

Year 5 Relationship, Sex and Health Education



H O O K J U N I O R
S C H O O L

Parent Information PowerPoint

11.6.25

Aims:

- To understand the requirement to teach puberty in primary schools.
- To understand the RSHE objectives covered by Year 5.
- To share resources and planning used to teach puberty and sex education lessons.
- To share resources to support at home.
- To clarify the right to withdraw from lessons.

RSHE plays an important part in fulfilling our statutory duties. The subject helps children understand the difference between healthy and unhealthy relationships and equips them with the knowledge and skills to get help if they need it.

Children have the right to:

- say no/withdraw consent
- respect their own body
- speak out and know that someone will be there to help
- know where they can find help/support



Our Approach to RSHE

All pupils will learn about the changes that happen to both males and females as they go through puberty.

Ground rules are established and created at the beginning of the topic. From then, each lesson will ensure these rules are maintained through reminders.

Ground rules include not sharing/discussing content with younger pupils; respecting others' views; and personal experiences or remarks (generic pronouns used).

All staff, including lunchtime supervisors, are aware of the dates when lessons taught in Year 5 and Year 6.

Encouragement of the correct terminology for body parts/anatomy.

Plenty of opportunities to ask questions - in person or anonymously through the use of a question box.

Our Approach to RSHE

- All pupils will be taught by their own teacher but there will also be the opportunity to speak to another teacher/ trusted adult in addition if they want to.
- Children will be informed of this before

Safeguarding

Safeguarding is the top priority within daily life at Hook Junior School and will still be applicable when teaching RSHE as explicitly outlined in the following policies:

- RSHE
- PSHE
- Child Protection
- Safeguarding

*All policies are available via the school website.

Year 5 objectives:

- To understand changes as I grow older.
- To identify how their body and emotions will change as they approach and move through puberty
- To identify ways for personal hygiene to keep you healthy
- To know where to seek help if needed

Ground Rules

- We keep these conversations within our classroom, out of hearing from younger children.
- Listen to each other.
- Try to join in and encourage others to join in.
- Right to pass.
- There are no wrong questions.
- Be respectful.
- Avoid personal questions and experiences.
- Use scientific language for personal and private parts of the body.
- Ask for help if anything makes you feel worried or uncomfortable.

Language we will be covering:

Key Stage 2			vagina, breasts, penis, testicles; nicknames
Y5 discrete RSE lessons around changes	vagina, breasts, penis, testicles vulva	<i>nicknames for terms listed will be referred to support the</i>	
	ovary, ovum, egg, fallopian tube, womb, uterus, menstruation, period foreskin, scrotum, sperm, ejaculation, erection, wet dream, love, relationship, family, marriage, support, caring, loving, puberty,	<i>teaching and learning process, especially to teach children about appropriate, respectful language</i>	
Y6			all of the above
*Some words may be used as and when they are appropriate, regardless of age.			

