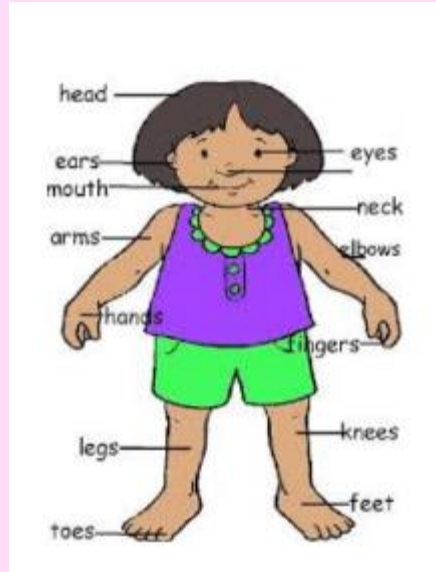


Relationship and Sex Education

- Year 4

- Lesson 1
of 4

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.**





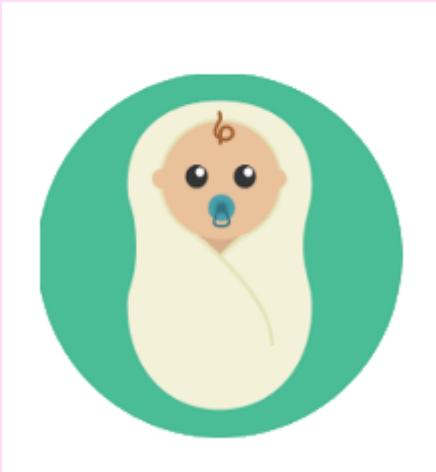
Relationship and Sex Education



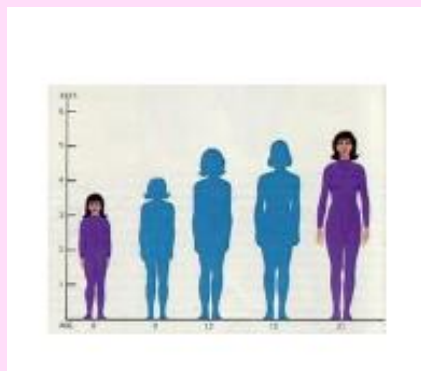
Year 4

Learning journey:

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



Relationship and Sex Education



Year 4 Lesson 1

- **What happens to my body as I grow and change from a child to a grown up?**

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



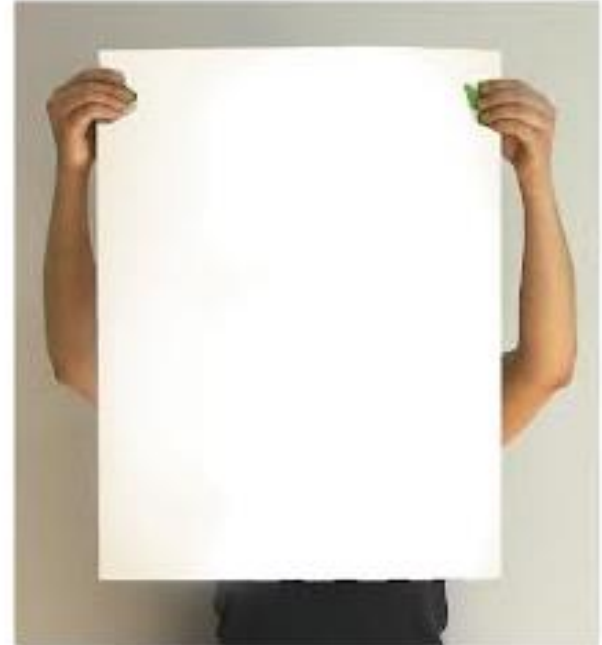
- Listen
- Try to join in
- Be respectful
- Encourage others
- No personal questions

Use scientific language for personal and private parts of the body

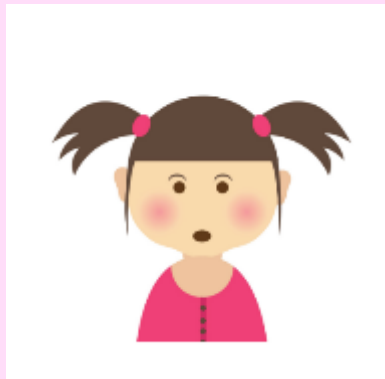
Think about what you share



Question Box and Thought wall



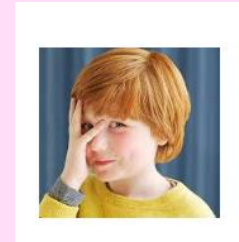
How do you feel?



- Learning about how 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?**



Coping with embarrassment



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**

Grounding Exercise

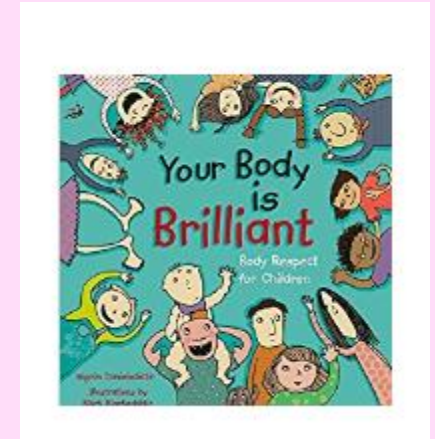
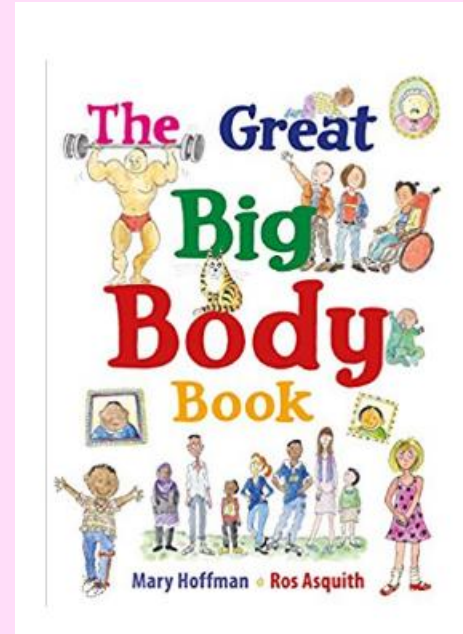
Name 3 things

	you see
	you smell
	you hear
	you feel

Breathe in and out slowly 3x

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!

