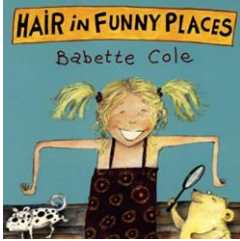


<p>Learning Objective:</p> <p>To understand how our body changes during puberty</p>		<p>Learning Outcomes:</p> <ul style="list-style-type: none"> Community needs to be consulted * To understand key stages of the human life cycle To understand what puberty is and where it happens within the life cycle and where to get support To know the physical changes to our body that might happen during puberty To understand how our emotions change during puberty due to hormones i.e. privacy To know how to keep ourselves clean <p>Thinking Skills:</p> <ul style="list-style-type: none"> Empathise with how others are feeling/thinking about something Encourage others to join in discussions Draw upon evidence and own experiences Suggest reasoned conclusions Show a willingness to illustrate the ideas of others with own experiences Identify associated concepts and explain their relevance and connections.
<p>Vocabulary:</p> <p>Human life cycle Puberty Menstruation Period Emotions Privacy Hygiene</p>		
Suggested Lessons	Aims of Sessions:	Content:
	<p>Recap of prior learning:</p>	
<p>1</p>		<p>L.O. To understand key stages of the human life cycle</p> <p>Skills Focus: Draw upon evidence and own experiences</p> <p>Introduce the human life cycle- what do you know about each stage in the cycle i.e. age group, what you are able to do at that age etc.</p> <p>Watch the following clip about the life cycle- is there anything we want to add to our notes. Any questions? https://www.bbc.co.uk/bitesize/topics/zgssgk7/articles/z2msv4j</p> <p>Children to put the human life cycle in the correct order and write as much information about each part as they can remember from the discussion</p>
<p>2/3</p>	<ul style="list-style-type: none"> To use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private* 	<p>Lessons 2 & 3</p> <p>L.O. To understand what puberty is and where it happens within the life cycle and where to get support</p> <p>To know the physical changes to our body that might happen during puberty</p> <p>Skills Focus: Encourage others to join in discussions</p>

		<p>What is puberty? Create a class mind map to find out what children already know about puberty.</p> <p>Explain that puberty is when your body begins to prepare itself for becoming an adult and this is to allow men and women to have babies. During this time, the body begins to change which can affect you physically and mentally.</p> <p>Read this book to the children. Explain that changes happen at different times for different people and this is completely normal.</p>  <p>Answer any questions children have and ensure they know that there are people available to speak to if they have any concerns. Who are these people for them?</p> <p>Although girls and boys experience different things during puberty, it is important that they both understand the different processes so that they can support each other</p> <p>It is important not to be scared or worried when you get your period and there is always support available in school (*explain school policy on this).</p> <p>Children to record any questions they still have that they want to know more about and give to teacher at end of lesson.</p>
<p>4</p>	<ul style="list-style-type: none"> To use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private* 	<p>L.O. To understand how our emotions change during puberty due to hormones i.e. privacy</p> <p>Skills Focus: Empathise with how others are feeling/thinking about something</p> <p>Begin by asking children if they have noticed anything about mood changes in their older siblings. Discuss different ideas. Explain that puberty doesn't only affect us physically but it can have a huge affect on our emotions as well.</p> <p>Read 2 different case studies about a girl and a boy who are experiencing mood changes but cannot explain why. Discuss the advice we could give them-</p> <p>i.e.</p> <ul style="list-style-type: none"> * eat healthily * get plenty of sleep * drink plenty of water * get gentle exercise * find alternative activities if you are getting frustrated or irritated * articulate your feelings to avoid conflict * time out/time alone * ask for help <p>Children create an advice guide for other children who might be experiencing physical changes that affect them emotionally. What can they do to help?</p>

<p>5</p>	<ul style="list-style-type: none"> • Why hygiene is important and how simple routines can stop germs from being passed on • What they can do to take care of their personal hygiene on a daily basis, e.g. brushing teeth and hair, hand washing • How everyday health and hygiene rules and routines help people stay safe and healthy • How to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist 	<p>L.O. To know how stay clean</p> <p>Skills Focus: Identify associated concepts and explain their relevance and connections</p> <p>Bring in a toiletry bag with different objects that we would use to keep ourselves clean. This might include deodorant, underwear, shower gel, hand sanitiser, toothbrush, hairbrush, sanitary towel.</p> <p>Ask different children to pull out an object and discuss how we might use this to keep ourselves clean.</p> <p>Create a comic strip with the main character as a hygiene super hero. Show actions you would carry out every day to keep yourself clean.</p>
<p>Evidence for assessment will be from:</p>	<ul style="list-style-type: none"> • About puberty and how bodies change during puberty. including menstruation, hygiene routines, emotions and feelings • How to ask for advice and support about growing and changing and puberty 	
<p>Resources:</p>	<p>https://www.amazon.co.uk/gp/product/1526360187/ref=crt_ewc_img_huc_1?ie=UTF8&pvc=1&smid=A3P5ROKL5A1OLE</p> <p>https://www.amazon.co.uk/Boys-Guide-Growing-Up/dp/1526360179/ref=sr_1_9?crid=YDG5UK1C80LJ&dchild=1&keywords=menstruation+book+for+kids&qid=1589455063&srefix=menstruation+books+%2Caps%2C145&sr=8-9</p> <p>https://www.amazon.co.uk/Autism-Friendly-Guide-Periods-Robyn-Steward/dp/1785923242/ref=sr_1_20?crid=YDG5UK1C80LJ&dchild=1&keywords=menstruation+book+for+kids&qid=1589455063&srefix=menstruation+books+%2Caps%2C145&sr=8-20</p> <p>https://www.amazon.com/Me-Feelings-Understanding-Expressing-Themselves/dp/1641524960</p>	