



YEAR FIVE



The Jigsaw ‘Changing Me’ materials will be delivered to all classes as a daily focus during the week commencing Monday 26th June 2023. During this week, children will receive the teaching from their current year group and revision of the teaching from their previous year group to ensure that important concepts are not missed and that we are retaining a curriculum that builds upon previous knowledge. All lessons are delivered by familiar school staff to ensure that the safe and secure learning environment that has been established across the school year can be maintained.

<u>Self and Body Image</u>	
Children will explore their awareness of their own self-image and how their body image fits into that. They will explore self-esteem and the positive ways in which they can impact upon this.	
Key Questions Is it fair to judge ourselves against images we see in the media or online? Is it fair to judge ourselves against our friends? What could be the consequences of your perceptions regarding self-image, from images like this? If we assume that being as thin as possible is positive, could this lead to anorexia or bulimia in some people? How might you turn a negative statement into a positive one?	Key Vocabulary Self Self-image Body image Self-esteem Perception Characteristics Aspects Affirmation

<u>Puberty for Girls</u>	
During this lesson, children will learn about how a girl’s body changes during puberty and will learn about menstrual products. They will learn about the importance of looking after themselves physically and emotionally. Children will come to understand the natural process of puberty in the context of changes that every person experiences.	
Key Questions What makes you feel embarrassed? How do you respond to embarrassment? How can you cope with embarrassment? Why might changes to your body at puberty make you feel embarrassed? Can you remember the facts about menstruation? Do you know what sanitary products look like and how they are used? What questions or worries do you think girls a bit younger than you might have when they think about puberty?	Key Vocabulary Ovary/ Ovaries Vagina Oestrogen Vulva Womb/Uterus Sanitary towels Sanitary pads Tampons

<u>Puberty for Boys</u>	
During this lesson, children will learn about how a boy’s body changes during puberty, both physically and emotionally. Children will come to understand the natural process of puberty in the context of changes that every person experiences.	
Key Questions What do you think about some sensitive issues relating to puberty? How do your views compare with other people’s views? Can you identify the correct words to describe changes that happen to boys during puberty? What questions or worries do you think girls and boys a bit younger than you might have when they think about puberty? What information and guidance could you give to help them and reassure them?	Key Vocabulary Ejaculation Wet dream Larynx Facial hair Growth spurt Hormones Puberty Sperm Semen Testicles/Testes Erection

Conception

Children will learn that sexual intercourse can lead to conception and that is how babies are made. Children will be taught this in the context of loving and respectful relationships between two consenting adults. Children will understand that sometimes people need IVF to help them have a baby.

Note: This lesson is part of a Sex Education curriculum. It is a non-statutory element of the curriculum. For more information, please refer to the RSHE Policy on the website.

Key Questions

What are the important things a couple should consider before deciding to have a baby?
Does everyone agree on what the right circumstances are for bringing up a child?
How is a new baby made, and how does this grow out of the parents' love for each other?
What else do you need to know about how a baby is formed and starts to grow in the womb?
Can people make love and not have a baby?
What happens if a couple wants a baby but find they can't have one?

Key Vocabulary

Relationships
Conception
Making love
Sexual intercourse
Fallopian tube
Fertilisation
Pregnancy
Embryo
Umbilical cord
Contraception
Fertility treatment (IVF)

Looking Ahead

Children will identify what they are looking forward to about becoming a teenager and understand the growing responsibilities that this will bring them. Children will develop confidence in coping with the changes that growing up will bring.

Key Questions

What do we know about life as a teenager?
What do magazines/social media tell us about life as a teenager? Is this accurate?
What messages do we receive about being a teenager?
What responsibilities might you begin to have as you become older?

Key Vocabulary

Teenager
Milestone
Perceptions
Puberty
Responsibilities

Key Vocabulary

Penis, testicles and anus for boys
Vulva, vagina and anus for girls
Breasts and nipples

This vocabulary is in line with the school policy, and will be used exclusively by staff throughout the school. Children will not be corrected if they use other terms, as long as they are appropriate, however staff will use these terms if and when referring to these body parts.

All of our PHSE and RSHE lessons are taught in line with our PSHE and RSE policies which can be found on the school website.

Should you have any questions or queries regarding the teaching of the Relationships, Sex and Health Education curriculum, please speak to your child's class teacher in the first instance. Mrs Duxbury (PSHE Lead and Head of School) is also available to discuss any issues arising with you.