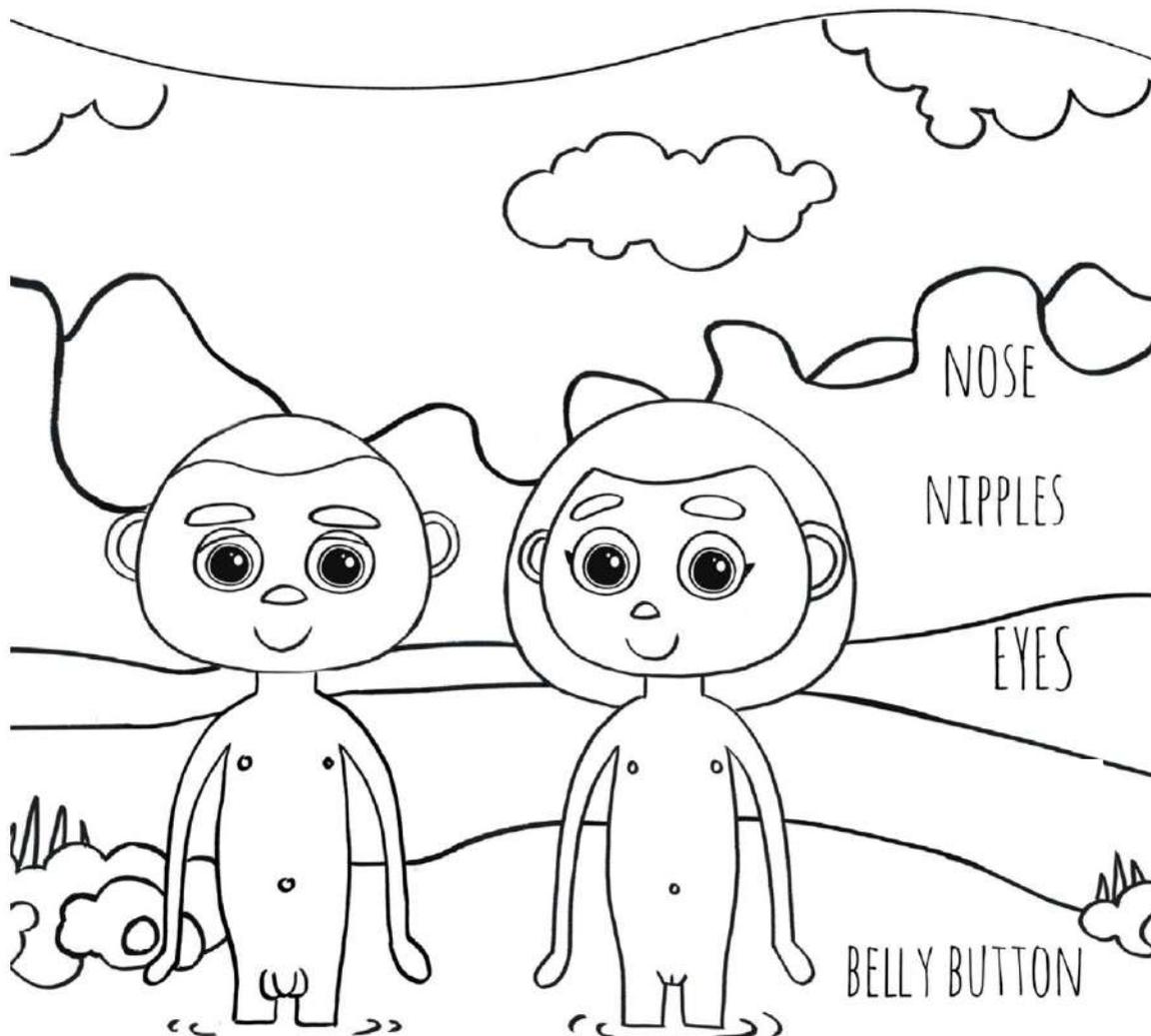


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'Growing and changing' sample material

Year	Topic	Learning objectives
Reception	Me and my body- girls and boys	<ul style="list-style-type: none">Name parts of the body using the correct vocabulary.Explain which parts of their body are kept private and safe and why.Tell or ask an appropriate adult for help if they feel unsafe.

