



ASK-IT BASKET- Any questions?

- Anyone can use it to post a question
- Questions can be anonymous, or you can put your name on your question so the teacher can follow it up
- Depending on the nature of the question, some responses may be answered as part of a small group session or one-to-one and will be treated anonymously so no-one knows who asked the original question.



*RSE Y6  
2025*

# Ground Rules

- Respecting what people say
- Listening to others
- Not asking personal questions or putting people 'on the spot'
- Not making assumptions about other people
- Having the right to 'pass' if you do not wish to comment

# Objectives for the unit

- Recap on puberty covered in Year 5.
- Recognise some of the changes as they grow up e.g. increasing independence and about what being more independent might be like, including how it may feel
- About how relationships may change as they grow up or move to secondary school
- Identify the links between love, committed relationships and conception EPT refs H18/19
- What sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults EPT refs H18/19
- How pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb, the names of body parts and how reproductive organs work EPT refs H18/19
- Understand what conception and pregnancy are & using scientific terms for conception and cell division, signs and symptoms of pregnancy, who is available for help during pregnancy and that pregnancy can be prevented with contraception EPT refs H18/19
- Learn about the responsibilities of being a parent or carer and how having a baby changes someone's life EPT refs H18/19

# Lesson 1-

## Time to Change

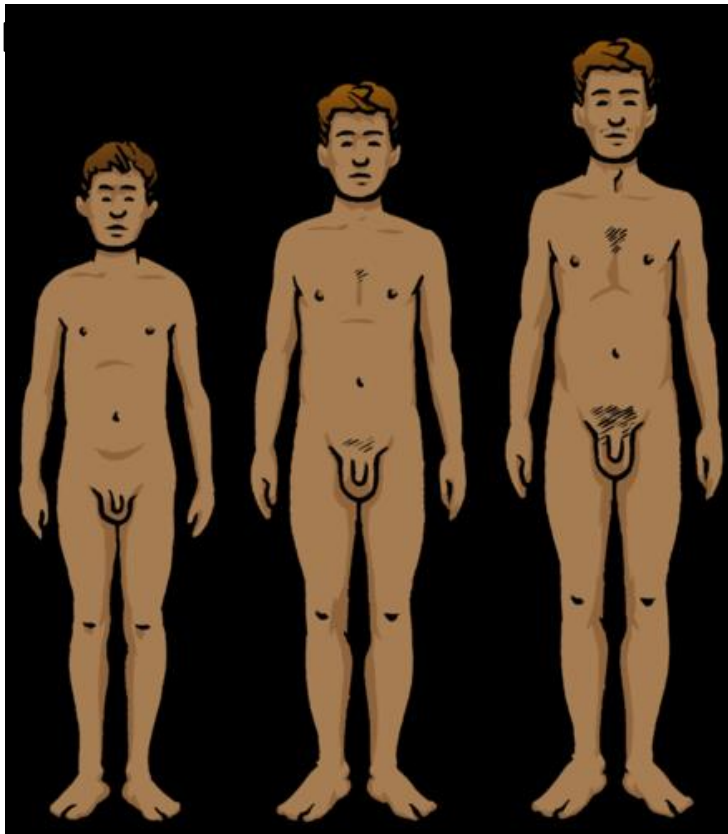
# So, what's it all about?

- Puberty is a time in life when a boy changes to a man and a girl to a woman . Puberty happens because your body begins to release hormones (chemicals) in your blood which causes physical changes, and changes in the way you think and feel.
- It is a process that usually happens between ages 10 and 14 for girls and ages 10 and 16 for boys but it happens at a different age for everyone.

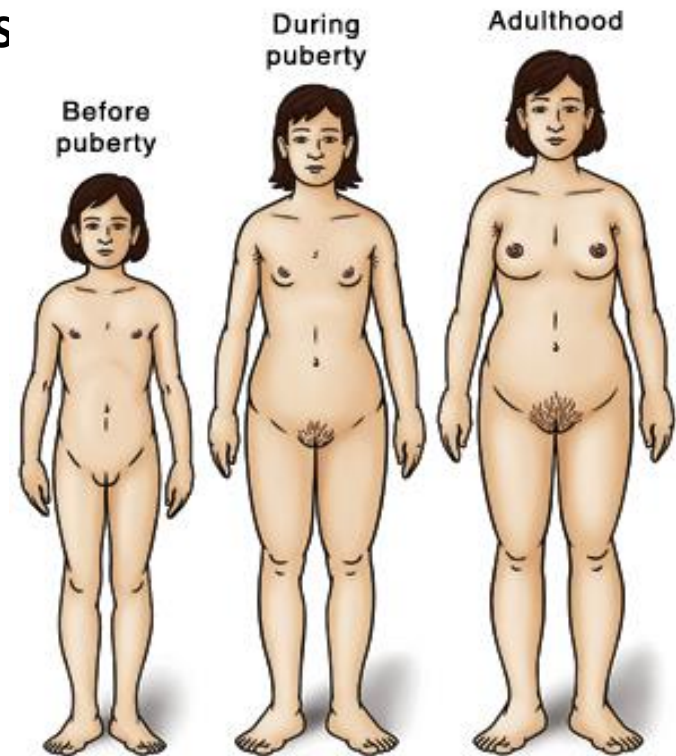
# Genitalia

- Children and adults sometimes use lots of different words for genitals, in this lesson we will use scientifically correct words.
- Some slang words can be confusing and are sometimes even rude and disrespectful. Therefore, it is important to only use the scientific words in our sessions.

Look how we change.....