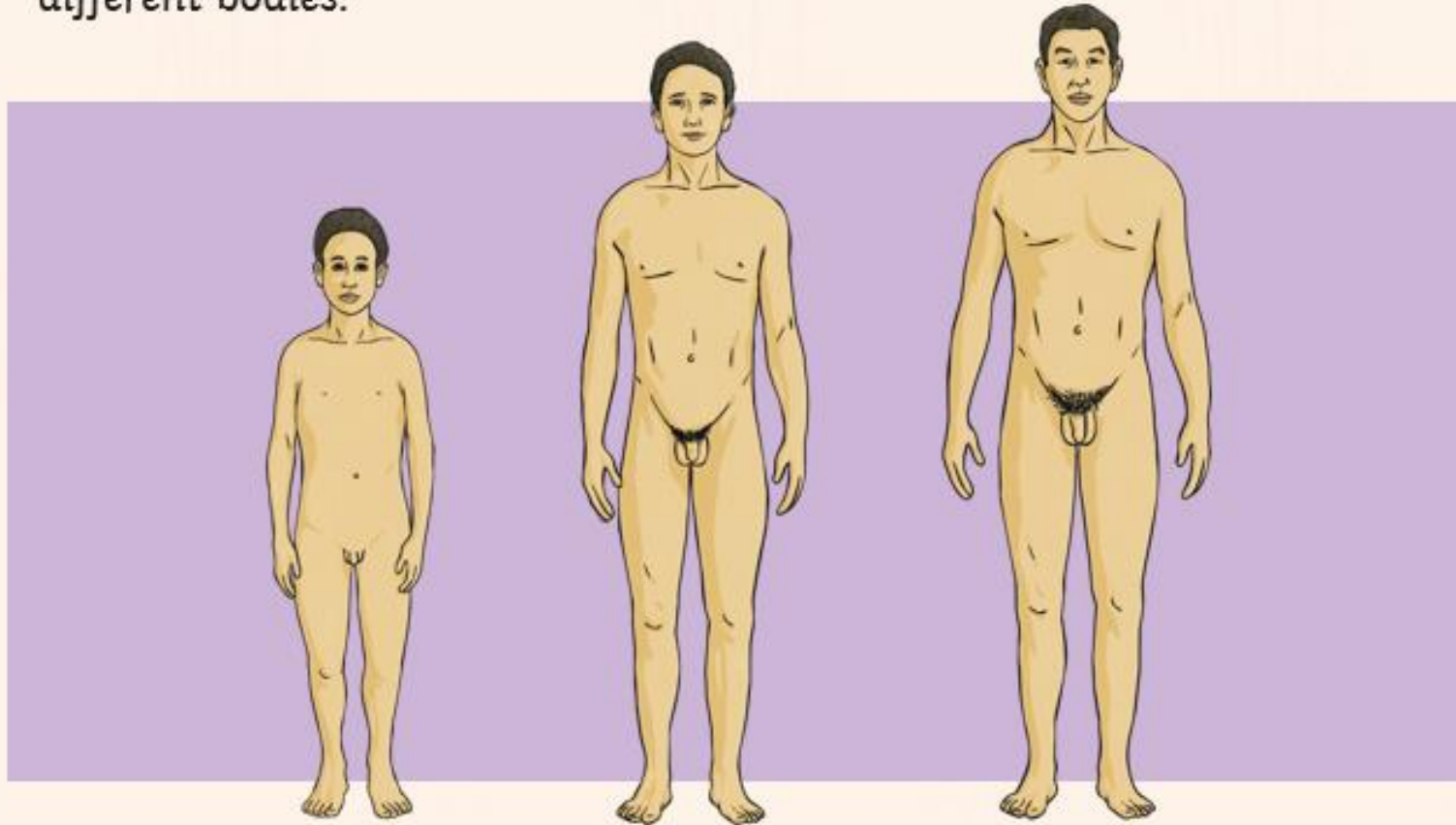
We encourage the use of scientific language at home as well as in school.

The following slides are some examples of what we will show the children in class.

