

Body parts, Puberty & Sex Education

Year 1 - What will my child learn?

- ▶ Learning title: Begin to understand the difference between acceptable and unacceptable physical contact
 - I understand that some types of physical contact are never appropriate.
 - I understand that some types of physical contact are appropriate.
- ▶ Vocabulary: physical, contact, like, dislike, kind, unkind, hurt, stop, permission, acceptable, unacceptable

What will my child learn?

- ▶ Physical contact is one person touching another - cuddling, kissing, tapping, holding hands, shaking hands, tickling, stroking hair
- ▶ Identify physical contact from family or friends
- ▶ Some people like or don't like the same type of physical contact - eg, tickling or hugging
- ▶ If we don't want physical contact we should tell someone to stop, this could be non verbal - hand up
- ▶ Feelings on physical contact can change - it is your right to change your mind
- ▶ You can ask to hug someone - this is called consent or permission
- ▶ If someone else says stop you should stop
- ▶ Some physical contact is unacceptable - hitting, kicking, biting, hair pulling and pushing
- ▶ Identify physical contact they do and don't like

What will my child see?

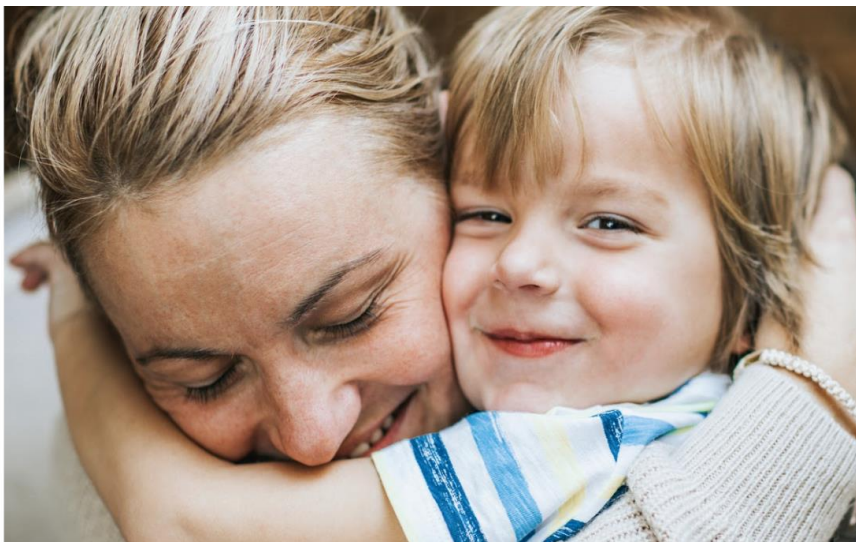
Holding hands



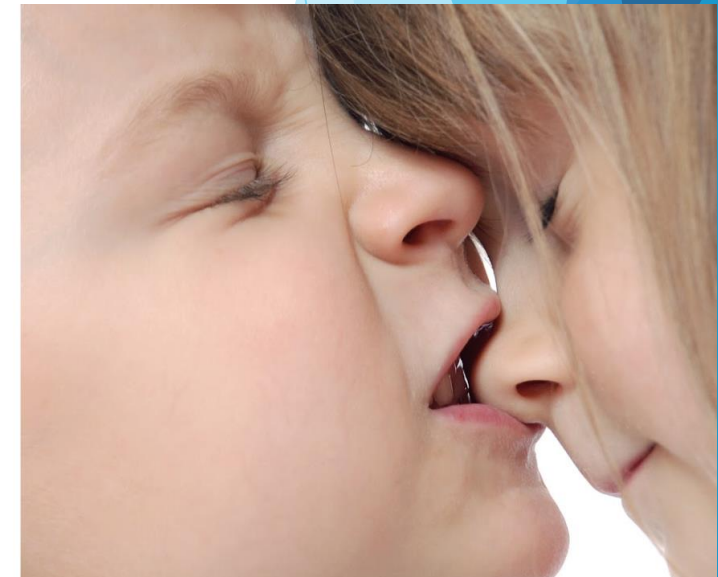
Hair pulling



Cuddle



Biting



Tickle



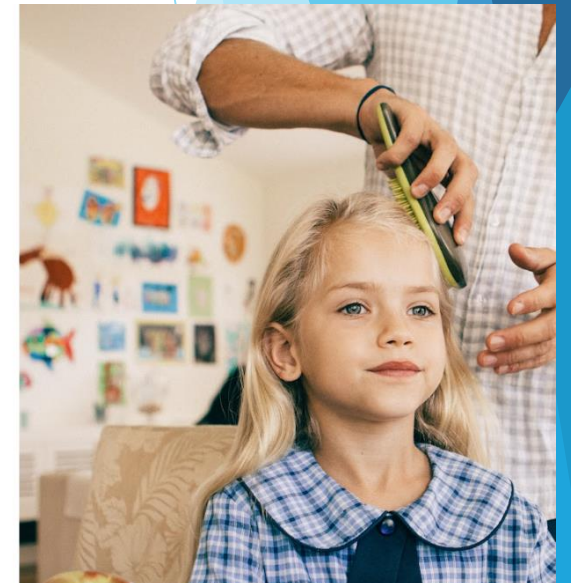
Kiss



Hitting



Hair brushing



What will my child do?

