

The Changing Adolescent Body

Year 6



Alexandra

Primary School

Aspire, Perform, Succeed

The aims of this slideshow

This slideshow aims to set out the teaching of the 'Changing Adolescent Body' in Year 6.

The changing adolescent body is closely related to the science curriculum as well as topics such as:

- Health and prevention
- Physical health and fitness
- Healthy eating
- Mental wellbeing

Why teach The Changing Adolescent Body?

To help understand why we teach ‘The Changing Adolescent Body’ the opening paragraph of the Department for Education guidance states:

“Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.”

(DfE, 2019, Relationships Education, Relationships and Sex Education and Health Education)

What we teach

We teach;

- ▶ Self-image
- ▶ Puberty
- ▶ Babies: conception to Birth
- ▶ Boyfriends and girlfriends
- ▶ Real self and ideal self
- ▶ The year ahead

The teaching of self-image and self-esteem.

- ▶ The children will be taught to have an awareness of their own self-image and how their body image fits into that.
- ▶ The children will consider the pressures of social media, the internet, peer pressure and the pressures of conforming to perceptions of how they are supposed to look and behave, which can influence their attitudes to being attractive.
- ▶ Also the children will be taught ways to develop their self-esteem.
- ▶ Consideration will be given to the way many people compare and criticise themselves and how this can damage self-esteem.
- ▶ Children will be taught about positivity and how helpful this is as a strategy to support a positive sense of self.

The teaching of puberty.

- ▶ The teaching of puberty recaps the learning in year 5 and learning about what are myths or truths about puberty.
- ▶ Puberty education is needed to prevent children from being frightened by unexplained changes in their bodies and emotions
- ▶ The teaching aims to equip children to understand and cope with the physical and emotional feelings associated with puberty.

The Teaching of Puberty

- ▶ Puberty is taught as part of Health Education, which is statutory. Health education is concerned with the characteristics of good physical and mental wellbeing. It includes learning about puberty (preparing boys and girls for the changes that adolescence brings).
- ▶ Puberty is taught within a framework where sensitive discussions can take place. At the beginning of each lesson the 'Jigsaw Charter' will be promoting respect and reinforcing how we work together.
- ▶ Boys and girls will be taught these lessons separately.
- ▶ Children will be given opportunities to ask questions and these questions can be put into a box, if a child is embarrassed to ask publicly. If pupils ask questions outside the scope of puberty, teachers will respond in an appropriate manner so they are informed and do not seek answers online using inappropriate websites. Questions will be answered according to the age and maturity of the children concerned.

The aims of teaching puberty

- To support children to have positive self-esteem and body image.
- To enable children to understand and respect their bodies.
- At the heart of teaching puberty there is a focus on keeping children safe. We will deliver content that is age appropriate and respectful of faith and diversity.
- To explain how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally.
- To give children the opportunity to express how they feel about the changes that will happen during puberty.

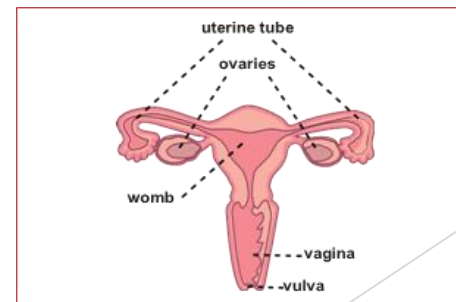
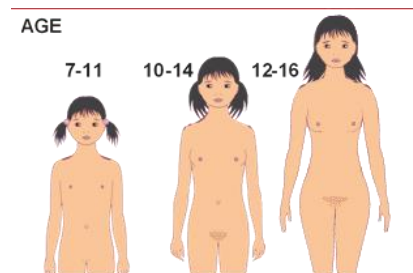
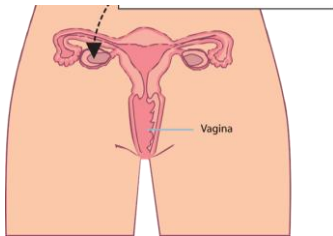
Lesson: Puberty for girls (recap from Year 5)

► Learning intentions:

