

Relationship and Sex Education

Year 5

• **Lesson 1
of 4**

Relationship and Sex Education



- **Talk with your partner:**
- **What do you remember about these lessons from Year 4?**
- **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



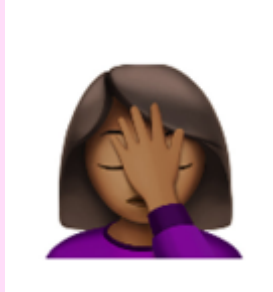
Year 5 Lesson 1

- What is embarrassment?
- What can cause embarrassment?
- What are some strategies to manage ups and downs in friendship?
- Why is trust important in friendship?



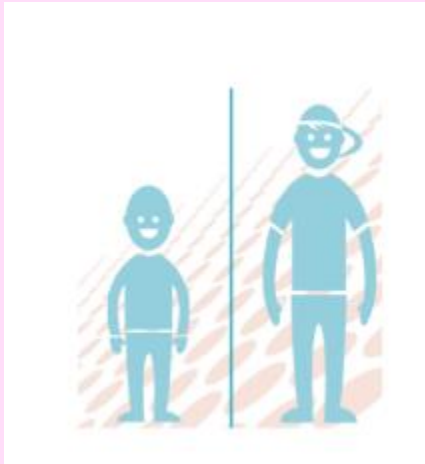


Relationship and Sex Education



Year 5 Learning journey

- **What is embarrassment ?**
- **Growing friendship skills in managing ups and downs**
- **What is puberty?**
- **Growing confidence to talk and ask questions about puberty**
- **Keeping healthy during puberty**



Relationship and Sex Education

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



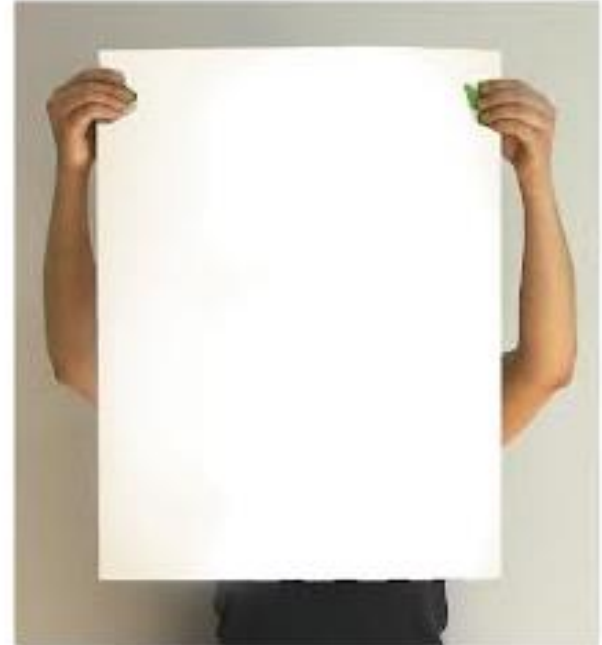
Our community agreement for Relationship and Sex Education



- 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



Relationship and Sex Education

Talk with your partner:

- **What do you think these lessons will be about in year 5?**
- **Do you think these lessons will be different as you are older?**



How do you feel?



- Learning about Relationship and Sex education will help us build our knowledge about ourselves and help us to learn skills to keep us safe.
- How do you feel about these lessons?
- What feelings might some children have?

Let's warm up our thinking

How is this
character
feeling?

What are the
clues?

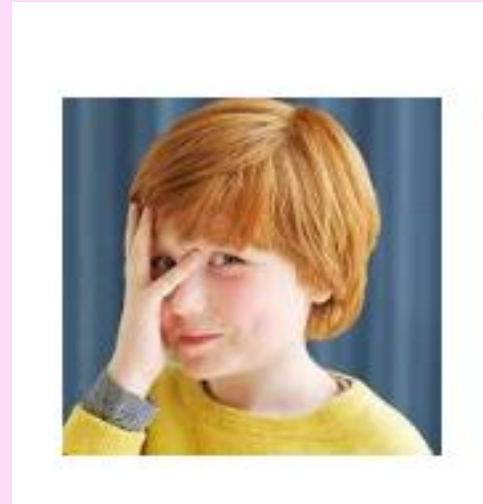
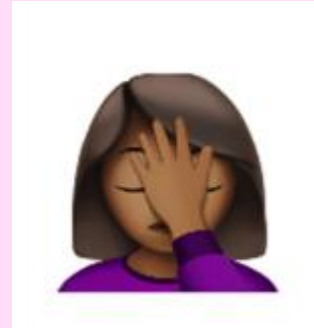
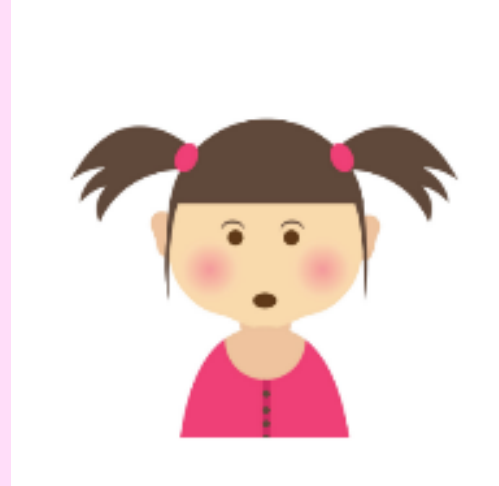
Watch this film clip:

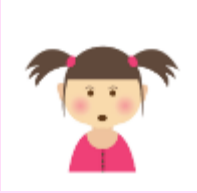
[https://www.youtube.com/
watch?v=Yr1wc4khkGM](https://www.youtube.com/watch?v=Yr1wc4khkGM)



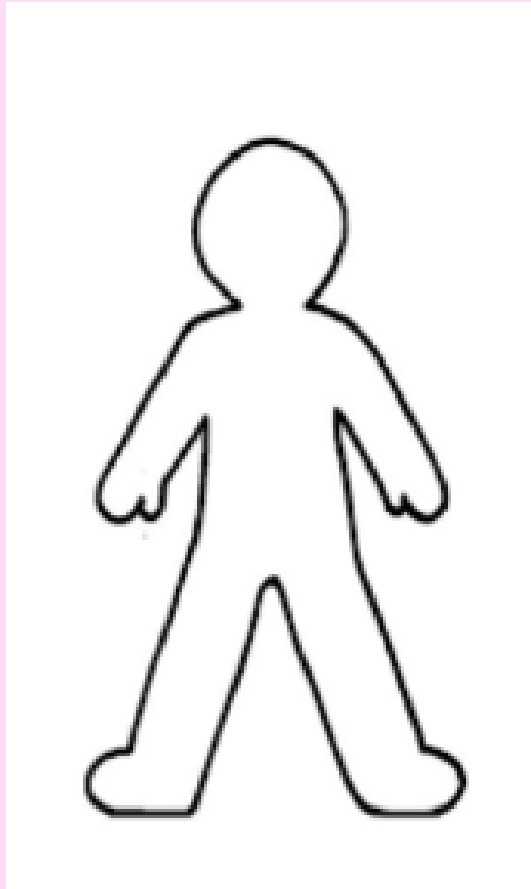
Can you explain the word embarrassment?

- Which words come into your mind when you hear the word embarrassment?
- Which word suggests the most embarrassment and which the least?
- What is the opposite feeling?





Embarrassment



- **What are the body signs of embarrassment?**
- **Is this the same for everyone?**
- **What might someone say or do if they feel like this?**
- **Is this a feeling everyone experiences?**
- **Any top tips for managing this feeling?**

Coping with embarrassment



- Take three slow calming out breaths
- Say to your self: this feeling will pass and let the feeling go
- Try a grounding technique
- Your idea?



Trust is the most important part of friendship



Do you agree or disagree?



Can you give a reason?



Sometimes friendship has ups and downs.

Sometimes Year 5 age children feel embarrassed when they are with a friend.

Can you think of any reasons why this might happen?



Millie's friend joins in laughing at her when she trips over in front of her class.

Jamal has shared some of his worries with his close friend. He finds out that his friend has told some of his classmates and they are whispering and staring at him.

Finn has posted a photo online and some people have put some mean comments and his friend has liked these comments.

Growing our friendship skills:

Friendship and embarrassment scenarios

In pairs: choose a scenario and think about what the person could say or do to manage this situation.

Managing friendships ups and downs

What could you do ?

**Take three slow
calming out breaths**

**Think about what you
want to say**

**Talk to your friend
about how you felt**

What could you say ?

**`I didn't like it
when...**

**` I felt embarrassed
when...**

**`Next time could you
...**





If a year 5 child felt let down and embarrassed by their friend's choices –this is mean behaviour and needs some action.

What would you suggest they safely say or do?



When would this mean behaviour become bullying behaviour?

**Friendships ups
and downs happen.**

**Most friends can
find positive ways
to sort out a
problem and move
on.**

**Watch these film
clips and reflect on
how to be a good
friend and also how
to forgive.**



Final words

Take it in turns to
say **one word**
about what is most
important in
friendship.



Here are some
suggestions:

Trust Loyal Fun

Kind Honest Supportive



Where to get help

It is ok
to ask
for help



"We can talk with
someone about
anything, even if it
feels awful or small"



- If you have a question or you want to talk about a worry about friendship after this lesson remember it is ok to ask for help.

Relationship and Sex Education

- Year 5

- Lesson 2
of 4

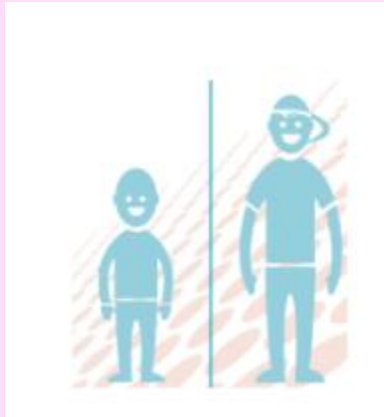


Relationship and Sex Education

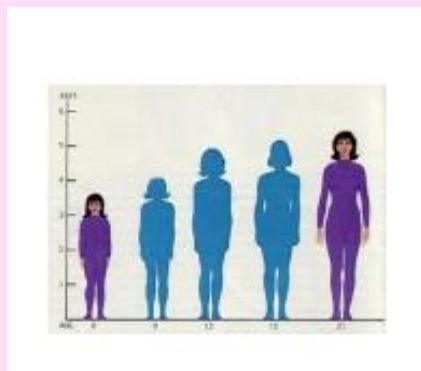


Year 5 Learning journey

- What is embarrassment?
- Growing friendship skills in managing ups and downs
- **What is puberty?**
- Growing confidence to talk and ask questions about puberty
- Keeping healthy during puberty



Relationship and Sex Education



Year 5 Lesson 2

- What does puberty mean?
- How do children grow and change into young adults?

Relationship and Sex Education

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



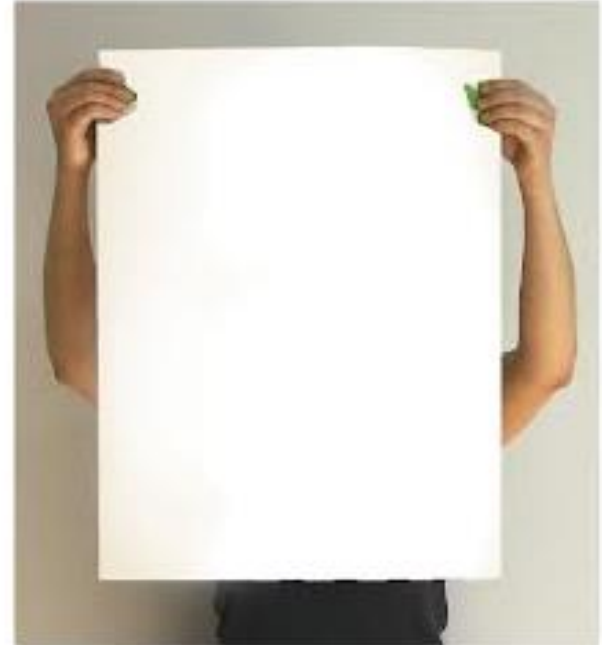
Our community agreement for Relationship and Sex Education



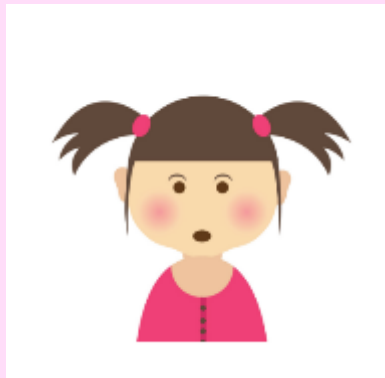
- Listen
- Try to join in
- Be respectful
- Encourage others
- No personal questions
- Use scientific language for personal and private parts of the body
- Think about what you share



Question Box and Thought wall



How do you feel?



- Learning about how most girls' and most boys' bodies change at puberty will help us to build our knowledge about ourselves and help to keep us safe.
- Do you feel differently about this learning now you are older and in year 5?
- What can we do if we start to feel embarrassed?