- ▶ Identify from the pictures on the previous slides what type of physical contact they do and don't like
- ▶ Draw a picture of themselves identifying what type of physical contact they like

Year 2 - What will my child learn?

- ▶ Lesson 1: Begin to understand the concept of privacy and the correct vocabulary for body parts
- ▶ Lesson 2: Understand safe and unsafe touches

Begin to understand the concept of privacy and the correct vocabulary for body parts

- I understand what 'private' means.
 - I can name parts of the body.
 - I can name the private parts of my body correctly.
 - I understand that my private parts belong to me.
- ▶ Vocabulary: Penis, vulva, arm , leg, hand, wrist, neck, head, knee, foot, ankle, elbow, private parts, report

What will my child learn?

- ▶ Recap the names of body parts - non private
- ▶ Private - something we don't show or tell anyone unless we want to
- ▶ Private parts belong to you and no one else
- ▶ Although private, they are not embarrassing and have names like other body parts
- ▶ A girl's private part is called the vulva and the boy's private part is called a penis
- ▶ If anyone makes you feel uncomfortable by talking about, looking or touching your private parts you should tell a trusted adult straight away
- ▶ Touching another child's private parts is never acceptable

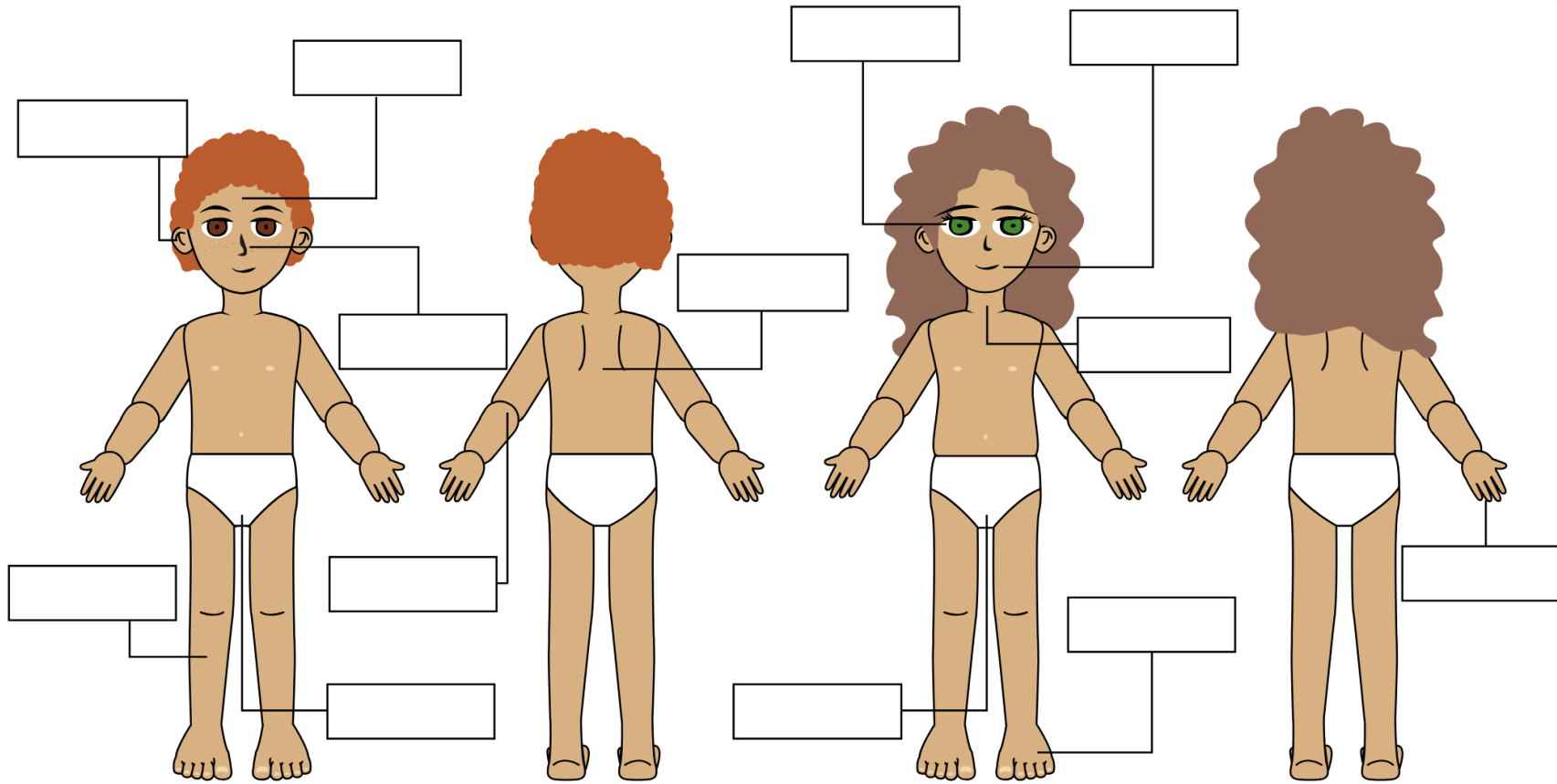
What will my child see

- ▶ [Pantosaurus video](#)

What will my child do?