CIRCLE THE PARTS THAT ARE THE SAME ON BOTH BOYS AND GIRLS





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Year	Topic	Learning objectives
Year 1	Keeping privates private	<ul style="list-style-type: none">• Identify parts of the body that are private.• Describe ways in which private parts can be kept private.• Identify people they can talk to about their private parts.



Activity sheet

Needing the toilet



What could you do as a baby?

Me as a baby

Who helped you as a baby?

What could you do as a toddler?

Me as a toddler

Who helped you as a toddler?

What can you do now?

Me now

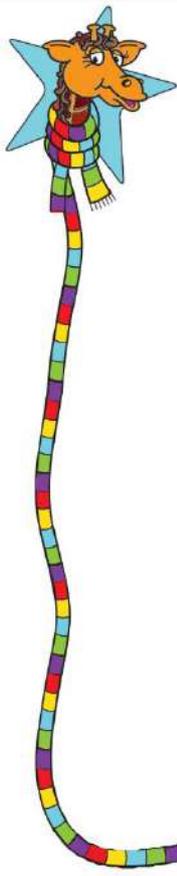
Who helps you now?



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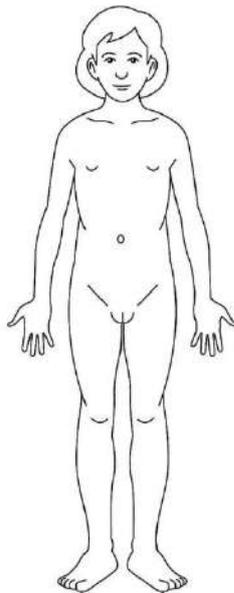
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Year	Topic	Learning objectives
Year 2	My body, your body	<ul style="list-style-type: none">Identify which parts of the human body are private. Referred to as 'boys' private parts' and 'girls' private parts'.Understand that humans mostly have the same body parts but that they can look different from person to person.



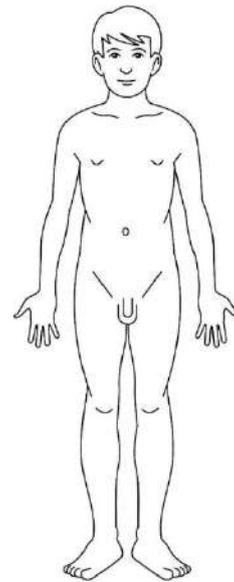
Activity sheet

My body, your body



head
eyes
ears
nose
nipples
belly button (navel)
girls' private parts
boys' private parts

fingers
knees
toes





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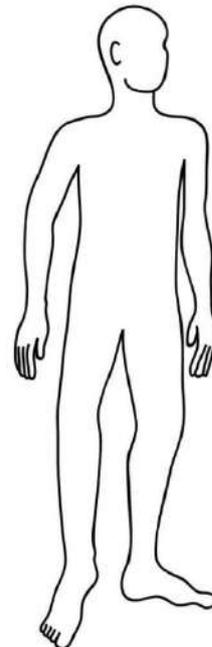
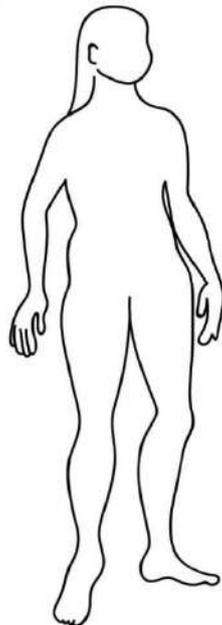
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Year	Topic	Learning objectives
Year 4	All change	<ul style="list-style-type: none">• Identify parts of the body that males and females have in common and those that are different.• Know the correct terminology for their genitalia.• Understand and explain why puberty happens.



