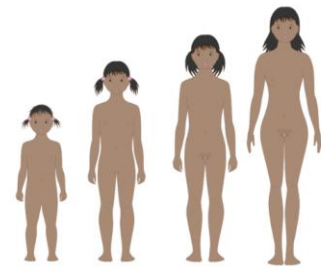


Welcome to Year 4 parent meeting about the SRE which we will be teaching this term.

Life Learning	Changing Me Do I understand that lots of things make up a person's identity and this is what makes them unique? I can describe how I will have choices about developing my own identity and interests as I grow up and that these will contribute to who I am	Changing Me Can I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies? Can I identify how boys' and girls' bodies change on the outside during this growing up process? Can I recognise how I feel about these changes happening to me and know how to cope with those feelings?	Changing Me Can I identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up? Can I recognise how I feel about these changes happening to me and know how to cope with these feelings?	Changing Me Can I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this? Do I know that I have strategies to help me cope with the physical and emotional changes I will experience during puberty?	Changing Me Do I know there are many types of family and that often our family members form part of our inner circle? Do I know there are trusted people I can turn to if I need help and support as I grow up and go through puberty? Do I know that sometimes I may feel anxious about growing up and this is normal. There are people who can support me?	Changing Me Do I know how the circle of change works and can apply it to changes I want to make in my life? Am I confident enough to try to make changes when I think they will benefit me?	Changing Me Can I can identify changes that have been and may continue to be outside of my control that I learnt to accept? Can I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively? Can I identify what I am looking forward to when I move to a new class? Can I can reflect on the changes I would like to make next year and can describe how to go about these?
-----------------------------	---	--	--	--	--	---	---

All children have the right to speak or to remain silent, it is their choice during the lessons. There will be a box where they can put their questions in, which will be answered in the next lesson anonymously.

LQ: Can I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies? Can I identify how boys' and girls' bodies change on the outside during this growing up process? with those feelings? (Y3)



Changing Me Outside Body Changes Cards - Ages 7+ - Piece 2	
I will grow taller	I will develop pubic hair between my legs
Hair will grow under my arms	Hair will grow on my legs
I will grow hair on my face	My hips will widen
My chest and shoulders will get broader	My voice will get deeper
My breasts and nipples will grow	My penis and testicles will grow larger
My feet will get bigger	My skin will get less smooth

Key Vocab:	Emotion Vocab:
- Change - Puberty - Control - Breasts - Pubic Hair - Penis - Testicles	- Excited - Nervous - Curious - Unsure - Frightened - Anxious

Introduce the term puberty. Ask whether anybody has heard the word and/or knows what it means. Explain that it refers to the collection of changes that will gradually change their bodies from a child's body into an adult's body. Say that the lesson today will only look at changes on the outside of the body, and next time they will learn about the changes on the inside.

Emphasise that puberty is a natural part of growing up for everyone.

Give each child a copy of the resource sheet 'My Life, My Changes'. In pairs, children discuss this and agree which changes should go in the 'can control' and 'can't control' categories. Then each complete their own sheet by writing the words in the appropriate spaces.

Ask the children to write down one thing they are looking forward to about growing up, and one thing that they might be worried about on the resource sheet.

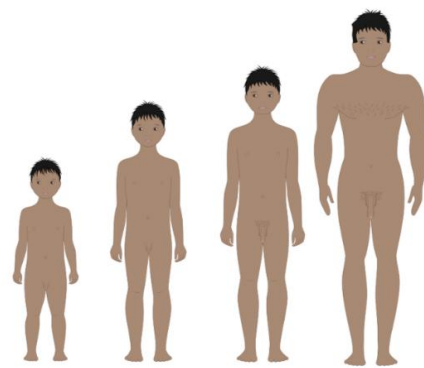
How do children feel about any of the changes they cannot control? Reassurance may be needed here.