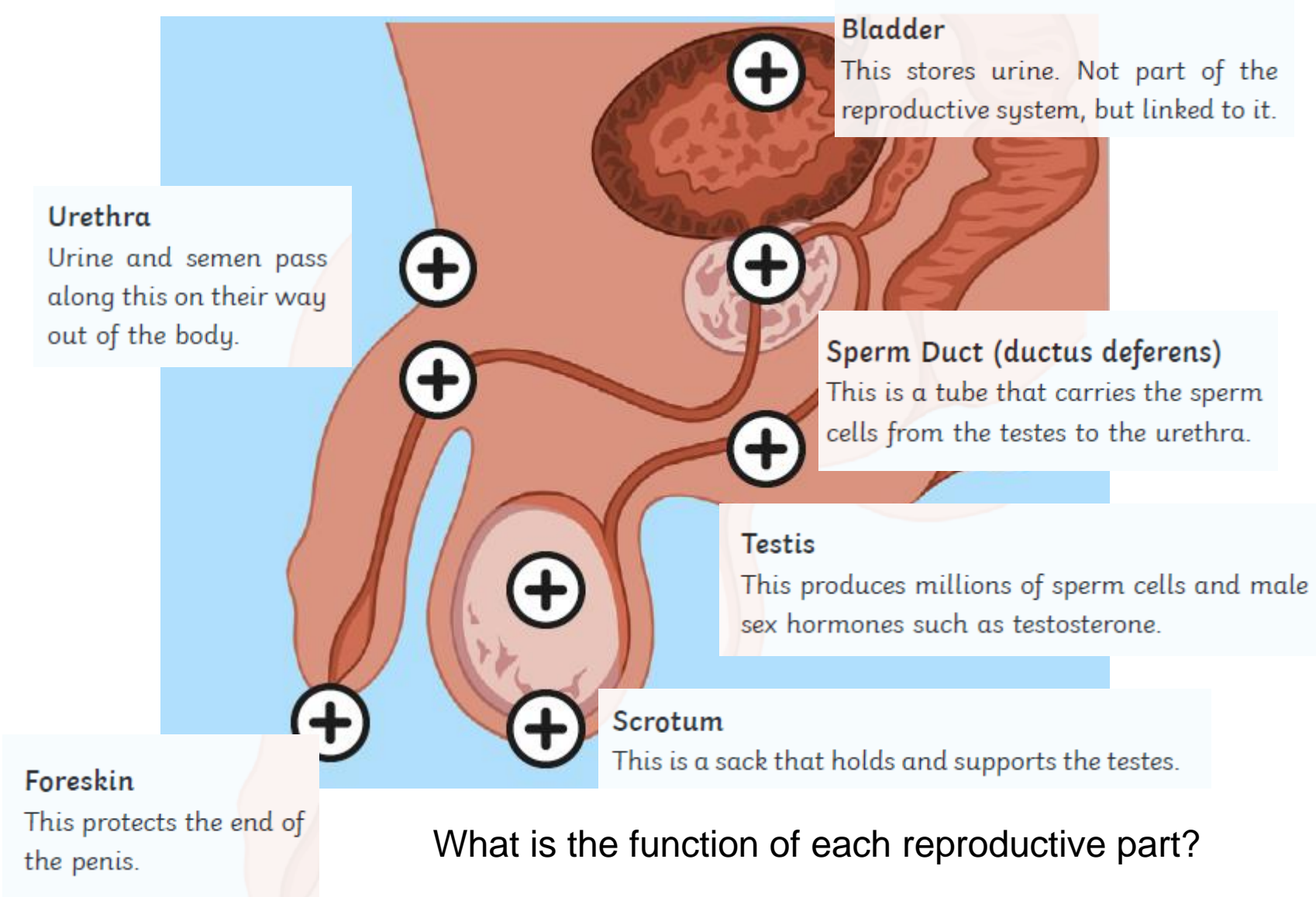
Puberty is the word to describe the phase when a child's body starts to change as they become an adult.