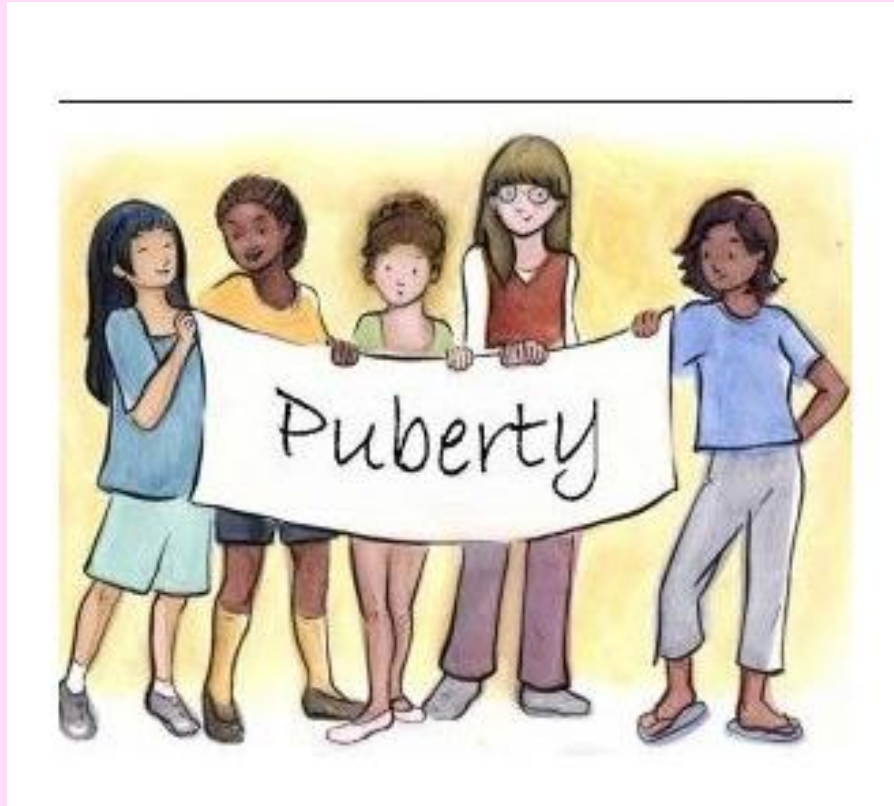


- Testicles
- Scrotum
- Vulva
- Breasts
- Nipples
- Vagina
- Anus
- Clitoris
- Penis

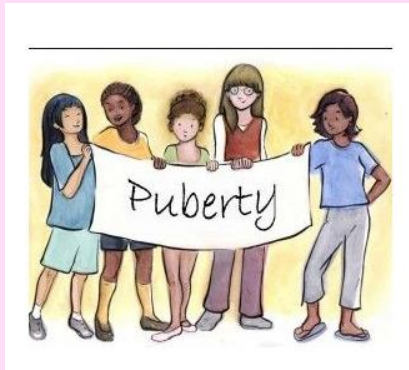
Recap:

- 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.

Puberty



- **Can you explain this word?**

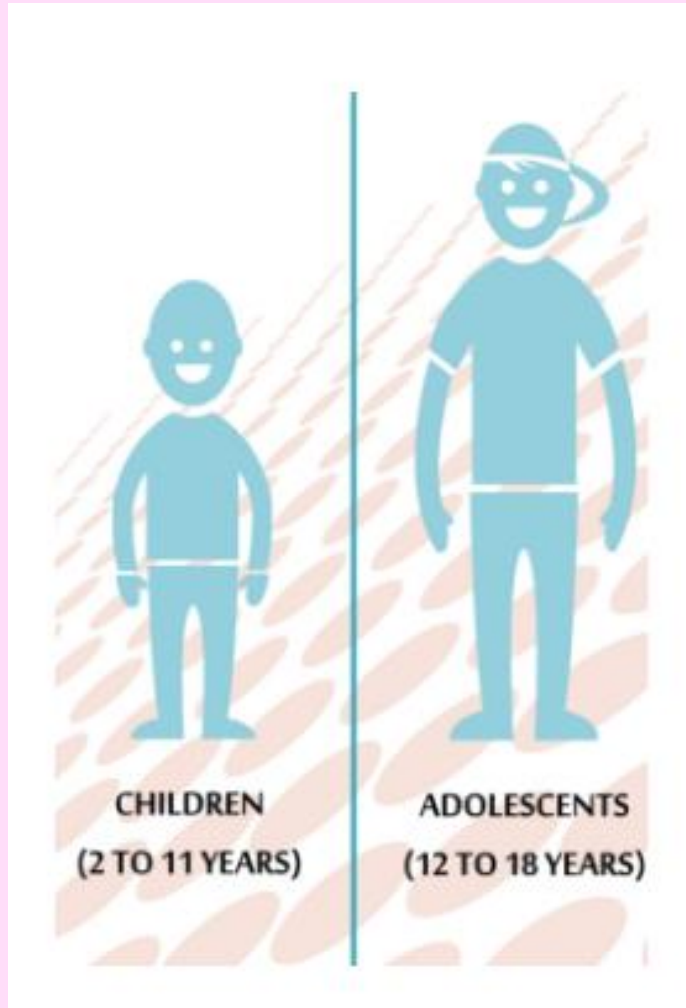


Puberty



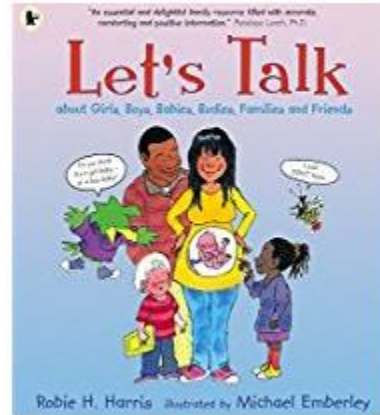
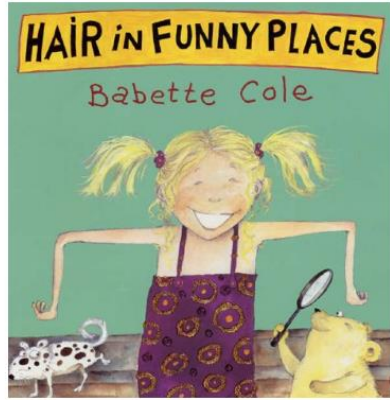
- **Apart from a child's first year, puberty is a time when a child grows the most.**
- **These changes begin when a part of the brain starts sending out hormones**
- **These changes will affect how a person looks and feels**
- **When this begins varies but it is usually around 8-10 for most girls and 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

Face

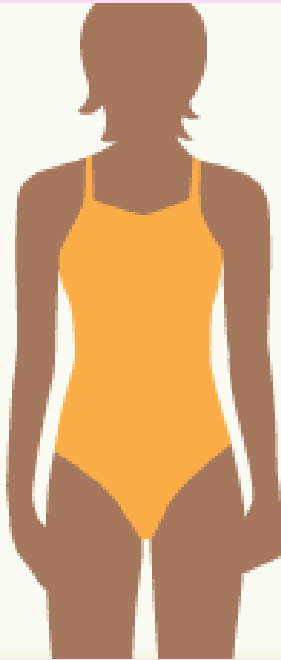
You may get pimples.

Sweat

Your armpits sweat.

Menstruation

Your period begins.



Puberty: What Happens?

Height

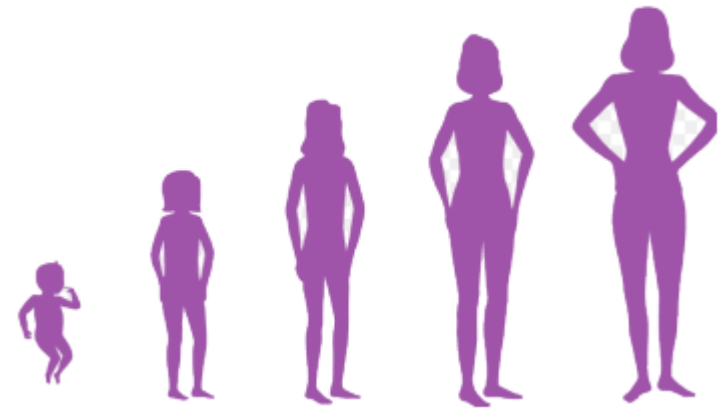
You get taller.