Body parts

Kapow
Primary™



Head

Neck

Hand

Arm

Leg

Foot

Eye

Ear

Nose

Mouth

Back

Penis

Vulva

Lesson 2: Understand safe and unsafe touches

- I can explain the PANTS rule.
 - I know how to tell someone to stop if I feel uncomfortable or upset about their behaviour.
 - I can name someone I can talk to if I am worried or uncomfortable.
-
- ▶ Vocabulary: surprise, safe touch, unsafe touch, PANTS rule, private parts, vulva, penis, testicles, secret, report

What will my child learn?

- ▶ Privates are private
- ▶ Always remember your body belongs to you
- ▶ No means No
- ▶ Talk about secrets that upset you
- ▶ Speak up, someone can help you

What will my child learn?

- ▶ Recap inappropriate touching from previous lessons
- ▶ Sometimes people have to touch is in a way we don't like - eg, fallen over and a graze on your knee needs cleaning. This may be painful but it is for the best
- ▶ If anyone touches your body that you don't like you should never keep it a secret and tell an adult straight away

What will my child see?

- ▶ Pantosaurus video



What will my child do?

- ▶ Discuss the PANTS rule

Year 3 - no lessons relevant

Year 4 - What will my child learn?

- ▶ Learning Title: Recognise change is a part of growing up
- ▶ I understand I have changed physically and developed skills in my life so far.
- ▶ I can identify some physical changes I will go through before I become an adult.
- ▶ I can identify things I will be able to do when I am an adult that I cannot do now.

- ▶ Vocabulary: child, adult, change, grow, develop, physical changes

What images will my child see?



- ▶ Pupils will use the images to discuss physical changes between a child and an adult
- ▶ Pupils will also discuss what you can do as an adult - eg, drive, vote, have a job
- ▶ If a child mentions about puberty in Year 4 it will be explained to them that this will be taught in Year 5 & 6. If they currently have questions they should speak to an adult at home

Year 5 - What will my child learn?

- ▶ Introducing Puberty
- ▶ The Menstruation Cycle
- ▶ Pupils in Year 5 will be taught in same sex classrooms for these lessons

Introducing Puberty

I understand that my body will change as I become an adult.

- ▶ I understand that different changes happen to males and females.
- ▶ I can identify some physical differences between child and adult bodies.
- ▶ I can explain ways to look after my personal hygiene.

- ▶ Vocabulary: change, exciting, worries, physical, height, breasts, genitals, penis, testicles, hips, waist, shoulders, chest hair, puberty, hygiene

What will my child learn?

- ▶ Most changes to our body happen in the first 18 years
- ▶ Boys and girls change in different ways
- ▶ Boys: Shoulders broaden, grow taller, penis and testicles grow larger, grow hair under arms, penis and scrotum, voice gets deeper, hair grows on faces and chests
- ▶ Girls: Grow taller, hips widen, grow hair under arms and vulva
- ▶ Changing from a child to an adult is called puberty - normally between the ages of 8-15
- ▶ Puberty is driven by chemicals called hormones
- ▶ During puberty: hair can become greasy, spots on faces and sweat more
- ▶ Moods can be unpredictable - we may be happy or sad

What will my child see

- ▶ [Puberty video](#)

What will my child do?