Coping with embarrassment in RSE lessons



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



Growing body confidence

- Sometimes people find it difficult to talk about changes at puberty, including talking about the personal and private parts of the body
- It is important to grow our body confidence and skills to talk about puberty to keep ourselves healthy, happy and safe
- Personal and private does not mean secret or rude





What is in the bag?



- In this bag are various items connected to puberty.
- What do you predict will be inside?





What is in the bag?



- **Volunteers pick an item out of the bag.**
- **Can you explain how this item is linked to puberty?**
- **Remember it's ok to say if you are not sure.**
- **Class teacher scribe what we know already about puberty.**



Puberty



- Can you explain this word?



Puberty is...



Puberty is a special and exciting time when a child starts to grow and change into a young adult. Puberty is the growing and changing needed for a person to be able to have children as a grown up if they choose to. Puberty is normal and happens to everyone.

Hormones or chemical messengers released in the brain start these changes at about 8 years old and these continue into the teenage years.

Bodies change on the inside and outside and feelings also change a lot.

Height, weight, body shape, size and even smell all change! These changes will be different for everyone as everyone grows at their own rate.

Feelings are a big part of puberty as young people get used to their changing bodies and new experiences as a young adult. Sometimes young people may feel excited, happy, sad, angry or frustrated. Some young people feel moody and their feelings can change very quickly from one mood to another. This is a normal part of puberty.

Body part ping pong

- 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.



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

Puberty for most girls and most boys

- We are going to watch a film about puberty and in particular about the physical and emotional changes that occur in most girls and most boys as they grow older.
- Remember our embarrassment strategies!

Watch film clips from:

Always Puberty education

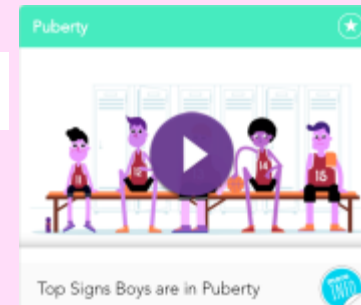


<https://www.youtube.com/watch?v=tKfJ8w7XX6E>

Fast forward from 7mins20 to 10mins18 to use in hygiene lesson

OR:

amaze website





Puberty

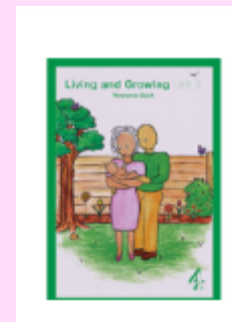
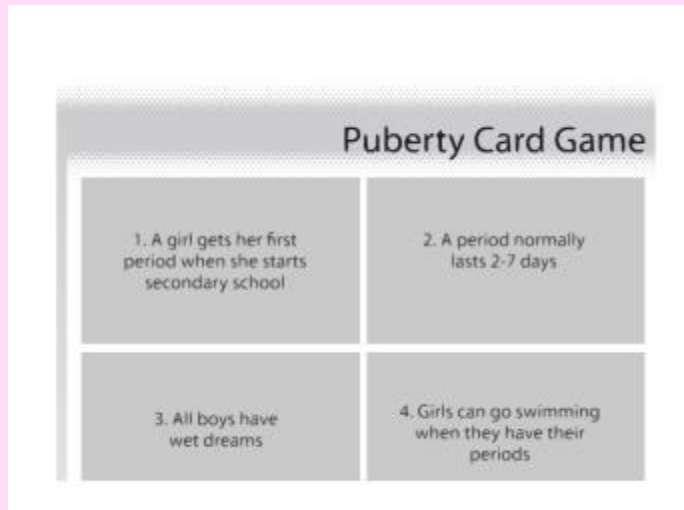


- **What have you learnt from watching the film?**
- **Any questions?**

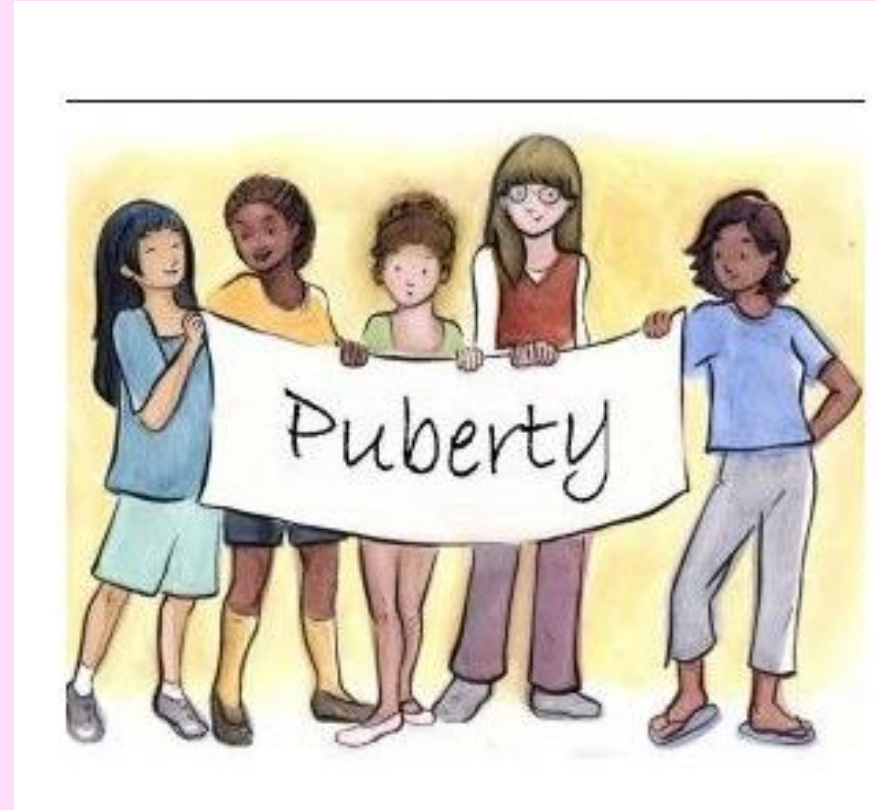


Let's grow our understanding about puberty

- **Grow your knowledge and understanding by doing a quiz with a partner**



What is the link between puberty and human reproduction?



Growing confidence skills

- How could growing confidence skills help children and young people going through puberty?

Watch:



What would you practice?

https://www.youtube.com/watch?v=j2oCP_wk1TA

Growing confidence skills

Believe in
Yourself.



- Remember you can talk about your worries
- Try not to compare yourself to others
- If you feel things are not going right, don't worry you can try again
- Practise whatever you want to be

What have you learnt about puberty?

1

2

3

Puberty postcard!

What do you think is most important to know about puberty?

Record your top three choices on your puberty postcard !



Write a question



Write down a question that **you or a year five 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.



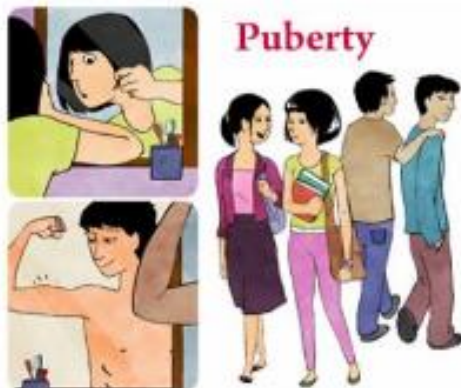
"We can talk with someone about anything, even if it feels awful or small"

Relationship and Sex Education

- Year 5

- Lesson 3 of 4

Relationship and Sex Education



Year 5 Lesson 3

What is puberty like for most girls and most boys?

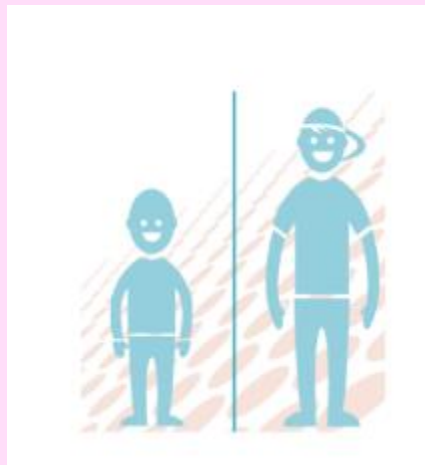
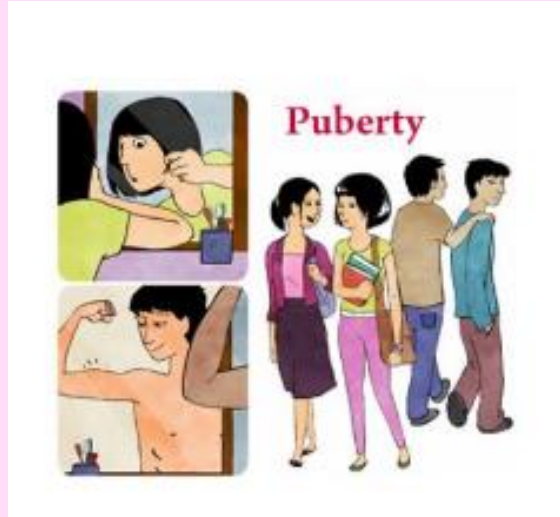
What is exciting about growing up?

How can we grow in confidence to talk about puberty and ask questions?





Relationship and Sex Education



Year 5 Learning journey

- What is embarrassment?
- What is puberty?
- Growing confidence to talk and ask questions about puberty
- Keeping healthy during puberty

Relationship and Sex Education

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

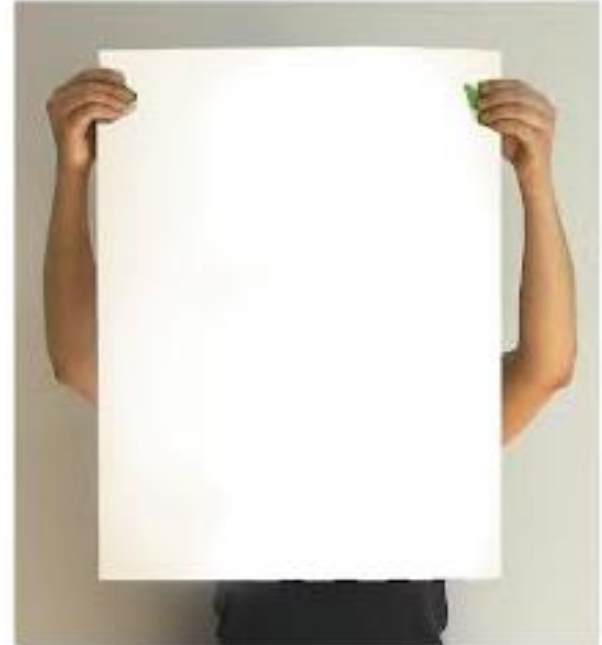


Our community agreement for Relationship and Sex Education



- 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 most girls' and most boys' bodies change at puberty 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?

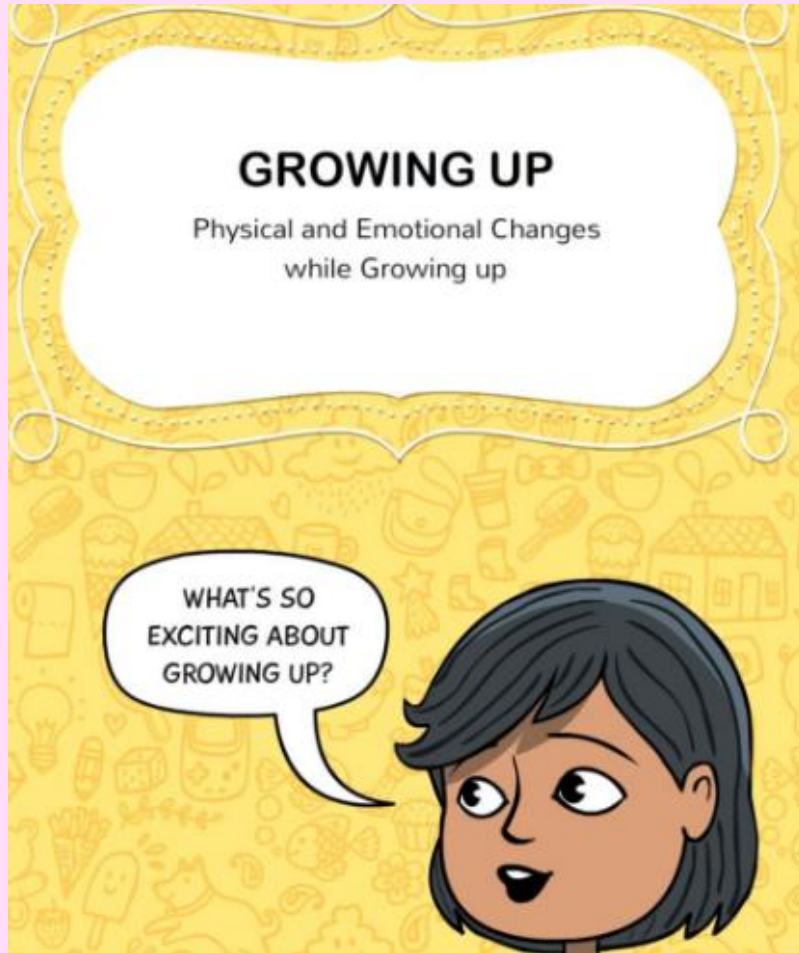
Growing confidence to talk and ask questions about puberty

