

Relationships and Growing Up Education



PSHE



Year 6

Relationships Education

- 1) What is Relationships Education?
- 2) Why is Relationships Education important?
- 3) Age appropriate resources- What is covered in Relationships Education?
- 4) Our policy

1) What is Relationships Education?

Relationships Education in primary schools

- Part of **PSHE**
- Linked to **safeguarding**
- **Puberty** in upper KS2 (year 4, 5 and 6)
- **Sex education** in year 6
- Puberty and Sex Education lessons usually covered in **Summer Term**
- **Statutory guidance** used from **September 2020**
- **Range of topics:** e.g. keeping clean, routine, good and bad touch, saying no, assertiveness, good friendships, self esteem, communicating

Updated guidance for Relationships Education.

- Will be called Relationships Education in primary schools (was previously RSE in some schools, we have previously called it Relationships and Growing Up and will keep the name)
- Schools will follow this statutory guidance from September 2020
- Parents will only be able to withdraw children from sex education lesson (year 6 only) and the FGM lessons (Year 3- 6). The FGM lessons are linked to rights of children.

What is covered in Relationships Education in primary?

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe



Health Education

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body



Four main topics



Growing
up



Our
bodies



Keeping
safe



Relation-
ships and
family life

Relationships Education themes

Respect

Emotions

Friendships

Saying No

Good and bad touch

Differences

Families and people who care for me

Puberty

Empathy

Keeping safe

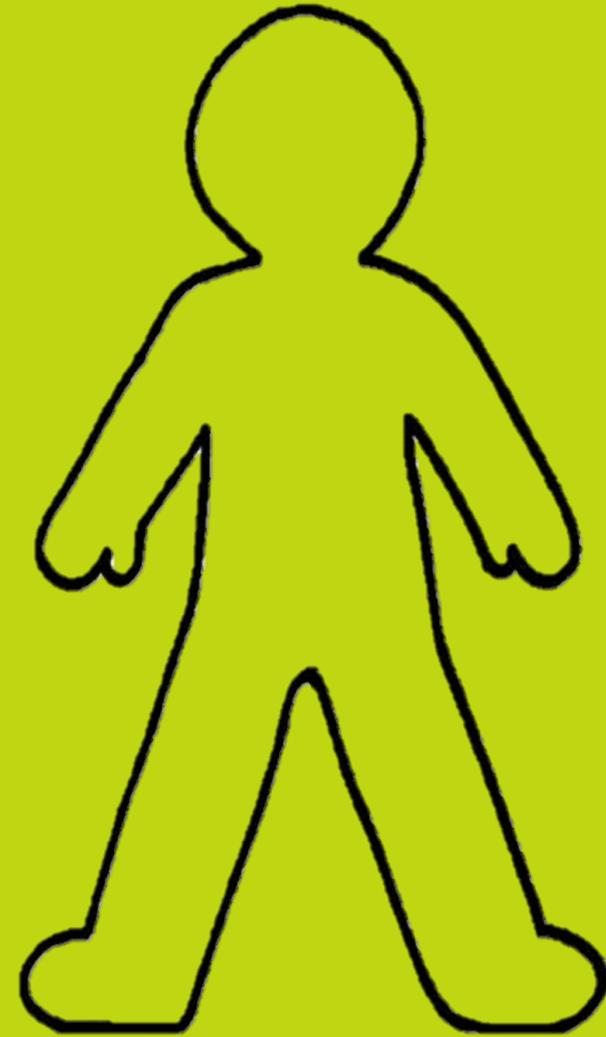
Communicating

Building self-esteem

Solving problems

2) Why is Relationships Education important?

What skills does it teach children?



Why is Relationships Education important?

- Develop **confidence** in talking, listening and thinking about **feelings and relationships**.
- Are able to **name parts of the body** and describe **how the body works**.
- Have the skills, language and confidence to **protect themselves**.
- Are **prepared for puberty**.

Relationships Education and safeguarding

Universal language spoken by all

CSE and grooming – links to online safety

Appropriate and inappropriate touch

Promotes healthy relationships

Where do children learn about Relationships Education topics?

- Keeping safe
- Healthy friendships
- Families
- Stereotypes
- Body changes
- Healthy body image
- Saying no

Where do children and young people learn about Relationships Education related issues?

TV

Magazines

Radio

Music videos Gaming

Parents

Siblings

Peer

School

Internet

Disney

Films

3) Age appropriate resources

Vocabulary

| | |
|---------------------------------|--|
| Puberty | A time when someone's body begins to develop and change as they mature from being a child to an adult. |
| Penis | A special part of a boy's body that is covered by his pants. |
| Testicles | Male part that grows during puberty. |
| Sperm | Boys develop sperm as they go through puberty. |
| Vagina | A special part of a girl's body that is covered by her pants |
| Emotional behaviour | The way that your emotions can affect your behaviour. eg puberty changes, mood swings. |
| Physical behaviour | The way that you behave physically. There are a lot of physical behaviour changes during puberty. |
| Positive communication | A good way of communicating with others. positive communication leads to good resolution of problems. |
| Negative communication | A bad way of communicating with others. this type of communication leads to poor problem solving. |
| Positive friendships | A good relationship between friends where they show mutual respect and good listening. |
| Negative friendships | A bad relationship between two people where they do not show mutual respect towards each other. |
| Relationship | The way in which two or more people or things are connected. People have face to face relationships and online relationships. |
| Personal information | Details about a person, e.g name, address, school. It is important to protect your personal information and be careful who you share it with, especially online. |
| Communication | Ways that we send or receive information between each other. e.g communicating face-to-face, email, letter, online platforms. |
| Wet dream | A change that happens to boys only during puberty. |
| Erection | A change that happens to boys only during puberty. |
| Period/sanitary products | Used to keep clean and healthy during a period- sanitary towels. |
| Physical changes | The changes that happen to your body during puberty. |
| Emotional changes | The changes that happen to your feelings during puberty. |

What does PSHE stand for?

- Personal
- Social
- Health
- Economic



In PSHE lessons we have lots of whole class discussions and circle time where we display British Values and our 4 school values.

- R - Respect
- O - Openness
- C - Confidential
- K - Kind



We follow ROCK ground rules for these lessons- Respect, Openness, Confidentiality, Kindness



Children throughout the school learn the importance of staying safe through the message from NSPCC's Pantosaurus. The key message is that your body belongs to you. This understanding will help keep them safe and to value the importance of positive safe relationships with others. If they feel uncomfortable in any situation that involves their body, they must speak up and tell a trusted adult.