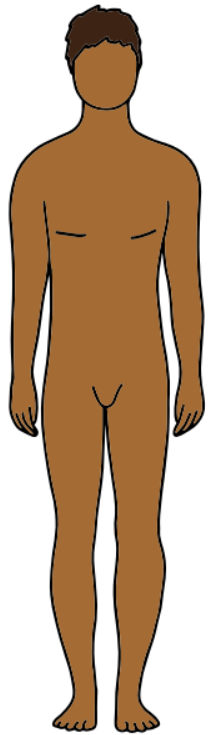


Figure 1

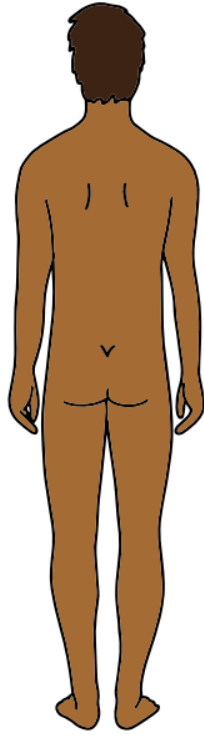


Figure 2

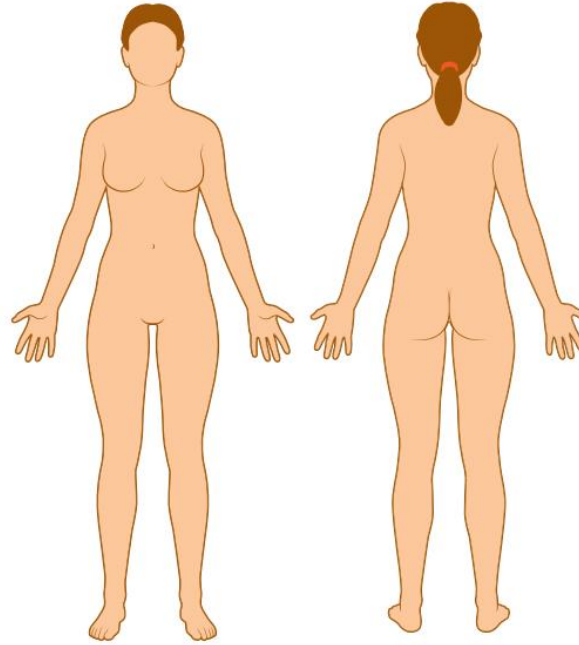


Figure 1

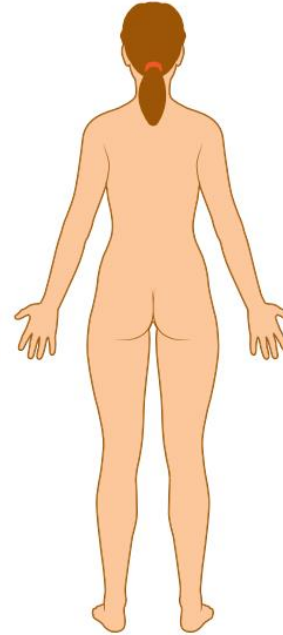
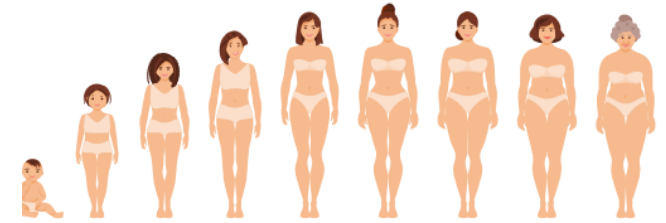
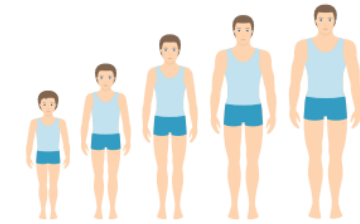


Figure 2

Female body changes



Male body changes



- ▶ Pupils will label figures 1 & 2 with hygiene issues that occur during puberty
- ▶ Pupils will use the body changes resource to label changes that happen during puberty

Menstruation

- ▶ Learning Title: Understand the menstruation cycle
 - I understand the process of the menstrual cycle.
 - I can explain some changes I will go through during puberty.
 - I know who I can go to for help if I need to.
- ▶ Vocabulary: Menstruation/period, egg, ova, ovaries, fallopian tubes, uterus, womb, bleeding, lining, sanitary products, towels, tampons, reusable products (period pants, cups), voice breaking, erections, wet dreams, ejaculation

What will my child learn?

- ▶ During puberty girls start their period - menstruation
- ▶ The location of internal reproductive organs - ovary, uterus, fallopian tubes, uterus, cervix, vagina
- ▶ Females are born with a life time supply of eggs
- ▶ Ovulation - one egg a month is released from the ovarys
- ▶ It travels down the fallopian tube whilst the lining of the womb thickens
- ▶ Eggs can be fertilised by sperm if there has been sexual intercourse. Fertilised eggs attach to the womb
- ▶ Unfertilised eggs are discarded along with the lining of the womb through the vagina - known as a period lasting 5-7 days
- ▶ Their will be blood - sanitary towels, period pants, tampons and menstrual cups absorb the blood
- ▶ Females lose 6-8 teaspoons
- ▶ Periods occur monthly

Girls will learn:

- ▶ Demonstration of how to apply protection - sanitary towel
- ▶ Pads need to be changed frequently - when there is lots of blood or at least every 6-8 hours
- ▶ How sanitary towels should be disposed of - special bins in public places not flushed down the toilet
- ▶ The school has sanitary products available for pupils if needed - just ask an adult you feel comfortable talking to
- ▶ Some products such as tampons and period cups go into the vagina and need changing more regularly

Boys will learn:

- ▶ During puberty at night time they may have wet dreams
- ▶ Boys will begin to get erections - the penis becomes bigger and harder due to filling with blood
- ▶ Wet dreams are the body releasing (ejaculating) a liquid called semen from the penis
- ▶ This is normal and happens to many boys during puberty

What will my child do?

► Boys will complete the boys quiz and girls the girls quiz

A boy's voice will change.	True - your voice will get deeper. You may hear this being called your voice 'breaking'- but don't worry, it doesn't actually break! This change happens because of the hormones being released during puberty and the growth of the vocal cords. The process can take time and there may be times when you are not sure how your voice will sound when you go to speak or sing, but don't worry it's all perfectly normal.
Your penis and testicles will grow.	True - this is part of puberty and is caused by hormones in your body.
A boy will get erections.	True - as the penis gets bigger, boys will start to have erections. An erection is when the penis fills with blood and gets larger and stands away from the body.
Boys generally go through puberty before girls.	False - girls usually start puberty before boys. This means they might grow taller at an earlier age and seem a bit more grown up. This will even out over time.
Your hands and feet might grow before your arms and legs catch up	True - your body doesn't do everything at the same time. As different parts grow you might feel slightly awkward but eventually everything will even out.
Boys have wet dreams	True - while you are asleep you might get an erection and ejaculate. Ejaculation is the release of a substance called semen through the urethra, at the top of the penis. This happens to many boys and is perfectly normal and nothing to worry about.
Boys can have enlarged nipples	True - because your hormones aren't balanced boys might get swollen nipples and worry they are growing breasts. But don't worry - once the hormones settle down the swelling will go away.