- **Split into gender groups to explore puberty for most girls and most boys**
- **Or lesson 3 needs to be taught over two sessions to everybody**



Puberty for most girls

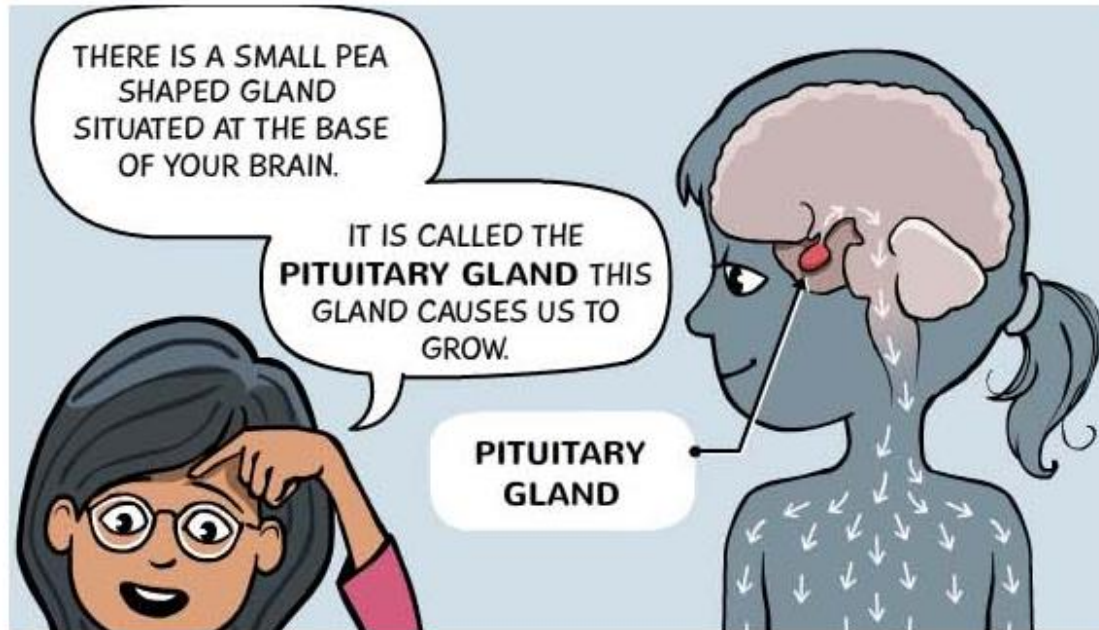
Puberty for most girls



- Let's recap what we have learnt about puberty

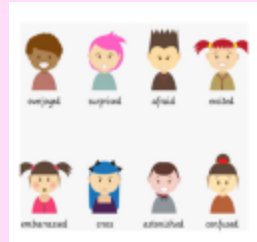


What causes children to start to change into young adults?





Attitude continuum



- **How do you feel about puberty?**

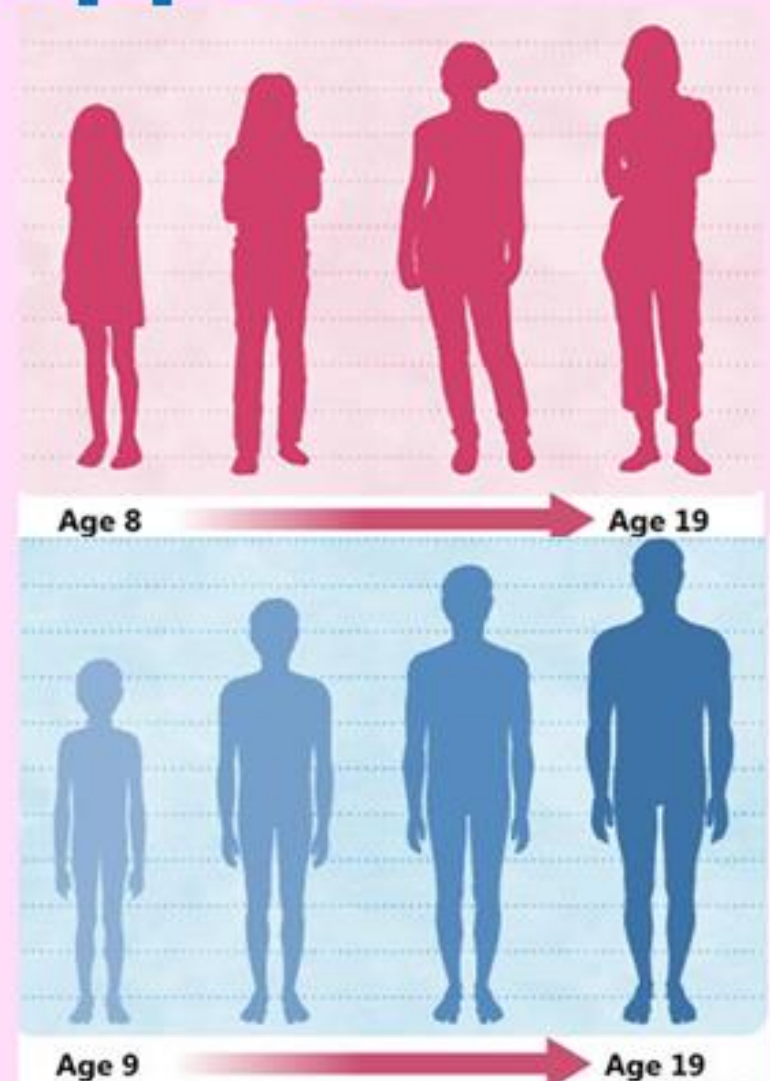
- Volunteers stand on an imaginary line to show how they are **feeling about puberty.**
- How can we make sure we keep everyone safe?
- **Volunteers share reasons for choices.**

scared worried not sure ok excited can't wait

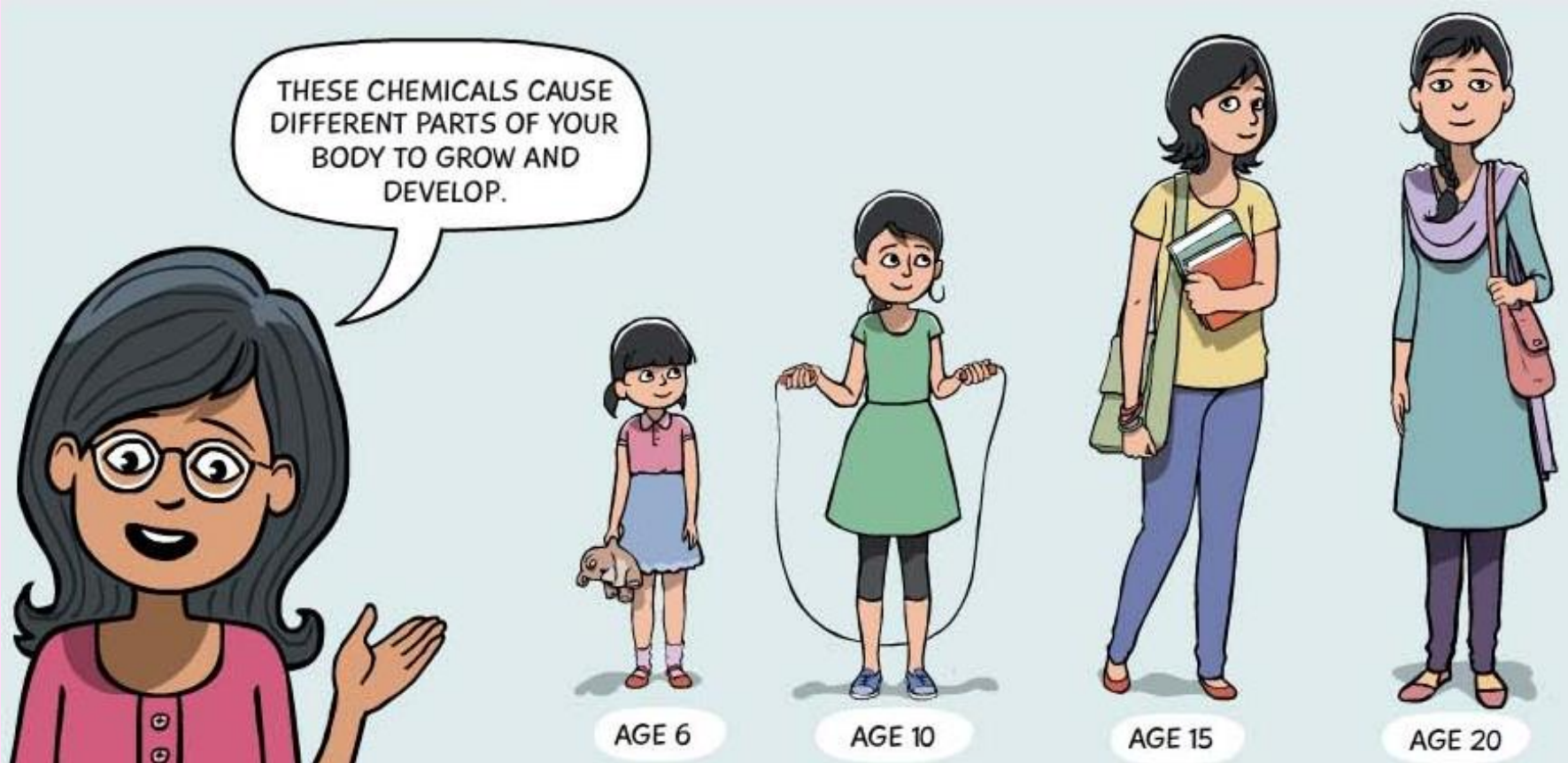


When do these changes start to happen?

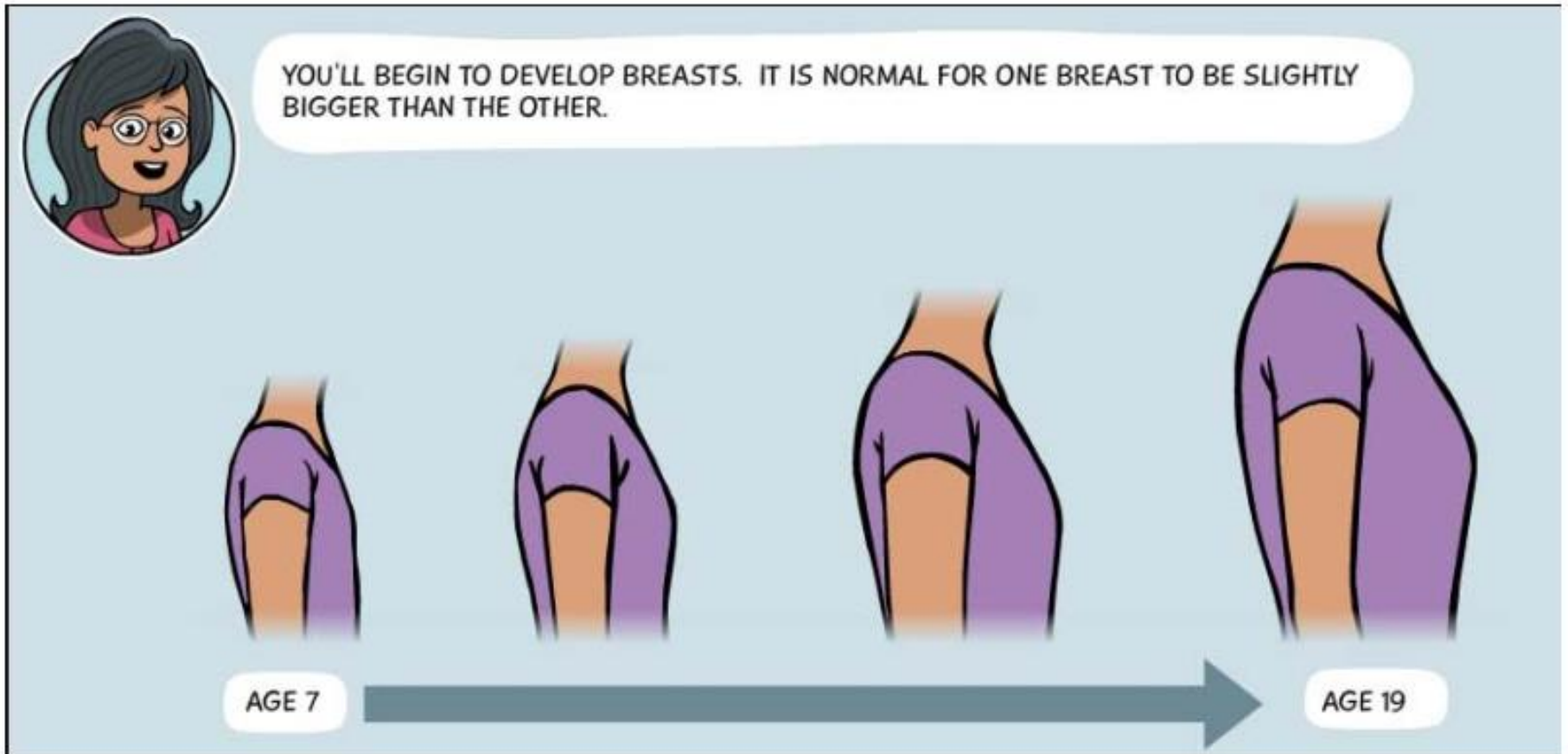
- In most girls these changes start between 8 -13 years old
- In most boys these changes start between 9 -15 years old



Most girl's bodies will change in height, weight and shape.



