

# Changing Me



## Year 5

This document will explain what your child will be learning about at Bilton Junior School in their “Changing Me” lessons. In this topic we will be covering a range of learning, including looking after our physical and mental health and understanding what will happen to our changing bodies as we grow. The topics that will be covered are:

### Lesson 1 – Inside body changes

Your child will learn how to identify how boys’ and girls’ bodies change on the inside and why these changes are necessary in order to reproduce, if they wish.

### Lesson 2 – Self Image and Body Image

Your child will learn about their own self-image and how to develop their own self esteem.

### Lesson 3 – Girls and Puberty

Your child will learn to describe how a girl’s body changes during puberty. This will include information about menstruation and how to cope with these changes.

### Lesson 4 Puberty for Boys

Your child will learn how boys’ bodies change and develop during puberty and how they can cope with these changes.

### Lesson 5 – Coping with change

Your child will identify what they are looking forward to when I move to their next class and will think about the changes they will make.

## Top Tips

There will probably be lots of questions that will be asked as a result of learning at school. Some adults can find this difficult or embarrassing. Here are some top tips to help you answer any questions that may arise:

- Don’t dismiss their questions;
- Answer questions simply;
- Use correct terminology in an age appropriate way;
- Make time to have a discussion at an appropriate moment;
- Encourage mutual respect;
- Keep it to the facts – rather than personal experiences.

For further support, please see the following websites:

<https://www.theschoolrun.com/how-talk-your-child-about-sex>

<https://learning.nspcc.org.uk/research-resources/schools/relationships-health-and-sex-education-resources>

### **Key Vocabulary:**

Here is a list of vocabulary that will be discussed in each session.

Lesson 1 – Puberty, testicles, sperm, penis, ovaries, egg/ova, vagina.

Lesson 2 – Self, self-image, body image, self-esteem, affirmation.

Lesson 3 –Puberty, menstruation/periods ovaries, eggs, vagina, womb/uterus, oestrogen, vulva, sanitary towels, tampons.

Lesson 4 - Sperm, erection, larynx, hormones, growth spurt.

Lesson 5 – Teenager, milestone, perceptions, puberty, responsibilities