Girls start their periods at the same age their mum did.	False - it may happen at the same age but everyone is different. Generally the trend is that girls are starting their periods at a younger age so you might be younger than your mum.
You can't have a shower during your period	False - keeping clean is really important and even more so during your period.
Women stop having periods when they get older	True - usually women stop having periods around the age of 50, this is called the menopause.
A girl shouldn't wear pale coloured trousers during her period	False - there is nothing to stop you and if you are confident in the protection you are wearing there isn't a problem. You might choose not to wear pale colours but it is your choice.
Girls sometimes feel moody before or during their period	True - this does not always happen but some girls can feel different before or during their period. This is caused by the changes in your hormones and you may feel irritable, moody or tearful as well as physical changes such as tiredness and headaches. This is known as PMT or PMS - premenstrual tension/ syndrome.
Periods are always painful	False - periods are not always painful but some girls and women will have some pain. It's different for everyone, but you may have some stomach cramps just before your period starts, for the first few days or even all the way through. For most women and girls a hot water bottle can help or taking some painkillers (talk to a grown up about this) if the pain gets too bad. If you get a lot of pain you might need to go and see the doctor.
Once you start your period you will have one every month	False - generally periods follow a 28 day cycle but this isn't always the case and they may be more or less frequent. When a girl first starts her periods, it may take a while to have a regular cycle.
You shouldn't talk about periods	False - periods are natural and nothing to be ashamed of. If you have any questions or worries you should talk to someone you trust.

What if my child asks further questions?

- ▶ At this stage pupils will be told if they have questions regarding sexual intercourse this will be taught in Year 6 or secondary school
- ▶ Pupils will be provided with post it notes and can write questions on these if they want to and placed in a box - these will only be answered if relevant to the lesson

Year 6 - What will my child learn?

- ▶ Understand physical changes in puberty
- ▶ Emotional changes in puberty
- ▶ Conception - right to withdraw
- ▶ Pregnancy and birth - right to withdraw

- ▶ Pupils will be taught in same sex classes for these lessons

Lesson 1: Understand Physical changes during puberty

- I understand how the body changes as a child becomes an adult.
- I can accurately label sexual external parts of the body.
- I can accurately label internal reproductive organs.
- Vocabulary: puberty, change, cervix, ovary, fallopian tube, uterus, vagina, vulva, clitoris, urethra, opening, vaginal opening, labia, penis, bladder, testicle, sperm, duct, scrotum, breasts, nipples, menstruation

What will my child learn?

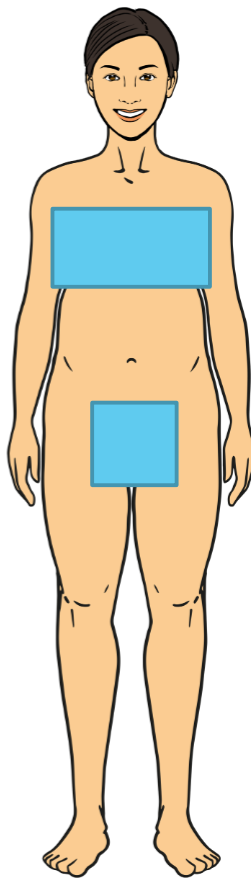
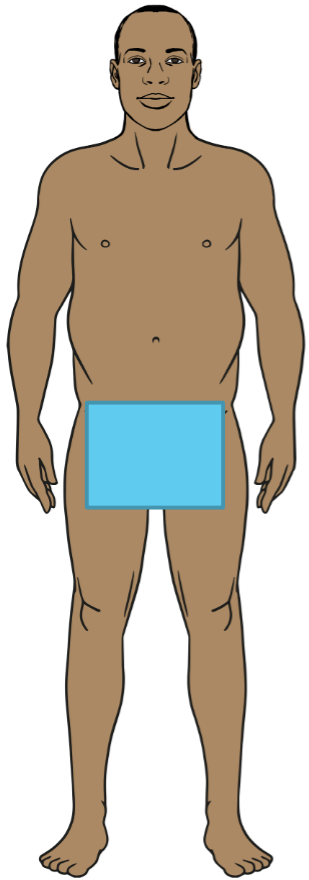
- ▶ When a girl goes through puberty she develops breasts
- ▶ External organs are hidden between legs in area called the vulva
- ▶ Folds of skin are called labia - beneath these are the urethra and clitoris
- ▶ Inside is a vagina, cervix, uterus, ovary, fallopian tube
- ▶ Men have a penis and two testicles each carried in bags called scrotum
- ▶ The position of urethra and sperm duct
- ▶ Penis and testicles grow bigger, the scrotum skin gets thinner and darker
- ▶ Hair grows around these areas
- ▶ Voice breaks - becomes deeper due to the larynx getting bigger
- ▶ Breasts may not grow symmetrical
- ▶ Periods start
- ▶ Both boys and girls may experience mood swings

What will my child see?