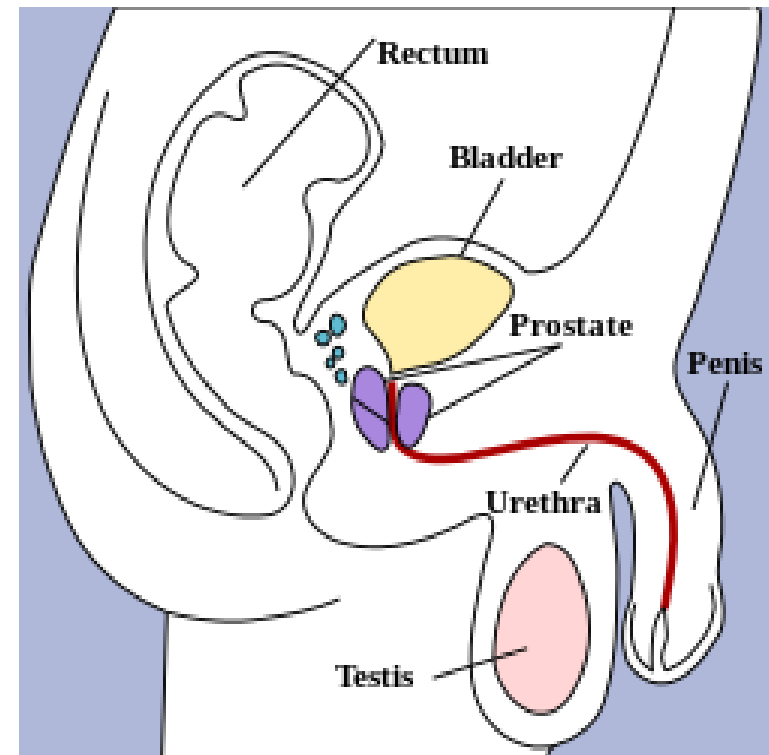
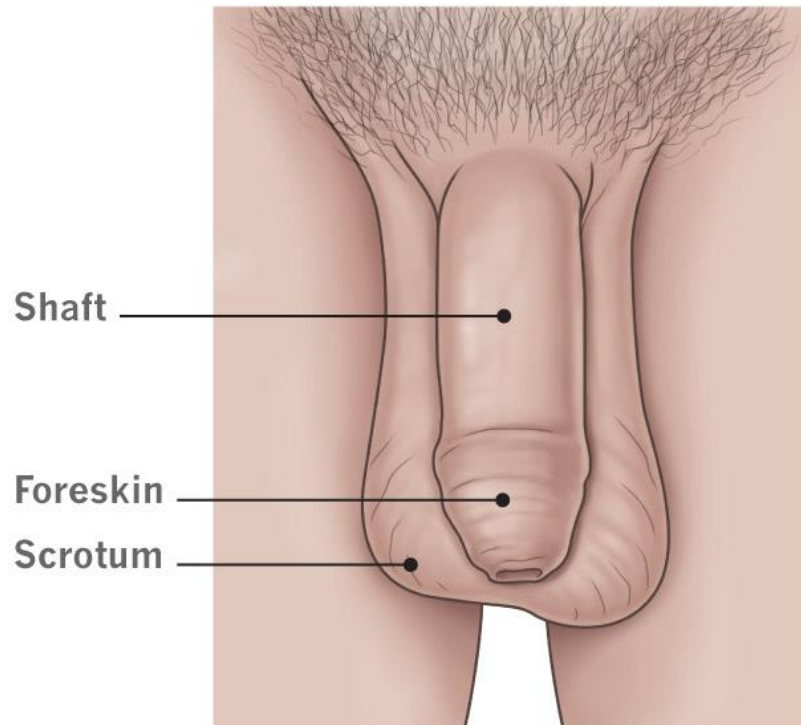