Look at the pictures and see if you can spot the changes between the different bodies.



The penis has two functions to pass urine and semen.



What is the function of each reproductive part?

How can we help with the emotional changes?

Changes in Boys



Many people experience mixed-up feelings and mood changes. This is caused by chemicals in our bodies called hormones. It can be very difficult for children and their parents to deal with.



One minute, you have lots of energy and the next you feel so tired that you just want to be left alone to 'veg out'. This is particularly difficult for parents to understand, especially when the tiredness only seems to happen when it's time to do your chores or homework!

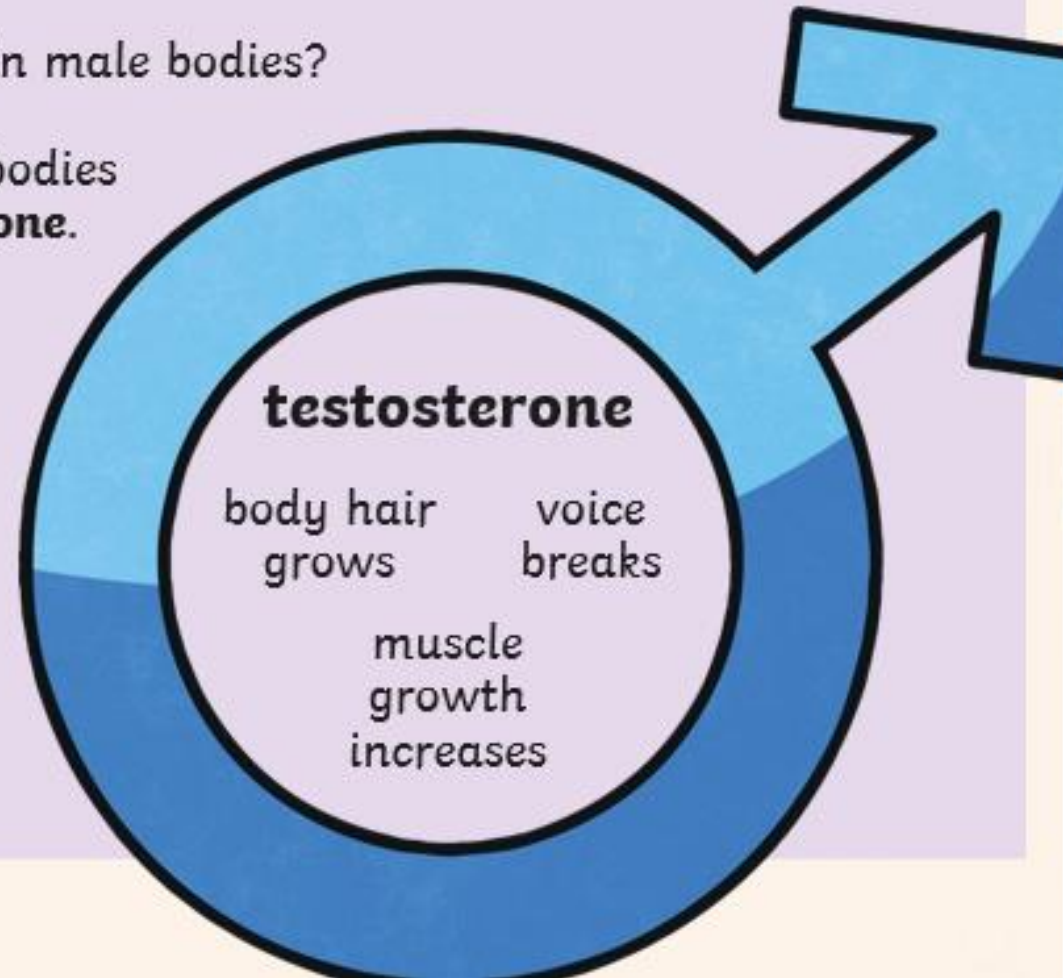
Why Do These Changes Happen?