Key Learning

- To identify the qualities of a good friend
- To gain basic first aid skills
- To explore positive and negative ways of communicating in relationships
- To explore online friendships
- To understand healthy relationships

Relationships Education lessons

- To recap the male and female changes that happen during puberty
- To explore positive friendships and explain what makes a friendship successful
- To understand what makes a family and who to turn to for help and support

FGM lessons

- To understand how beauty is portrayed around the world.
- To know I have the right to say no.

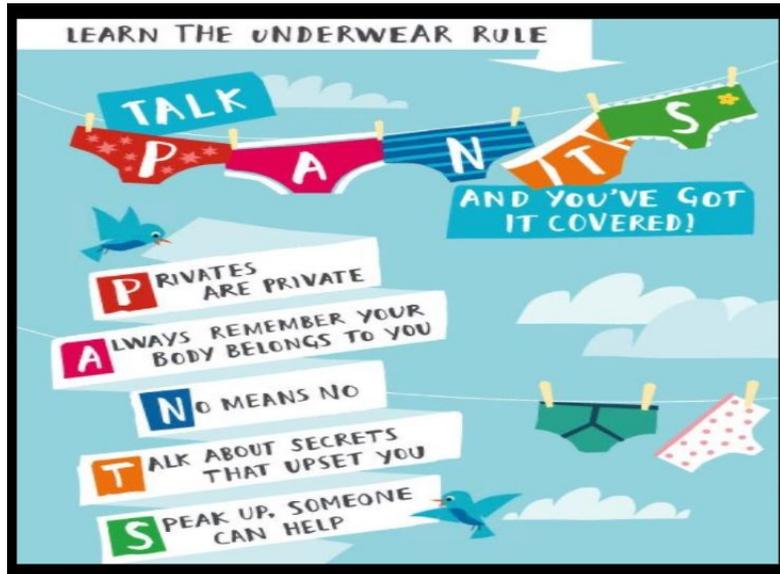
PSHE

What does PSHE stand for?

- Personal
- Social
- Health
- Economic



PSHE



R - Respect

O - Openness

C - Confidential

K - Kind



LQ: Can I explore positive and negative ways of communicating in relationships?

Can I understand healthy relationships?

I can:

- Explain what positive communicating looks like.
- Explain what negative communicating looks like.
- Identify what makes a healthy relationship.



Relationships and Growing up

Baseline- Going to secondary school...



Task 1- Truth or myth?

In small groups, sort the statements about secondary school into true, myth or unsure.

Read each card then put it in a pile: truth, myth, or not sure.

| | |
|--|--|
| The teachers at secondary school shout all the time. | |
| Older pupils and teachers will help if someone gets lost in the first few weeks of term. | |
| If someone doesn't do their homework they always get detention. | |
| There are lots of different clubs for people to get involved in if they want to. | |
| If you don't have your bus fare, the bus driver won't let you on to the school bus. | |
| There is so much homework that it is impossible to do anything else after school. | |
| Mobile phones are banned in secondary school. | |
| Older pupils always push in front in the dinner queue. | |

| | |
|---|--|
| There is a different teacher for every subject. | |
| If someone is worried about anything in school, there are people they can go and talk to. | |
| There are tests every day. | |
| There are lots of different subjects that are not taught at primary school. | |
| It is fine to pop in and say hi to old teachers at primary school once someone is at secondary school. | |
| The secondary school day starts before primary school, so pupils have to leave home earlier to get there on time. | |
| If someone's friend goes to a different secondary school they will never get to see one another. | |
| Pupils can be excluded for wearing the wrong uniform. | |
| Everyone in year 6 is excited and looking forward to going to secondary school. | |

Task 2- Where can I find out about secondary school?

In your group, make a list of where you can find out about secondary school.

Task 3- In pairs/ small groups, discuss the scenarios...

Where can they get answers? **Who would be the best person to speak to? Which would be the best place to get information?**

In each situation, from where or whom would be the most reliable way to get advice or help?

Rosie isn't sure what time the school day starts at her new secondary school.

Jamal doesn't know if his new school allows them to take their mobile phones in with them.

Lily is wondering how much lunch costs at her new secondary school.

Connor has heard rumours that people call the teachers by their first name at secondary school.

Ravi thinks he will get lost when he is moving round to different lessons.

Savneet is worried that she won't be able to keep up with all the homework they'll be given at secondary school.

Hannah wants to know which clubs she can join when she starts her new secondary school.

Ali doesn't know which stop he has to catch the school bus from in September.

Task 4- Dear Sam...

You are acting as Sam, who gives children advice about secondary school.

Read your email and write a reply back.

Dear Sam

People keep telling me different things about secondary school, and I don't know who's right. My friend's big brother says you get punished if you don't do your homework, but my teacher says that that doesn't always happen. Our neighbour who goes to the school says we have to get there by 8.30 but my mum says it's 8.45. Also, I'm not sure which gate I'm supposed to use to get into school because there's two of them! How do I find out the right answers?

From **Hassan**

Dear Sam

I can't wait to start secondary school! I need to ask you though: is it true that you have to wear a blazer every day and you aren't allowed to wear shorts even if it's really hot? I'm not sure where I can get information about things like that.

From **Jasmine**

Hi Sam

I have got lots of worries about Year 7. Everyone else has got a big brother or sister who can tell them what they need to know, but I don't know anyone who is at secondary school yet. What if I get put in a class without anyone I know? And will I get into trouble if I don't understand the work? My teacher says that everything will be much harder next year.

From **Ella**

Dear Sam

I am kind of looking forward to starting secondary school but I also feel nervous about it. Is that normal? Everyone else seems to be really excited and I haven't really got anyone who I can talk to about how I feel because I'm afraid they won't understand. Can you help me please?

From **Sherelle**

Hi Sam

I only moved to my area very recently so I don't know anything about my new secondary school. I don't have any good friends at my new primary school yet so I feel shy about asking people about it. How can I find out more about the school that I am going to in Year 7?

From **Finn**

Dear Sam

Can you answer these questions for me, please? When I go to secondary school, how will I know where my classrooms are? I know that you have to move around for each lesson, but what if I don't know the way? The school is really big and I don't know what will happen if I can't get to one of the classrooms because I'm lost. Will I be punished for being late to the lesson?

From **Asha**

Hello Sam

I am mostly looking forward to starting Year 7, but there's some things that I feel weird about. I really like my Year 6 teacher and I know I'm going to miss primary school a lot. Is it ok to go back and visit your old teachers, or is that silly? Also, my best friend is going to a different school and I'm worried that we'll have so much homework and no time to see one another. At the moment I see her every day and I don't want that to stop!

