

Personal, Social, Health and Economic Education



Growing and Changing

Year 5

What your child will 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 5, this topic builds on the themes covered previously and in greater depth, looking more closely at how their changing feelings during puberty and as they grow up can affect those they live with; what makes relationships unhealthy, including how individual or group actions can impact others in a positive or negative way; and exploring safe and unsafe secrets and when to break a confidence in order to keep someone safe. In this topic, we want the children to understand their emotions and identify strategies they can use to build resilience and strategies to deal with uncomfortable situations.

We will also be exploring the themes of:

- Body changes and feelings during puberty;

Building on the themes surrounding puberty that have previously been covered, children will know the correct words for the external sexual organs. We will discuss some of the myths associated with puberty, identify some products that they may need during puberty and why. We will educate the children on some changes that people experience during puberty, including menstruation and why it happens, involuntary erections, wet dreams, body shapes changing and hair growth.

- Different types of bullying including homophobic and transphobic

We aim to teach the children that any form of bullying of any form is unacceptable, including bullying based on how someone expresses their gender or sexual orientation. By the end of the lesson, we want children to have more awareness of bullying behaviours and give examples of how they can be stopped.

Vocabulary your child will be learning:

separation, fostered, pubic hair, clitoris, vulva, vaginal opening, urinary opening, lips (labia), penis, scrotum, testicles, foreskin, anus, wet dreams, erection, stretch marks, puberty, semen, menstruation, reactions, hormones, compromise, prejudice, sexual orientation, gender identity

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Questions your child may ask after the lesson:

- 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 bullied or know someone who was bullied? What did you do?
- Have you ever been treated in a stereotypical way?
- Have you ever been made to keep a secret when you didn't want to? How did you handle it?
- Do you have to shave?
- How old do you have to be to shave?
- What sanitary products should I use?
- Do I need to wear deodorant?
- Can you help me get some things to prepare for my body changing?



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Resources for Parents:

OUTSPOKEN
Sex Ed

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



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



[Resource for Parents](#)

amaze

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



[Personal hygiene for pre-teens](#)

[Stages of puberty](#)
[Starting your periods](#)

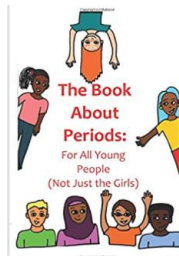


[LGBT resource for Parents](#)

Books to support learning:



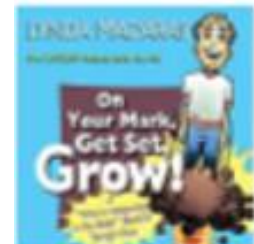
[My Personal Hygiene](#)



[The Book about Periods](#)



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



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



[The Girl's Body Book](#)



[Helping Your Kids with Growing Up](#)



[What's Down There?](#)