What causes these changes in male bodies?

At the time of puberty, our bodies start to produce a **sex hormone**.

The sex hormone that the male body produces is called **testosterone**.



testosterone

body hair grows voice breaks

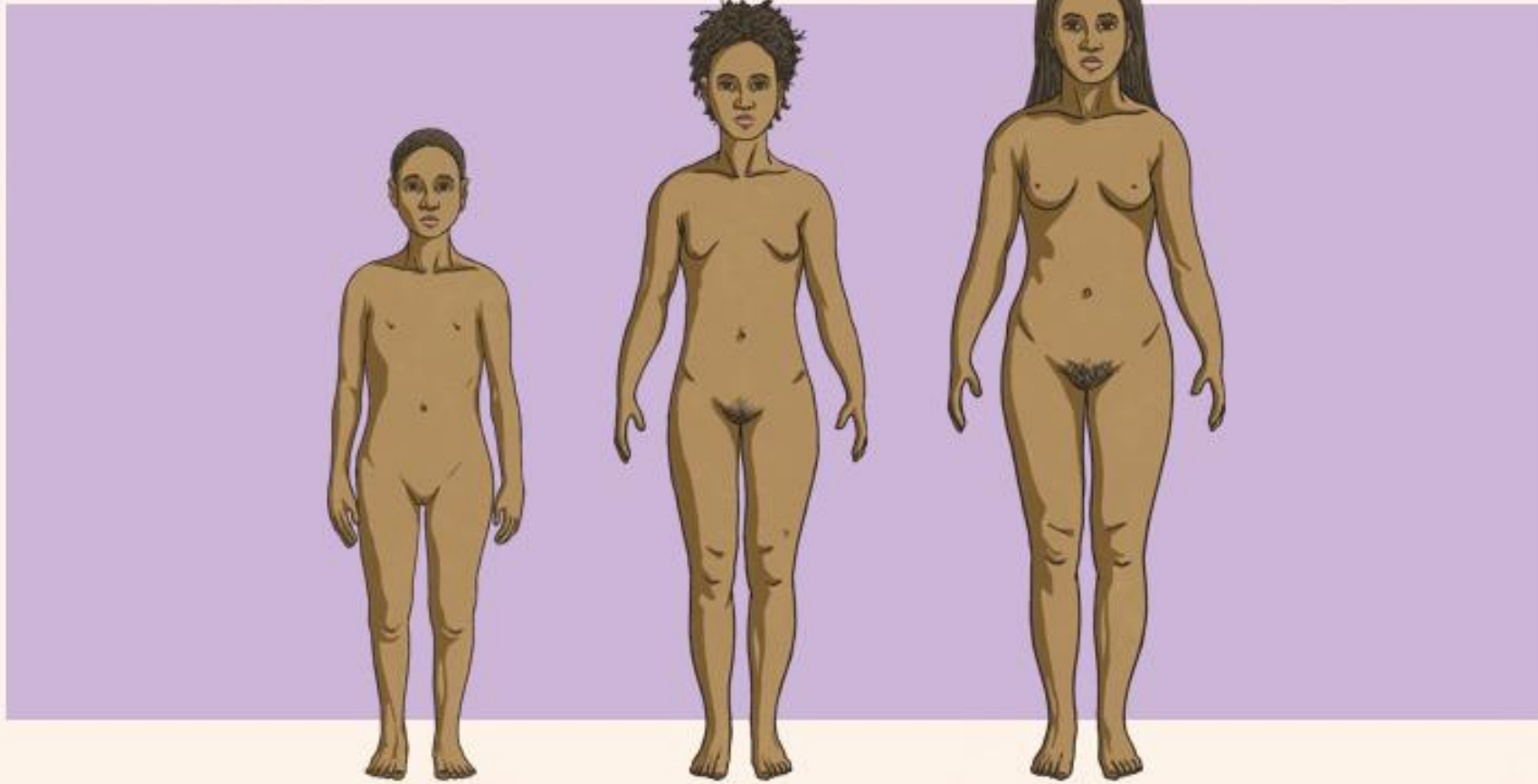
muscle growth increases

