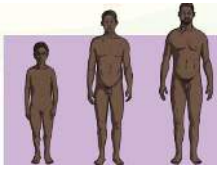




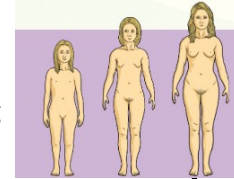
UKS2 Summer 2: SRE

We are learning....



- Puberty is a time when children's bodies go through some changes in preparation for adulthood. We learn that some changes happen to everybody and we will look at the changes to both males and females specifically.

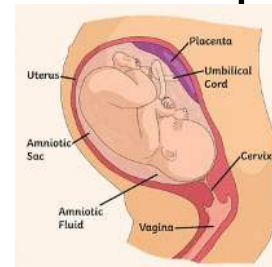
- During puberty, feelings and emotions can feel more intense and can change rapidly. These changes in our feelings may be because of the many things that are happening in our lives and because of the hormones which are produced during this time.



- We are all different. Everybody looks slightly different, and there is no perfect image of the human body. When forming a healthy self-image, we should not only consider our appearance, but we should be proud of who we are and celebrate our accomplishments, efforts and strengths.
- . Healthy relationships can be between a large variety of people but should always contain the same characteristics. These include commitment, honesty, care, loyalty, communication, fairness, shared interests and respect.

Year 6's will learn:

- Sex can refer to whether someone is male or female, or the physical activity of sexual intercourse, the legal age of consent and why we need to give consent.
- Reproduction (when a baby is made) can happen during sexual intercourse, as this is when the sperm can meet the egg. If a couple wants to have sex without conceiving a baby, they need to use contraception.
- The process of conception to birth. How the mother provides all that a foetus needs and how a baby is born either through the vagina or via caesarean section.



Children will be given opportunities to ask any questions they may have and adults in the class will set aside time to explore any questions or issues that are raised in the course of the lesson.

Year 5 and 6 will split **after** the first 4 lessons of this topic and into gender groups for a more in-depth discussion around changes in puberty and the specifics of periods.

If you have any questions or concerns regarding your child's PSHE and Citizenship lessons, or anything else, please don't hesitate to let us know.

Key Vocabulary

reproduction:	When plants or animals produce young.
puberty:	A time when children's bodies start to develop into adults.
hormones:	Natural chemicals within our body.
changes:	When something becomes different.
mood swings:	Rapid changes from one emotion to another.
consent:	To give permission or agree to something.
foetus:	A baby developing in the uterus.



Quiz questions:

Can you name some key physical changes in female bodies during puberty?

Can you name some key physical changes in male bodies during puberty?

What are hormones?

How do we take care of ourselves during puberty?

How can we keep our relationships healthy, consensual and supportive?