- ❖ Explain how a girl's body changes during puberty and understand the importance of looking after themselves physically and emotionally
- ❖ Understand that puberty is a natural process that happens to everybody and that it will be OK and address some of the worries they may have

Puberty for girls continued

- ▶ Lesson content:
- ❖ Discuss reasons why we can feel embarrassed about some of the changes and experiences of puberty: because they are private and personal, they affect parts of the body we don't usually talk about,
- ❖ reassure the children and remind them that the changes and the feelings they experience are completely natural and part of a life cycle that affects everyone: the changes are natural.
- ❖ Changes are individual and girls should not compare themselves with someone else.
- ❖ Identifying truths and myths about puberty.
- ❖ The physical changes to the body will be discussed using only diagrams to support learning.



Puberty for Girls

- ▶ Girls are given the opportunity to look at different sanitary products and it will be explained how they are used.
- ▶ Girls will be able to talk about a range of common worries, for example

**What if I need to change a sanitary pad/towel during a lesson?
Won't everyone know that's why I am going to the toilet? I would feel embarrassed.**

I hate the idea of my periods starting because it all sounds so yucky and messy. I think it'll be embarrassing because everyone will know I've got my period.

Vocabulary

▶ The vocabulary used during this lesson will include:

- ❖ Puberty
- ❖ Menstruation
- ❖ Periods
- ❖ Sanitary towels
- ❖ Sanitary pads
- ❖ Tampons
- ❖ Ovary/ovaries
- ❖ Vagina
- ❖ Oestrogen
- ❖ Vulva
- ❖ Womb/uterus

Lesson: Puberty for boys (recap from Year 5)

► Learning intentions:

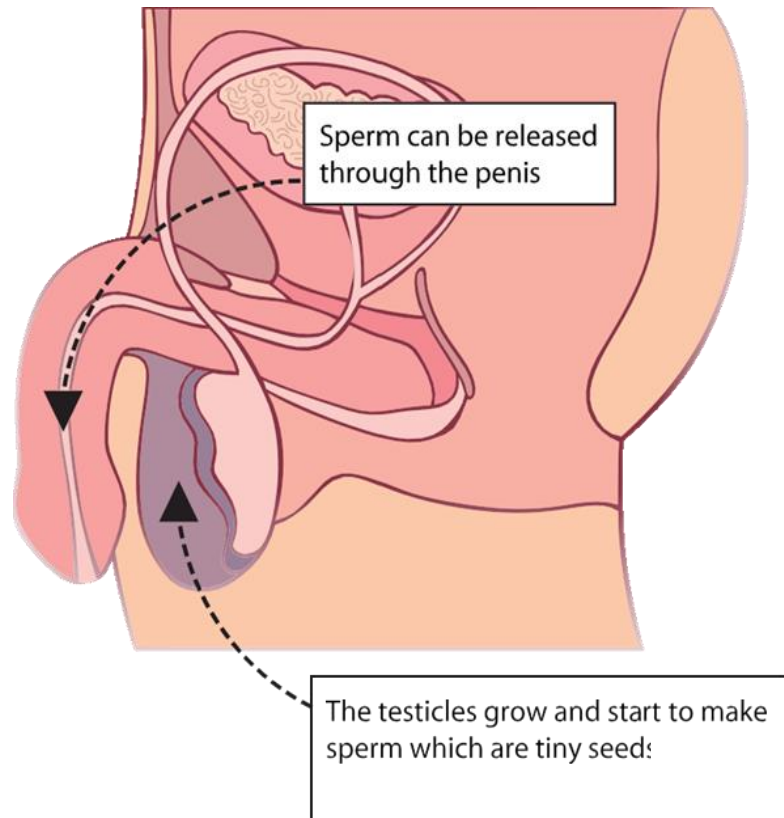
- ❖ Describe how boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally
- ❖ Understand that puberty is a natural process that happens to everybody and that it will be OK and address some of the worries they may have

Puberty for boys continued

- ▶ Lesson content:
- ❖ The role of testosterone influences puberty in boys and puberty in boys usually starts around 12, but sometimes earlier and sometimes later.
- ❖ Boys testicles grow and make sperm. The boys penis gets bigger, outside body changes such as growing body hair(including facial hair, pubic hair and sometimes hair on the chest, legs and arms). Boys also may get taller and there will be a deepening of the voice.
- ❖ Changes are individual and boys should not compare themselves with someone else.
- ❖ It is 'normal' for boys and men to get 'wet dreams' at night where a tiny amount of fluid called sperm and semen leak out of the penis.
- ❖ Identifying truths and myths about puberty.