Males and females can experience wet dreams and, as you might have guessed from the word 'dreams', they happen when we are asleep.



https://www.youtube.com/watch?v=uotzoDDRW_s

Look at the pictures and see if you can spot the changes between the different bodies.



Why Do These Changes Happen?



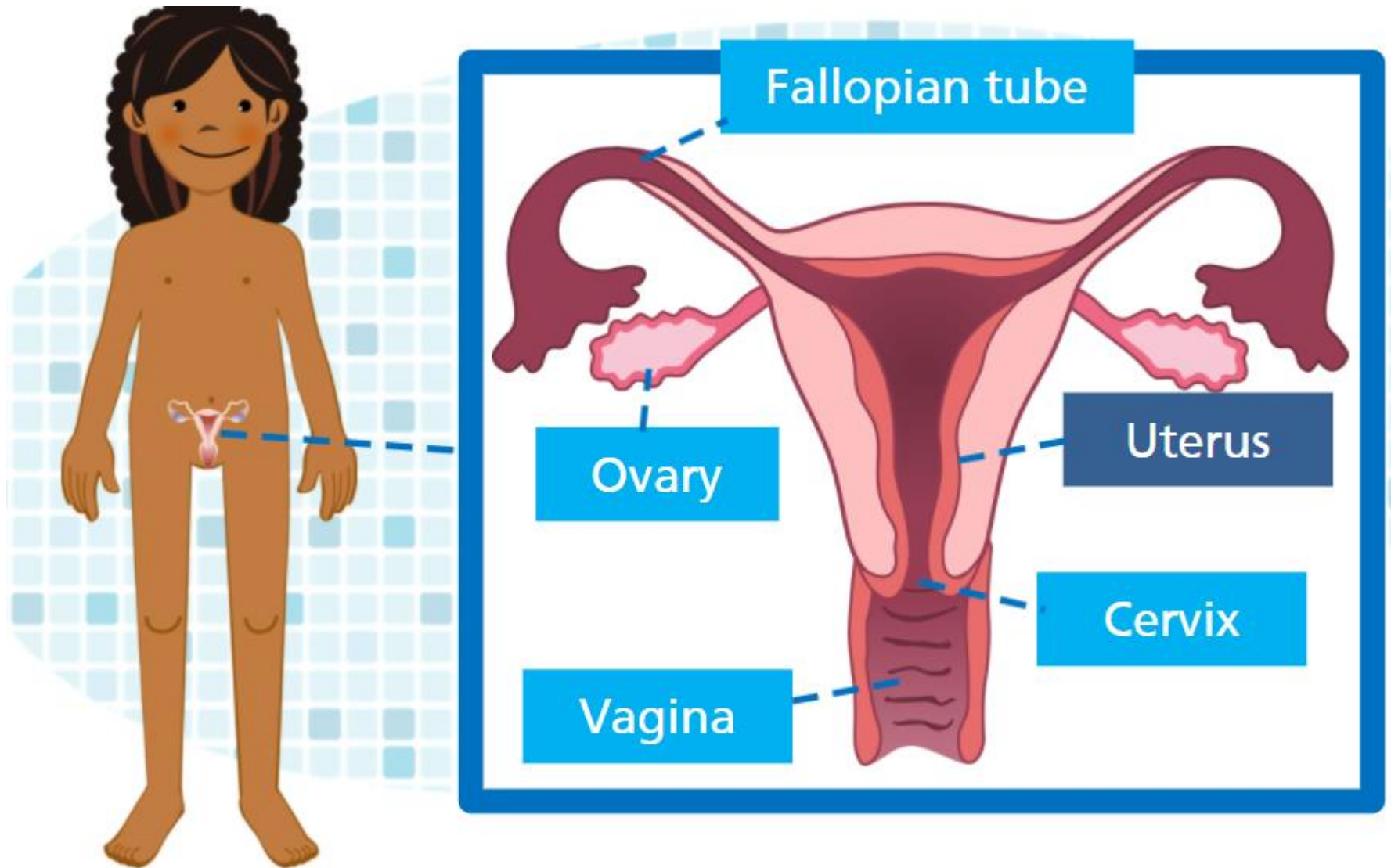
What causes these changes in our bodies?