## GIRLS

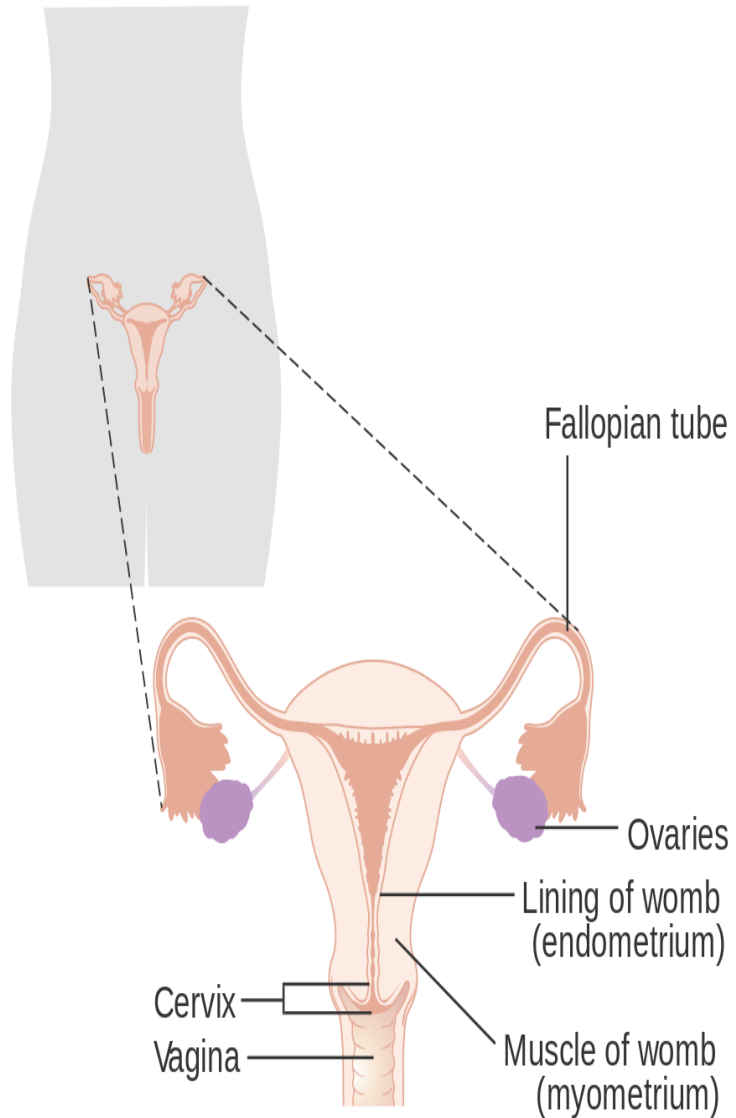
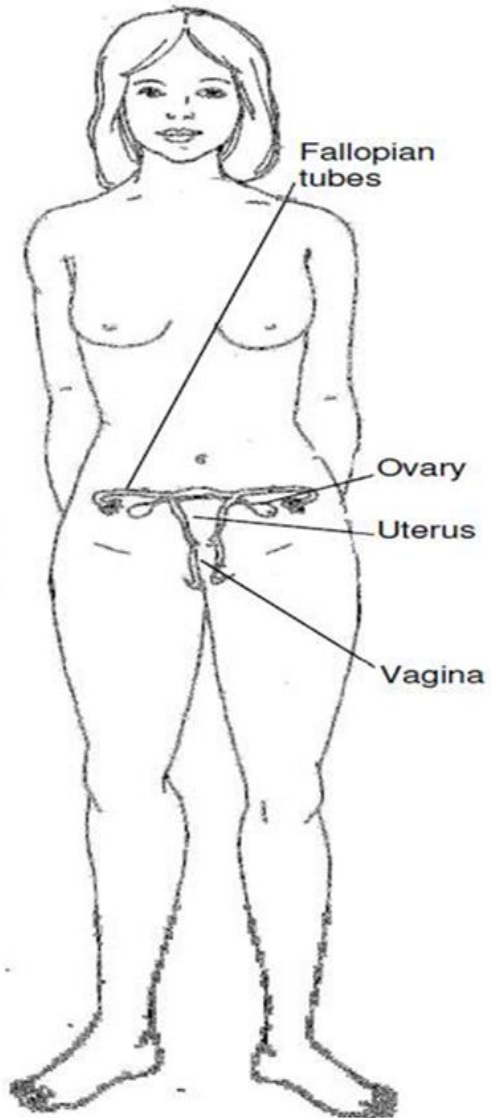




# Boys Genitalia

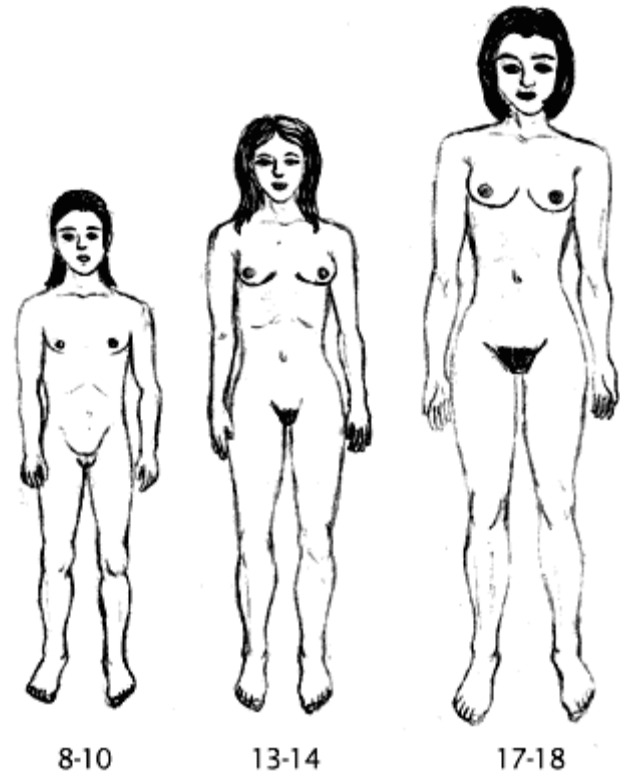


# Girls Genitalia



# CHANGES - GIRLS

- ▶ *GROWTH*
- ▶ *SHAPE CHANGES*
- ▶ *BREASTS DEVELOP*
- ▶ *BODY HAIR*
- ▶ *PERIODS*
- ▶ *EMOTIONAL CHANGES*
- ▶ *SPOTS*



# PERIODS... Also called MENSTRUATION



- Once every month (or for some, every 28 days) girls will have a period. This is when a small amount of blood passes out from the vagina. This normally lasts for 3-7 days and at first can take a while to settle down to happen regularly each month.
- Girls will need to use a sanitary pad or tampon when they have a period.
- Sometimes girls may have period pain .
- Girls can still exercise, and do most things whilst on a period, nobody need know. But it's good to talk to someone they trust like parents, older sisters, aunts or a teacher if they are worried.

# Menstruation

**Menstrual products - pads and tampons:** it is best to have a discussion with a trusted grown-up about the best form of period product for you, although it's probably best to start off using pads.

They come in all shapes and sizes, can be reusable or disposable, and are worn outside of the body.

They attach onto a pair of pants and soak up the blood, then are disposed of, or washed (if using reusables) and a new/clean one used.