Breasts

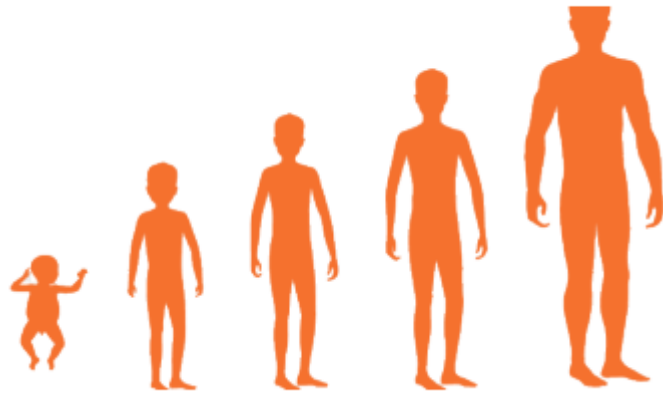
Your breasts grow.

Hair

Hair grows in your armpits, on your legs, and between your legs.



Puberty for most boys



Height

You get taller.

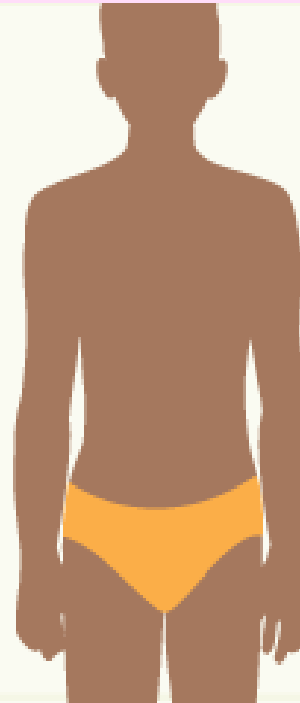
Face

You may get pimples.

Privates

Your penis and testicles get bigger.

sperm
production



Puberty: What Happens?

Voice

Your voice deepens.

Sweat

Your armpits sweat.

Hair

Hair grows on your face, arms, legs, chest, armpits, and between your legs.





What is a period?



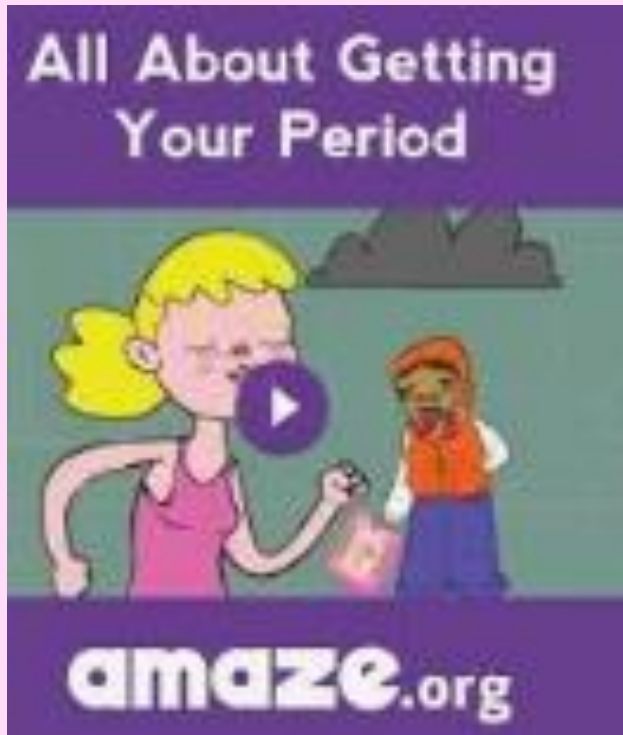
- A period is short for menstrual period.
- It's the time each month when most girls will experience a small amount of blood which flows out of their uterus or womb through their vagina.
- This lasts for 3- 5 days.
- The liquid is absorbed by a pad worn in a girl's pants.
- This is a normal part of growing up and periods are a sign of good health. It also means that most girls can choose to have a baby as a grown up.

All about periods and growing up!

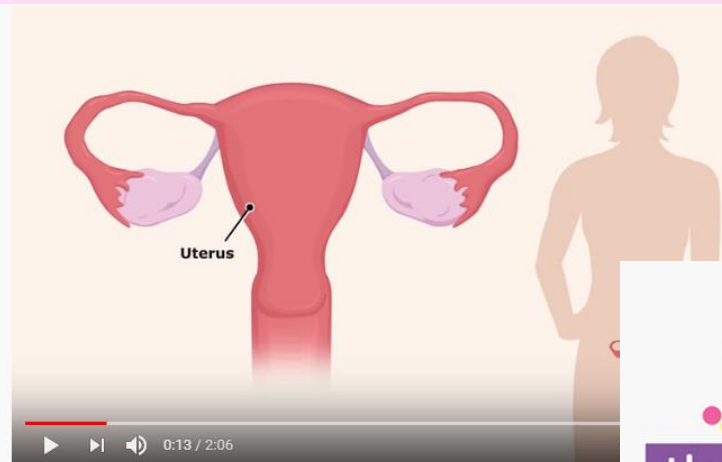




What is a period?