Well, our body starts to produce **sex hormones**.

The female sex hormone is called **oestrogen** and is responsible for the changes that happen in girls, such as breasts growing and starting periods.



Can you label the reproductive parts of females?



What are the different functions of each part?

Uterus (womb)

This is a muscular bag with a soft lining.
The baby develops here.

Endometrium (uterus lining)

This lines the uterus and thickens each month after puberty to prepare for pregnancy.

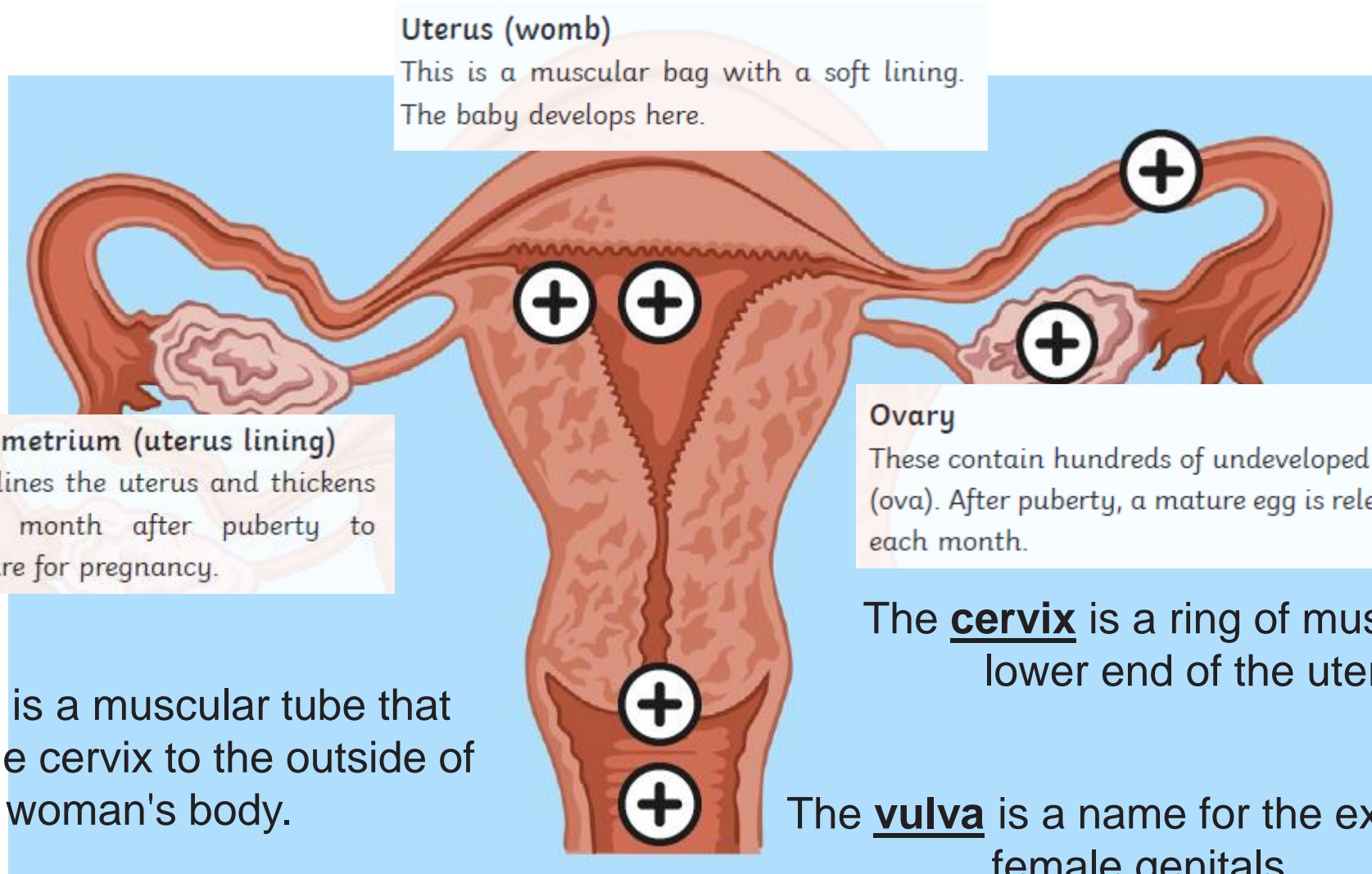
Ovary

These contain hundreds of undeveloped eggs (ova). After puberty, a mature egg is released each month.

The vagina is a muscular tube that leads from the cervix to the outside of the woman's body.

The cervix is a ring of muscle at the lower end of the uterus.

The vulva is a name for the external female genitals



Changes in Girls



Many people experience mixed-up feelings and mood changes. This is caused by chemicals in our bodies called hormones. It can be very difficult for children and their parents to deal with.



One minute, you're having fun with all your friends and the next you feel like you just want to be on your own. This can feel strange and confusing but others will be going through these mood changes, too – you're not alone.

What Are Periods?

Periods (menstruation) happen due to the hormones changing in your body.

When puberty is reached, an egg is released each month from her ovaries.

The egg moves from the ovary and along the fallopian tube and down into the uterus (womb).

Even before birth, a girl has 1-2 million tiny eggs (ovum) in her ovaries.

If the egg is not fertilised by a sperm, the lining of the uterus and the egg leaves your body through your vagina; this is called a 'period'.

During Your Period: What Happens?

Bleeding can last between 3 and 8 days.

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

Your first period may be so light, you may not even realise that you are having one.

Blood flow may be heavier in the first few days.

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.

Sanitary Products



Who might you be able to speak to for advice and support?

You might have people in your family that you could talk to.

You could speak to an adult at school.

You could speak to a nurse or doctor about some concerns.

There are also trustworthy websites and useful books available to provide accurate information.



Question Time

If you have any further questions about growing up and going through puberty, we will have a chance to discuss now.

If you are too anxious then write them onto a post it note and place them into the question box.

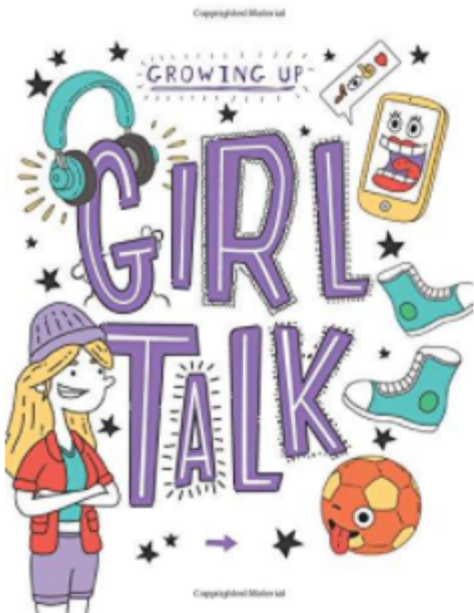
You don't need to write your name on it!



Some suggested activities for parents:

- * Together, look at family photos and/or videos that show your child when they were younger. Discuss the changes that have taken place since the pictures were taken.
- * Discuss how your son or daughter's interests have changed in the last two, three, or more years. Encourage them to describe current interests and to speculate about what might become interesting in the future.
- * Share some aspects of your adolescent years with your son or daughter. For example, discuss some of the activities you and your friends enjoyed. Discuss some of the feelings and emotions you experienced. You could share some pictures of yourself at their age!