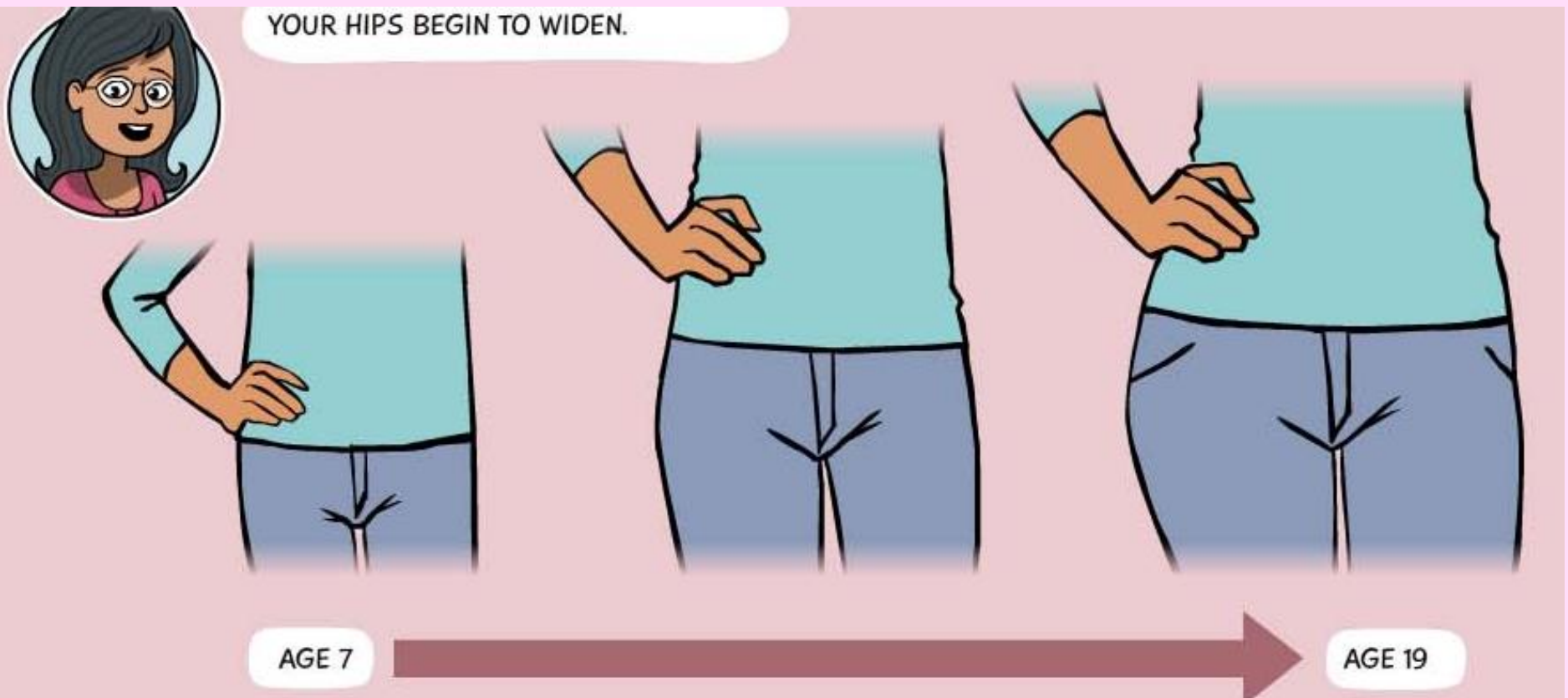
Breasts start to grow



Body shape starts to change



Body shape starts to change



More body changes

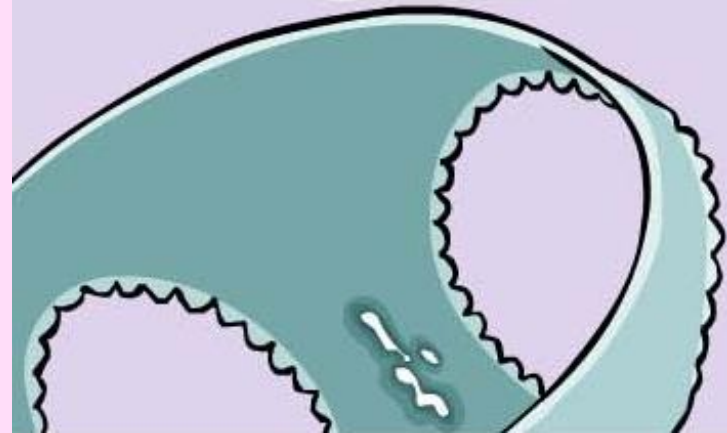


HAIR BEGINS TO GROW IN YOUR UNDERARMS AND AROUND YOUR GENITALS.



TALKING ABOUT GENITALS, SOMETIMES YOU MIGHT NOTICE WHITISH OR CLEAR SECRETIONS FROM YOUR VAGINA. THIS SECRETION IS CALLED **VAGINAL DISCHARGE**.

IT IS NATURALLY SECRETED BY THE VAGINA. THIS IS TOTALLY NORMAL AND NOTHING TO WORRY ABOUT.

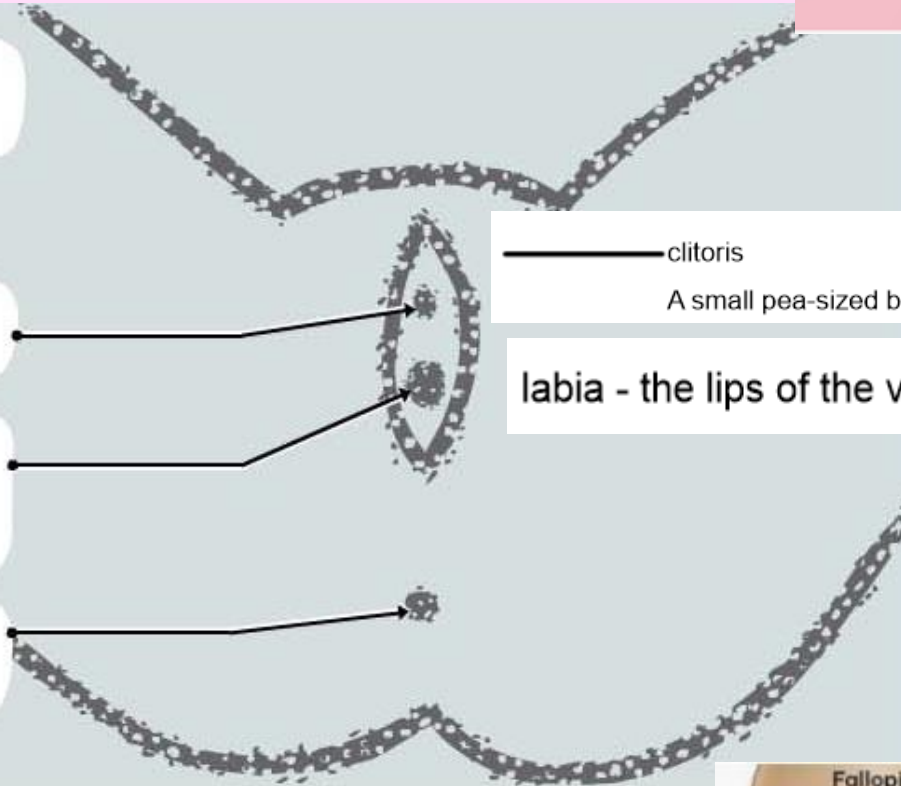


Where is the vagina? Where is the vulva?



THERE ARE THREE OPENINGS
BETWEEN OUR LEGS.

1. URINE COMES OUT FROM THIS SMALL
OPENING CALLED **URETHRA**.
2. THIS OPENING WHICH IS BIGGER THAN THE
URETHRA IS CALLED **VAGINA**.
DURING CHILDBIRTH THE BABY COMES OUT
FROM THE VAGINA.
3. AND THIS IS **ANUS**.
THIS IS WHERE FECES COME OUT FROM .



clitoris

A small pea-sized bump that feels sens

labia - the lips of the vulva

Hold your hand as a fist
and curve out your little
finger and thumb.

This is about the size
of most girls' womb and
fallopian tubes.



Growing body confidence

- Find out more about most girl's bodies by watching this clip
- You will see cartoon drawings of a girl's body, her personal and private parts, on the inside and outside



Growing body confidence

Growing body confidence

Can you label these parts of the vulva (between most girls' legs) for most girls?

Urethra

Clitoris

Vaginal opening

Outer labia

Inner labia



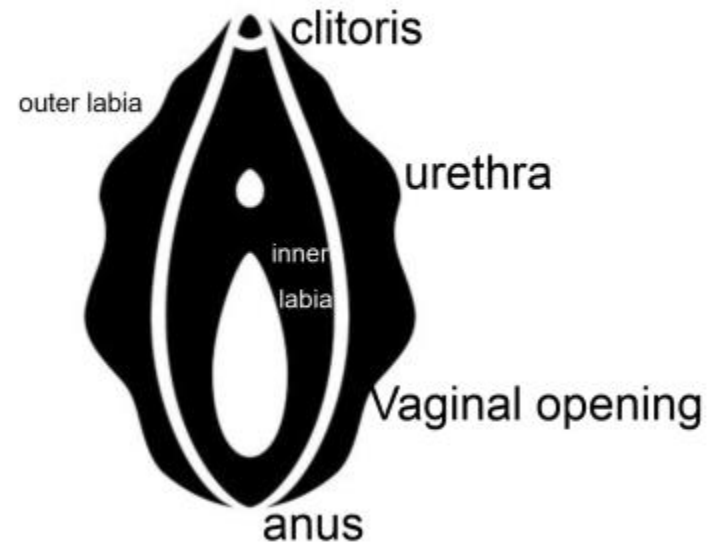
Can you match these body parts for most girls to the correct definition?

Vagina	The tube which carries urine (wee) from the bladder to the outside of the body.
Vulva	The external genital organ (bit you can see) – often called the vagina by mistake. It includes: the vagina, labia and clitoris.
Outer labia	The muscular tube that connects the uterus (womb) to the outside world. It is where menstrual blood comes out (not wee or urine).
Inner labia	This is a small pea -sized bump at the top of the labia. It is <u>very sensitive</u> to touch.
Urethra	The inside lips of the vulva, which do not have pubic hair.
Clitoris	The outside lips of the vulva, which after puberty are covered with pubic hair.

Growing body confidence

Vagina	The tube which carries urine (wee) from the bladder to the outside of the body. urethra
Vulva	The external genital organ (bit you can see) – often called the vagina by mistake. It includes: the vagina, labia and clitoris. vulva
Outer labia	The muscular tube that connects the uterus (womb) to the outside world. It is where menstrual blood comes out (not wee or urine). vagina
Inner labia	This is a small pea -sized bump at the top of the labia. It is very sensitive to touch. clitoris
Urethra	The inside lips of the vulva, which do not have pubic hair. inner labia
Clitoris	The outside lips of the vulva, which after puberty are covered with pubic hair. outer labia

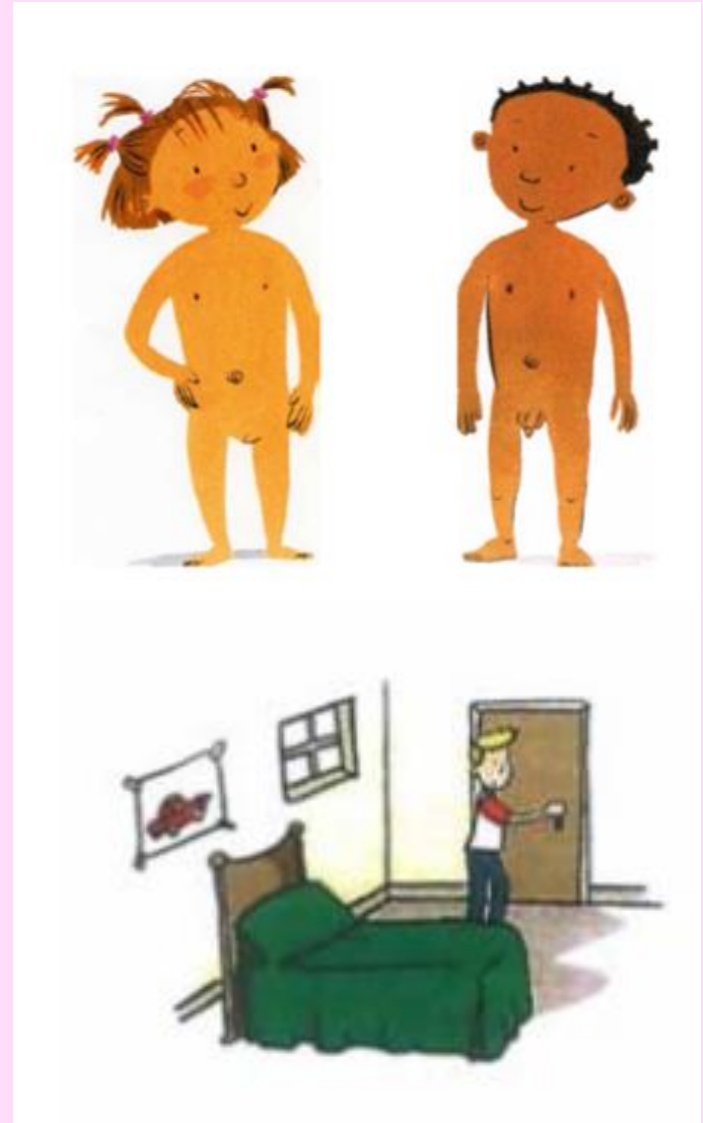
The vulva (between most girls' legs)



Personal and Private

Some people touch the personal and private parts of their body and they think this feels nice. This is normal. This is called masturbation.

