Relationship and Sex Education

• Talk with your partner:
• What do you remember about these lessons from Year 3?
• Why do you think we learn about Relationship and Sex Education?
Relationship and Sex Education

...happier, healthier, and safer lives, now and in the future.
Year 4 Lesson 1

• How do human babies begin?

• What are the different ways that families begin?
Relationship and Sex Education

Year 4

Learning journey:

• How do human babies and families begin?
• How do I grow and change into a grown up?
• How do the changes at puberty affect feelings?
• What skills do I need as I grow and change?
Relationship and Sex Education

• How can we make sure everyone feels safe, valued and included in these lessons?
Our community agreement for Relationship and Sex Education

- Listen
- Try to join in
- Be respectful
- Encourage others
- No personal questions
- Use scientific language for personal and private parts of the body
- Think about what you share
Question Box and Thought wall
How do you feel?

• Learning about how babies begin will help us build our knowledge about ourselves and help to keep us safe.

• What can we do if we start to feel embarrassed?
Coping with embarrassment

- Take three slow calming out breaths
- Say to your self: this feeling will pass
- Remind yourself of the reasons for this learning
- Try a grounding technique
How do babies begin?

• With a partner visit the different pictures in the room.

• What do you think?

• Why are there these stories about how babies are made?

• Why do you think it is important to know how babies really start?
How do human babies begin?

- Talk with your partner.
- Record:
  - What you are sure that you know about how human babies start?
  - What you are not sure about how human babies start?
- Any questions? What would you like to know more about?
- Share and Feedback
How do human babies begin?

• Read excerpts from texts like:
  • Mummy Laid an Egg
  • Made with Love
  • Let’s talk series

• Any questions?
Growing our understanding about how human babies begin?

- What do all human babies need to start growing?

- [https://www.bbc.co.uk/education/clips/zpmqxnb](https://www.bbc.co.uk/education/clips/zpmqxnb)
Do all babies start in the same way?

- What do all human babies need to start growing?
- Do babies all join families in the same way?
Welcome to the family

Read from: Welcome to the family

• Can you list all the different ways a family can grow?
• Teacher scribe
Real babies rock!

- In 2/3s make a poster in the style of Real Families Rock to show all the different ways a family grows.
- Include:
  - All babies start with a sperm and an egg.
  - Draw and use words to show some of the different ways babies are welcomed into a family.
Write a question

Write down a question that you or a year four child might want to ask after this lesson.

You can choose if you want to put your name or not.

My question:

[Blank lines]
Let’s celebrate our families!

• Let’s sing!

https://www.youtube.com/watch?v=F6LYOfeSWNM
Let’s celebrate our families!

- Enjoy looking at all these images of different families.
- How would you paint your family?
- See Art and families power-point
Where to get help

• If you have a question or you want to talk about a worry after this lesson remember it is ok to ask for help.
Relationship and Sex Education

- Year 4
- Lesson 2 of 4
Relationship and Sex Education

Year 4 Lesson 2

• What happens to my body as I grow and change from a child to a grown up?
Relationship and Sex Education

Year 4

Learning journey:

• How do human babies and families begin?
• How do I grow and change into a grown up?
• How do the changes at puberty affect feelings?
• What skills do I need as I grow and change?
Relationship and Sex Education

...happier, healthier, and safer lives, now and in the future.
Our community agreement for Relationship and Sex Education

- Listen
- Try to join in
- Be respectful
- Encourage others
- No personal questions

Use scientific language for personal and private parts of the body

Think about what you share
Question Box and Thought wall
How do you feel?

• Learning about how our bodies will change as we grow up will help us to build our knowledge about ourselves and help to keep us safe.

• What can we do if we start to feel embarrassed?
Let’s remember our embarrassment strategies:

• **Take three slow calming out breaths**

• **Say to your self:** this feeling will pass

• **Remind yourself of the reasons for this learning**

• **Try a grounding technique**
How do human babies start?

• What did you find out about in our last lesson?

• What do you think might be a link between knowing how human babies start to how our bodies grow and change?
Brilliant bodies!

• What do you like about your body?
• What is brilliant about what your body can do?
How do children grow and change?

- Portrait of Vince 0-14 years
- https://www.youtube.com/watch?v=mXjFMX-uhzk
How do children grow and change?

- In Pairs:
- Record all you know about how most children’s bodies grow and change into young adults
- Think about:
- What happens on the outside and inside of the body?
- Feedback
Let’s play body part ping pong!

- Recap
- Why do we use scientific language to describe the personal and private parts of the body?
- Let’s remember the language we have learnt before.
- Take it in turns to say the names of the personal and private parts of the body.