Changing Me
My Life, My Changes - Ages 7+ - Piece 2

Changes I can't control

Changes I can

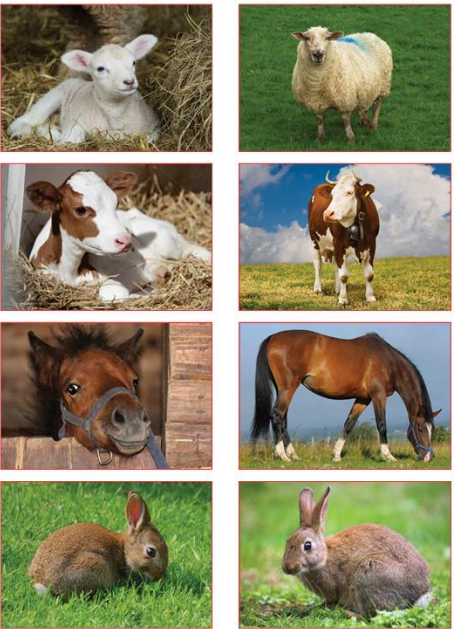
Growing pubic hair	Making new friends	Getting a deeper voice	Hips getting wider
Deciding when to go to bed	Growing facial hair	Choosing what to eat	Earning money
Choosing what clothes to buy	Growing taller	Growing underarm hair	Penis growing larger
Developing breasts	Starting new hobbies	Getting a boyfriend or girlfriend	



LQ: Can I Identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up? Can I recognise how I feel about these changes happening to me and know how to cope with these feelings?

(Y3)

Changing Me
Pairs Game - Ages 7+ - Piece 3



Key Vocabulary:

- Puberty
- Male
- Female
- Testicles
- Scrotum
- Sperm
- Penis
- Ovaries
- Egg
- Ovum/Ova
- Womb/Uterus
- Vagina

Emotion

Vocabulary:

- Excited
- Nervous
- Curious
- Unsure
- Frightened
- Anxious



Slide 16

Start to show the male reproductive system. Point out the different part of the male reproductive system, focusing on the penis, testicles and scrotum.

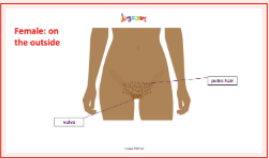
Explain that at puberty a boy's penis will grow bigger. His testicles also grow and start to make sperm which are tiny seeds that are needed to start a baby growing.



Slide 17

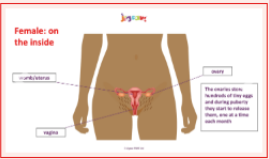
Point out the different part of the internal male reproductive system, focusing on the testicles in the scrotum, the sperm ducts that take sperm to the penis, where sperm can be released.

It is the sperm that are needed to make a baby inside the mother's body.



Slide 18

Start to show the female reproductive system, explaining that there is less to see on the outside. There are two openings that females have which are covered by the vulva. These are the urethra, which lets urine out and the vagina, which leads to the womb and the other internal reproductive structures.



Slide 19

Point out the female reproductive system, focusing on the two ovaries, womb and vagina.

Explain the girl's ovaries store hundreds of tiny eggs and during puberty they start to release them, one at a time each month. Girls are born with all these eggs inside their ovaries (called ova) waiting for puberty to start. (Ensure children do not think ova are like chicken/bird eggs.)

Changing Me
The Great Growing Up Adventure - Ages 7+ - Piece 3

On our journey to be adults, our bodies will change shape and grow bigger on the outside. At the same time wonderful things are happening on the inside.

Boys have a bag of skin between their legs which holds the t_ _ _ _ _

This bag of skin is called the s_ _ _ _ _

These grow bigger and start to make s_ _ _ _ _ tiny seeds which are needed to start a baby.

When they are needed these seeds are released through the p_ _ _ _

Inside a girl, low down between her hips, are two o_ _ _ _ _

Stored inside these are lots of tiny e_ _ _ _

They start to be released, one at a time, into a tube that leads to the w_ _ _ _

This is a warm, safe space where a baby will grow if the egg joins with a sperm.

The womb is connected to an opening between the girl's legs by a passage called the v_ _ _ _ _

Ovaries	Sperm	Vagina	Testicles	Eggs	Womb	Penis	Scrotum
---------	-------	--------	-----------	------	------	-------	---------

I feel great about growing up because...

I feel a bit worried about growing up because...