It is important to change them regularly to avoid leaks and bad odour.

Tampons are worn inside the body and absorb the blood in the vagina. They are made from cotton fibres pressed together, and also come in different sizes.

Tampons are disposed of, and new ones should be used regularly.

# PERIODS



*Sanitary bins are available in the Y5 and Y6 toilets.*

*Sanitary products are available in school.*



# Key Vocabulary - Girls

**Pubic hair:** the hair that grows above and around the genitals in young people and adults: it starts to grow during puberty.

**Urethra:** the opening above the vagina of a tiny tube through which urine 'wee' leaves the body

**Vagina:** a passageway from the uterus to the outside of the body.

**Anus:** the opening through which faeces (poo) leaves the body.

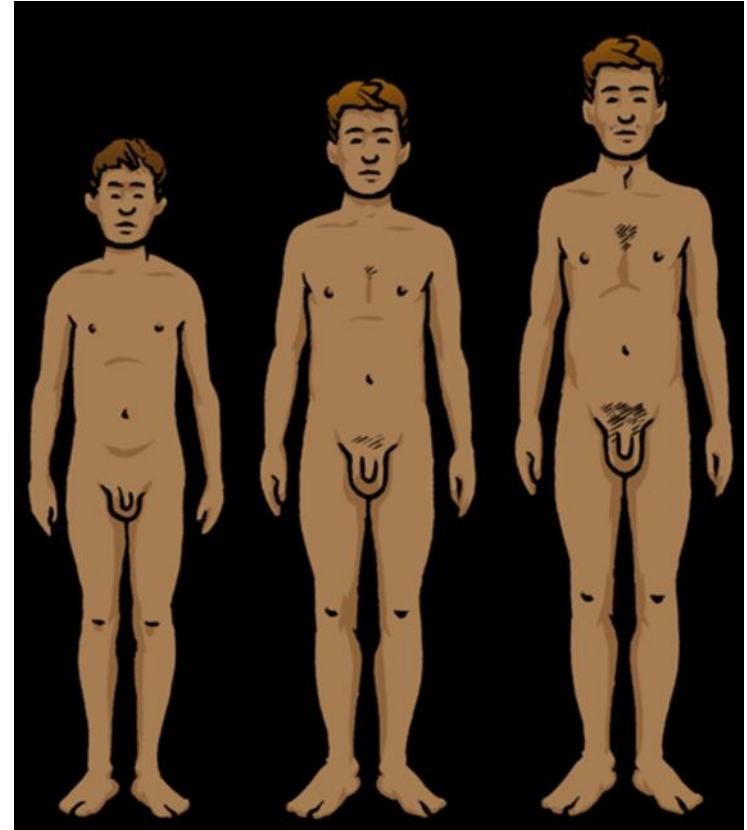
**Uterus:** made of strong muscle and hollow inside, it's the size and shape of an upside-down pear and is connected to both the fallopian tubes and the inside of the vagina. This is where a baby grows until it's ready to be born.

**Ovary:** there are two ovaries: one on each side of the uterus. The ovaries contain eggs or ova.

**Fallopian tubes:** the passageways through which an egg travels on its way to the uterus.

# CHANGES - BOYS

- ▶ *MUSCLES DEVELOP*
- ▶ *FACIAL and BODY HAIR*
- ▶ *VOICE CHANGES*
- ▶ *PENIS and TESTICLES DEVELOP*
- ▶ *EMOTIONAL*
- ▶ *GROWTH SPURT*
- ▶ *SPOTS*





# BOYS - ERECTIONS AND WET DREAMS

- Sometimes when you are least expecting it, the penis will fill with blood and become hard. This is called an erection.
- At night when boys sleep the penis may release sperm, so boys may wake to find pyjamas or the bed may be a little wet or sticky.

THIS IS ALL A NORMAL PART OF PUBERTY

[PSHE for SEN - Wet dreams - GCSE PSHE and Citizenship - BBC Bitesize](#)

# Key Vocabulary - Boys

**Erections:** When a penis is not erect, blood flows in and out continuously, as it does in other areas of the body. When an erection happens, the muscles that allow the blood to flow, open up wide to allow more blood to be pumped in, while other muscles close, stopping the blood from leaving.

This makes the penis become stiff and erect and it stands out from the body. This is called an erection.

When the erection is over, the muscles relax and the blood flow returns, making the penis soft again. An erection can last from a few seconds to a half-hour or more, and they can happen any time  $\pm$  from being a baby until they are old.

Erections can happen at any time, and may happen unexpectedly. They sometimes happen when someone has sexual thoughts and feelings but can also happen when the bladder is full of urine, as this affects nerves at the base of the penis. Sometimes erections can happen for no reason - even when someone doesn't want to have them.

# Key Vocabulary - Boys

**Producing sperm:** The testicles make an incredible number of sperms about one hundred million to three hundred million sperm each day. Once produced, the sperm travel through the tube from the testicle that joins the urethra below the bladder and mix with fluid: this mixture is called semen. Semen is a cloudy, whitish, sticky fluid. Sperm leaves the body during ejaculation.

**Ejaculation:** To ejaculate means to suddenly 'release' or 'to let go', and ejaculation usually happens when the penis is erect. During ejaculation, semen squirts from the opening of the urethra at the end of the penis.

**Wet dreams:** Wet dreams tend to start during puberty and can happen during an exciting, pleasurable or sexual dream; semen ejaculates during sleep. On waking, there may be some sticky, wet semen on the person's sheets or pyjamas. Wet dreams are perfectly natural; moreover, people's first ejaculation often happens during a dream. It is equally normal to not experience wet dreams at all.