- Watch one of these film clips to grow your knowledge



The Menstrual Cycle

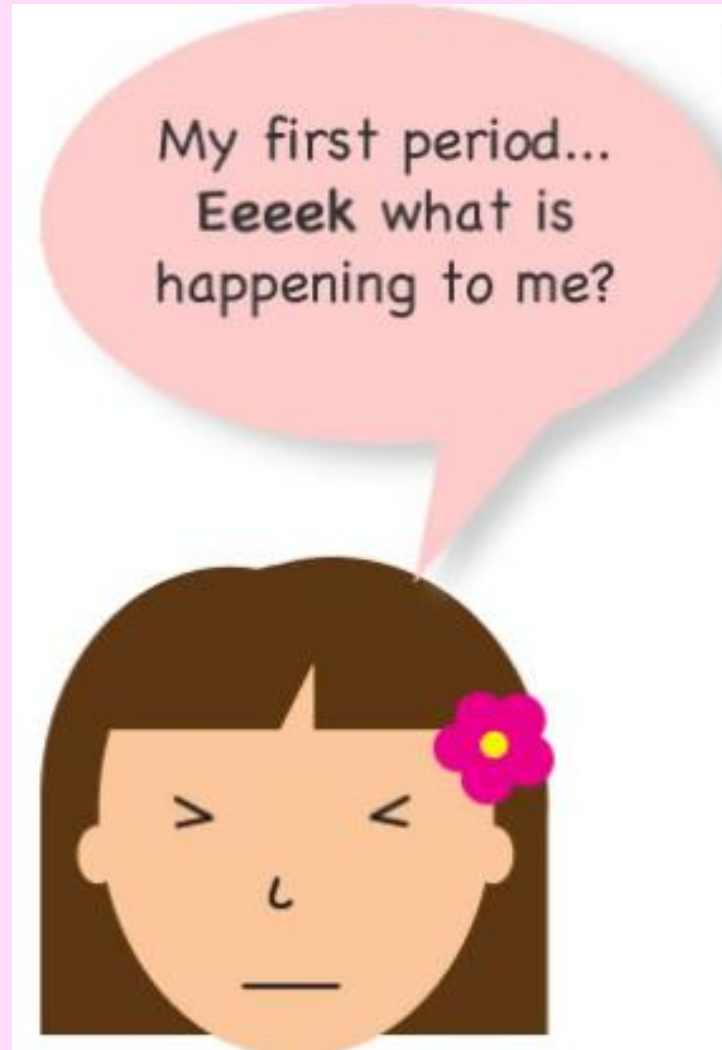




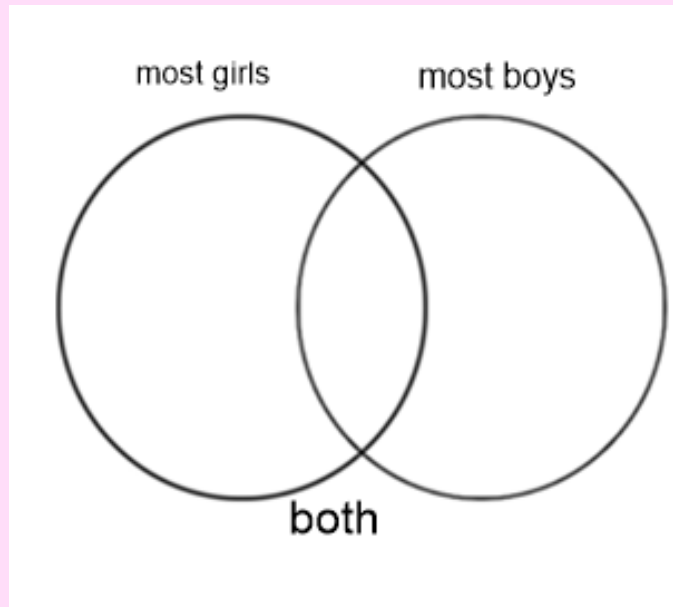
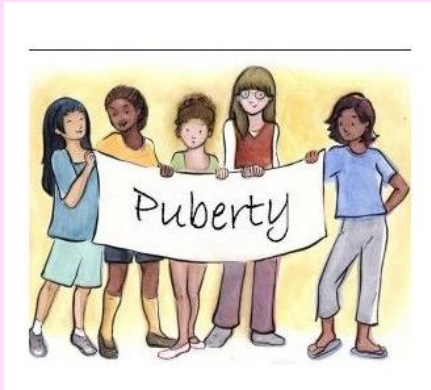
Being period positive



- **Why might someone feel like this?**
- **What could we do or say to help?**



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

How do children grow and change?

What have you learnt?



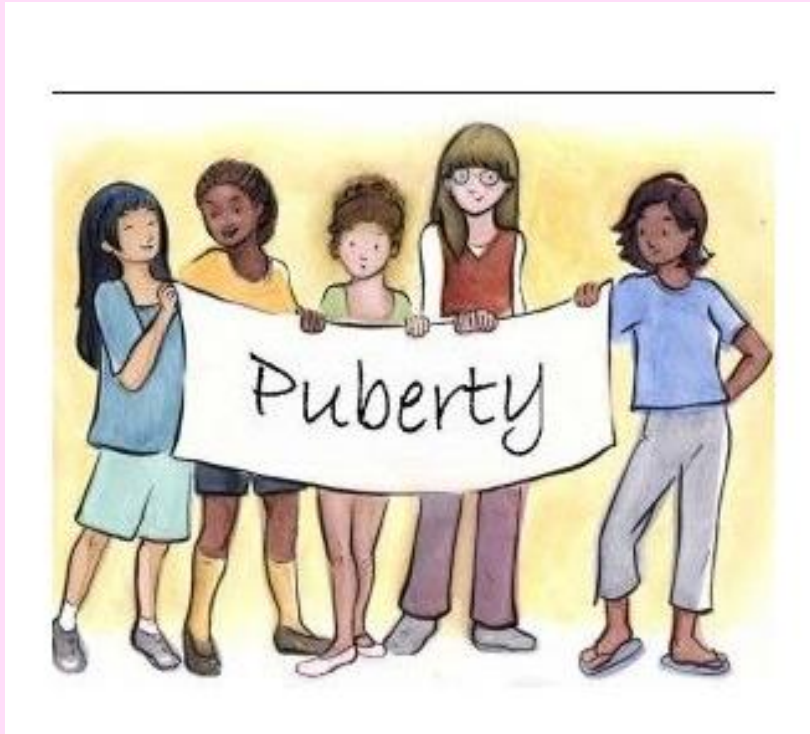
- Using a different colour pen add any new learning about how most children's bodies grow and change into young adults



- Think about:
- What happens on the outside and inside of the body?
- Feedback



What happens for most girls and most boys at puberty?



- **Any questions?**



Unique you !



YOU ARE
AMAZING!

- 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

Brilliant bodies!

Celebrate your brilliant growing body with some dancing!



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



It's OK 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

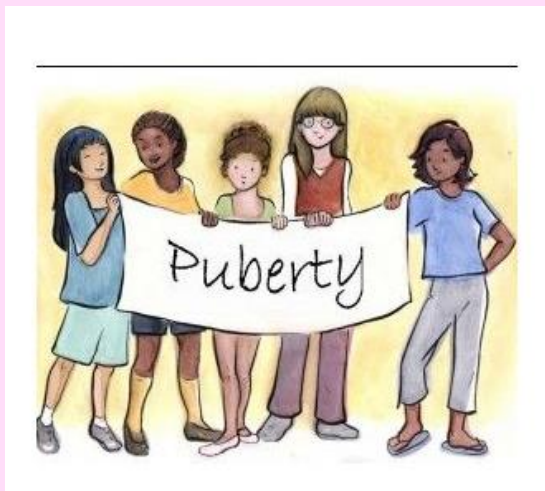
- Lesson 2 of 4

Relationship and Sex Education



Year 4 Lesson 2

- How do the changes at puberty affect how young people might feel?





Relationship and Sex Education



Year 4

Learning journey:

-
- **How do I grow and change into a grown up?**
- **How do the changes at puberty affect feelings?**
- **What friendship skills do I need as I grow and change?**
- **How do human babies and families begin?**



Relationship and Sex Education



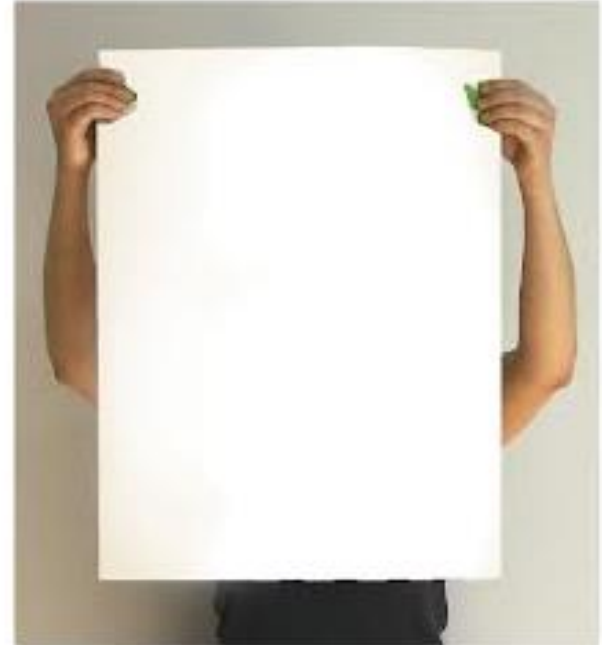
- How can we make sure everyone feels safe, valued and included in these lessons?