From **Ryan**



LQ: Can I recap the male and female changes that happen during puberty?
Can I explain what makes a family and who to turn to for help and support?

I can:

- Name the emotional and physical changes that happen to boy, girls and both during puberty.
- Explain what makes a family.



Relationships and Growing up



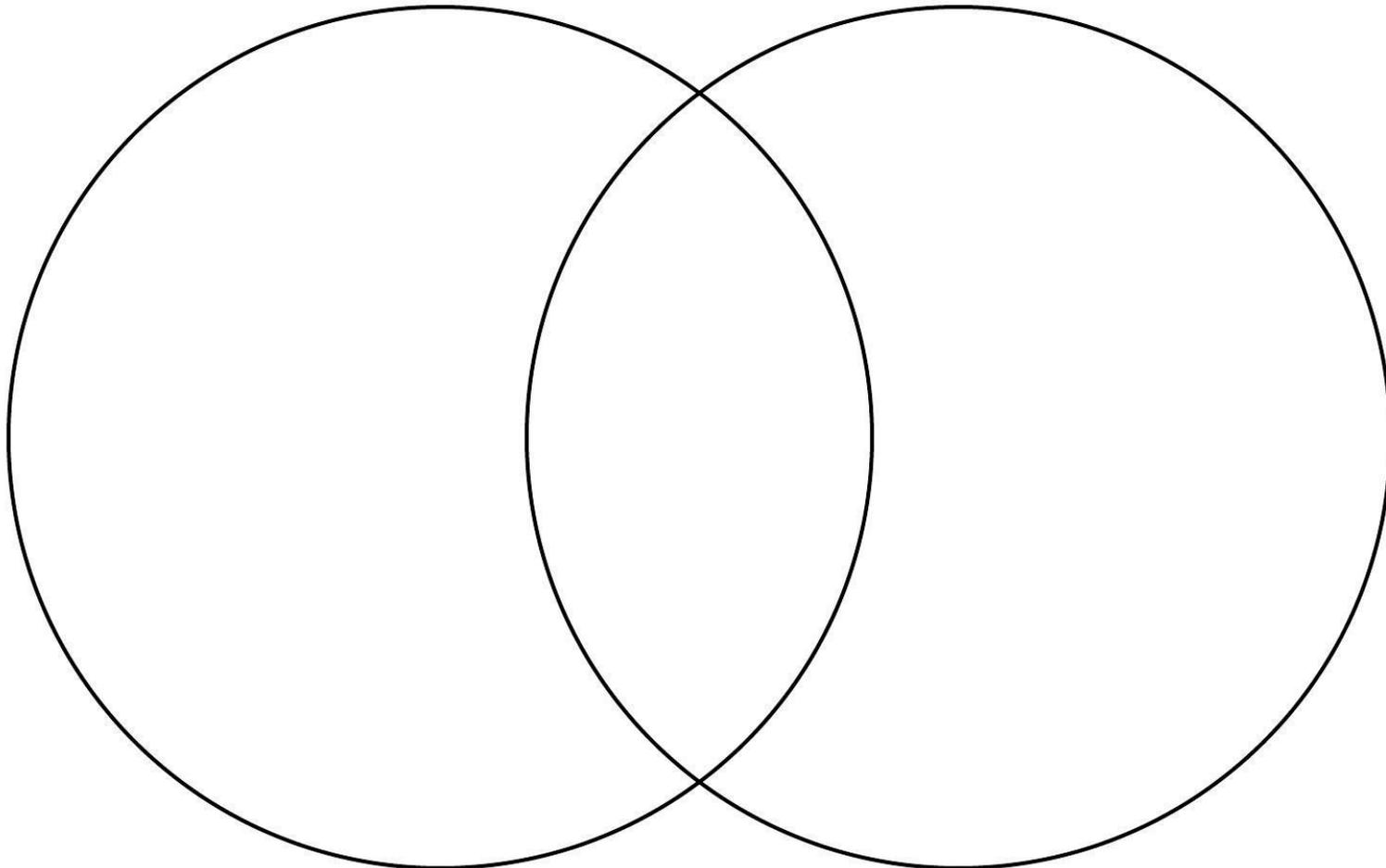
**Summer 2-
RGU
lessons**

PSHE assessment task

Group task- Complete the venn diagram to list the changes that happen during puberty...

BOYS

GIRLS



Write physical changes in red

Write emotional changes in blue

What is puberty?

- Puberty is the time when your body changes from being a child to a young adult.

Why does it happen?

- Puberty starts when extra amounts of chemicals called hormones start to be produced in the body.
- The body produces the hormones **OESTROGEN**, **PROGESTOGEN** and **TESTOSTORONE** which are responsible for many different changes in the body.

Physical Changes

- Physical changes happen because the body starts to produce chemicals called hormones; oestrogen, progesterone and testosterone.
- Puberty can happen anywhere **between 8 and 18 years of age.**

Physical Changes

- The female body mainly produces progesterone and oestrogen which start the changes of puberty.
- Usually starts between 8-13 years.
- The male body mainly produces testosterone which start
the changes of puberty.
- Usually starts between 10-15 years.
- Sperm is produced