# REMEMBER!!!

- *Don't worry - all these changes happen to everyone but not all at the same time.*
- *It's all part of growing up.*

# Truth or Myth Activity

- Your teacher will read out a statement- discuss on your tables if this is truth or myth.

# Truth or Myth

## 1. Everybody starts puberty at the same time, around the age of eight

**MYTH** — *Young people begin puberty at different ages, but usually between the ages 8-13.*

## 2. Pubic hair grows during puberty

**FACT** — *Pubic hair (hair that grows around the pelvic area, vagina and penis) grows at puberty.*

## 3. People's body shape changes when they grow through puberty

**FACT** — *Young people will notice the shape of their body does change at puberty, for example hips might grow wider or shoulders broader.*

## 4. Everyone gets tummy ache when they get their period

**MYTH** — *Some people might experience a dull ache or pain in their tummy or lower back when they have their period and some may experience strong pains, but this may not happen to everyone.*

## 5. It is normal to have mood swings or to feel different strong emotions during puberty

**FACT** — *Due to hormonal changes in the body at puberty, emotions are likely to be heightened and may feel stronger than usual.*

# Truth or Myth

## 7. Puberty causes people to sweat more

**FACT** — Due to hormonal changes in the body, young people experiencing puberty are likely to sweat more. It is especially important to follow hygiene routines at this time to prevent smells or germs spreading.

## 8. Voices get deeper at puberty

**FACT** — As people go through puberty, their voice box (larynx) gets bigger and this makes their voice grow deeper. In males, the muscles change which can cause the voice to break into a squeak sometimes.

## 9. Squeezing spots will help them to go away

**MYTH — MAYBE** Most young people will experience some spots at puberty, due to skin producing more sebum at puberty. It is usually said that squeezing spots will not make them go away, in fact, doing this can spread bacteria and make spots worse! The best thing to do is to keep skin clean but remember that having spots is not due to poor hygiene.

## 10. Pads are the only product available for use during a period

**MYTH** — Other products are available, including tampons and re-useable products such as moon-cups or sea sponges. It is up to the individual; some choose not to use certain products through personal preference or other reasons such as their cultural background.

## 11. Puberty is a natural part of growing up and the human life cycle

**FACT** — Puberty is one part of the human cycle of life.

# Personal Hygiene- Lesson 2



# LOOKING AFTER YOURSELF

- Get plenty of sleep.
- Eat a healthy diet, not too many sweet or fatty foods.
- Keep your body fresh and clean by taking daily baths or showers. Change socks and underwear every day.
- Get plenty of exercise.
- Take care online.
- Talk to someone you know and trust if you have any worries.
- Be your own special unique person.
- Don't be tempted to squeeze spots if you get them. You can use special ointments, skin wash and spot creams to treat them.
- Girls - be prepared for your period, carry sanitary towels/tampons with you .

# *Oily Hair*

- During puberty, glands produce extra oil and it can make young people's hair look oily and greasy.
- Washing hair regularly can help control oily hair. Use warm water and a small amount of shampoo to work up a lather.
- Scrubbing or rubbing too hard doesn't get rid of oil any better and can irritate the scalp or damage the hair.

# Skin and Spots

- Our sebaceous glands produce more oil when we start puberty: causing greasy hair and spots.
- These spots, 'zits' or 'pimples' can appear on the face, where most sebaceous glands are.
- They can also appear on necks, chest, back or other places. Sometimes the bacteria that live on skin make the spots inflamed and cause red lumps that we call acne.
- Spots are a usual and normal part of puberty, but can be upsetting and embarrassing. Almost everyone will get some spots at some point in their life, and that while some things such as a balanced diet can help to minimise them, nothing can guarantee someone will not get spots.
- If someone does have spots, it does not mean that they have poor hygiene.

# Sweat and Body Odour

- Perspiration or sweat comes from sweat glands. During puberty, these glands not only become more active than before, but they also begin to secrete different chemicals into the sweat, causing a stronger smelling odour.
- Armpits might smell more than before. Feet and genitals might also have new smells. The best way to keep clean is to bathe or shower every day using a mild soap or shower gel and warm water.
- This will help wash away any bacteria that contribute to the smells.
- Wearing clean clothes, socks and underwear each day can also help to feel clean.
- Deodorants get rid of the odour of sweat by covering it up, and antiperspirants actually stop or dry up perspiration. They come in sticks, roll-ons, gels, sprays and creams, and are available at any pharmacy or supermarket.

*Products we may need to use:*



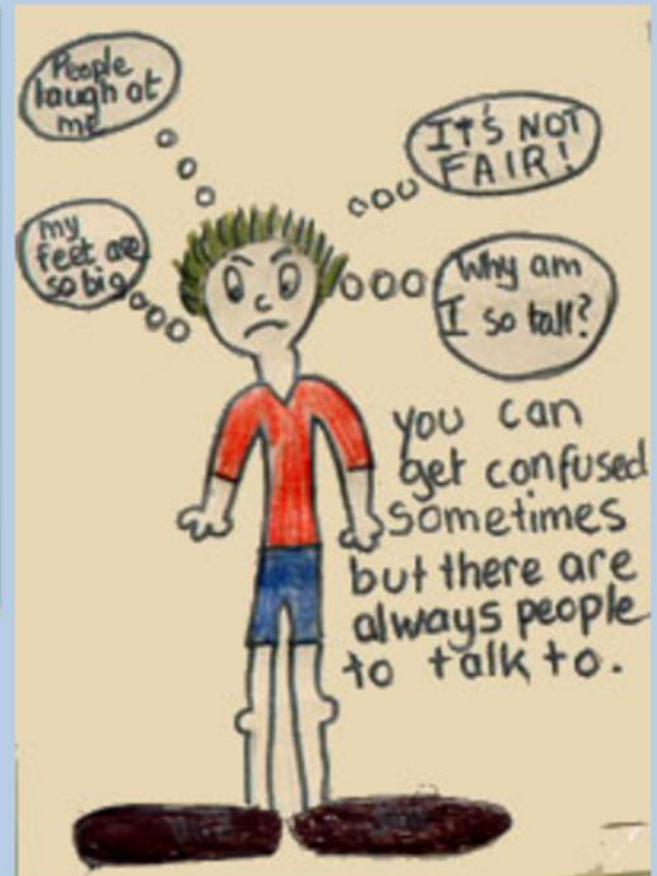
# Products...