Our community agreement for Relationship and Sex Education

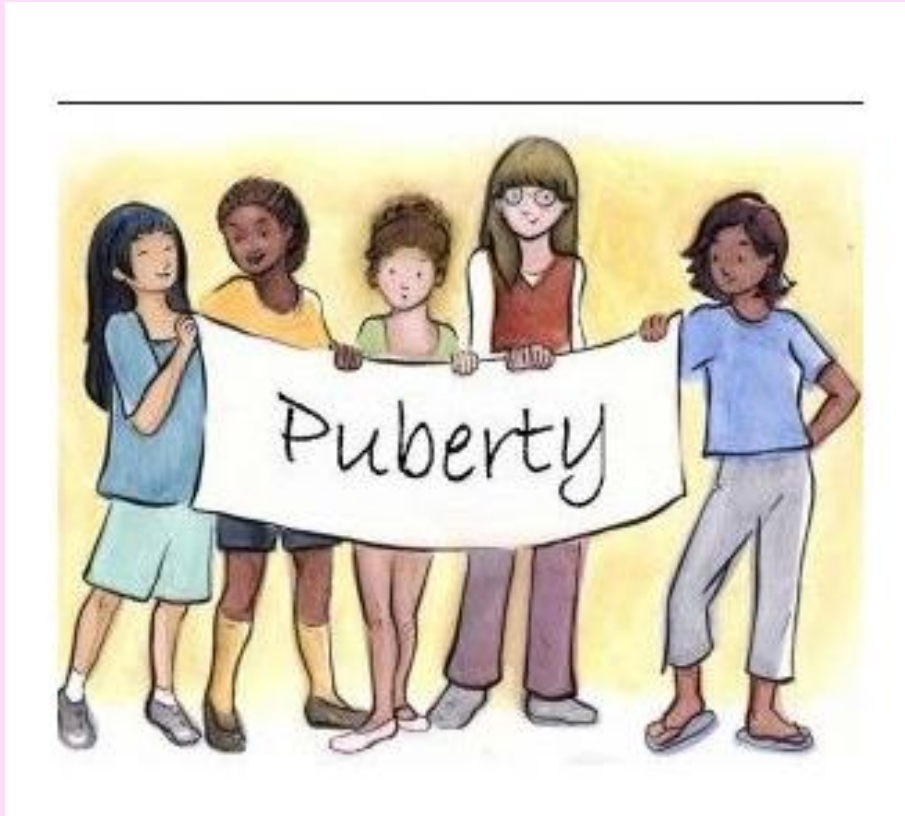


- Listen
- Try to join in
- Be respectful
- Encourage others
- No personal questions
- Use scientific language for personal and private parts of the body
- Think about what you share

Question Box and Thought wall



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

Face
You may get pimples.

Sweat
Your armpits sweat.

Menstruation
Your period begins.

Puberty: What Happens?

Height
You get taller.

Breasts
Your breasts grow.

Hair
Hair grows in your armpits, on your legs, and between your legs.



Height
You get taller.

Face
You may get pimples.

Privates
Your penis and testicles get bigger.

Puberty: What Happens?

Voice
Your voice deepens.

Sweat
Your armpits sweat.

Hair
Hair grows on your face, arms, legs, chest, armpits, and between your legs.



sperm production



How do you feel?



scared worried not sure ok excited can't wait

- **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
- Is my body normal?
- I don't think I'm like other girls and boys
- Will I still have the same friends as I go through puberty?

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.**



Let's grow some body confidence!



Keeping healthy



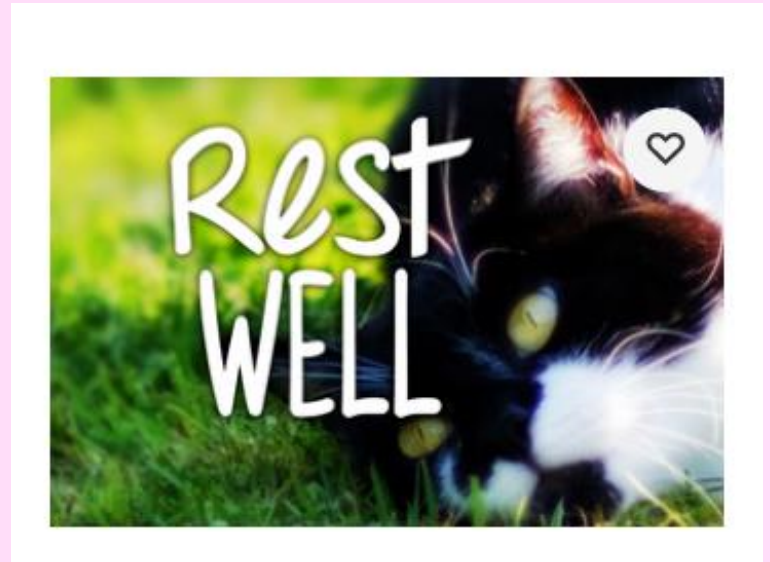
- What do we need to keep us healthy as we grow and change?
- Even if you are growing up it is still ok to talk over changes and to ask for help whenever you need to

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-Ovp4lpSpQ>

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.

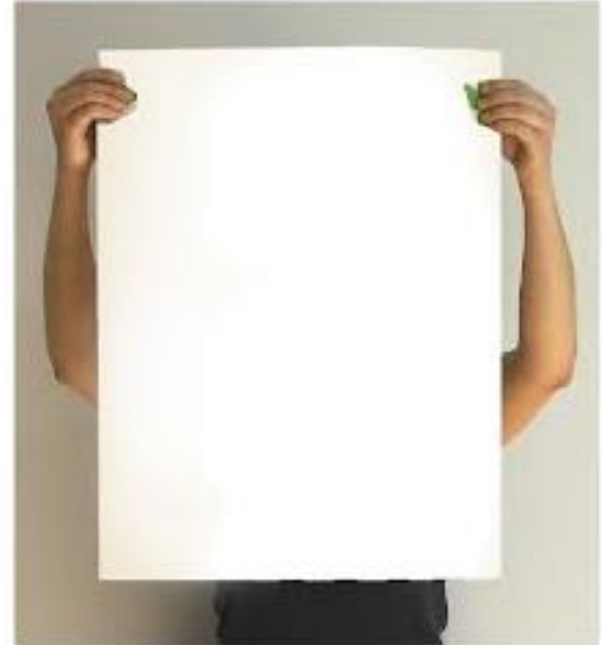


Relationship and Sex Education

- Year 4

- Lesson 3 of 4

Question Box and Thought wall



Relationship and Sex Education



Year 4 Lesson 3

**What
friendship
skills do I need
as I grow and
change?**





Relationship and Sex Education



Year 4

Learning journey:

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



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

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

Face
You may get pimples.

Sweat
Your armpits sweat.

Menstruation
Your period begins.



Puberty: What Happens?

Height
You get taller.

Breasts
Your breasts grow.

Hair
Hair grows in your armpits, on your legs, and between your legs.

Height
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Face
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Privates
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sperm production



Puberty: What Happens?

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Your voice deepens.

Sweat
Your armpits sweat.

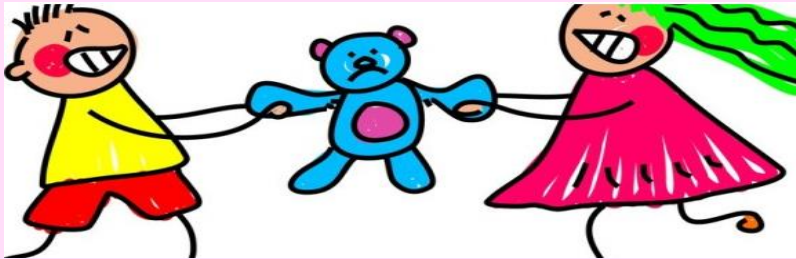
Hair
Hair grows on your face, arms, legs, chest, armpits, and between your legs.

Growing growing up skills



- As children grow and change not only do their bodies change but also how they look after and grow their friendships changes too

Friendship changes as you get older



- Do you agree or disagree?



- Think about:
- How do you cope with difficulties in friendships
- How do you look after your friends?

How can we show friends that we care ?

- **Smile**
- **Look pleased to see a friend**
- **Say something nice**
- **Spend time together**
- **Ask what they would like to do**
- **Compromise in games**
- **Say hello, ask some friendly questions**
- **Other idea ?**



In pairs:

Talk about what you think shows someone cares about their friend.