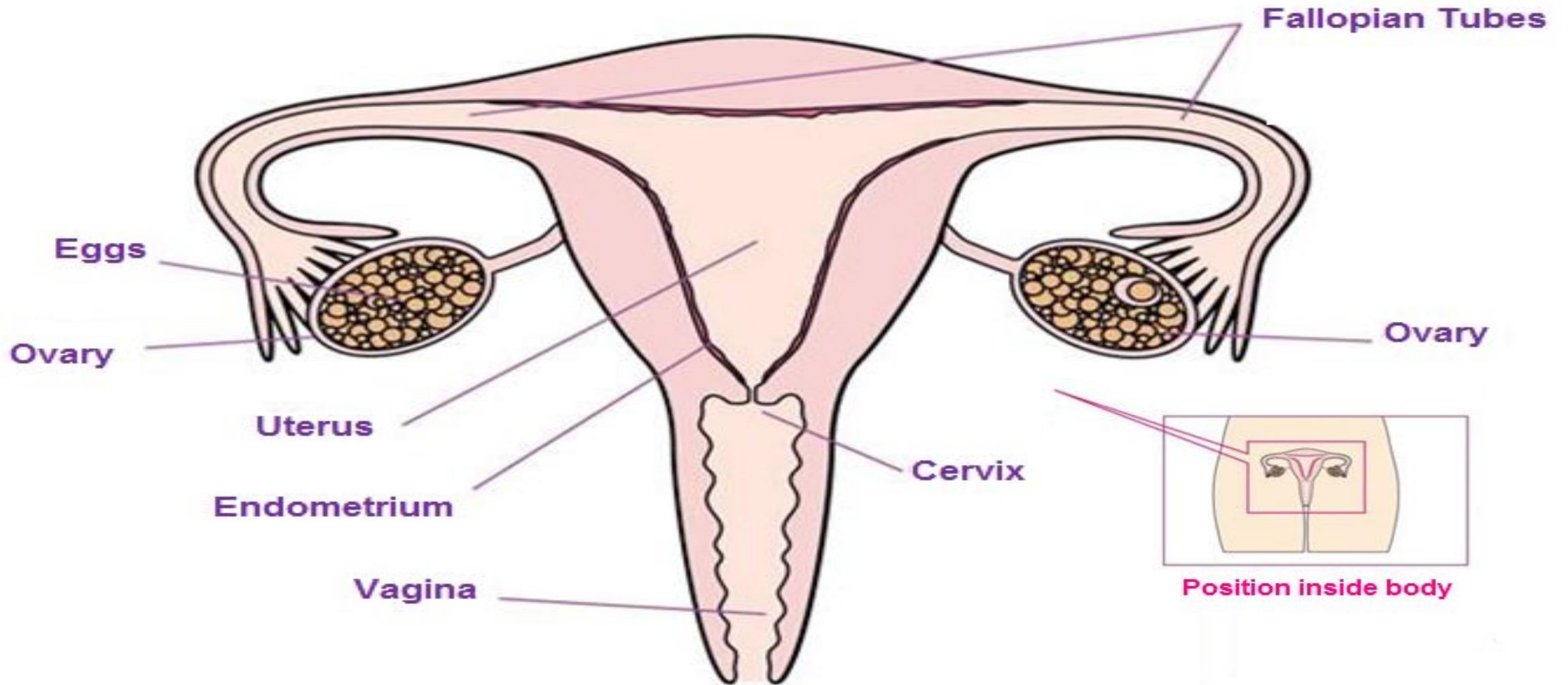
What changes happen to girls?

- Get taller
- Bones grow bigger and heavier
- Hips get wider and more curvy
- Hair and skin can become oily and you may get spots
- Body sweats more
- Face changes shape
- Voice gets a little deeper
- Hair grows under the armpits, around the genitals (pubic hair)
- Hair on arms and legs grows darker
- Breasts and nipples get larger
- May have mood swings
- Period starts

What changes happen to boys?

- Get taller
- Bones grow bigger and heavier
- Hair and skin can become oily and you may get spots
- Body sweats more
- Face changes shape - Nose and jaw get bigger and face gets longer
- Get more muscles
- Hair grows on the face, under the armpits, around the genitals (pubic hair).
- May get more hair on arms, legs and chest.
- Voice gets deeper
- Penis and testicles grow bigger and longer
- May have mood swings

The Female Reproductive System



The Period

Bleeding can last between 3 and 8 days.

Blood flow may be heavier in the first few days.

The average blood loss is only around 80ml (roughly 3 tablespoons)

The Menstrual Cycle

- Days 1-7 are the beginning of the cycle when the lining of the womb is shed (Period).
- Days 7-14 are when the egg is being produced within the ovary. It is then released into the fallopian tube to make its way down to the womb
- Days 14-28 are when the lining of the womb becomes thicker in blood supply to protect the egg.

What symptoms are there?

Many girls will feel other symptoms during or before their period. These can include:

- Tender breasts
- Headaches
- Mood swings
- Stomach cramps
- Tiredness
- Spots
- Food cravings
- Difficulty concentrating

Planning



- Periods will not have a set pattern in the beginning, they will eventually settle into their own pattern.
- Periods happen once a month but your body takes time to get into a routine so for the first year or so the time between each period may vary.
- You should carry some spare underwear and sanitary towels in your bag in case your period comes unexpectedly.

What do I use?

- Most girls will wear a sanitary towel when they have a period. It is placed within the underwear and it works by soaking up the blood.
- It is important to change the sanitary towels every 3-4 hours. This helps you to stay clean and fresh.



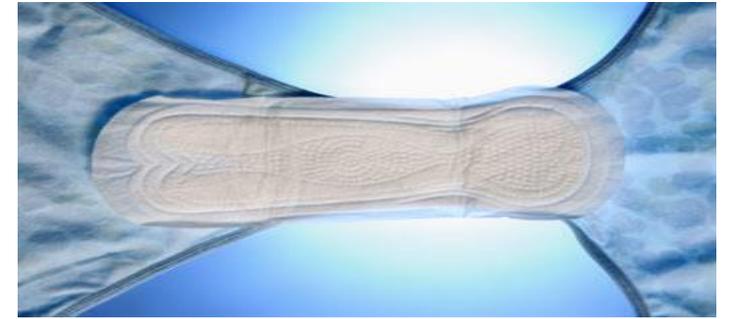
Pantliners

- Worn outside your body, in your underwear
Can be used:
- When your period is light
- As tampon backup
- In between periods to absorb discharge
- To help keep you fresh every day



Sanitary Towel

- Worn outside your body, in your underwear.
- Many different absorbencies.
- Wings provide extra protection.
- Change frequently to keep fresh and dry (generally every 4-6 hours, more often when your period is heavy).
- They will start to leak if you don't change them!



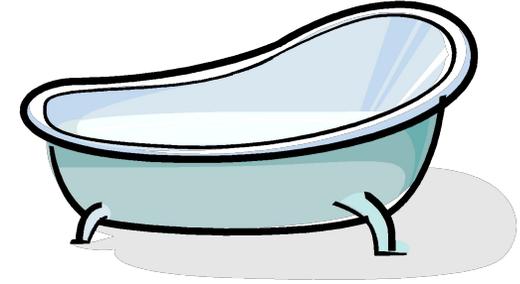
How to use a sanitary towel

1. Pull off paper strip or wrapper.
2. Attach sticky part securely to centre of underwear.
3. For wings, peel off paper strips and wrap around sides of underwear.



Things to try...

- Have a warm bath
- Massage your stomach
- Have a nice warm drink
- Use a hot water bottle or use a heat pad.
- Eat a well balanced diet.
- Exercise



Remember



- Having a period is a normal healthy thing to happen.
- It is a natural process for every girl/teenager/woman.
- It can take some time getting used to having periods and feeling confident about dealing with them.
- Periods are a sign that your body is working properly, they are a special part of being a female.

Emotional Changes

- It is not just your body that changes during puberty – your **mind and feelings** change too.

