

Growing and Changing – part of our Personal Social Health and Economic Education (PSHE)

Year 4

What your child will be learning about:

This half term's PSHE topic, "*Growing and Changing*", will incorporate Relationships and Health Education (RHE) and will be designed to cover the key skills, attitudes and values children need to explore in order to develop healthy relationships with their peers. Children will learn how to keep themselves safe and how to ask for help when they need it.

The Year 4 topics will build on and reinforce the themes from previous years. New content will cover teaching children to recognise and understand conflicting emotions. They will learn how to recognise and understand good and not-so-good feelings, explore strategies to deal with change, and be given examples of safe and unsafe secrets.

Other new topics they will be learning about include:

Body changes as they approach and move through puberty, including menstruation and human reproduction.

The children will be able to identify parts of the body that males and females have in common, as well as those that are different, using the correct terminology for their genitalia. These lessons will ensure that the children understand and are able to explain why puberty happens.

Building on the Year 3 lesson on menstruation, the children will be taught that periods are a normal part of puberty for girls and will be helped to identify some ways to cope better with periods. Awareness will also be raised about wet dreams and how some boys may wake up feeling sticky due to the release of semen during the night.

Depending on the school's RSE policy, self-touch/masturbation may be introduced within this topic to help children understand

appropriate and inappropriate touch and the boundaries between public and private places.

The children will also learn that babies come from the joining of an egg and sperm, but not how this occurs. They will therefore be able to explain why periods occur when an egg does not meet a sperm.

Marriage and partnerships

Developing children's understanding of what is meant by a positive, healthy and loving relationship will remain an important part of safeguarding their health and wellbeing. Children will look at different kinds of relationships and explore the values, expectations and responsibilities within healthy, positive relationships. They will learn that relationships can change over time and will explore ways to manage these changes respectfully.

Children will learn that marriage is a commitment freely entered into by both people and that it can include opposite-sex and same-sex partners. They will learn the legal age for marriage and explore reasons why some adults might choose to get married, live with a partner, or have a civil ceremony.

Vocabulary your child learnt:

Puberty, hormones, pubic hair, eggs, sperm, penis, testicles, breasts, ovaries, womb, vagina, vulva, clitoris, labia, menstrual cycle, periods, period pad, period pants, menstrual cup, tampon, civil partnership, forced marriage.

Questions your child may ask at this age:

- When were you allowed to start doing things more independently?
- Did you have to do or prove anything to gain more independence from your parents?
- What products do you use for periods?
- When I start my period, where can I get period products from?
- When did you start puberty?
- How did you feel? Was it bad?
- Is it normal?
- How can I tell someone not to do something that's making me uncomfortable, but without hurting their feelings?
- Have you ever been made to keep a secret when you didn't want to? How did you handle it?
- Why do some grown-ups decide to get married/live together?



Resources for Parents: [SCARF Growing and Changing Parents Page](#)

OUTSPOKEN
Sex Ed

[Age 6-10 | Outspoken Sex Ed](#)
[Stages of puberty](#)
[Outspoken Sex Ed](#)

Sarah Sproule

[How to talk to your kids about everything RSE related](#)

 Planned Parenthood

[Resource for Parents](#)

amaze

[Taking Care of Your Body](#)



[Starting your periods](#)

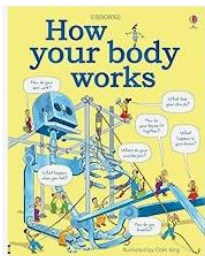
 **raisingchildren.net.au**
the australian parenting website

[Personal hygiene for pre-teens](#)

Books to support learning:



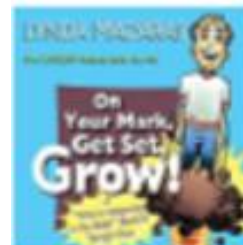
[The Puberty Book](#)



[How your body works](#)



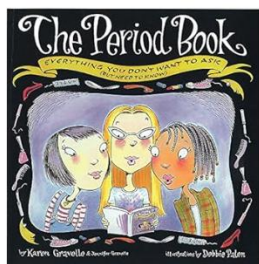
[A Boy's Guide to Growing Up](#)



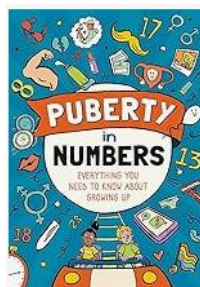
[On your marks, get set, grow!](#)



[The Girl's Body Book](#)



[The Period Book](#)



[Puberty in Numbers](#)



[Respect](#)