Puberty for boys

- ▶ An animated drawing of the boys organs are shown to support the scientific explanation of the changing adolescent body.



Vocabulary

The vocabulary used in this lesson includes

- ▶ Puberty
- ▶ Sperm
- ▶ Semen
- ▶ Testicles/Testes
- ▶ Erection
- ▶ Wet dream
- ▶ Larynx
- ▶ Facial hair
- ▶ Growth spurt
- ▶ Hormones

The teaching of Babies - Conception to Birth

- Children will be taught that puberty is part of the human life cycle. It is the process of growing into an adult and becoming able to reproduce.
- The children will learn that life begins when sperm joins with an egg in the fallopian tube and fertilises the egg.
- The children will be taught how a baby develops from conception through the nine months of pregnancy and how it is born.
- The biological vocabulary associated with body parts have been taught in previous years ensuring children know the names of the private parts of their body.

Vocabulary

The vocabulary used in this lesson includes

- ▶ Head
- ▶ Body parts
- ▶ Fertilises
- ▶ Pregnancy
- ▶ Belly
- ▶ Womb
- ▶ Embryo
- ▶ Foetus
- ▶ Placenta
- ▶ Umbilical cord
- ▶ Belly button
- ▶ Labour
- ▶ Vaginal opening
- ▶ Contractions
- ▶ Cervix
- ▶ Fluid
- ▶ Hair
- ▶ Heart
- ▶ Blood
- ▶ Midwife

The teaching of babies - conception to birth

- The teaching of Babies – Conception to Birth is taught in an age appropriate way giving children an understanding of why the body changes as they meet puberty.
- As with the teaching of puberty, conception to birth is taught within a framework where sensitive discussions can take place. At the beginning of each lesson the 'Jigsaw Charter' will be promoting respect and reinforcing how we work together.
- The teaching of conception is non-statutory.

The teaching of babies - conception to birth

Why teach Babies – Conception to Birth?

- We believe that knowledge empowers and protects children as long as it is age-appropriate. We prepare children with accurate knowledge about puberty and human reproduction before they transfer to secondary school.

The teaching about Girlfriends and Boyfriends

- ▶ The children will be taught to understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend.
- ▶ To understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that no one should feel pressured into doing something they don't want to.
- ▶ The importance that there is no expectation for everyone to be dating and just because others are, it doesn't mean that they have to.
- ▶ The children will be taught about the legal implications of sexting.

Lesson: Real Self and Ideal Self

The focus of learning will be;

- ▶ Self-esteem
- ▶ Negative body-talk
- ▶ Choice Feelings/emotions
- ▶ Challenge
- ▶ Mental health

The learning intentions are

- To be aware of the importance of a positive self-esteem and what can develop it.
- express how feelings about self-image and know how to challenge negative 'body-talk'.

Learning about Transition

- ▶ This relates to a lot of the learning that the children have engaged with this year relating to going off to secondary school.
- ▶ The children will consider what they are looking forward to as they move as well as strategies to prepare for new beginnings.

To conclude:

- ▶ This slideshow should be read in conjunction with the school's RSHE policy which can be found on the school website.
- ▶ The teaching of the Changing Adolescent Body is an important part of your child's education.
- ▶ The teaching of babies – conception to birth is not statutory so you can request to withdraw your child from this lesson.
- ▶ Requests for withdrawal should be put in writing to the Headteacher on the form found in Appendix 3 of the RSHE policy and returned to Mr Norton.

Finally:

I hope that you have found this slideshow useful by setting out the teaching of the changing adolescent body, and that any concerns that you may have had are allayed, as the teaching of Relationships, Sex and Health Education is in the best interest of your child's lifelong learning

If you have any questions, please email the school at office@alexandra.hounslow.sch.uk and someone will get back to you.