

## RSE 2021

### Year 5 - Content of lessons:

#### Lesson 1:

Set up a question box. Discuss different types of relationships e.g. families, friends etc Discussions around different types of relationships that exist and how each one should be respected.

#### Lesson 2:

The importance of hygiene as they go through puberty. Watch film: 'Some of your bits ain't nice.' This is a light-hearted cartoon about personal hygiene and how to keep clean. Aimed at children just about to go through puberty. (You can see a short clip of this film if you Google it.) Discussion based on the film.

#### Lesson3:

Puberty. Watch 'Changes' DVD which relates to changes which occur during puberty. Discuss any questions. Discussion about how relationships, feelings and emotions can change as children go through puberty. Then boys and girls will be split into 2 single sex groups. Girls will discuss menstruation in more detail and be given some samples. The boys will also discuss menstruation and be shown samples of sanitary towels and tampons. They'll discuss male changes in more detail.

#### Lessons 4:

Follow up activities focusing on their understanding of hygiene and puberty – answering questions from question box etc. We will also watch 'Operation Ouch' to consolidate understanding – this can be downloaded from iplayer. The children will also discuss further the range of emotions they may feel and strategies they could use to help themselves / where to go for help / advice.

#### Lesson 5:

Create a 'I'm growing up leaflet' to consolidate their knowledge.