Choose from the list or think of your own idea

Can you explain your choice – using the word 'because'



Growing growing up skills

- Think about:
- How to problem solve and keep everyone feeling safe and happy.



Friendship scenarios:

- Sharing who is 'on' in games of it
- A new person joins the class and your friendship group
- Best friend leaves the class
- Sharing friends
- Deciding who chooses a game at playtime
- Each group feeds back an idea

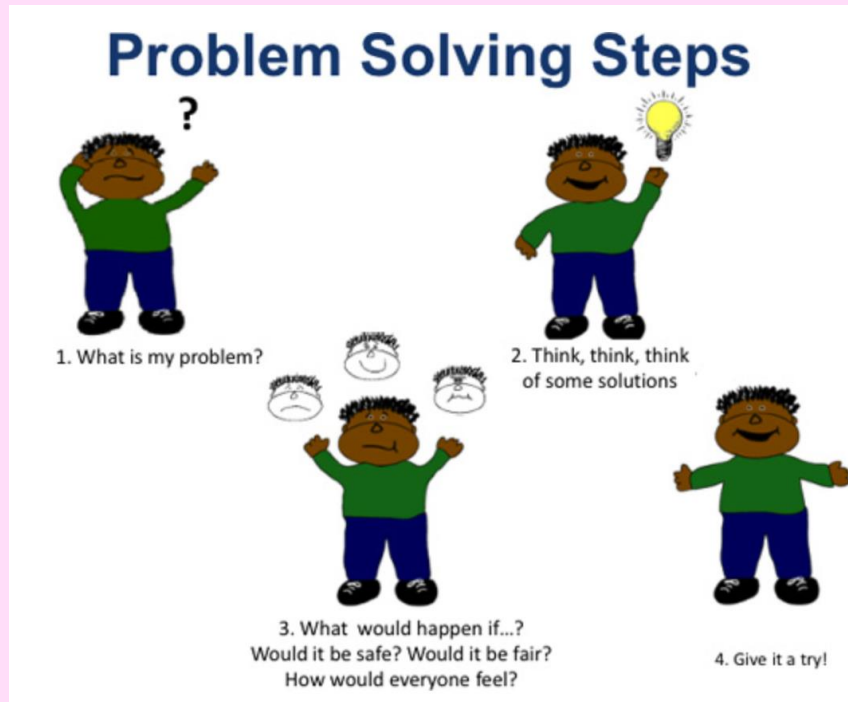
Growing growing up skills



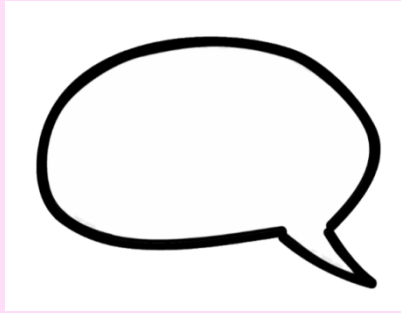
In pairs/small groups talk about your friendship scenario.

Think about:

- **How to problem solve and keep everyone feeling safe and happy.**



What can we say or do to help solve friendship ups and downs



- Would it help if...
- I feel...
- I wonder if..?
- Next time could we..?
- Listen without interrupting
- Keep calm
- Forgive
- Any other ideas?

Growing growing up skills

The GoNoodle logo, featuring the word "GoNoodle" in a bold, black, sans-serif font. The "o" is stylized with a small circle inside it.The "think about it" logo, featuring the words "think" and "about it" in a green, lowercase, sans-serif font. The word "think" is positioned above "about it". There are three small yellow flower icons: one above the "i" in "think", one above the "t" in "about", and one above the "t" in "it".A black and white photograph of a sign that reads "Forgive OTHERS". The word "Forgive" is in a large, white, cursive font, and "OTHERS" is in a smaller, white, sans-serif font. The background is dark and blurry, with some warm, orange light visible at the bottom.

- How can forgiving others help in a friendship?

- <https://app.gonoodle.com/activities/forgive-others?s=Search&t=Think%20about%20it>



When do you think you would need to ask a grown up for help with friendship ups and downs?



**ITs Ok
TO ASK
FOR
HELP**

What friendship skills do you need as you grow and change?



Have you grown your friendship skills today?

- **How you cope with difficulties in friendships**
- **How you look after your friends**





**What could you
do today to
make this a
happy
friendship day
in your class
community?**

Hopes and dreams about growing up



**Finish the
sentence:**

**I am looking
forward to ...**

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.



Let's share a story or watch this short film about friendship



- <https://app.gonoodle.com/activities/be-a-good-friend?s=Search&t=friend>

Relationship and Sex Education

Year 4

• **Lesson 4
of 4**

Relationship and Sex Education



**...happier,
healthier, and
safer lives,
now and in the
future.**



Relationship and Sex Education



Year 4

Learning journey:

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



Relationship and Sex Education



Year 4 Lesson 4

- How do human babies begin?
- What are the different ways that families begin?



Relationship and Sex Education



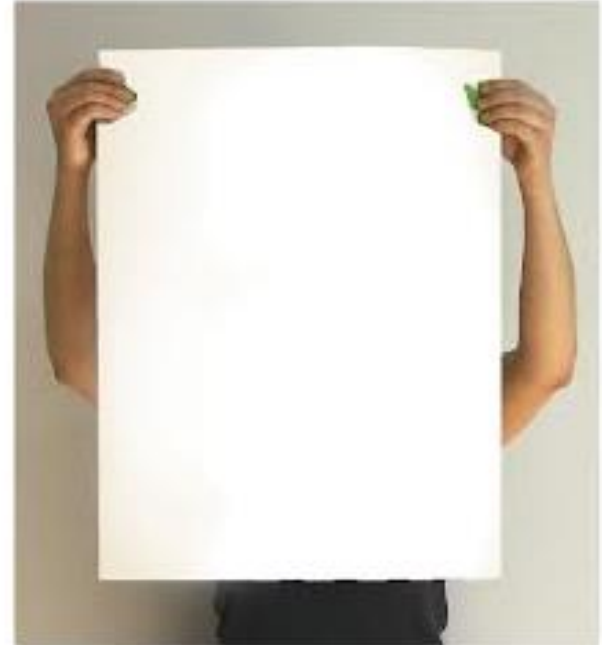
- How can we make sure everyone feels safe, valued and included in these lessons?

Our community agreement for Relationship and Sex Education



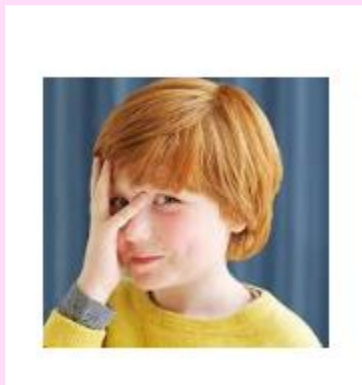
- Listen
- Try to join in
- Be respectful
- Encourage others
- No personal questions
- Use scientific language for personal and private parts of the body
- Think about what you share

Question Box and Thought wall





How do you feel?