Resources to support at home

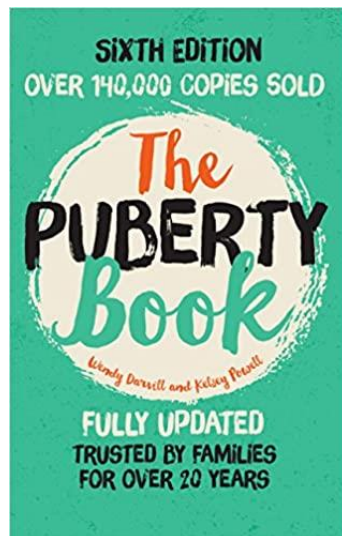


Girl Talk by Lizzie Cox

(£9.99, QED Publishing)

Best for ages 9-12

A great dip-in, dip-out advice and information book about all things growing up: hormones and body changes, personal hygiene, sex and contraception, relationships, body image, bullying and how to stay safe online. Written by a former teen magazine editor, packed with questions and plain answers and fully illustrated with funny images and accurate diagrams throughout, this book is a light-hearted and reassuring guide which normalises puberty and the changes it brings. The boys' version, *Guy Talk* (£9.99, QED Publishing), would also make informative reading for girls (and vice versa).

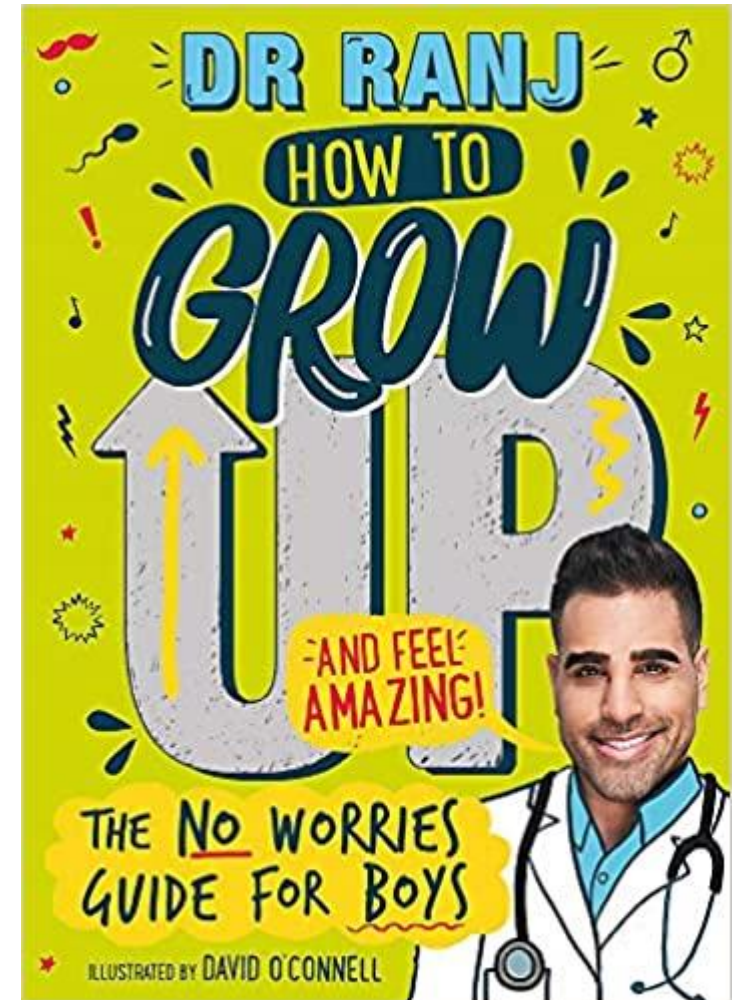


What's Happening to Me?: Boy by Alex Frith

(£7.99, Usborne)

Best for ages 9-12

A detailed, sensitive and informative guide to puberty which tackles everything from body changes and body image to mood swings and hormones. The cartoon-style illustrations and factual diagrams explain the physical and emotional changes of growing up in a simple way, offering reassuring advice to pre-teens about their concerns about what's going on in their body. There is a version for girls, too, *What's Happening to Me?: Girl* (£7.99, Usborne).



Questions Children Ask and How to Answer Them by Dr M Stoppard

Speakeasy: Talking with your Children about Growing Up by fpa (Family Planning Association)

Resources to support at home



Always website has videos and downloadable booklet about periods.



Outspoken Sex Ed has a wealth of advice for all age ranges.



Kids section- child friendly language to explain key concepts.



[Talking to your children \(years 5 & 6\) about puberty :: Children and Family Health Surrey \(childrenshealthsurrey.nhs.uk\)](https://www.childrenshealthsurrey.nhs.uk)

Does my child have to take part?

As detailed in the DfE guidance, 'Parents do not have the right to withdraw their child from statutory relationship, sex and health education.'

This refers to the objectives taught in Year 5.

Questions



If you have any further questions, concerns or wish to discuss anything else, please contact the office or your child's class teacher where they will be happy to discuss this with you.