- Testicles
- Scrotum
- Breasts
- Nipples
- Anus
- Clitoris
- Vulva
- Vagina
- Penis
Puberty

Can you explain this word?
Puberty

- Apart from a child's first year, puberty is a time when a child grows the most.
- These changes begin when a part of the brain starts sending out hormones.
- These changes will affect how a person looks and feels.
- When this begins varies but it is usually around 8-10 for most girls and around 10-12 for most boys.
- Puberty is another word for growing up.
- A person's body is preparing to be able to have children as a grown up if they choose to.
What is a hormone?

A hormone is a chemical messenger that is released by a part of the brain. Hormones travel round the body in the blood and cause the body to start to grow and change.
What happens for most girls and most boys at puberty?

Read excerpts from texts like:
Hairy in Funny places
Let’s talk series
What’s happening to me

What have you found out?

Do you have any questions?
Puberty for most girls

- Whole body gets curvier
- Skin gets oilier
- Breasts start to develop
- Hair under the arms
- Pubic hairs
- Hip bones wider
- Weight gain on hips
- Leg muscles get bigger and stronger
- Periods

FEMALE
Puberty for most boys:

- Skin gets oilier
- Shoulders get wider
- Facial hair
- Hair under the arms
- Pubic Hairs
- Penis get longer and wider and testes get larger

Neck, chest and leg muscles get bigger and stronger.
What is a period?

- A period is short for menstrual period.
- It’s the time each month when most girls will experience a small amount of fluid that includes some blood, which flows out of their uterus or womb through their vagina.
- This lasts for 3-5 days.
- The fluid is absorbed by a sanitary pad worn in a girl’s pants.
- This is a normal part of growing up and means that most girls can choose to have a baby as a grown up.
What is a period?

- Watch one of these film clips to find out some more.
  - https://bettyforschools.co.uk/resources/8-11-year-olds/part-one
  - https://www.youtube.com/watch?v=vXrQ_FhZmos
What happens for most girls and most boys at puberty?

• Sort your cards into changes at puberty for most girls and most boys and changes that happen to most girls and boys

• Record on a Venn diagram
What happens for most girls and most boys at puberty?

• Any questions?
Brilliant bodies!

• Celebrate your brilliant growing body with some dancing!

  https://app.gonoodle.com/channels/the-champiverse/dynamite-2?s=category&t=Guided%20Dance
Write a question

Write down a question that you or a year four child might want to ask after this lesson.

You can choose if you want to put your name or not.
Where to get help

• If you have a question or you want to talk about a worry after this lesson remember it is ok to ask for help.
Relationship and Sex Education

• Year 4

• Lesson 3 of 4
Relationship and Sex Education

Year 4 Lesson 3

• How do the changes at puberty affect how young people might feel?
Relationship and Sex Education

Year 4

Learning journey:

• How do human babies and families begin?
• How do I grow and change into a grown up?
• How do the changes at puberty affect feelings?
• What skills do I need as I grow and change?
Relationship and Sex Education

• How can we make sure everyone feels safe, valued and included in these lessons?
Our community agreement for Relationship and Sex Education

• Listen
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• Encourage others
• No personal questions
• Use scientific language for personal and private parts of the body
• Think about what you share
Question Box and Thought wall
What did we learn about puberty?

Play puberty ping pong with your partner
Take it in turns to say one of the changes that happen for most girls and most boys at puberty
Changes at puberty for most girls and most boys

**MALE**
- Skin gets oilier
- Shoulders get wider
- Hair under the arms
- Pubic hairs
- Penis gets longer and wider and testes get larger
- Neck, chest and leg muscles get bigger and Stronger

**FEMALE**
- Whole body gets curvier
- Skin gets oilier
- Breasts start to develop
- Hair under the arms
- Hip bones wider
- Pubic hairs
- Weight gain on hips
- Leg muscles get bigger and stronger

**periods**
How do you feel?

- Volunteers stand on an imaginary line to show how they are feeling about growing up.
- How can we make sure we keep everyone safe?
- Volunteers share reasons for choices.
Feelings and growing up and change

• As children grow and change it is normal to feel a mixture of feelings including excited and worried.

• What could you do or say to help someone if they were worried about changing and growing up?
What might someone worry about during puberty?

• Let’s think about some possible worries and see if we can think of ways to feel better?
Puberty worries

- When will puberty happen to me?
- I feel awkward about how I look
- I feel too tall
- I feel too small
- I have a crush on a celebrity
- I am normal?
- I don’t think I’m like other girls and boys

In pairs:
Pick one of these worries.
What could you say or do for a year 4 child who had some of these worries?
Share and record your ideas.
Coping with worries about Puberty

• Talk about your feelings with someone on your helping hand.
• Keep talking about how you feel
• Say: this feeling will pass
• Try some calming or grounding techniques
• Remember there are more ways than one to be a girl or boy
• Which strategy do you think might be helpful?
Brilliant bodies!