- Look at the products on your table, discuss what the use is for each item.

# Emotions and Feelings - Lesson 3

# Emotional Changes (Mood Changes)

- Although puberty refers to the physical changes of the body, there are also many emotional changes taking place, which affect boys and girls





- What is a role model?
- How do the media portray fit and healthy people?
- How might this affect others' feelings about themselves?
- [https://www.youtube.com/watch?v=L6isTxQ\\_j\\_U&list=PLct19d3Dm92mmMNnQg1fWX7ctmwXCHQ-9&index=3](https://www.youtube.com/watch?v=L6isTxQ_j_U&list=PLct19d3Dm92mmMNnQg1fWX7ctmwXCHQ-9&index=3)

- How can people use Snapchat, Tik Tok and Instagram?
- How can these apps affect how others feel about their real-life body image?
- How can these apps affect what you post?

- ▶ It is your responsibility to never ask for personal images from others.
- ▶ It is your responsibility to do the correct thing with other people's images if you receive them- tell a responsible adult.
- ▶ Always talk to a trusted adult if any image makes you feel uncomfortable.
- ▶ Always talk to a trusted adult if a message or image upsets you.

# Activity Time...

- Look at the images and resources on your tables- discuss how they may have been edited to make the person look differently to their real-life image.

# Relationships

## Lesson 4

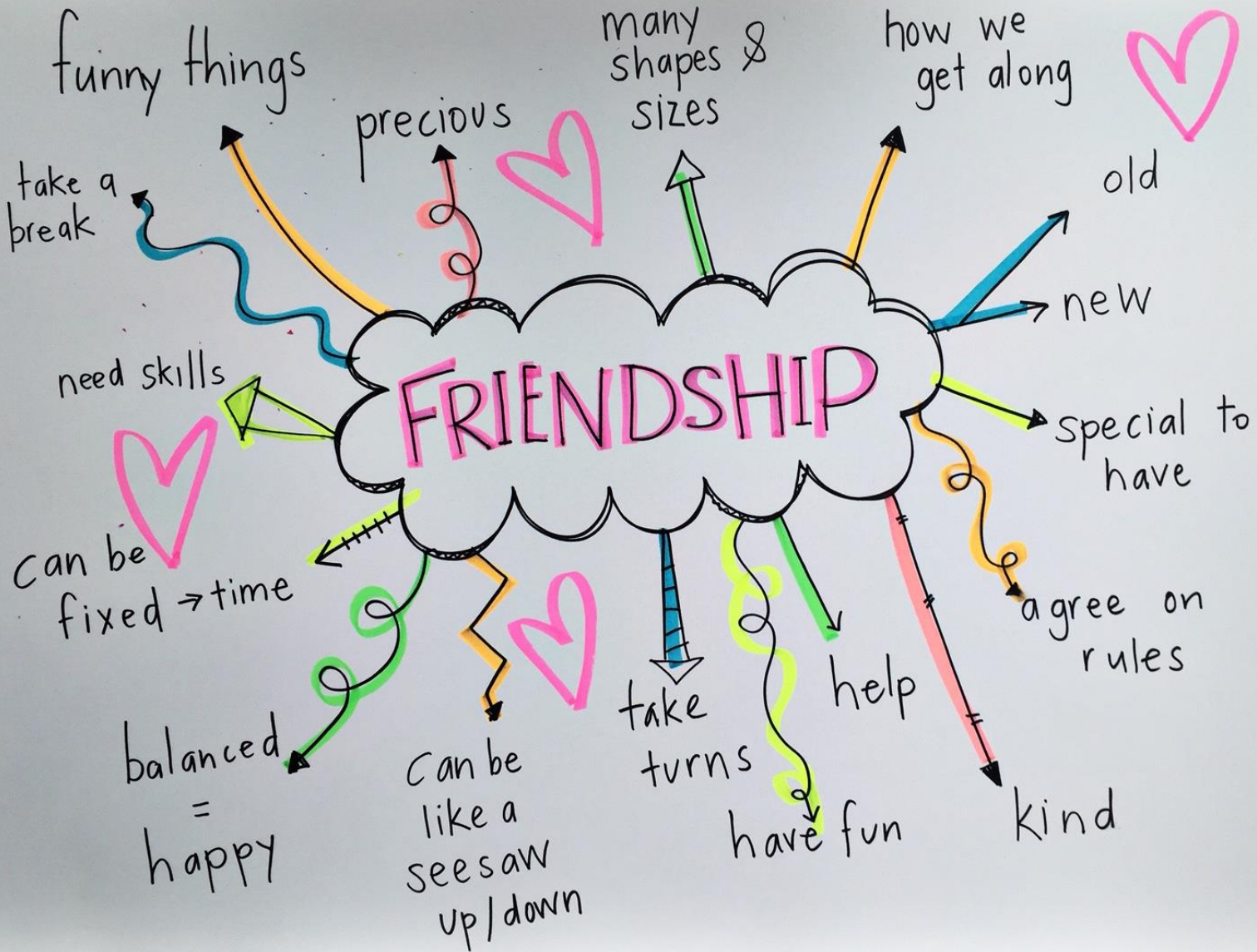
# FRIENDSHIPS



## BOARD BLAST ACTIVITY

What is a **good** friend?