Show animation E for boys

LQ: Can I can describe how a girl’s body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this? Do I know that I have strategies to help me cope with the physical and emotional changes I will experience during puberty?

Changing Me

How Do I Feel About Puberty? - Ages 8+ - Piece 2

One way my body will change during puberty is...

I'm looking forward to being a teenager because...

Something that worries me about getting older is...

What I like about being the age I am now is...

The trouble with being the age I am now is...

Compared with my friends, I think the rate at which I'm growing is...

When something's bothering me I can always talk to...

When I start growing hair in new places, I might feel...

One way I can look after my body as I get older is...

Something I am curious about is...

Puberty

Menstruation

Menstrual Cycle

Periods

Period pants

Panty liner

Menstrual cup

Menstrual pads

Menstrual towel

Tampons

Vagina

Vulva

Ovaries

Fallopian tube

Period products

Hormone

Womb

Changing me

Menstruation Cards - Ages 8+ - Piece 2

AGE

7-11

10-14

12-16

fallopian tube

ovaries

womb

vagina

vulva

Day 21

ovaries

lining is 5mm thick

womb or uterus

vagina

vulva

Towel - 20cm long

Period pants

Menstrual cup

Tampon 6cm long

Many thousands of eggs are stored in the ovaries. A woman will release one each month for most of her adult life. Most will not be fertilised, so they pass down the tube into the womb and out of the body through the vagina.

If the egg is not fertilised the extra lining isn't needed so it breaks up. For a few days the womb lining and the spare blood it contained will come out of the body through the vagina. This is what is called 'having a period'.

The amount of blood leaving the body varies from person to person but on average it's about two tablespoonfuls or an eggcup full. Most women have periods until they are in their fifties, when they gradually stop.

A girl reaches puberty usually between the ages of 10 and 14, though it can be earlier or later than this. At this time she starts to produce one egg every month from her ovaries.

However, every month the womb has to get ready in case the egg (ovum) is fertilised. It makes a thick, soft, spongy lining with an extra supply of blood to provide the food and oxygen that a baby would need.

Slide 18

Show this slide of the Internal Female Organs.

You may want to show one of the animations: The Female Reproductive System and give a simple explanation about menstruation, pausing at various points to clarify and ask questions. A suggested script is below, appropriate for this age of children:

1. When a girl's body reaches puberty the eggs (ova) in her ovaries start to mature. Puberty can happen any time between the ages of 9 and 14, but it is different for everyone so we shouldn't worry if we start puberty earlier or later than our friends.

2. Once a month, one of the tiny eggs (ova) stored in the woman's ovaries is released. It passes into the fallopian tube and then into the womb/uterus.

3. Every month the womb/uterus makes a thick, soft, spongy lining with an extra supply of blood to provide all the nutrients that a baby would need.

4. Unlike when we cut ourselves, this flow of blood is normal and natural for a girl who has reached puberty. It shows that the girl's/woman's body is working as it should.

5. Having a period can feel uncomfortable, but there are things that can help, and it's good to talk to a trusted adult about managing it. Some cramping or discomfort is normal, but periods shouldn't be so painful that you can't do normal activities. If they are, it's important to talk to a doctor.

6. Girls and women need something to soak up the blood (menstrual flow) as it comes out of the vagina and vulva. They can choose from an absorbent period product. They may choose to use an absorbent towel/pad which they wear in their underwear, period pants or sometimes a tampon which they insert into the vagina. It is important that these are changed regularly.

7. The amount of blood leaving the body varies from woman to woman, but on average it's about two tablespoons worth, or enough to fill an egg cup. Most women have periods once a month until they are in their fifties when they gradually stop.

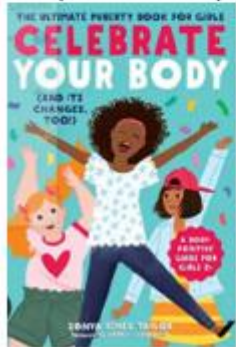
Show animation A for girls plus period box

Books we recommend about puberty.

Hair in Funny Places
Babette Cole



Celebrate Your Body
Sonya Renee Taylor



What's Happening to me? - Girls



Usborne Books

What's Happening to me? - Boys



Usborne Books