Activity sheet

Body outlines



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To be labelled with:

- **Female:** vulva, (see note, below*), vagina, ovaries, eggs, womb, clitoris, labia, breasts
- **Male:** penis, testicles, sperm, pubic hair



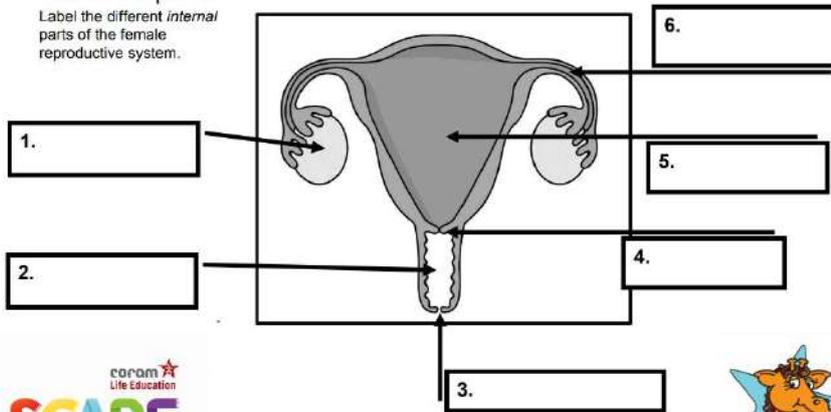
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Year	Topic	Learning objectives
Year 4	My Changing Body	<ul style="list-style-type: none"> Recognise that babies come from the joining of an egg and sperm. Explain what happens when an egg doesn't meet a sperm. Understand that for girls, periods are a normal part of puberty.

Activity sheet Label the parts

Label the different *internal* parts of the female reproductive system.



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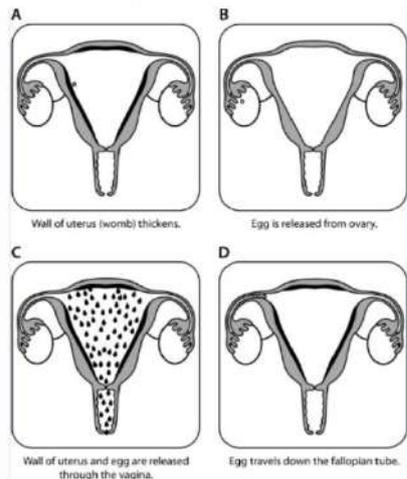
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Activity sheet

Periods positive

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



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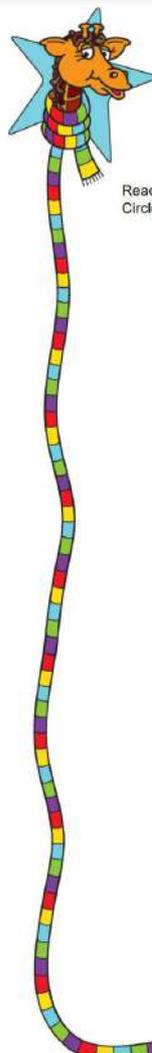
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Year	Topic	Learning objectives
Year 4	Preparing for periods	<ul style="list-style-type: none"> Know the key facts of the menstrual cycle. Understand that periods are a normal part of puberty for girls. Identify some of the ways to cope better with periods.

Video on menstruation using the following link:

<https://kidshealth.org/en/teens/menstruation.html>







Activity sheet Period Quiz

Read the following 10 statements and decide whether you think they are True or False. Circle the correct answer.

1. Girls are born with thousands of eggs inside their ovaries. True False
2. It's normal for a girl to start her period anytime between the ages of 8-17. True False
3. All girls bleed for the same amount of time when they have their periods. True False
4. A period happens because the body has too much blood in it. True False
5. If a girl finds period pains very painful, it's best to 'grin and bear' it. True False
6. Tampons and sanitary towels come in all shapes and sizes. True False
7. Period blood can be smelly once it leaves the body. True False
8. It's normal to get moody or grumpy around the time of a period starting. True False
9. Tampons can get lost inside the body. True False
10. It's a good idea to practice putting tampons in before periods start. True False

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Year	Topic	Learning objectives
Year 5	Changing bodies and feelings	<ul style="list-style-type: none">• Know the correct words for the external sexual organs.• Discuss some of the myths associated with puberty.

Labelling female external body parts

Can you correctly label the following diagram, using the words in the box below?



1.

2.

3.

4.

5.

6.

7.