This type of touching is private and if somebody chooses to do this type of touching, they would do that on their own in a private space like their bedroom or the bathroom.



Let's find out some more about periods



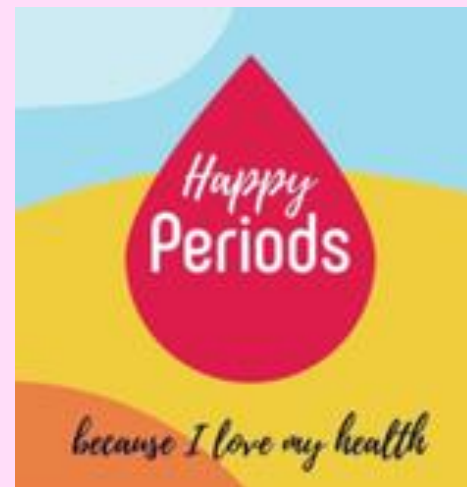
- **What is a period?**
- **What does someone need to know and do, when they have a menstrual period?**



Let's grow our understanding about menstrual periods



- Watch and listen to one of these film clips.
- Do you have any questions?



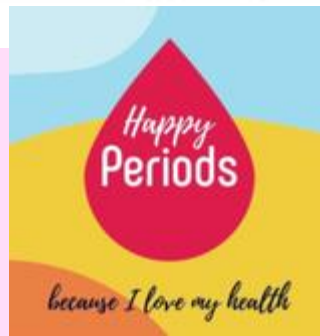


#periodpositive

Menstrual periods

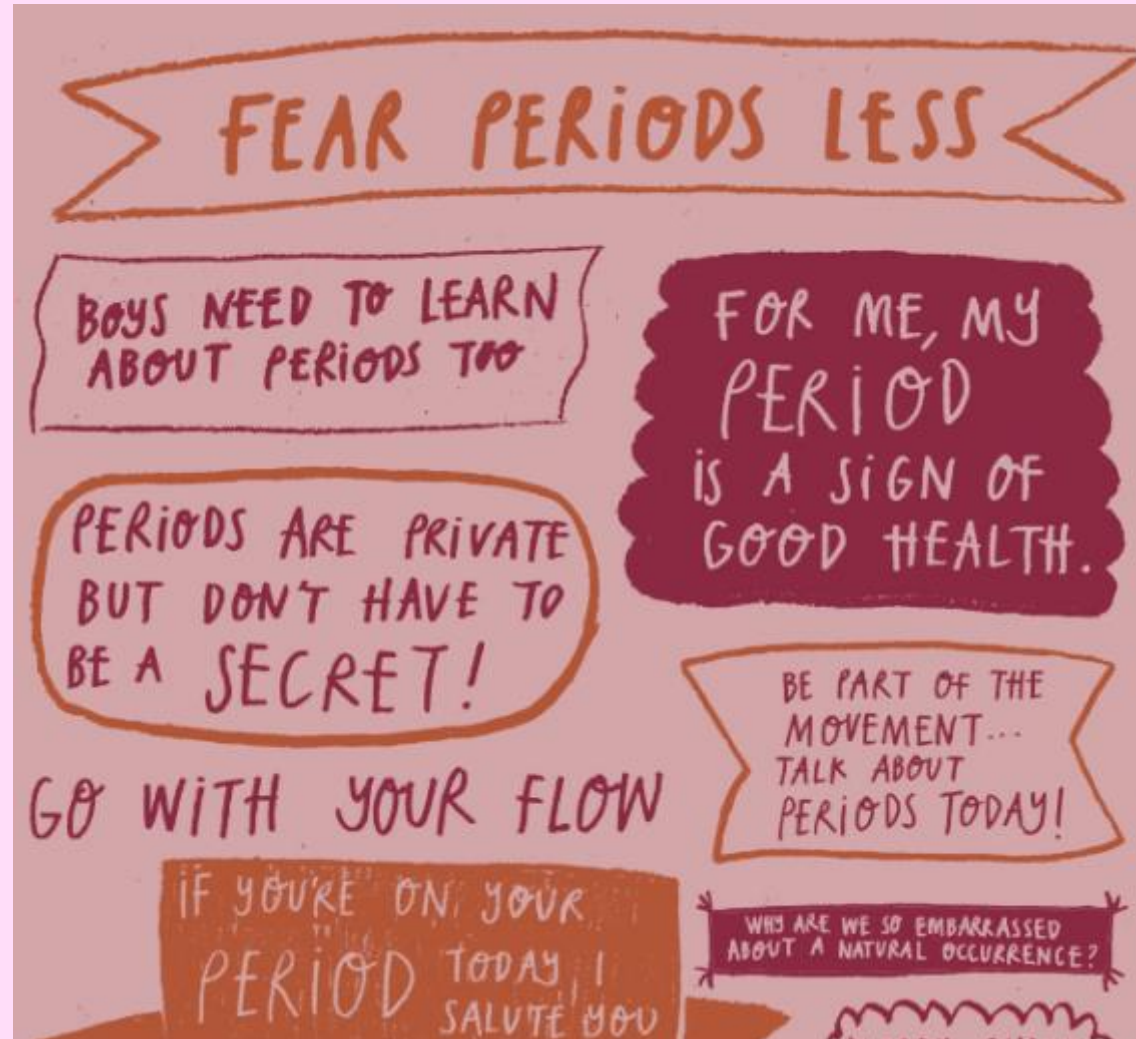
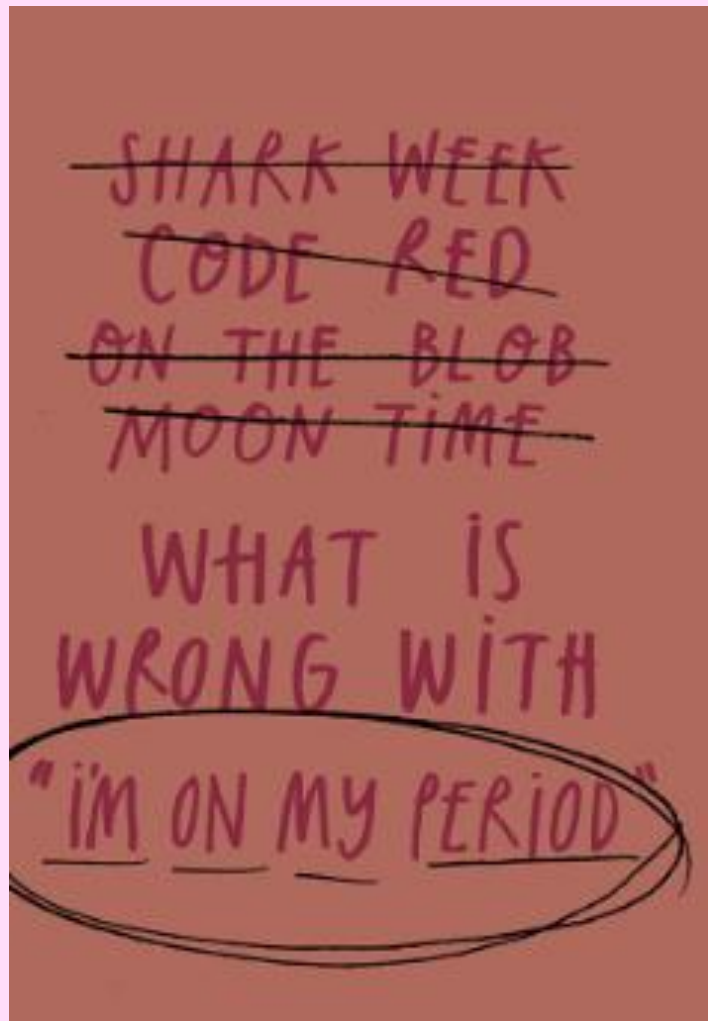


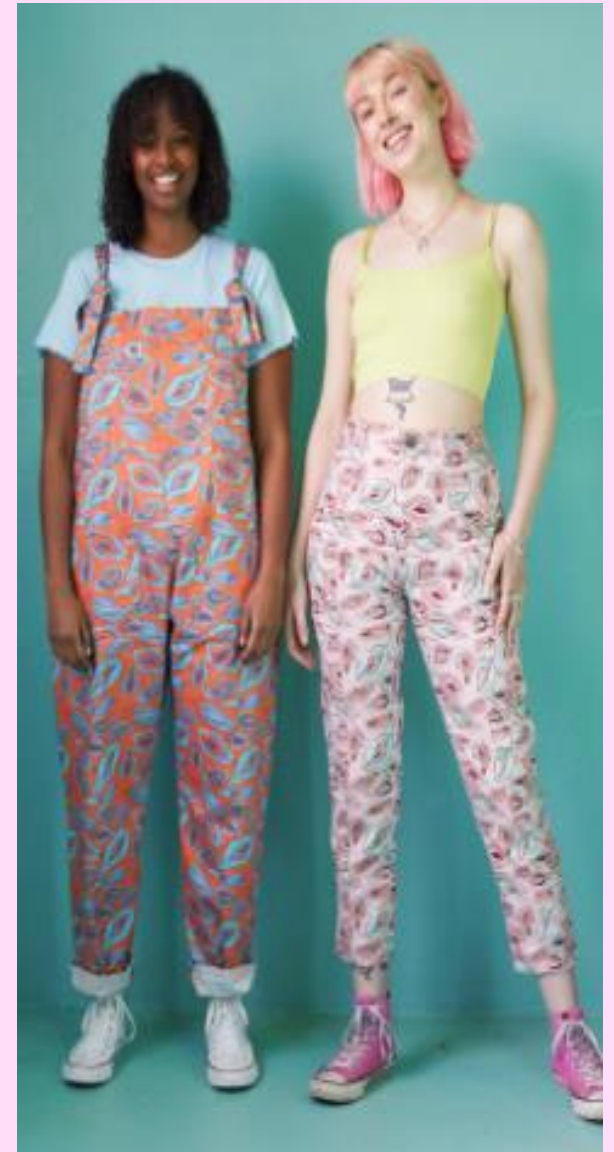
- Periods are a normal and natural part of growing up for most girls
- It's your body working like it is meant to
- They are something to celebrate and be proud of!



I ♥
MY
PERIOD.

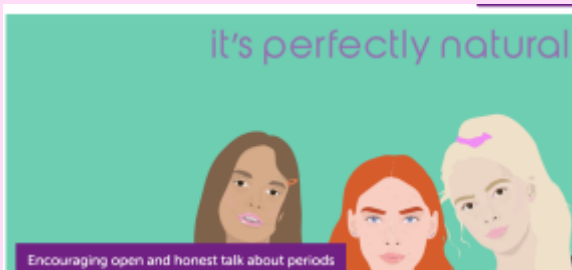
Positive about Periods!





What have you learnt about menstrual periods?

Try one of these Betty Bus quizzes!



Time of the month: the cycle

We need to get the basics right before we start on the emotional rollercoaster journey of periods. Why do we even need to have a period anyway? And why do boys not have one? (totally unfair)

Before we reveal the answers and more, this activity is going to see how much you learnt and remembered from the 'basics' animation.

Match up the part of the cycle to the day it usually occurs and show off your period-tastic knowledge!

How does it affect us?

Now you've learnt all there is to know about the basics of getting a period, why not test your knowledge using our super simple quiz?