Look at these faces and then look carefully at your partner’s face. What do you notice?

Do you think the changes to a person’s body (including personal and private parts) during puberty will mean everyone looks the same?
All equal All different

- Sometimes children get put down when their bodies start to change and also if they have not started to change.
- **This is mean behaviour.**
- What could you safely say or do if this happened to you or a classmate?
- **When would this become bullying behaviour?**

- Share and display your ideas.

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![Image with children in various stages of development]
Let’s grow some body confidence!

https://app.gonoodle.com/categories/boost-confidence
Unique you

• What makes you, you?
• Your body maybe changing and growing but you are still you!
• Take a breath in and as you breathe out think about all the amazing things that make you, you!
• Repeat x3
Write a question

Write down a question that you or a year four child might want to ask after this lesson.

You can choose if you want to put your name or not.

My question:


Where to get help

• If you have a question or you want to talk about a worry after this lesson remember it is ok to ask for help.

“We can talk with someone about anything, even if it feels awful or small”
Relationship and Sex Education

• Year 4

• Lesson 4 of 4
Question Box and Thought wall
Relationship and Sex Education

Year 4 Lesson 4

What skills do I need as I grow and change?

How can I keep healthy and safe as I grow and change?
Relationship and Sex Education

• How can we make sure everyone feels safe, valued and included in these lessons?
Relationship and Sex Education

Year 4

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- Think about what you share
Relationship and Sex Education

...happier, healthier, and safer lives, now and in the future.
What did we learn about puberty?

- Play *puberty* ping pong with your partner
- Take it in turns to say one of the changes that happen for most girls and most boys at puberty
Changes at puberty for most girls and most boys

**Male**
- Skin gets oilier
- Shoulders get wider
- Hair under the arms
- Pubic hairs
- Penis gets longer and wider and testes get larger
- Neck, chest and leg muscles get bigger and stronger

**Female**
- Whole body gets curvier
- Skin gets oilier
- Breasts start to develop
- Hair under the arms
- Hip bones wider
- Pubic hairs
- Weight gain on hips
- Leg muscles get bigger and stronger
- Periods
What is your favourite part of your day or week?

• What do you look forward to?
• Has that changed?
• Is your favourite part of the day the same as when you were in Reception class?
• What do you think it might be when you are in secondary school?
• As a grown up?
Everyday activities

• Getting dressed
• Eating food
• Making food
• Packing your bag
• School
• Going out: Park or beach
• Friends
• Visiting family
• Pets
• Shopping
• Choosing clothes
• Computer and or phone
• Worship

• What do you do most days?
• What do you do most weeks?
What skills will you need as you grow and change?

- In 2/3s:
- Talk and record your ideas about how your everyday activities might change as you get older and what skills you might need to manage.
- Will this be the same for everyone?
- Share and feedback

<table>
<thead>
<tr>
<th>Activity</th>
<th>Skills needed as a Year 4</th>
<th>Skills needed as a Year 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>School: Getting ready</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Getting to school</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Homework</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Going out: town/beach/park</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What are you responsible for now? How could this change?
Growing growing up skills

Walking to school independently

- How could a year 4 child do this in safe steps?
- Risks?
- Stop Think Go!
- Can you make a plan for a year 4 child to achieve this safely?
Growing, growing up skills

Walking to school independently

- Start by walking with an adult part of the way
- Practise road safety
- Have some high viz strips on your clothing or bag
- Walk with a friend
- If you need help what could you do?

Thinking question: Does everyone have to try to do this at the same age?
Growing, growing up skills

Which other growing up skills could a year 4 child grow in safe steps?

Look at the list of everyday activities and can you make a plan of safe steps?
Keeping healthy

• What do we need to keep us healthy as we grow and change?

• Even if you are growing up it is still ok to talk over changes and to ask for help whenever you need to.
Keeping healthy

As we grow and change we need to make sure we rest well.

• Let’s practise

• https://www.youtube.com/watch?v=Y-Ovp4IpSpQ
Hopes and dreams about growing up

• Finish the sentence:
  • I am looking forward to ...

...
Reflection on RSE learning

• What have I learnt?
• What have I enjoyed?
• What would I like to know more about?
• Any questions?
Where to get help

- If you have a question or you want to talk about a worry after this lesson remember it is ok to ask for help.