

Personal, Social, Health and Economic Education



Growing and Changing

Year 4

What will my child be learning:

This half term's PSHE topic 'Growing and Changing' incorporates Relationships and Health Education (RHE) and has been designed to cover key skills, attitudes and values children need to explore in order to develop healthy relationships with their peers. Children also learn how to keep themselves safe and to ask for help when they need it. In Year 4, this topic builds on and reinforces all the themes of the previous years, with new content built into the lesson plans including teaching children to recognise and understand conflicting emotions; understand good and not-so-good feelings; find strategies to deal with change; and give examples of safe and unsafe secrets.

Other topics we will be looking at include:

- Body changes as they approach and move through puberty including: menstruation and human reproduction;

The children should be able to identify parts of the body that males and females have in common and those that are different, knowing the correct terminology for their genitalia. These lessons will ensure that the children can understand and explain why puberty happens.

Leading on from the lesson in Year 3 on menstruation, we will teach the children that periods are a normal part of puberty for girls, and help them identify some of the ways to cope better with periods.

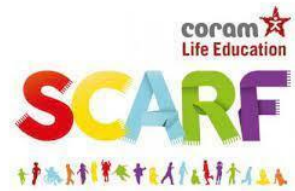
The children should recognise that babies come from the joining of an egg and sperm, but not how this occurs. They will therefore be able to explain why periods occur when an egg doesn't meet a sperm.

- Marriage and partnerships

Increasing pupils' understanding of what is meant by a positive, healthy and loving relationship is an important part of safeguarding their health and wellbeing. This lesson looks at different kinds of relationships, and the values, expectations and responsibilities within healthy, positive relationships. It also helps pupils to understand that relationships can change over time and explores some ways that changing relationships can be managed—ensuring behaviour is respectful, even when things do change.

During this lesson, the children will learn that marriage is a commitment freely entered into by both people, and can include same sex and opposite sex partners. They will learn the legal age for marriage in England and explore reasons why someone might choose to be married, live with someone, or have a civil ceremony.

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Vocabulary your child will be learning:

Puberty, hormones, pubic hair, eggs, sperm, penis, testicles, breasts, ovaries, womb, vagina, vulva, clitoris, labia, menstrual cycle, periods, sanitary towels, tampon, menstrual cup, civil partnership, forced marriage

Questions your child may ask after the lesson:

- When were you allowed to start doing things more independently?
- Did you have to do/ prove anything to gain more independence from your parents?
- What products do you use for periods?
- When I start my period, where can I get period products from?
- When did you start puberty?
- How did you feel? Was it bad?
- Is it normal..?
- How can I tell someone not to do something that's making me uncomfortable without hurting their feelings?
- Have you ever been made to keep a secret when you didn't want to? How did you handle it?
- Why do some people decide to get married/ have a civil partnership/ live together?



Resources for Parents:



[Age 6-10 | Outspoken Sex Ed](#)

[Stages of puberty](#)

[Outspoken Sex Ed](#)



[Resource for Parents](#)



[Starting your periods](#)



[How to Help Your Pre-Teenager with Personal hygiene](#)



[Taking Care of Your Body During Puberty, Body Odor and Other Changes for Boys](#)



[Personal hygiene for pre-teens](#)

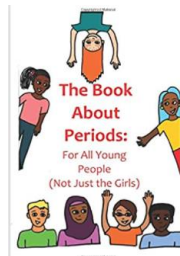
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Books to support learning:



[My Personal Hygiene](#)



[The Book about Periods](#)



[A Boy's Guide To Growing Up](#)



[The Girl's Body Book](#)



[Helping Your Kids with Growing Up](#)



[What's Down There?](#)



[On Your Mark, Get Set, Grow!](#)