

Year 5 (Summer 2) Respectful Relationships and Sex Education

Prior Learning: In Year 4 the children will have continued to explore and add to the human lifecycle. They will have discussed male and female body parts using agreed words. They will know some of the changes, which happen to the body during puberty and will have explored how puberty links to reproduction. Children will have an understanding and know the words Sperm, Pubic hair, Breasts, Reproduction and Puberty.

We will learn and understand how important it is to develop healthy relationships in a variety of contexts and to know when to seek help. We will learn how to stay safe and to be able to make age appropriate informed decisions. We will learn how it feels to enjoy positive relationships of all different kinds. This includes deepen our learning about the emotional and physical changes occurring in Puberty. Understand how puberty affects the reproductive organs. Describe how to manage physical and emotional changes. To explore the impact of puberty on the body and the importance of hygiene. To explore ways to get support during puberty.

1. TWAL: To explore the physical and emotional changes in puberty

We will be learning about the main physical and emotional changes that happen during puberty and we will be able to talk and ask questions confidentially about puberty within a safe environment. We will know who and how we can ask for advice and support if we need help. **(Assess and record in books)**

Physical changes during puberty are children get taller, heavier and stronger. There are also changes in children's sexual organs, brains, skin, hair, teeth and sweatiness

Emotional changes during puberty are more intense and frequent and can affect children's moods. Children may experience mood swings – which are emotions changing quickly.



Recommended Resources

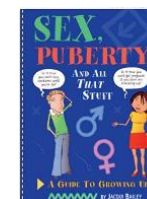
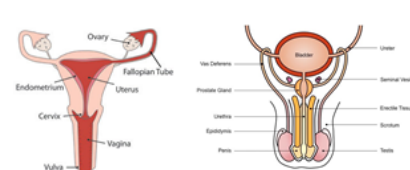
What is a mood? https://www.youtube.com/watch?v=SQq7XZ_Im34

<https://www.youngminds.org.uk/>

<https://www.actionforchildren.org.uk/our-work-and-impact/children-and-families/good-mental-health/>

2. TWAL: To understand the reproductive system

We will learn and explore male and female puberty changes in more detail, this will include being able to describe what happens during the female menstruation cycle and how and why the male body produces sperm. Children will be introduced and shown a selection of menstruation products (tampons, sanitary towels, period pants, panty liners and reusable environmentally friendly options) **(Assess and record in books)**



Recommended Reading

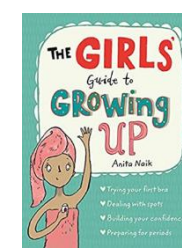
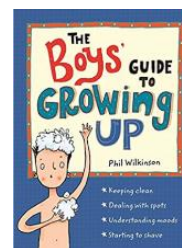
Sex, Puberty and all that stuff a children's guide by Jaqui Bailey

Asking about growing up by Joanna Cole

3. TWAL: To explore the impact of puberty on our personal hygiene

4. TWAL: To understand what gender identity means.

We will explore the impact of puberty changes on our bodies and revisit the importance of personal hygiene, we will be able to explain how to stay clean and improve our personal hygiene routines. We will recognise the range of emotions we will experience during puberty and we will be able to describe how these change and the impact this can have on our friendships and relationships. We will explore what gender identity means. We will discuss how some people may begin to feel uncomfortable in the gender they are born in. We will be able to know how and where to seek advice and further support to help us and why it is important to be able to share what we are experiencing with others. **(Assess and record)**



Recommended Reading

Boys guide to growing up by Phil Wilkinson

Girls guide to growing up by Anita Niuk

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Words we will know!

Menstruation

Erection

Semen

Sanitary
products

Gender
identity