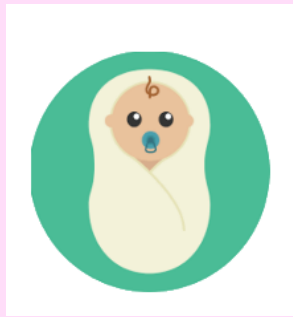
- Learning about **how babies begin** will help us build our knowledge about ourselves and help to keep us safe.
- **What can we do if we start to feel embarrassed?**



Coping with embarrassment



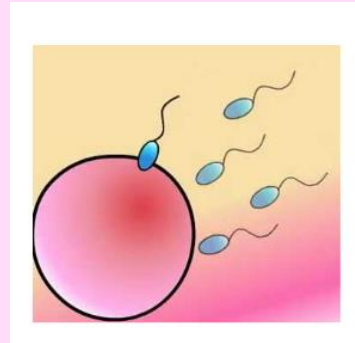
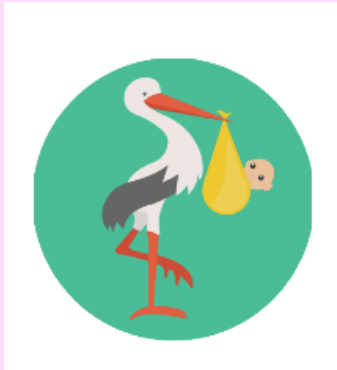
- Take three slow calming out breaths
- Say to your self: this feeling will pass
- Remind yourself of the reasons for this learning
- Try a grounding technique



How do babies begin?

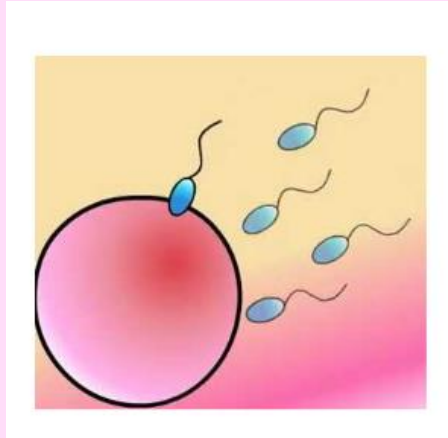
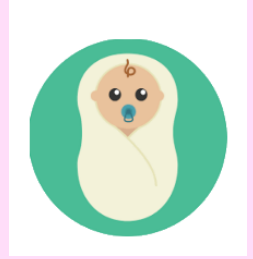


- **With a partner visit the different pictures in the room.**
- **What do you think?**
- **Why are there these stories about how babies are made?**
- **Why do you think it is important to know how babies really start?**

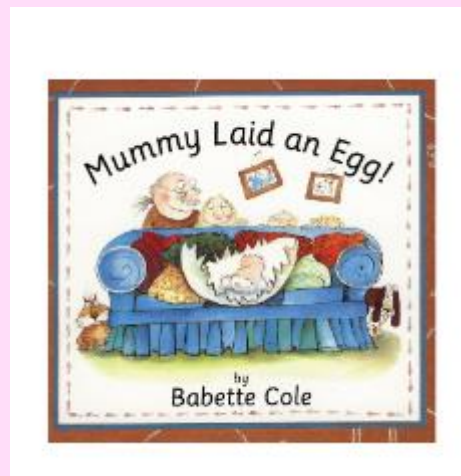




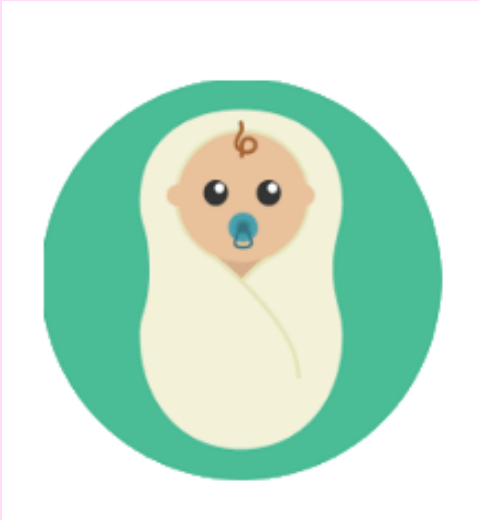
How do human babies start?



- What did you find out about in our lessons about puberty?
- What do you think might be a link between knowing how human babies start to how our bodies grow and change?



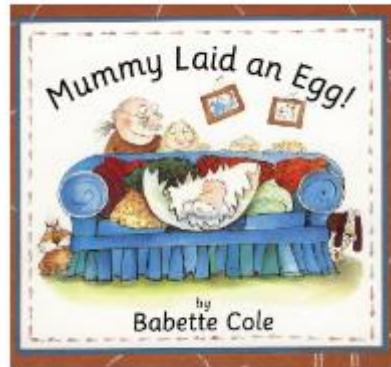
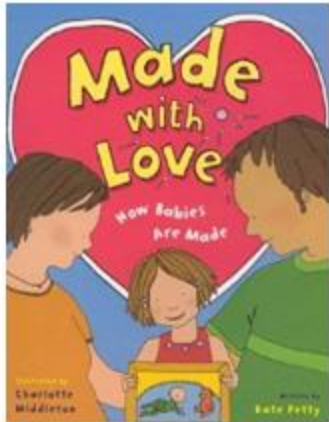
How do human babies begin?



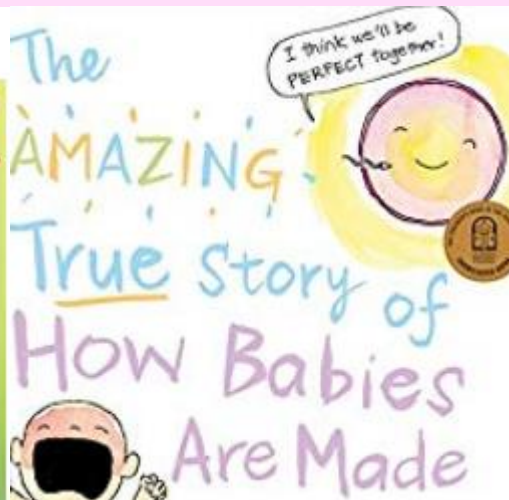
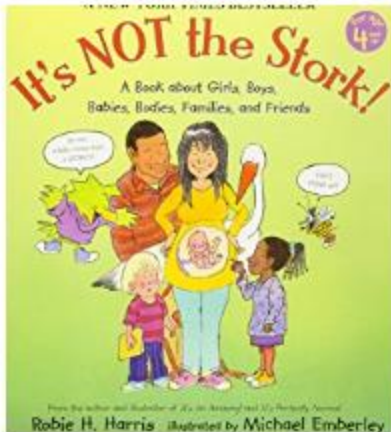
- Talk with your partner.
- Record:
- What you are **sure** that you know about how human babies start?
- What you are **not sure** about how human babies start?
- **Any questions? What would you like to know more about?**
- **Share and Feedback**



How do human babies begin?



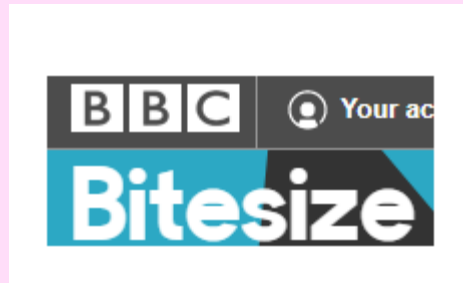
- Read excerpts from texts like:
- Mummy Laid an Egg
- Made with Love
- Let's talk series



- Or watch episode 1
- Amazingbabies.tv
- Any questions?

Growing our understanding about how human babies begin?

- What do all human babies need to start growing?