How should friendships make us  
feel? Not feel?





<https://www.bbc.com/education/clips/zct2tfr>

## REMEMBER

- Sometimes during puberty you may fall out with friends. The hormones in your blood affect the way you think and feel.
- Not everyone will feel the same or think like you.
- You will start to make new friends in high school, but don't forget the old ones.
- It's good to share your worries with friends you trust. But remember, a trusted adult may help too.


# Adult Relationships

- ▶ Adults may have relationships that are more than just a friendship.
- ▶ These can be between a man and a woman or people of the same gender - like a man and a man or a woman and a woman.
- ▶ They learn to trust each other.
- ▶ They love each other.
- ▶ They support each other.




1. Spending time together.

4. Honesty and fairness.



2. Knowing each other's family  
and friends.

5. Fun and humour.



3. Shared interests

6. Being able to talk about your  
feelings.

# Adult Relationships

- There are lots of ways people express love and show they care deeply for another person. Some ways may be very personal and private between the couple, and others may be more public.



# *Adult Relationships*

A loving couple might show their commitment, care and love for each other in many ways. This develops over time. They may-

- tell each other they love each other
- hold hands, kiss and cuddle
- sleep together in the same bed
- get engaged and get married
- have a civil partnership
- live together
- have sex
- decide to have a baby together

How are babies made?

# Conception

- Conception occurs when a sperm cell from a fertile man swims up through the vagina and into the uterus of a woman and joins with the woman's egg cell as it travels down one of the fallopian tubes from the ovary to the uterus.
- As the fertilized egg continues to move down the fallopian tube, it begins to divide into two cells, then four cells, then more cells as the division continues. About a week after the sperm has fertilized the egg, the fertilized egg has travelled to the uterus and has become a growing cluster of about 100 cells.
- This then attaches itself to the lining of the uterus. This attachment process is called implantation. Release of the hormones estrogen and progesterone causes the uterus to thicken, which provides the nutrients the blastocyst needs to grow and eventually develop into a baby.



# Sexual Intercourse

- ▶ A man's penis gets harder and points away from the body - this is called an erection.
- ▶ The man's penis slides into the woman's vagina.
- ▶ This is called sexual intercourse or sex.

# Truth or Myth Activity

- Your teacher will read out a statement- discuss on your tables if this is truth or myth.

# Truth or Myth

## ***Only females give birth to babies***

**TRUE** — Female bodies contain the body parts that can give birth to babies (ovaries, uterus or womb, fallopian tubes and vagina). Humans are mammals, so the female carries the baby until birth.

## ***Sexual intercourse is the only way a baby can be made***

**FALSE** — All babies are made when a (male) sperm meets and enters a (female) ovum. Sometimes this process is done in a science lab — where the sperm and ovum are put together by a scientist. Once the egg is fertilised, it can be put into the uterus (womb) to grow: this is known as IVF (In vitro fertilisation). There are lots of different reasons why this might happen, including: if a couple want to get pregnant but are finding it difficult; if a person decides to have a baby on their own; or if a same-sex couple wishes to have a baby. For same sex couples or a person having a baby on their own, donor sperm, or a donor egg and surrogate (someone who carries a baby in their uterus for another person) can be used.

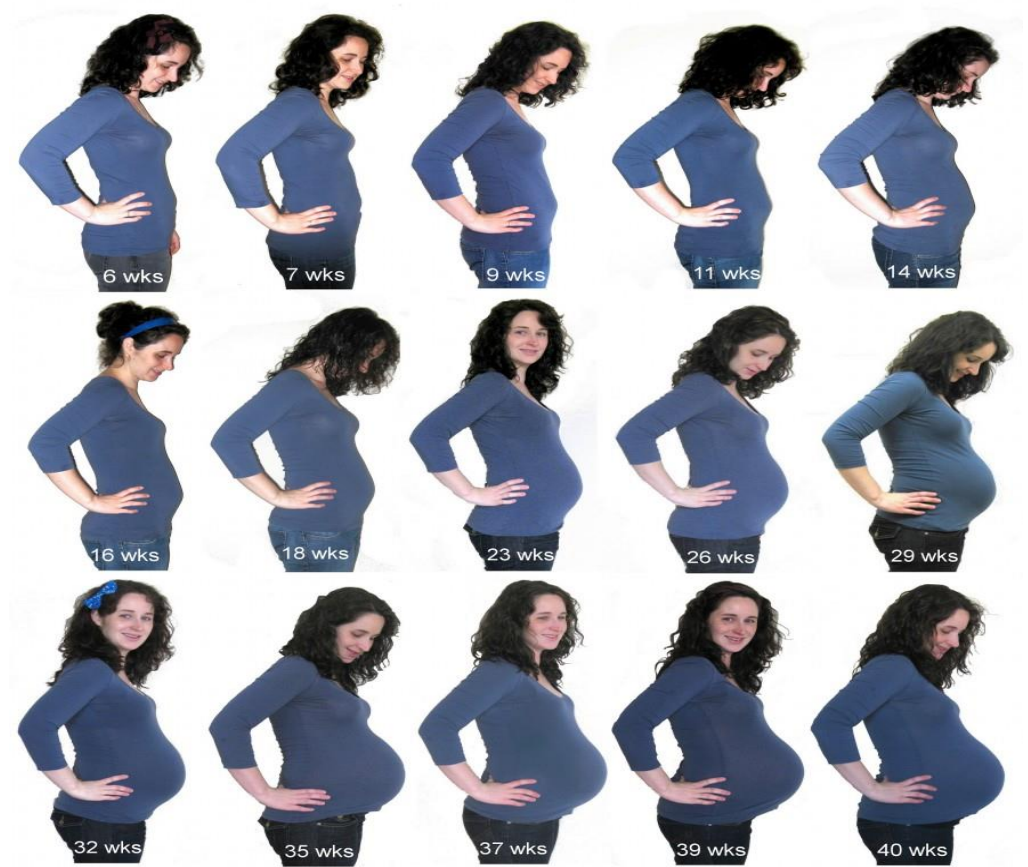
## ***A couple can prevent a baby being made during sexual intercourse***