Sometimes:

- You may feel lonely and confused.
- You may have mood swings (including irritability, tearfulness, overwhelming happiness and confusion).
- You may want more independence.
- You may also become argumentative and bad tempered.

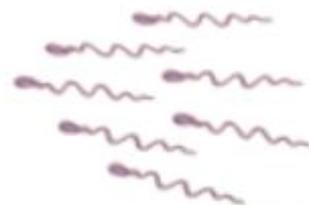
The reason boys have a reproductive system is because it provides

the sperm needed to fertilise a female's egg.

During puberty the levels of the hormone testosterone in your body begin to rise. This causes the penis and testicles to get bigger and the testicles to produce sperm.

The testicles cannot make sperm before puberty.

Sperm look like tadpoles, with what appear to be a head and a tail.



Erections

- An erection happens when extra blood flows to the penis. This causes the penis to harden and lengthen.
- Most erections are not straight, and tend to either curve upwards or to either side.
- Erections can happen at any time. This is not an unusual change and happens to boys.

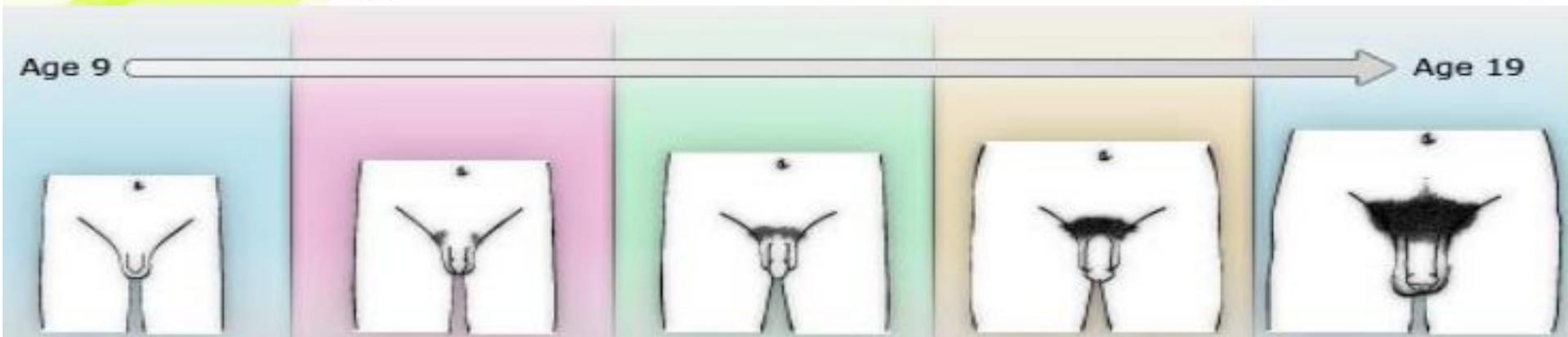
Wet dreams



- Sometimes sperm will leave your body, through your urethra when you are asleep.
- This is called a nocturnal emission, more commonly known as a “wet dream.”
- It happens without you knowing about it.
- You may notice that your pyjamas or sheets feel wet or sticky when you wake up.
- Most males experience wet dreams between the ages of 12 to 18.
- Wet dreams are a normal change that happen during puberty.
- You will experience wet dreams less frequently as you grow older, you will have more control over your body.