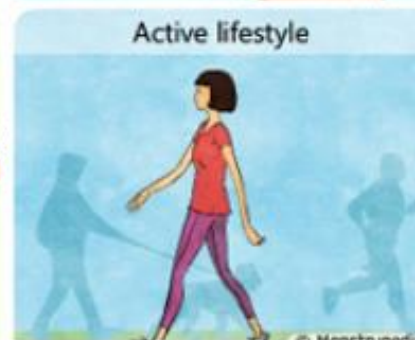
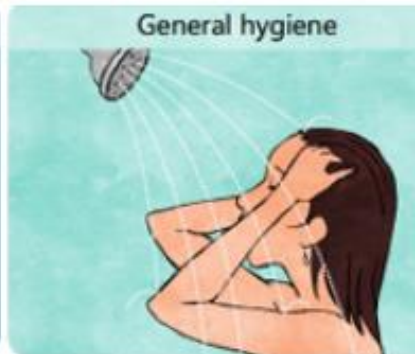
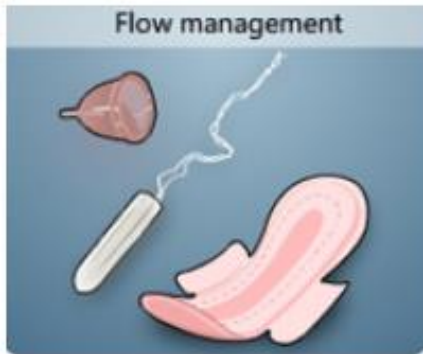
If you want to, you can challenge yourself and use our 10 second timer to speed things up!

Periods, what are they anyway?

Now you've learnt all there is to know about the basics of getting a period, why not test your knowledge using our super simple quiz?

Keeping Healthy

How can you
look after
yourself
during your
menstrual
period?



Managing menstrual period cramps



MASSAGING



WARM BATH



HEATING PAD



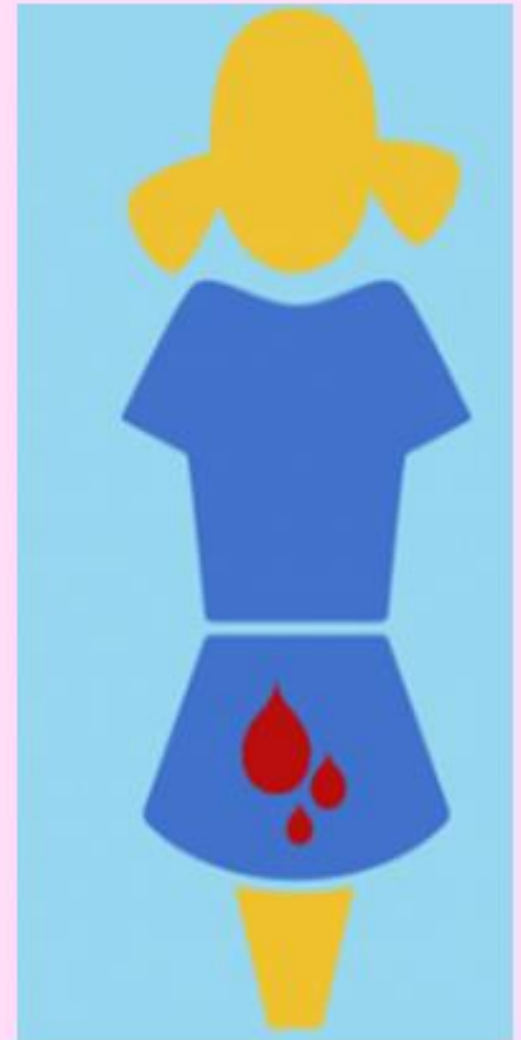
LIGHT FOOD



DRINK WATER



PAIN RELIEVERS



Yoga for Period Cramps



Three Simple Yoga Poses for Relief from Menstrual Cramps



Let's find out some more about menstrual period products



- Look at and explore some pads, tampons and other period products and find out how they work and how to keep safe and healthy during your period.
- Watch one of these film clips
- Any questions?



Re-usable menstrual period products



There are lots of different types of re-usable pads and pants if you don't want to use disposable products

Some disposables have less plastic than others



- **Many schools have free menstrual period products**
- **Ask a teacher if you need some**



Let's learn a dance to help us remember!

The Menstrual Product Mambo!



"Internal!"

Make an 'm' shape at chest level.



"External!"

Fling out both arms expansively.



"Disposable!"

Step back and fling right arm behind.



"Reusable!"

Step forward and roll arms at chest.

Repeat all steps!

For this dance,
#periodpositive
recommends
The Catalina Mambo
by Bert Kaempfert
and his
Orchestra.

Mood swings



- The hormones that cause the changes at puberty can also cause changes in mood.
- A person going through puberty may feel happy, sad, cross all within a short span of time.
- How could someone cope with these mood swings?

Coping with mood swings



This is a normal
part of puberty.

It happens to
everyone.

Try counting to
10

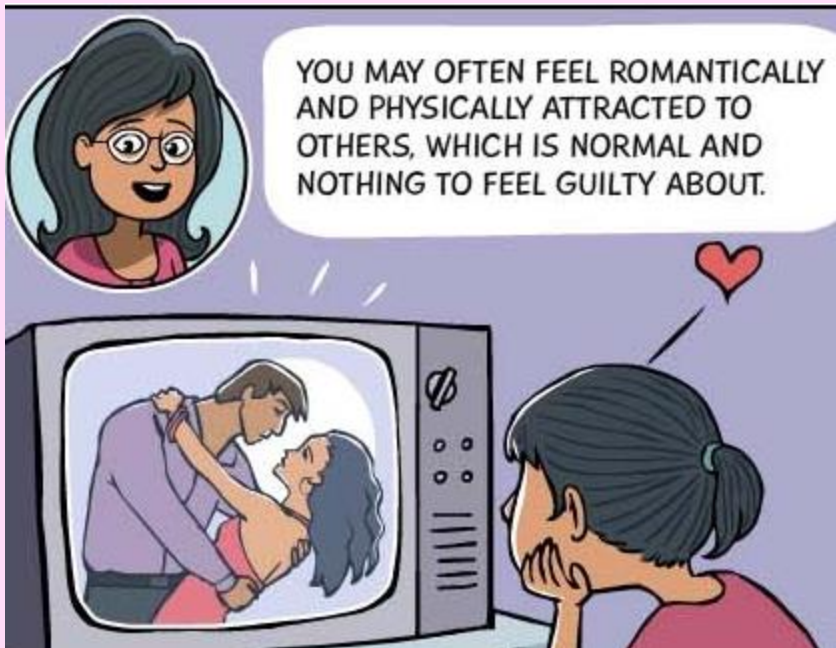
Talk to someone
on your helping
hand

Stay active

Get enough
sleep



Fancying people



All the extra hormones in a person's body at puberty can affect how someone feels about other people. A person may start to think differently about their friends and may find that they start fancying people and thinking about having a boyfriend or girlfriend.

This is normal.

If a person doesn't feel like this yet, that is also normal.

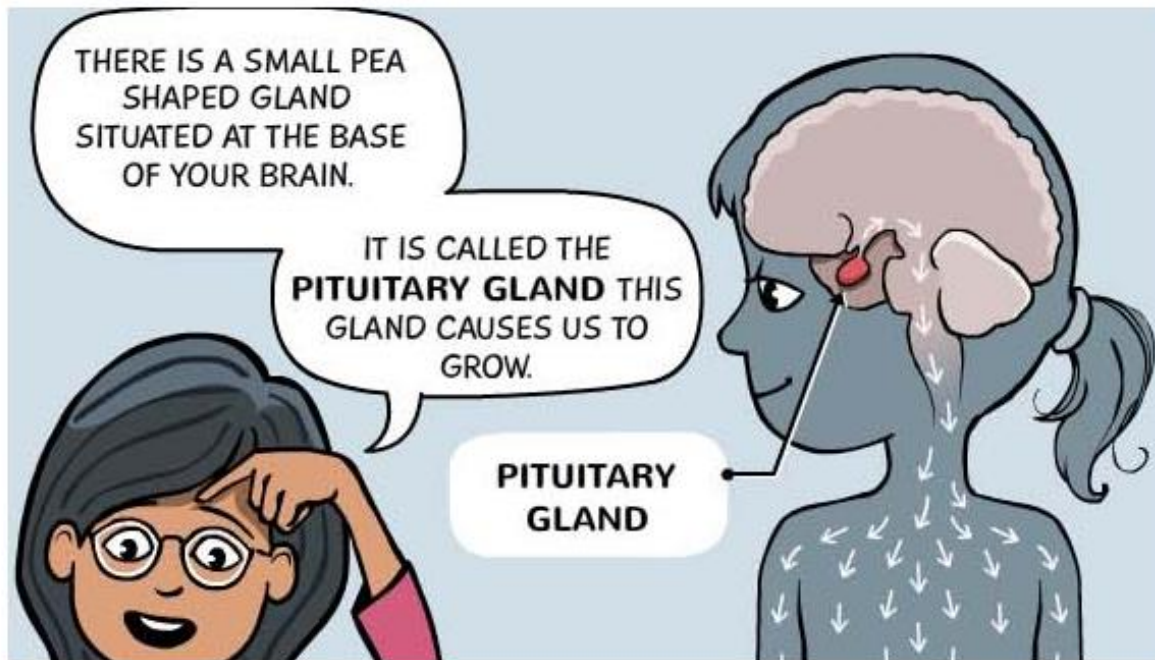
Puberty for most boys

Puberty for most boys

- Let's recap what we have learnt about puberty

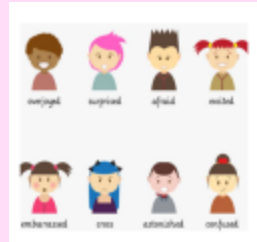


What causes children to start to change into young adults?





Attitude continuum



- **How do you feel about puberty?**

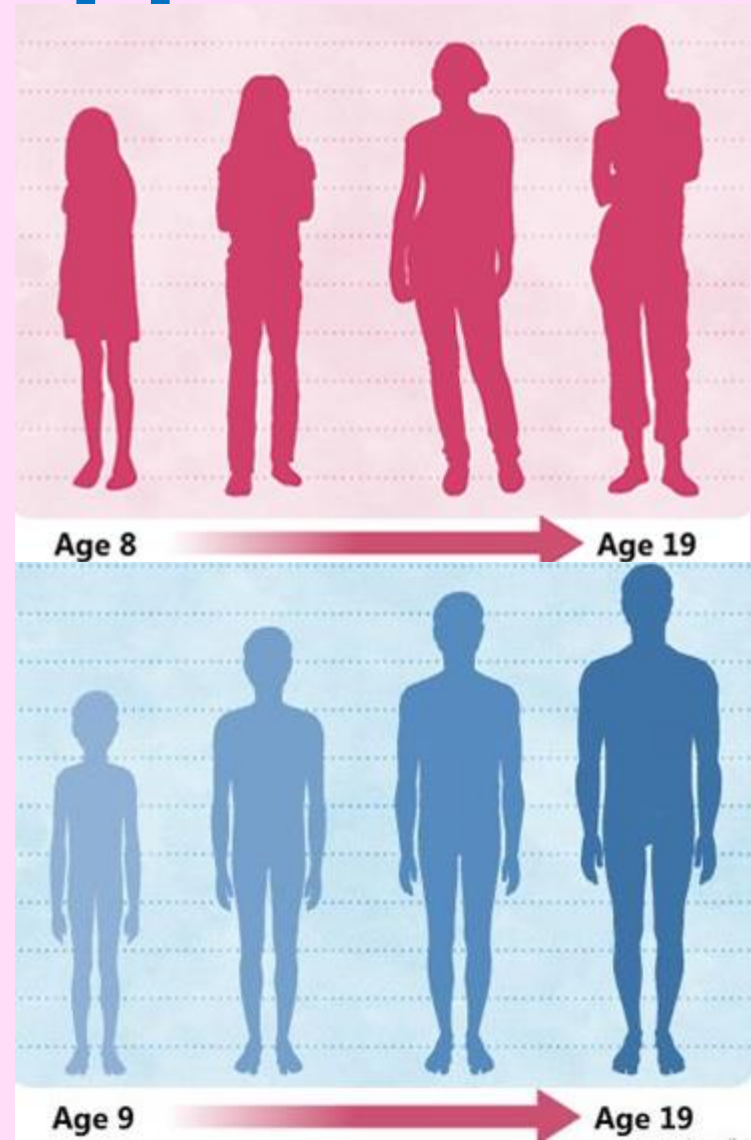
- Volunteers stand on an imaginary line to show how they are **feeling about puberty.**
- How can we make sure we keep everyone safe?
- **Volunteers share reasons for choices.**

scared worried not sure ok excited can't wait



When do these changes start to happen?

- In most girls these changes start between
- 8 -13 years old
- In most boys these changes start between
- 9 -15 years old



Most boys' bodies will change in height, weight and shape.



BOYS GROW RAPIDLY IN A SPAN OF TWO TO THREE YEARS.