**TRUE** — Couples can choose whether they want to try to have a baby. Using contraception during sexual intercourse can stop a baby from being made. One way of doing this is if a couple use a condom (a special plastic covering) over the man's penis to trap the semen and prevent the sperm entering the woman's body. There are different types of contraception. If they're used correctly, they nearly always stop a baby from being made, although it isn't 100% certain.

## ***Not everyone has a baby***

**TRUE** - Some adults who want to have a baby are not able to – there are lots of different reasons for this. They might decide to try IVF (In vitro fertilisation — where the sperm and ovum are put together by a scientist. Once the egg is fertilised it can be put into the mother's womb to grow.) Or, they might choose to adopt a baby — this is when a baby goes to live with a parent/parents who are not their biological parent/parents. Some adults choose not to have a baby at all.

# HAVING A BABY



# *Symptoms of Pregnancy*

For women who have a regular monthly menstrual cycle, the earliest and most reliable sign of pregnancy is a missed period.

Women who are pregnant sometimes have a bleed similar to a very light period, with some spotting or only losing a little blood. This is called implantation bleeding.

Some of the other early pregnancy signs and symptoms are listed below. Every woman is different and not all women will notice all of these symptoms.

- Women may feel and be sick.
  - This is commonly known as morning sickness, but it can happen at any time of the day or night.
  - Women may feel very tired
  - Sore breasts
  - May have strange tastes, smells or cravings
- 
- There are many people who can support a women through pregnancy- doctors, midwife, family members and friends.

# How are babies born?

- ▶ The woman's womb (uterus) stretches to allow the baby to grow
- ▶ After about nine months, the baby is due to be born
- ▶ The woman starts labour pains in her tummy
- ▶ The mum pushes the baby down out of the womb and it is born
- ▶ The baby is joined to the mum by a special tube - the umbilical cord. This is cut after the baby is born, it doesn't hurt the baby and it becomes the belly button.

# *The responsibilities of being a parent...*

- A parent has a duty of **care** over their child to ensure that all their needs are met. Being a parent is a involves multiple responsibilities.
- Provide the child with BASIC NEEDS.
  - A. Water
  - B. Plenty of nutritious foods
  - C. A safe home to live in
  - D. A warm bed with sheets, blankets, and a pillow
  - E. Medical care as needed
  - F. Clothing that is appropriate for the weather conditions
- Ensure the child is **HEALTHY** and look after their **HYGEINE** I.E showers, brushing teeth, getting a wash etc.
- Provide an environment that is **SAFE** and the child is **CARED** for and **LOVED**.
- Teach the child **MORALS** and **VALUES** and **GOOD BEHAVIOURS**.
- Education- Ensuring the child has the correct education at the appropriate ages
- Financially support the child

# KEEPING SAFE



## THE LAW

- It is against the law for someone to have sex under 16 years old.
- **NOBODY SHOULD FEEL THAT THEY HAVE TO HAVE SEX OR MAKE LOVE UNLESS THEY CONSENT.**

## What does consent mean?

- ▶ To give permission, to understand what's happening and the risks or benefits.
- ▶ For example - consent may be given for an operation: the doctor explains the operation so the person knows what the operation is and what will happen.



# REMEMBER YOUR BODY BELONGS TO YOU



Who are the people that we can ask for help from?

- *Parents/ carers*
- *Siblings/ cousins*
- *Trusted adults*

# What can we do if we are worried?

*If something we see makes us feel uncomfortable we could:*

- ▶ *talk to a trusted adult at home*
- ▶ *talk to a trusted adult in school*
- ▶ *ring the NSPCC Childline Helpline on:*  
08001111



ASK-IT BASKET- Any questions?

- Anyone can use it to post a question
- Questions can be anonymous, or you can put your name on your question so the teacher can follow it up
- Depending on the nature of the question, some responses may be answered as part of a small group session or one-to-one and will be treated anonymously so no-one knows who asked the original question.

TASK

On your piece of paper, write down what you had for breakfast lunch and dinner yesterday and then add any questions if you have them.

# WORRIED? WE'RE HERE TO LISTEN

Call Childline on 0800 1111  
or visit

<https://www.childline.org.uk/kids>



**childline**

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](https://www.childline.org.uk) | 0800 1111

Whatever your worry, call us  
and a friendly person will be there  
to listen. It's free, you don't have  
to tell us your name, and we're  
here all day and night.

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