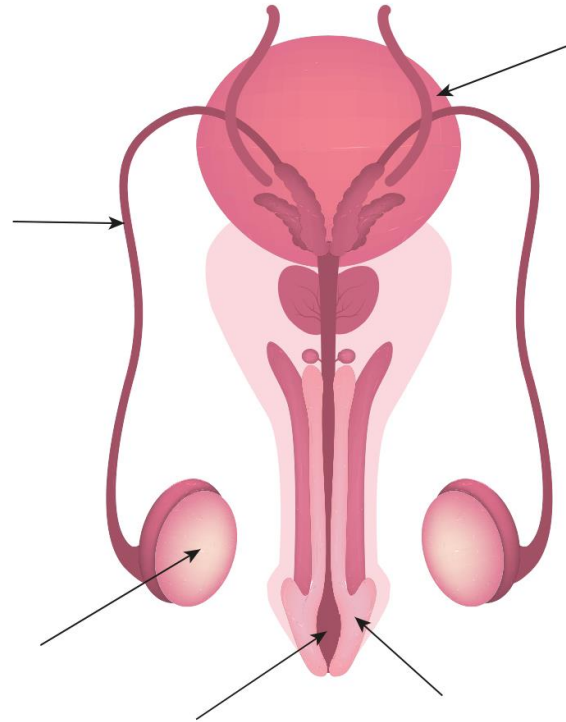
- ▶ [Puberty Year 6 video](#)

What will my child do? - Boys

Male internal reproductive organ



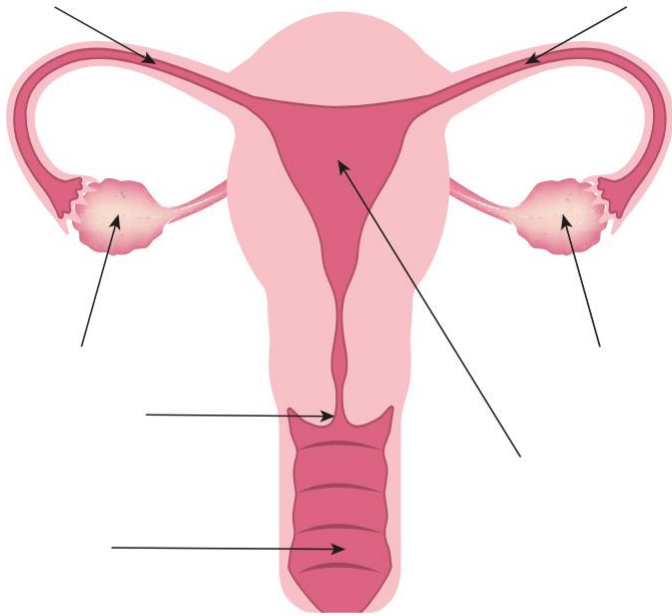
- Penis
- Breasts
- Nipples
- Scrotum/Testicles
- Vulva



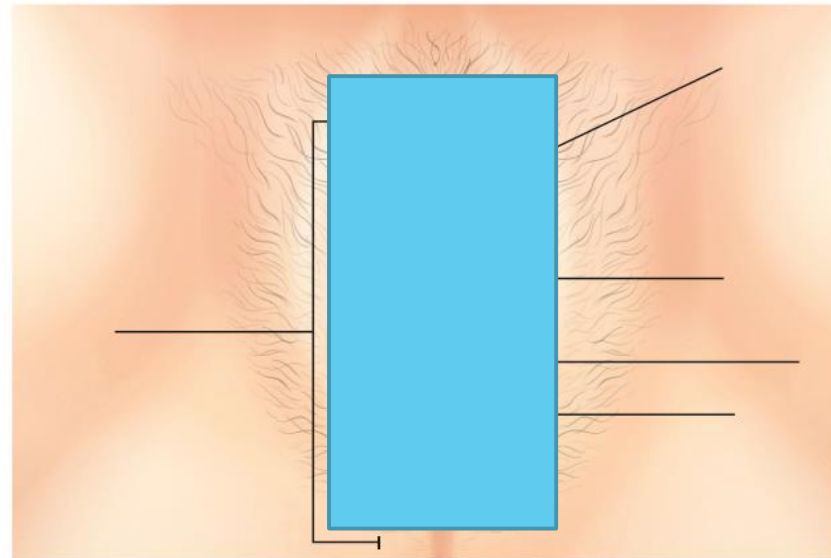
- Penis
- Bladder
- Testicle
- Sperm duct
- Urethra

What will my child do? - Girls

Female internal reproductive organs



- | | | |
|----------------|--------|--------|
| Cervix | Ovary | Uterus |
| Fallopian tube | Vagina | |



- | | | |
|-----------------|-----------------|-------|
| Vulva | Clitoris | Labia |
| Vaginal opening | Urethra opening | |

Lesson 2: Understand emotional changes during puberty

- I understand that puberty may change my feelings as well as my body.
 - I understand that everyone is different and these differences are normal.
 - I know who I can talk to if I am worried about anything.
-
- ▶ Vocabulary: attraction, puberty, change, feelings

What will my child learn?

- ▶ Puberty is a time of change and you will go through a mixture of feelings and experiences
- ▶ People might act in a way out of character
- ▶ People should make allowances for each other
- ▶ They should talk to an adult they trust if concerned
- ▶ Pupils will discuss a range of scenarios linked to emotional changes during puberty

Scenarios

Scenario 1

Gemma, Nyla and Jessica have been friends for years. Gemma and Nyla both say they have started their periods. Nyla says Jessica is a baby because she hasn't started yet. Gemma doesn't think it is fair for Nyla to pick on Jessica. Jessica is worried that something is wrong with her because both her friends have started.