AGE 6



AGE 12



AGE 17

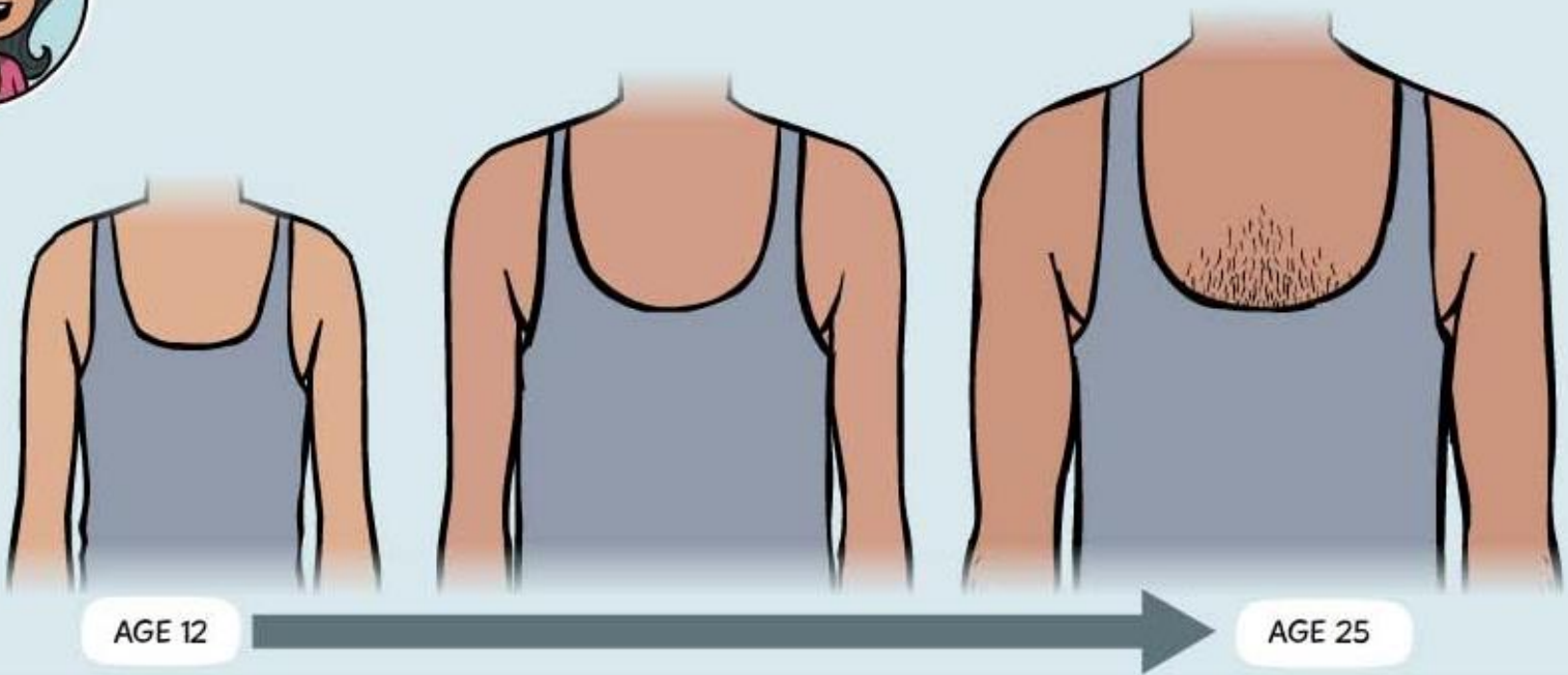


AGE 25

More body shape changes



THEIR CHESTS AND SHOULDERS BROADEN AND MUSCLES BEGIN TO DEVELOP.



Facial hair for some boys



Hair in new places



HAIR BEGINS TO APPEAR ON THEIR BODY, ARMS, UNDERARMS, LEGS AND AROUND THE GENITALS.



AGE 12



AGE 25

Wet dreams



"I sometimes wake up with a wet, sticky spot on my underwear or pajama pants. It's not urine, so what is it?"

During puberty the body produces a hormone called testosterone that tells the testicles to start making sperm.

Once the body starts making sperm, semen: the fluid that contains sperm can be released through the tip of the penis. This is called ejaculation.

Wet dreams happen when ejaculation occurs spontaneously while a boy is sleeping.

Wet dreams



Often when most boys have that first wet dream, they may think they have peed in the bed, but it's actually semen.

Simply take the sheet off the bed and put it in the laundry basket to be washed.

Remember, wet dreams are normal if you have them and normal if you don't.

Voices start to change

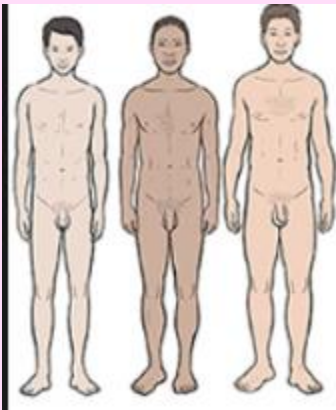
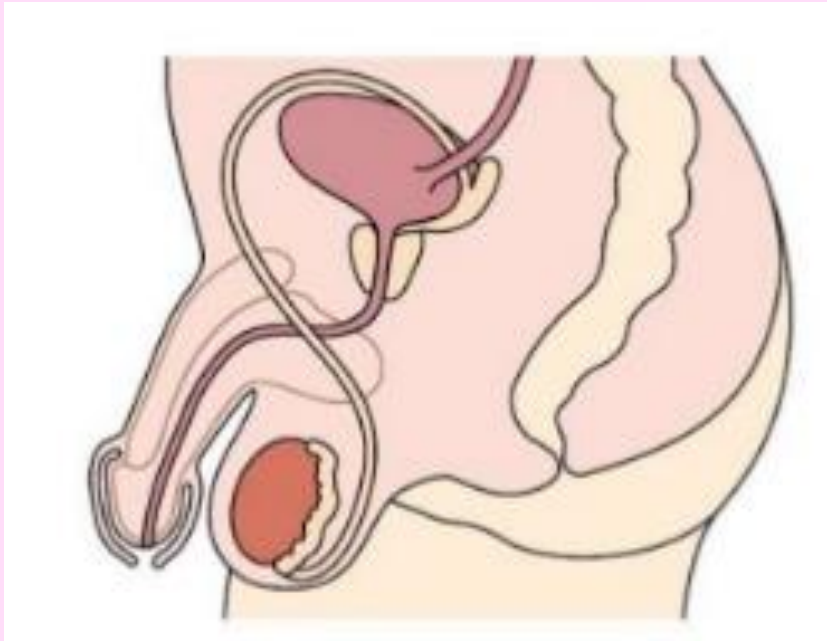


Voice breaking is part of what happens to boys during puberty. Everyone is different, but puberty usually begins between the ages of about 12 and 16.

A boy's voice will start to break after his testicles and penis have gone through a growth spurt.

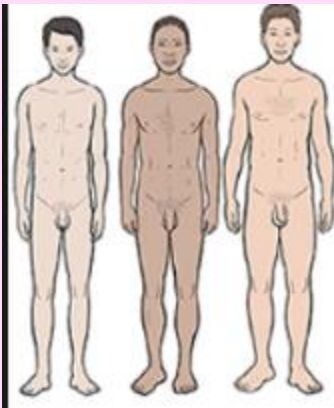
ou<http://kidshealth.org/en/teens/voice-changing.html> more:

Growing body confidence



- **Where are these body parts?**
- **What is their job?**
- **Penis**
- **Scrotum**
- **Testicles**
- **Bladder**
- **Sperm tubes**
- **Urethra**
- **Foreskin**

Growing body confidence



- **Penis**
- **Scrotum**
- **Testicles**
- **Bladder**
- **Sperm tubes**
- **Urethra**
- **Foreskin**

Growing body confidence

Penis	The tube that semen (liquid with sperm) travels from the testicles to the urethra.
Scrotum	The external genital organ (<u>bit</u> you can see) where urine (wee) and sperm in semen come out of the body.
Testicles	The pouch of skin that holds the testicles.
Bladder	The organ where urine (wee) is stored.
Sperm tubes	The fold of skin that that covers the head of the penis.
Urethra	The tube which carries urine (wee) from the bladder to the outside of the body.
Foreskin	These hang behind the penis in the scrotum. They produce and store sperm.

Can you match the body part for most boys and the correct definition?

Growing body confidence

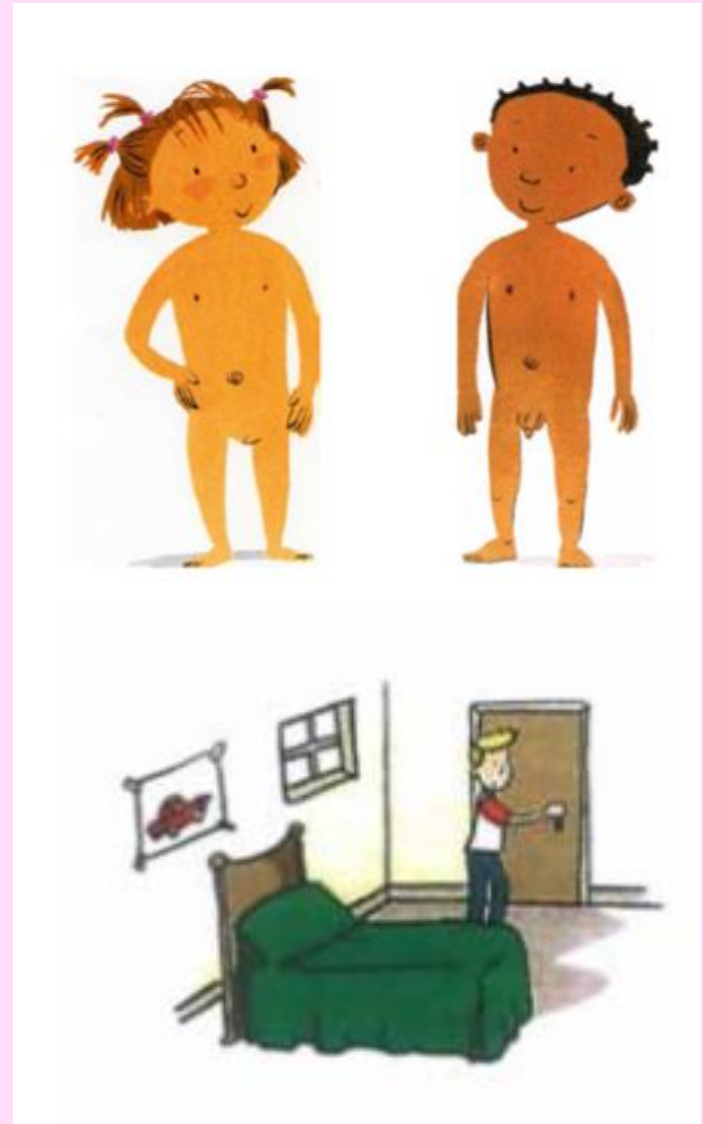
Penis	The tube that semen (liquid with sperm) travels from the testicles to the urethra. sperm tubes
Scrotum	The external genital organ (bit you can see) where urine (wee) and sperm in semen come out of the body. penis
Testicles	The pouch of skin that holds the testicles. scrotum
Bladder ✓	The organ where urine (wee) is stored.
Sperm tubes	The fold of skin that that covers the head of the penis. foreskin
Urethra ✓	The tube which carries urine (wee) from the bladder to the outside of the body.
Foreskin	These hang behind the penis in the scrotum. They produce and store sperm. testicles

Can you match the body part for most boys and the correct definition?

Personal and Private

Some people touch their personal and private parts of their body and they think this feels nice. This is normal. This is called masturbation.

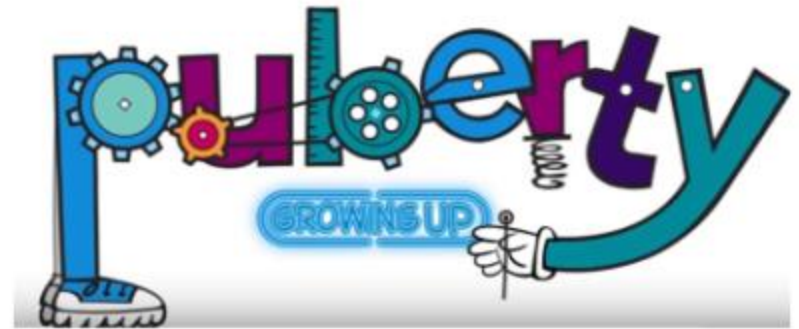
This type of touching is private and if somebody chooses to do this type of touching, they would do that on their own in a private space like their bedroom or the bathroom.