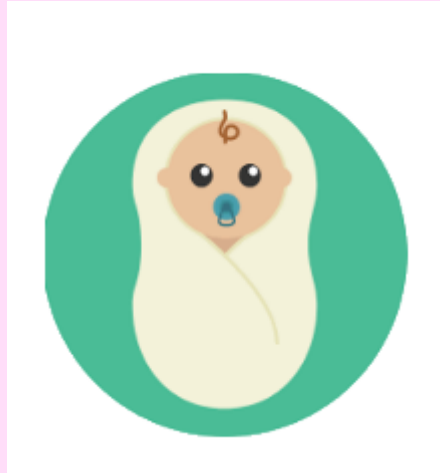
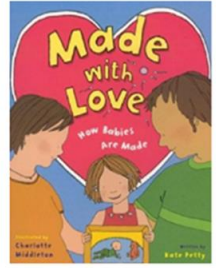
Human reproduction

Duration 01:03



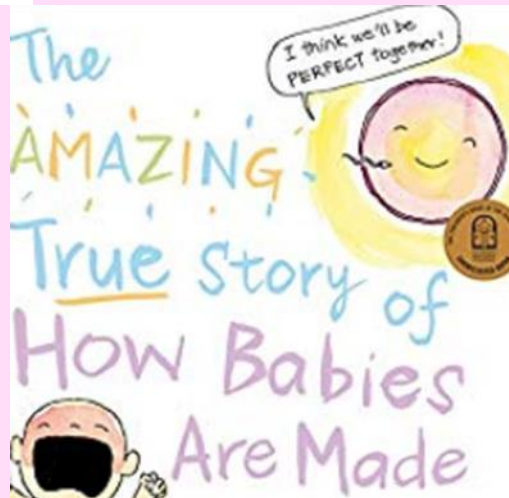
- <https://www.bbc.co.uk/education/clips/zpmqxn timer>

How do human babies begin?

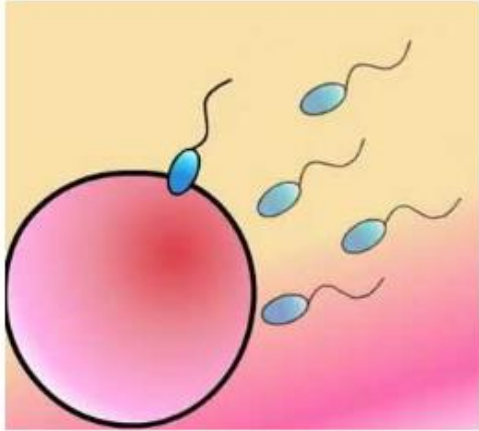


Using a different coloured pen add in anything you have learnt today about how human babies begin.

Record any questions.



Do all babies start in the same way?



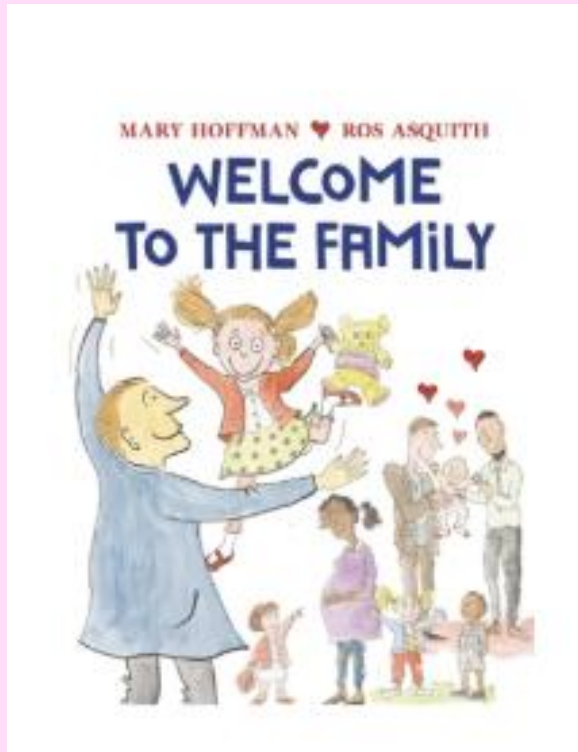
- What do all human babies need to start growing?
- Do babies all join families in the same way?





Welcome to the family

Read from:
Welcome to the family

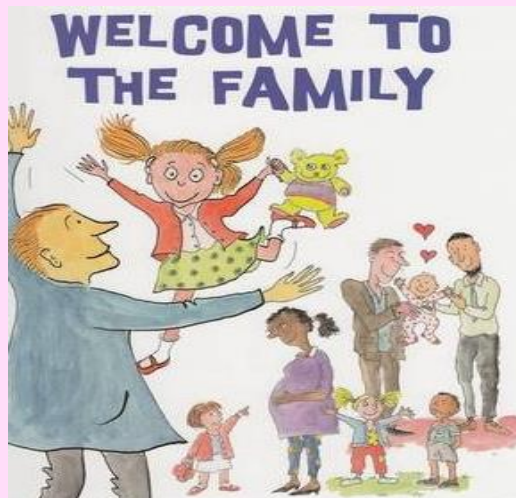


- Can you list all the different ways a family can grow?
- Teacher scribe





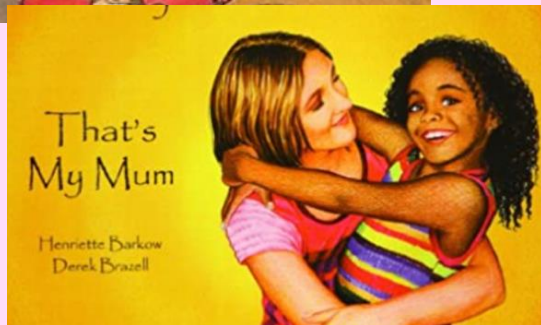
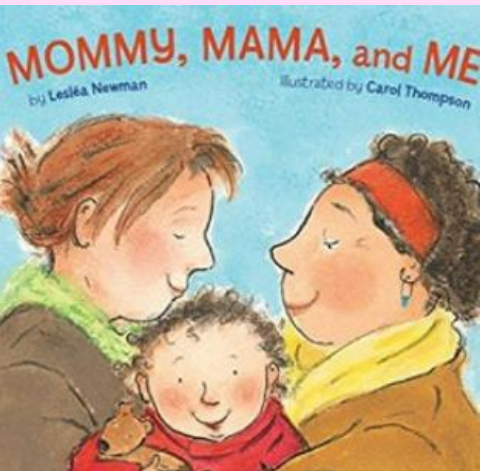
Families grow in lots of different ways



- Two people love each other and want to have children
- Sometimes a child is adopted into a family
- Sometimes children can't stay with their birth parents all of the time and so they live in a foster family
- Some families have two mums or two dads and have donor eggs or sperm to grow a baby
- Some families have help from the doctors to have a baby
- Some families grow when a mum or a dad finds a new partner and the children of two families come together

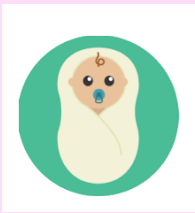


Welcome to the family however you got there!



All equal all different





Real babies rock!



- In 2 or 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.

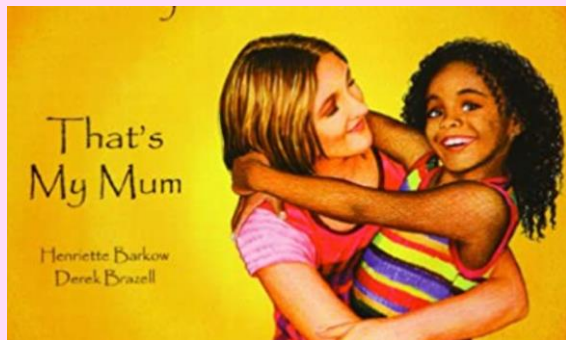
My question:

Let's celebrate our families!

- Let's sing !





Sister Sledge
We are Family



<https://www.youtube.com/watch?v=F6LYOfeSWNM>

Let's celebrate our families!

All our families are unique.
How will you show your family in art?



Look at the work of these artists
to see if you can get some new ideas...

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

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



It's OK 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"