- What can Gemma say to Jessica?
- What can Gemma say to Nyla?
- Who could Jessica talk to?

Extension question

Nyla hasn't started yet, why might she have told her friends she has?

Scenario 2

Mario has lots of friends both boys and girls. Recently he has started feeling differently about one of the girls. He thinks she is really pretty and doesn't seem to be able to speak to her without getting his words muddled and blushing. Some of his friends have noticed and are teasing him about it.

- What can Mario do?
- How could his friends help him?
- Who could Mario talk to?

Scenario 4

Rowan and Kai have been friends for a while, but they sometimes fall out. Recently Kai has noticed that Rowan is a bit smelly and he thinks some other children in the class have noticed too. Rowan and Kai are getting on really well at the moment, so Kai is a bit worried about upsetting Rowan.

- What could Kai say?
- What might happen if Kai doesn't say anything?
- Who else might be able to help?

Extension question

What changes are happening to Rowan which is making him smell differently?

Scenario 5

Poppy and Maya have been friends since they started school. Recently Poppy has been moody and doesn't always want to play with Maya. She has made friends with some other girls that she didn't used to like. It's making Maya feel really unhappy.

- Why might Poppy be moody?
- How might Maya feel?
- What can Maya do?

Extension question

What might happen to Maya and Poppy's friendship as they both grow up and go through puberty?

Lesson 3: Understand the biology of conception - right to withdraw

- I understand the menstrual cycle.
- I understand how a baby is conceived.
- ▶ Vocabulary - sperm, egg, erection, fertilise, conception, sexual intercourse, relationship

What will my child learn?

- ▶ Life begins when an egg from a woman is fertilised by a sperm from a man
- ▶ Sexual intercourse - when two people kiss and cuddle they can become physically aroused
- ▶ The man's penis becomes erect and the woman's vagina becomes softer and wet
- ▶ They can then if they both choose have penetrative sex
- ▶ The mans erect penis enters the vagina
- ▶ During sex the man will ejaculate releasing sperm which travel through the cervix into the womb with the goal of fertilising an egg - only one sperm can do this
- ▶ In the fallopian tube a sperm may fertilise the egg

What will my child learn?

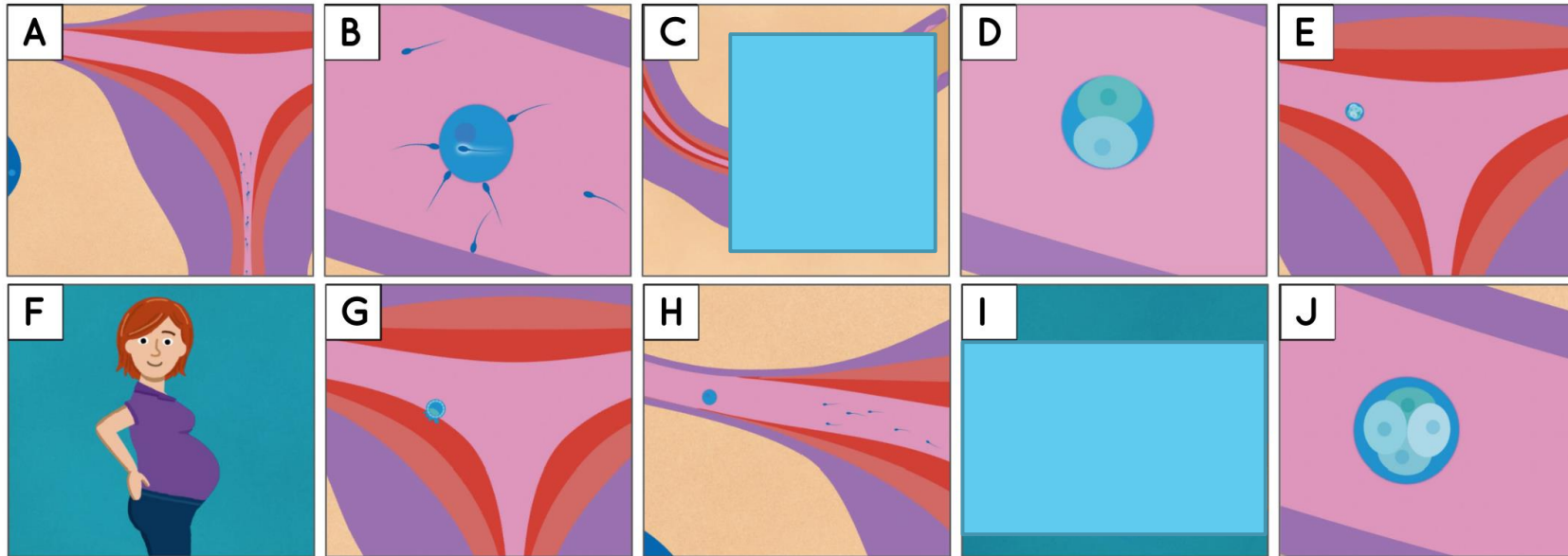
- ▶ Once fertilised the egg will divide continually and then attach itself to the soft walls of the womb
- ▶ The woman is now pregnant
- ▶ 9 months later a baby will be born
- ▶ The legal age for sexual intercourse is 16 - the age of consent
- ▶ No one should ever be pressured into sexual intercourse and consent should be given freely

What will my child see

- ▶ [Conception video](#)

What will my child do?