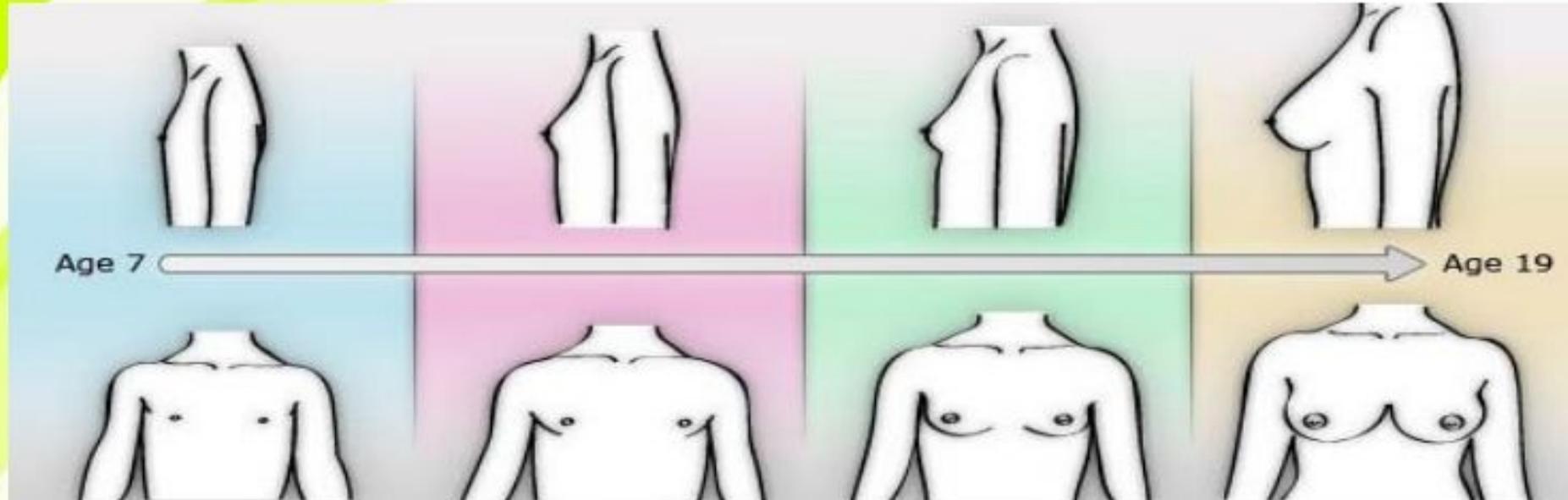
Penis and Testicles

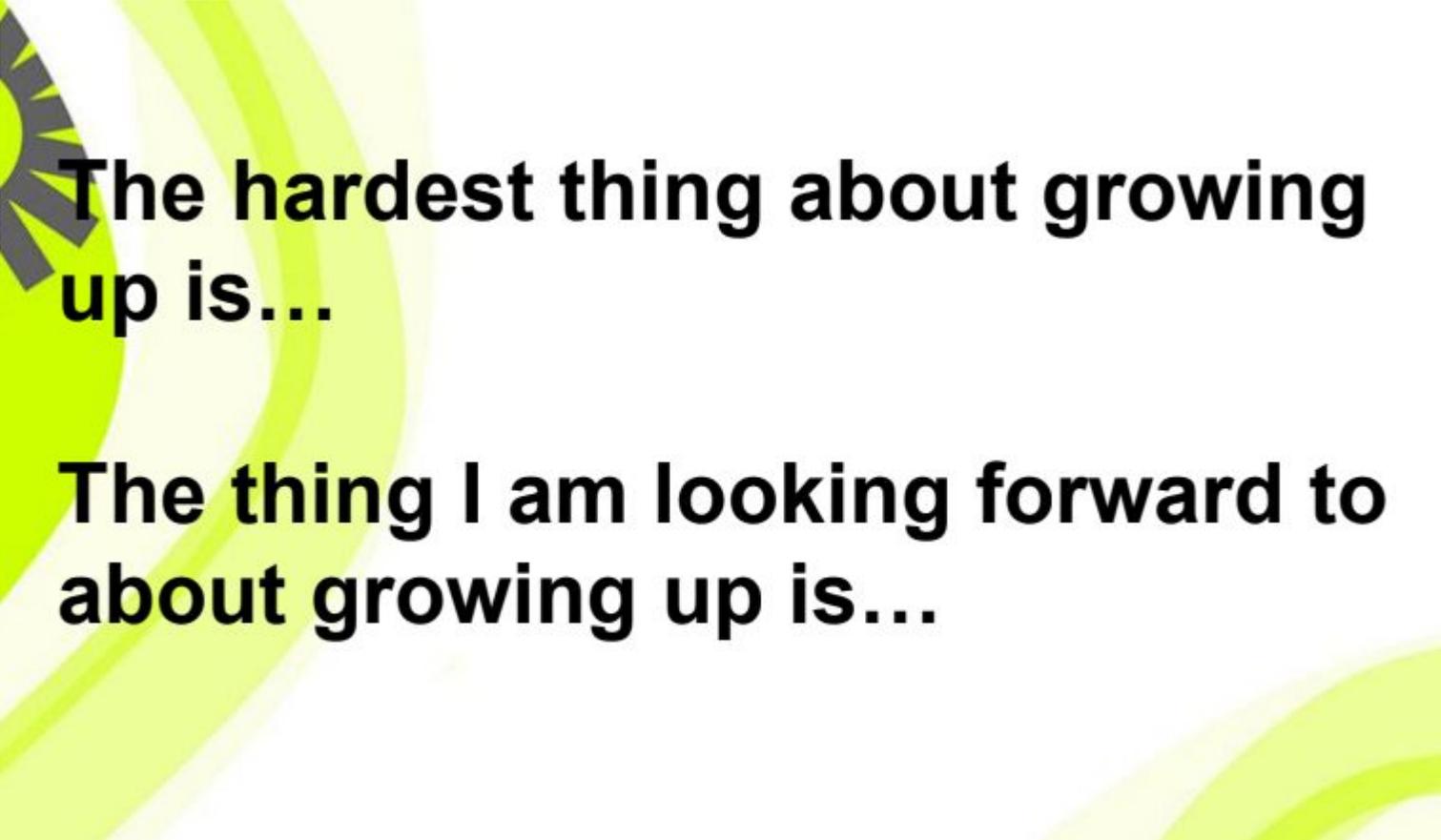
- Your penis and testicles will grow bigger and longer. Sometimes one testicle grows faster than the other, and it is natural for one to hang lower than the other.
- Pubic hair, will also start to grow at the base of the penis. As you get older, this hair will grow thicker and courser.
- Penises come in all shapes and sizes and all are very different. Your penis also doesn't stop growing until you reach the ages of 18 to 21.



Breasts

- Your genes determine the size and shape of breasts.
- The first thing you may notice is a bump behind the nipple.
- Then there will be swelling underneath
- The nipple area gets darker.
- Breasts grow slowly and one side may be bigger for awhile.
- They may feel sore at times while they are developing.





The hardest thing about growing up is...

The thing I am looking forward to about growing up is...

1. Everybody starts puberty at the same time, around the age of eight

2. Pubic hair grows during puberty

3. People's body shape changes when they grow through puberty

4. Everyone get tummy ache when they get their period

5. It is normal to have mood swings or to feel different, strong emotions during puberty

6. The size of a person's breasts or penis is determined at puberty

7. Puberty causes people to sweat more

8. Voices get deeper at puberty

9. Squeezing spots will help them to go away

10. Pads are the only available for use during periods

11. Puberty is a natural part of growing up and the human life cycle

12.

LQ: Can I understand how beauty is portrayed around the world?

I can:

- Describe what beauty means to me.
- Explain how beauty is viewed differently around the world.
- Understand that images I see online of people may not always be truthful and may have been edited with filters.



Relationships and Growing up



What are rights? Why are they important?

Article 1 Everyone under 18 years of age has all the rights in this Convention.

Article 2 The Convention applies to everyone, whatever their race, religion, abilities, whatever they think or say, whatever type of family they come from.

Article 3 All organisations concerned with children should work towards what is best for each child.

Article 4 Governments should make these rights available to children.



Article 10 Families who live in different countries should be allowed to move between those countries so that parents and children can stay in contact, or get back together as a family.

Article 11 Governments should take steps to stop children being taken out of their own country illegally.

Article 12 Children have the right to say what they think should happen, when they are old enough to do so.



Article 17 Children have the right to obtain information from the mass media. Television, radio, and newspapers should provide information that children can understand, and should not promote materials that could harm children.



Article 18 Both parents share responsibility for bringing up their children, and should always consider what is best for each child. Governments should help parents by providing services to support them, especially when both parents work.

Article 19 Governments should ensure that children are properly cared for, and protect them from abuse, neglect by their parents, or anyone else who looks after them.

Article 20 Children who cannot be looked after by their own family must be looked after properly, by people who respect their religion, culture and language.



When children are adopted the first thing that is best for them. The same rules apply to the children who are adopted in their own country, or if they are taken to live in another country.

Children who come into a country as refugees should have the same rights as children born in that country.

Article 23 Children who have any kind of disability should have special care and support, so that they can lead full and independent lives.



Article 24 Children have the right to good quality health care, to clean water, nutritious food, and a clean environment, so that they will stay healthy. Rich countries should help poorer countries achieve this.



Article 25 Children who are looked after by their local authority, rather than their parents, should have their situation reviewed regularly.

Article 26 The Government should provide extra money for the children of families in need.



Article 27 Children have a right to a standard of living that is good enough to meet their physical and mental needs. The Government should help families who cannot afford to provide this.

Article 28 All children and young people have a right to a primary education, which should be free. Wealthy countries should help poorer countries achieve this. Discipline in schools should respect children's human dignity. Young people should be encouraged to reach the highest level of education they are capable of.

Article 29 Education should develop each child's personality and talents to the full. It should encourage children to respect their parents, and their own and other cultures.

Article 30 Children have a right to learn and use the language and customs of their families, whether those are shared by the majority of people in the country or not.

Article 31 All children have a right to relax and play, and to join in a wide range of activities.



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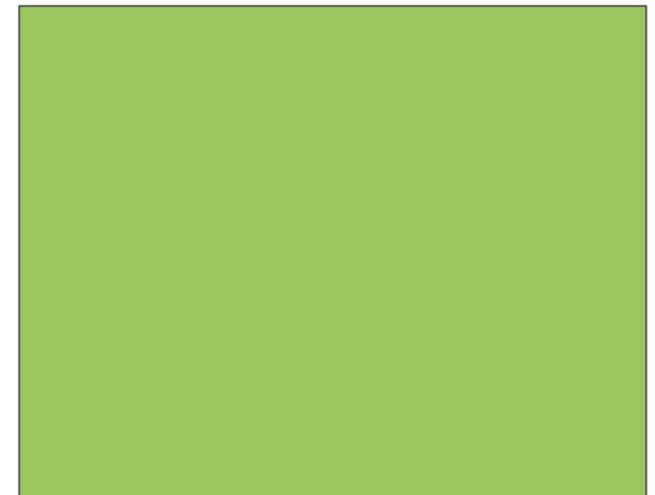


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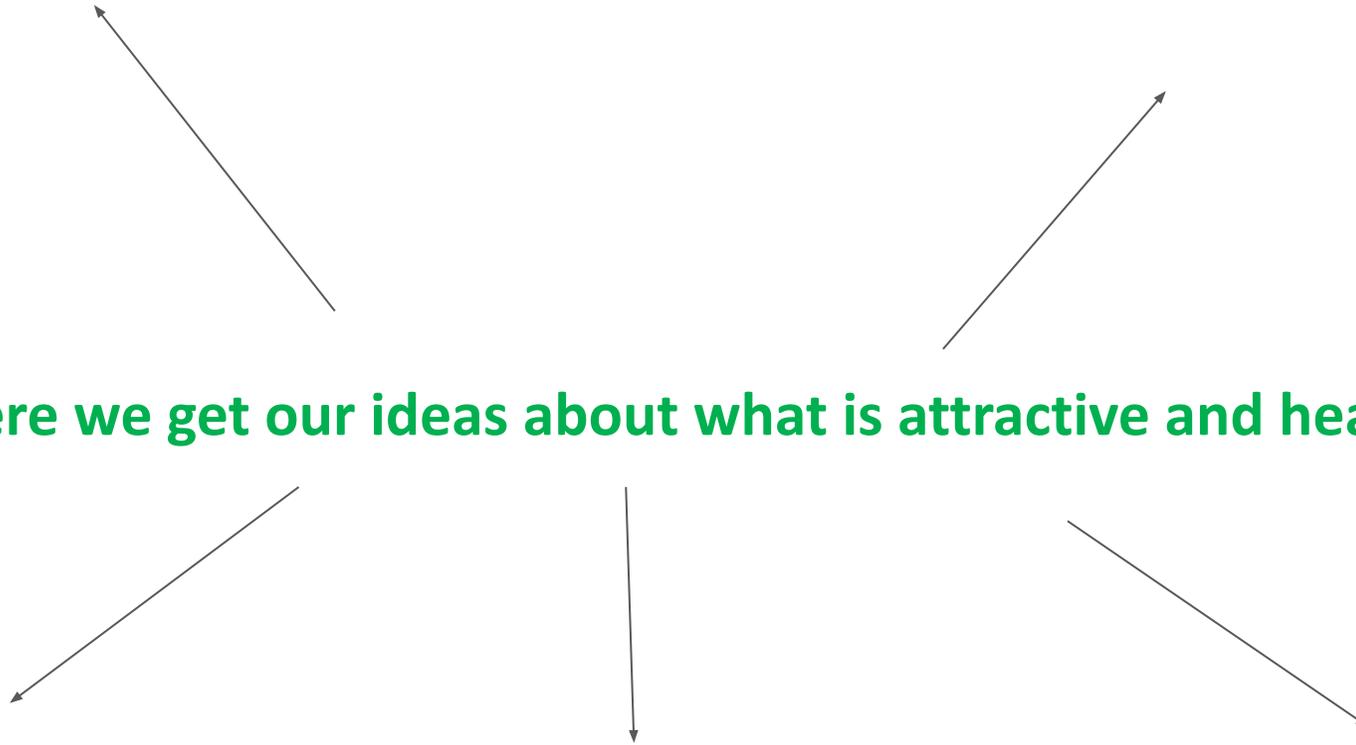
What is body image?

What is a healthy/negative body image?

How would someone feel/look who has a positive self-image?



Where we get our ideas about what is attractive and healthy?

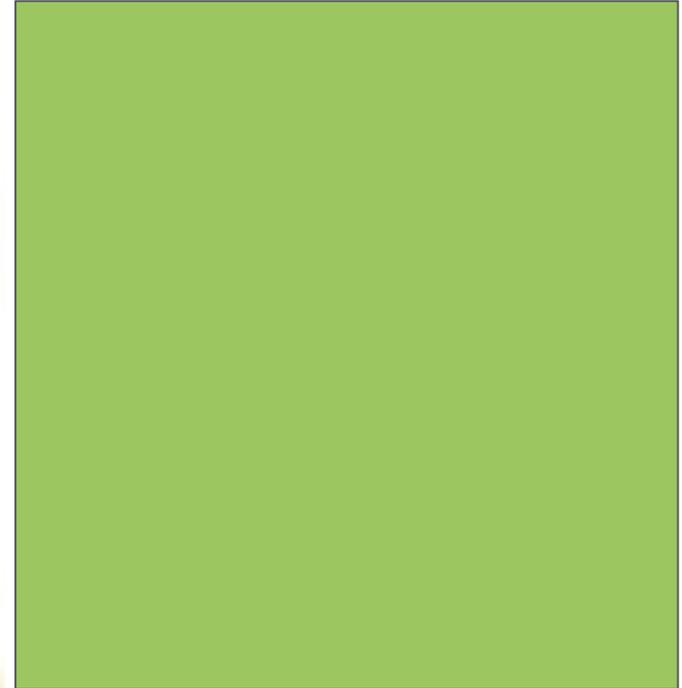
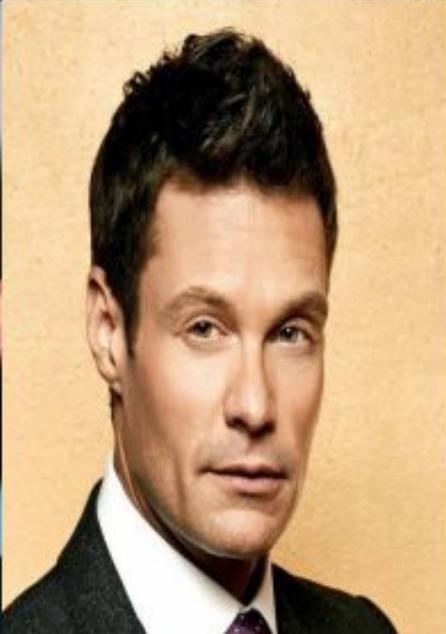
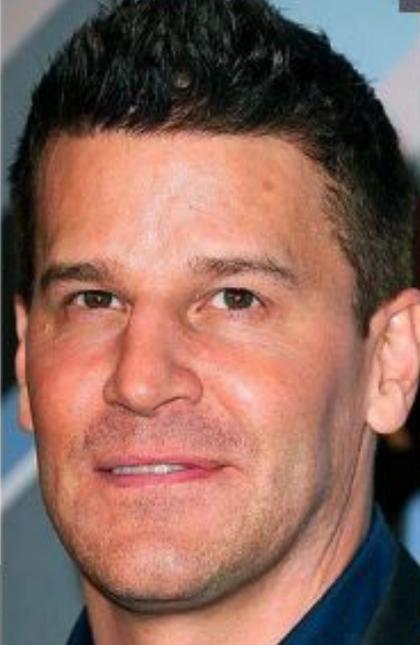
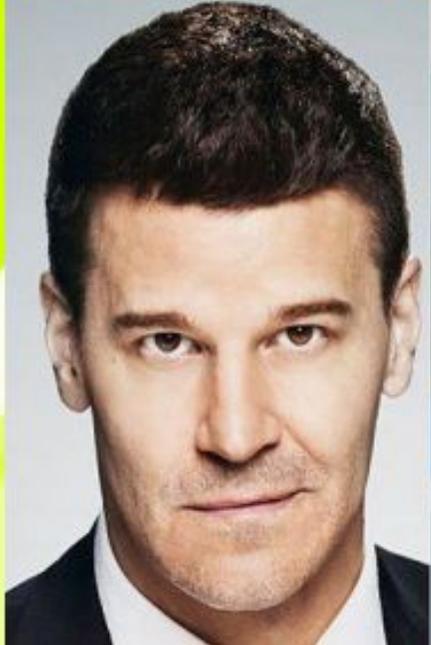




What do you notice about these images?
How are the versions different?

Why do you think this is?

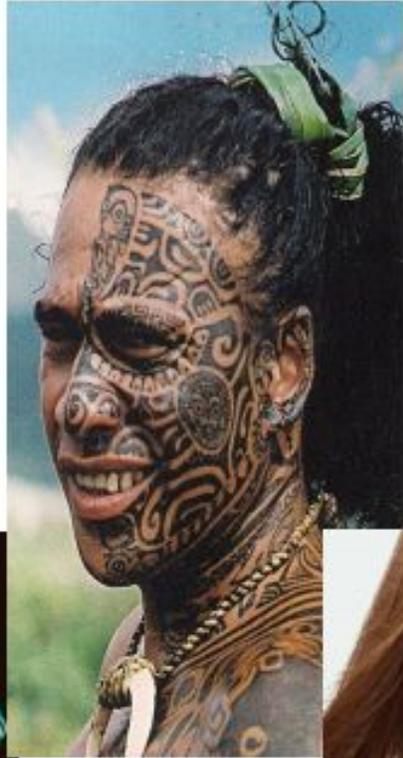
Are the images we see always reliable and truthful?





What impact do these pictures have?

Why?



In some parts of the world where people do not have access to media, you get ideas about what is attractive from adults within the community.

- **India** – Body Art using Henna is a tradition
- **Burma** – Women wear brass coils around their neck which push down their shoulder, giving the illusion of a long neck
- **New Zealand** - Maori tribe consider face tattoos to be beautiful
- **Australia** – Tanned skin is considered beautiful in Australia and often people will buy products that make their skin darker

Class discussion

Why is it important to understand that the images we are presented are not always a true reflection?

What does beauty and beautiful means to you? Is it more than the way we look?

LQ: Can I recognise that I have the right to say no?

I can:

- Explain what FGM stands for and that it is an illegal practice.
- Identify the rights we all have.
- Recognise that we all have the right to say no and stand up for the rights of others.





- One such way that girls and boys are treated differently is through a practice called FGM. FGM only happens to girls and FGM does not respect 'My Body My Rules'
- What does FGM stand for?

F = Female (girls or women) G = Genital (private parts - vagina) M= Mutilation (changing or altering)

- FGM is changing a girl's private parts to make them look and work differently.
- FGM will end one day but that like the Suffragettes, we have to be brave and stand up for our rights because the United Nations Convention on the Rights of the Child are there for the protection of all children whether you are a boy or a girl.
- FGM is illegal. **What does illegal mean?**
- If something is illegal, it should not be happening. That is why we teach boys and girls about things that are wrong, so they can stand up like to Suffragettes and like Malala and make a change.

FGM has been happening for centuries.
No-one is going to stop it.

FGM is against the law.

Every girl and woman in the world has the
right not to have FGM.

If you don't have FGM you will smell.

Men and women can be circumcised.

It is ok to go to another country to have FGM
done.

Ladies and girls look nicer if FGM has be done.

Ladies and girls are cleaner if they have had
FGM done.

You become a woman after FGM.

All girls and ladies undergo FGM.

The Holy Book says it is ok to undergo FGM.

If I feel unsure or worried I can speak to
someone I trust.

No-one will speak to me if I have not had FGM
done.

Myth or fact?

CUTTING

Ibi

There are many words for FGM. Regardless of the word that is used, it is always illegal for someone to change or alter a girl's private parts.

Absum

KHITAN

Kutairi

Halalays

FGM Glossary

gudnii

Bondo

Sunna

Circumcision

THARA

Mutilation

5) Our Policy

Using government guidance

Woodlands Academy policy

Click the link to view our Relationships and Growing up policy.

<https://www.woodlands.ealing.sch.uk/wp-content/uploads/2021/04/Relationships-and-Growing-up-Policy-March-202159462.pdf>

Visit the school website for information on [Relationships Education](#).

