



*In the Light of Jesus
we Learn to Shine*

Relationships, Sex and Health Education – Year 5

Puberty

| Theme | Learning Intention | Learning Outcomes | Vocabulary | Subject Links | Thoughts for Parents |
|------------------------------|---|--|---|--|--|
| Talking about puberty | To explore the emotional and physical changes occurring in puberty. | <p>Explain the main physical and emotional changes that happen during puberty.</p> <p>Ask questions about puberty with confidence.</p> | <p>puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dream, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair,</p> | <p>Science: Animals, including humans</p> <p>NORES</p> <p>Journey in Love: To show knowledge and understanding of emotional relationship changes as we grow and develop.</p> | <p>Talk to the children about the changes they will soon be going through (these may have already begun). Ask the children do they know what these changes are for? Explain that they are perfectly natural and talk about the changes you went through.</p> <p>Encourage the children to ask you questions whenever they feel the need.</p> <p>Be confident using the correct terminology when discussing body parts with the children and not substitute them as these can often trivialise or demean what you are discussing.</p> |

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| <p>Male and female changes</p> | <p>To understand male and female puberty changes in more detail.</p> | <p>Understand how puberty affects the reproductive organs.</p> <p>Describe how to manage physical and emotional changes.</p> | <p>puberty, physical changes, emotional changes, moods, menstruation, periods, semen, erection, breasts, womb, sperm, egg</p> | <p>Science: Animals, including humans</p> <p>NORES Journey in Love: To show knowledge and understanding of the physical changes in puberty.</p> | <p>Discuss how boys and girls share some very similar changes but also go through changes that are unique to their gender.</p> <p>Talk to the children about how puberty is preparing them, both physically and emotionally, for later life as an adult.</p> |
| <p>Puberty and hygiene</p> | <p>To explore the impact of puberty on the body and the importance of physical hygiene.</p> <p>To explore ways to get support during puberty.</p> | <p>Explain how to stay clean during puberty.</p> <p>Describe how the emotions change during puberty.</p> <p>Know how to get help and support during puberty.</p> | <p>puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dream, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair,</p> | <p>Science: Animals, including humans</p> <p>NORES Journey in Love: To celebrate the joy of growing physically and spiritually.</p> | <p>Discuss the importance of hygiene and that, as you go through puberty, it is essential to keep all parts of the body clean. This means showering/bathing regularly (and always after exercise) and changing underclothing each day. Deodorants can be used after washing.</p> |