Let's find out more about puberty for most boys

- Watch one of these film clips and find out more about body changes for most boys at puberty

<https://www.youtube.com/watch?v=G57Suq7JpQE>



*always changing
and growing up*

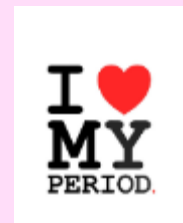
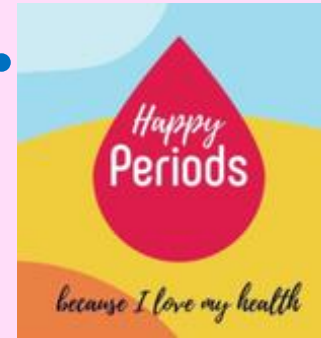
amaze website



Let's grow our understanding about menstrual periods



- Watch and listen to one of these film clips.
- Do you have any questions?
- Why do you think it is important for boys to know about periods?



Mood swings



- The hormones that cause the changes at puberty can also cause changes in mood.
- A person going through puberty may feel happy, sad, cross all within a short span of time.
- How could someone cope with these mood swings?



Coping with mood swings



This is a normal part of puberty.

It happens to everyone.

Try counting to 10

Talk to someone on your helping hand

Stay active

Get enough sleep

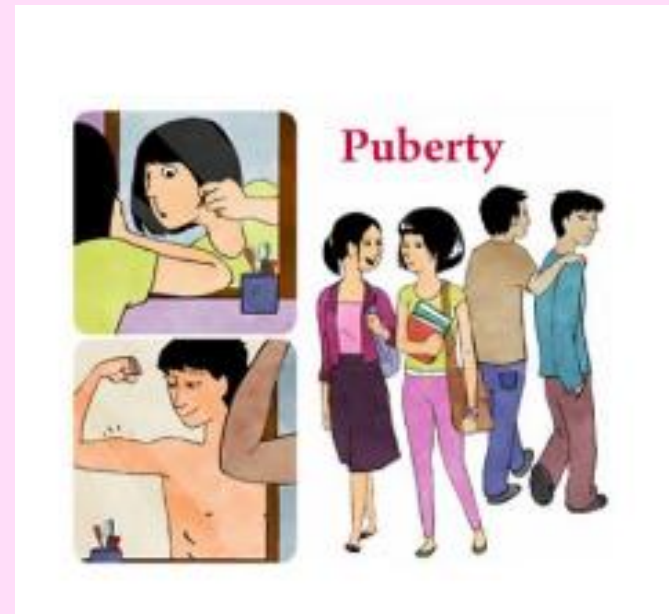


Fancying people



All the extra hormones in a person's body at puberty can affect how someone feels about other people. A person may start to think differently about their friends and may find that they start fancying people and thinking about having a boyfriend or girlfriend. This is normal. If a person doesn't feel like this yet, that is also normal.

Split gender groups return together



What have you found out about what happens for most girls and most boys at puberty?



- What happens for most girls?
- **What happens for most boys?**
- **Mixed gender pairs: share what you have found out**

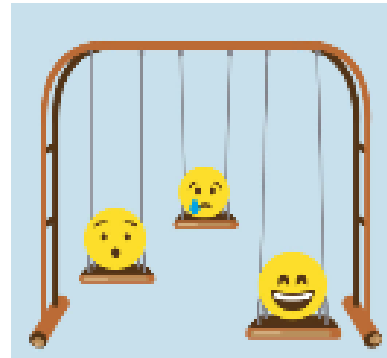




Puberty emojis



- Can you design an emoji to go with an aspect of puberty for most girls and boys?





Attitude continuum



- How do you feel **now** about puberty?

- Volunteers stand on an imaginary line to show how they are **feeling about puberty**.
- How can we make sure we keep everyone safe?
Volunteers share reasons for choices.

scared worried not sure ok excited can't wait



Write a question



Write down a question that **you or a year five 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"

Look at websites with a trusted grown up to find out more about growing up:

Amaze

- **Childline**

Relationship and Sex Education

- Year 5

- Lesson 4 of 4

Relationship and Sex Education



Year 5 Lesson 4

- What do young people need to do to take care of themselves during puberty?





Relationship and Sex Education

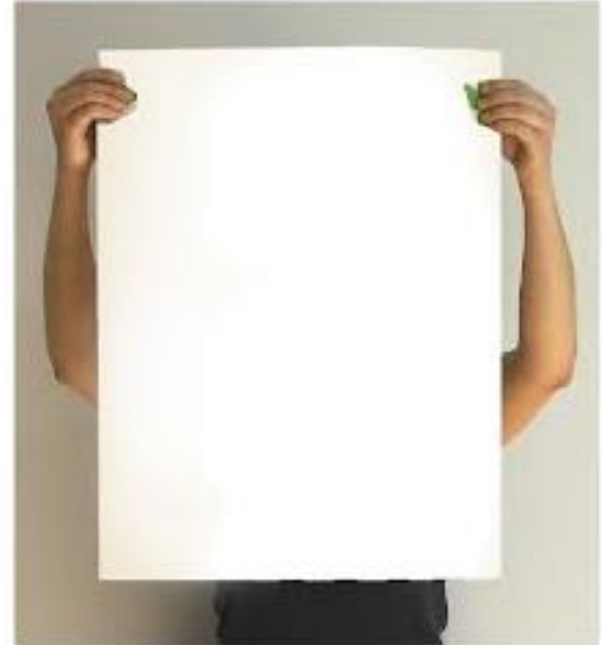


Year 5 Learning journey

- What is embarrassment?
- What is puberty?
- Growing confidence to talk and ask questions about puberty
- Keeping healthy during puberty



Question Box and Thought wall



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

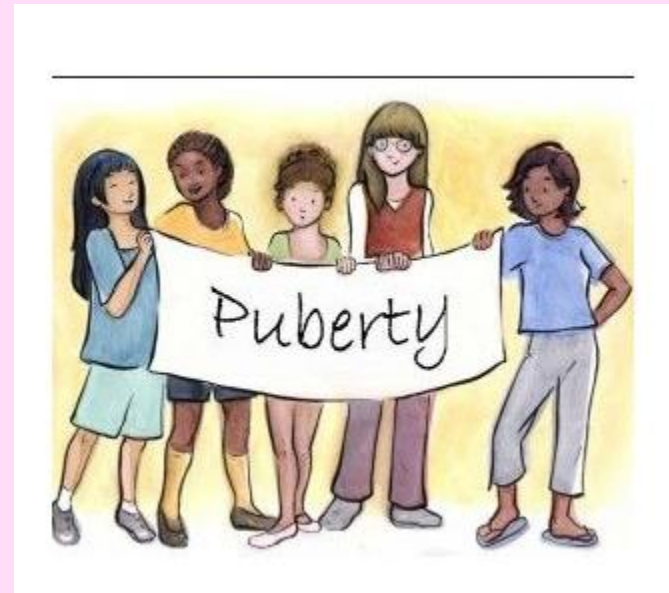


**...happier,
healthier, and
safer lives,
now and in the
future.**



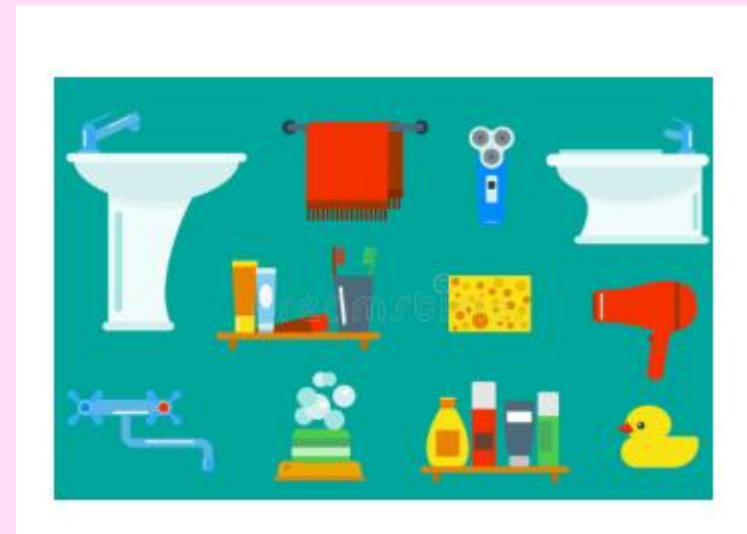
What did we learn about puberty?

- 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



Can you explain the word hygiene?

- Which other words do you think of when you hear the word hygiene?
- Why do you think we are thinking about hygiene in our RSE lessons?
- What is the link between puberty and hygiene?
- What is the opposite of hygiene?



What is the link between puberty and hygiene?



**Watch this clip
from Always
Puberty education
to find out:**



<https://www.youtube.com/watch?v=tKfJ8w7XX6E>

**from 7min 18 to
10mins 03**



What have you found out about hygiene and puberty?



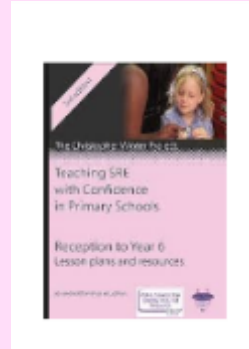
- What do you think would be **most important** in looking after yourself during puberty?



What else would help you to look after yourself during puberty?



Would it help if ..?



- Read the selection of young people's problems
- What could you suggest to help?
- How could you show caring thinking?
- Share your bright ideas!

Let's celebrate this exciting and special time!

- Some people in the past felt embarrassed about puberty and tried to hide it.
- Many cultures around the world celebrate first menstrual periods, becoming a teenager or going through puberty with a special celebration.
- How would you plan a puberty party?



How are menstrual periods celebrated around the world?

Let's celebrate periods!

So we have learnt that periods can be a bit annoying, but they're also a positive change and in some cultures 'menarche' (which basically means starting your period) is celebrated – and why not, we say!

In this activity you'll need to guess which celebration belongs to which culture, before thinking about how you would (or wouldn't!) like to celebrate.



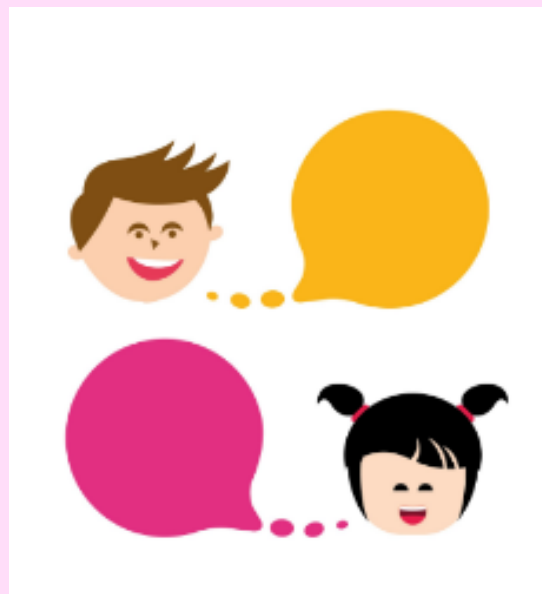
Share some books like these



Taking care of yourself during puberty

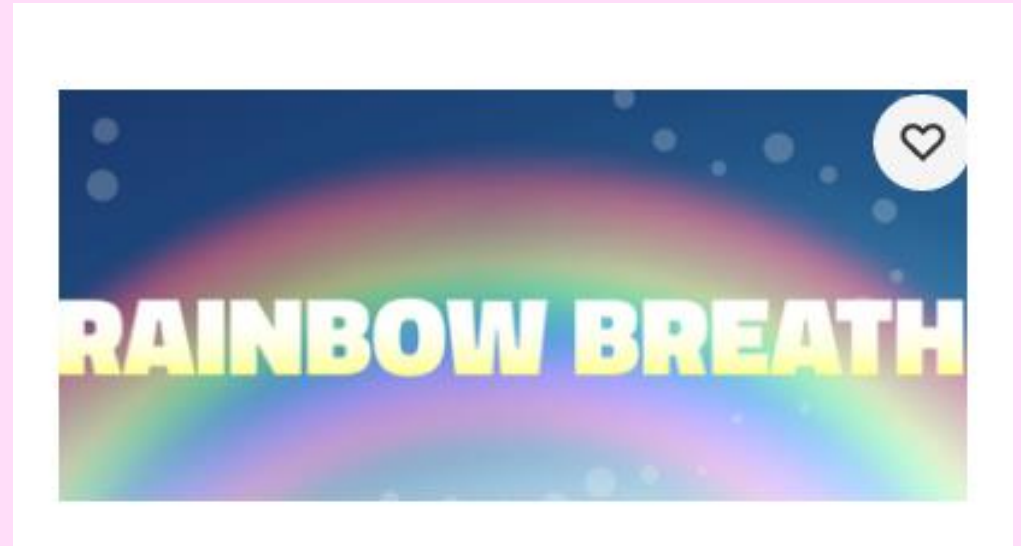


- Keep **talking** to your trusted teachers, friends and family. Ask questions and talk about how you feel.



Unique you!

- Although everyone is growing and changing you are still, unique you!
- Try the Rainbow Breath activity and think about everything that makes you, you.



- <https://www.youtube.com/watch?v=O29e4rRMrV4>

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



"We can talk with
someone about
anything, even if it
feels awful or small"

- If you have a question or you want to talk about a worry after this lesson remember it is ok to ask for help
- Look at websites with a trusted grown up to find out more about growing up:
 - Childline
 - Betty Bus
 - Amaze