- ▶ Order the stages of conception



<p>A A man and woman have sexual intercourse. The man's penis gets hard/erect and goes inside the woman's vagina.</p>	<p>B The sperm travel through the womb to the fallopian tube.</p>	<p>C One of the sperm enters the egg.</p>	<p>D The ball of cells attaches to the side of the womb.</p>	<p>E The woman is pregnant and the baby starts to grow in her womb.</p>
<p>F The new cell starts to grow into a ball of cells.</p>	<p>G The ball of cells travel down the fallopian tube towards the womb.</p>	<p>H The man ejaculates and sperm leaves his penis and travel up the woman's vagina.</p>	<p>I The man's sperm and the woman's egg meet in the fallopian tube.</p>	<p>J The sperm and egg come together to form a new cell.</p>

Lesson 4: Understand the development of the baby during pregnancy

- I understand how a baby develops in the womb during pregnancy.
- I can identify some of the things a baby needs.
- ▶ Vocabulary: sperm, egg, erection, fertilise, conception, sexual intercourse, relationship, pregnancy, development, commitment, baby, love, care

What will my child learn?

- ▶ Human life begins with an egg and a sperm
- ▶ Sexual intercourse means a man's sperm may fertilise a woman's egg
- ▶ The fertilised egg will divide multiple times, travel down the fallopian tube and embed in the womb lining
- ▶ It is now called an embryo - the woman is now pregnant and her periods will stop whilst pregnant
- ▶ Pregnancy lasts approximately 40 weeks
- ▶ 9 weeks - grown into foetus most internal organs formed
- ▶ 12 weeks - 6cm long and fully formed arms and legs
- ▶ The mother provides everything it needs

What will my child learn?

- ▶ They are joined by the umbilical cord - nutrients pass to the baby and waste back to the mother
- ▶ The cord attaches to the baby at the tummy button
- ▶ 3-6 months: organs fully developed, it can swallow, hear and be felt moving
- ▶ Last 3 months hair and finger nails grown
- ▶ When ready the mother gives birth to the baby through the vagina
- ▶ The umbilical cord is cut
- ▶ The baby will be dependent on its parents for everything
- ▶ Not everyone can get pregnant. If these couples still want to have a baby they can consider: adoption, IVF (the sperm and egg are put together by scientists before being placed in the womb) or surrogacy (someone else has the baby for them)

What will my child see?

- ▶ [Pregnancy video](#)

What will my child do?

- ▶ Pupils will have a discussion recapping the events of pregnancy learnt in the lesson
- ▶ Pupils will also discuss what a baby may need in its first year

What if my child asks a question not included in the content?

- ▶ Only questions matching the content of the lessons will be answered
- ▶ This means questions in relation to contraception, STI's, gender identity will not be answered. Pupils will be advised they will learn about these during secondary school or to ask a trusted adult at home

Related elements from the science curriculum



Science Curriculum links - KS1

- ▶ Year 1 - identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.
- ▶ Year 2 - notice that animals, including humans, have offspring which grow into adults

Notes and guidance (non-statutory)

Pupils should be introduced to the basic needs of animals for survival, as well as the importance of exercise and nutrition for humans. They should also be introduced to the processes of reproduction and growth in animals. The focus at this stage should be on questions that help pupils to recognise growth; they should not be expected to understand how reproduction occurs.

What does this mean?

- ▶ Pupils will understand that animals reproduce to produce offspring
- ▶ Animals have two parents
- ▶ Different animals have different life cycles

- ▶ Science lessons in Key Stage 1 will not go into sexual reproduction

Living things and their habitats

Pupils should be taught to:

- describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird
- describe the life process of reproduction in some plants and animals

Notes and guidance (non-statutory)

Pupils should study and raise questions about their local environment throughout the year. They should observe life-cycle changes in a variety of living things, for example, plants in the vegetable garden or flower border, and animals in the local environment. They should find out about the work of naturalists and animal behaviourists, for example, David Attenborough and Jane Goodall.

Pupils should find out about different types of reproduction, including sexual and asexual reproduction in plants, and sexual reproduction in animals.

Pupils might work scientifically by: observing and comparing the life cycles of plants and animals in their local environment with other plants and animals around the world (in the rainforest, in the oceans, in desert areas and in prehistoric times), asking pertinent questions and suggesting reasons for similarities and differences. They might try to grow new plants from different parts of the parent plant, for example, seeds, stem and root cuttings, tubers, bulbs. They might observe changes in an animal over a period of time (for example, by hatching and rearing chicks), comparing how different animals reproduce and grow.

What does this mean?

- ▶ Pupils will understand that asexual reproduction is a plant reproducing on its own
- ▶ Sexual reproduction in plants means two plants are involved. Each plant has male and female parts. Genes are passed from one plant to another through pollination and fertilisation
- ▶ The advantages and disadvantages of asexual and sexual reproduction in plants
- ▶ Sexual reproduction in animals means there are two animals involved a male and a female parent. Both parents contribute their characteristics to the offspring
- ▶ Pupils will look at life cycles of animals and how humans develop into old age
- ▶ No information on conception will be taught during these lessons