8. Name given to parts 2- 6

* Pubic Hair *Outer Lips *Vaginal Opening * Vulva * Clitoris **
Urinary opening * Anus * Inner Lips

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Activity sheet (b)

Labelling male external body parts

Can you correctly label the following diagram, using the words in the box below?



1.

2.

3.

4.

5.

6.

* Pubic hair *Foreskin * Anus * Penis * Testicle * Scrotum

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Activity sheet (c)

Emotions and feelings: true or false?



1. It's normal for a person to put on weight when going through puberty.	
3. If a girl doesn't wear a bra by the time she goes to secondary school something's wrong.	4. You should always talk to someone you trust if you are worried about your body changing.
5. Girls should always shave their body hair when it starts growing.	6. Stretch marks are a sign that someone is getting too fat.
7. If a boy doesn't get wet dreams, there's something wrong with him.	8. If someone is shorter than their friends when they start secondary school, they are always going to be short.
9. If a boy starts getting erections it means he is ready for sex.	10. If a person has a crush on someone it means they want them to be their girlfriend/ boyfriend.

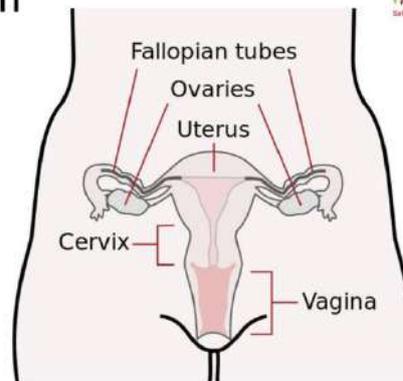


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'Growing and changing' sample material

Year	Topic	Learning objectives
Year 5	Growing up and changing bodies	<ul style="list-style-type: none">• Identify some products that they may need during puberty and why.• Know what menstruation is and why it happens.

Female reproductive system



A bag including items which may be regarded as useful when going through puberty: deodorant, menstruation options, spot/ facial creams, shower gel, tissues etc.



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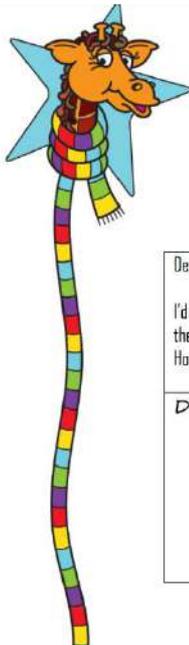
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Year	Topic	Learning objectives
Year 6	Pressure online	<ul style="list-style-type: none">• Understand the risks of sharing images online and how these are hard to control, once shared.• Understand that people can feel pressured to behave in a certain way because of the influence of the peer group.• Understand the norms of risk-taking behaviour and that these are usually lower than people believe them to be.

Video on the risks of sharing images online using the following link:

<https://www.youtube.com/watch?v=kwCL-VP3FYc>

Year	Topic	Learning objectives
Year 6	Is this normal?	<ul style="list-style-type: none">• Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it.• Suggest strategies that would help someone who felt challenged by the changes in puberty.• Understand what FGM is and that it is an illegal practice in this country.• Know where someone could get support if they were concerned about their own or another person's safety.



Dear Aunty Agatha,

I'd like to choose a different type of sanitary product. However, my mum is the one who pays for them. She says I should use the type she chooses. I love my mum but want to choose for myself. How do I get her to understand? - Esmerelda.

Dear Esmerelda...



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Activity sheet

Puberty statements: true or false?



Circle the answer you think is correct – then write your reasons

1. Puberty only affects girls.

True False Not sure

Reasons:

2. Puberty starts when you are 11 years old.

True False Not sure

Reasons:

3. Everybody experiences puberty.

True False Not sure

Reasons:

4. When people are going through puberty, they become really moody.

True False Not sure

Reasons:

5. If a girl starts her periods, she is an adult.

True False Not sure

Reasons:



6. Girls start puberty before boys.

True False Not sure

Reasons:

7. An average period produces two tablespoons of blood overall.

True False Not sure

Reasons:

8. Puberty is over by the time you get to 13.

True False Not sure

Reasons:

9. Spots appear on the face during puberty.

True False Not sure

Reasons:

10. Many of the things people consider a problem settle down after puberty.

True False Not sure

Reasons:
