

RSHE Growing and Changing Lesson Overview

Linthwaite Clough School

Year 5 and 6

Lesson Title

Context

Different Skills

People all have different skills which are developed over time by perseverance and practise, and about some of the skills that will help them in their future e.g. teamwork, communication and negotiation.

How Are They Feeling

Identifying ways to describe the intensity of positive and negative emotions and developing strategies for resilience against negative emotions.

Growing Up and Changing Bodies

Discussion lesson about puberty including: what it is; changes in both male and female bodies; what menstruation is; and products that might help with personal hygiene e.g. deodorant, spot cream, period protection

Star Qualities

Identifying 'Star Qualities' of celebrities and how the media isn't always accurate in their reflection of them in real life; describing 'Star Qualities' of 'ordinary' people.

Dear Hatty

How people can sometimes feel isolated in life or separated from loved ones and support networks;
Suggesting ways to help someone who is separated from someone or something they like.

Changing Bodies and Feelings

Identifying correct vocabulary for male and female sex organs and dealing with commonly held myths surrounding puberty.

NB. The statutory requirement is for us to refer to external genitalia by their correct scientific names. Therefore, we will be using the following terms – penis, testicles, scrotum, anus, foreskin and pubic hair for boys and vulva, vagina, clitoris, pubic hair, urethra, anus, labia for girls. These are the names we would use if we had to talk to a Doctor or someone else we trust about our private parts, if we needed to. The children may refer to these parts with names used at home. These are perfectly fine and we will not be discouraging them to continue to use them.

Help! I'm A Teenager!

Changing feelings and mood swings in puberty – identifying these and strategies for dealing with these, as well as demonstrating resilience in order to find someone who will listen to them.